

Table of contents

	pages
1.	Introduction 1
2.	Energy 12
3.	Protein 39
4.	Essential fatty acids 52
5.	Vitamin A 60
6.	β -Carotene (and other carotenoids) 71
7.	Thiamin 74
8.	Riboflavin 80
9.	Niacin 86
10.	Vitamin B ₆ 93
11.	Folate 99
12.	Vitamin B ₁₂ 107
13.	Pantothenic acid 117
14.	Biotin 120
15.	Vitamin C 123
16.	Vitamin D 132
17.	Vitamin E 140
18.	Vitamin K 147
19.	Calcium 150
20.	Magnesium 158
21.	Phosphorus 162
22.	Sodium 165
23.	Potassium 170
24.	Chloride 175
25.	Iron 177
26.	Zinc 190
27.	Copper 196
28.	Selenium 202
29.	Iodine 208
30.	Manganese 213
31.	Molybdenum 216
32.	Chromium 218
33.	Fluoride 220
34.	Other minerals 222
35.	Other substances considered to be of nutritional importance 224
36.	Nutritional labelling 225
37.	Summary of proposals 236
	Appendix 241