Appendix 1. Standardized diet.

Menu: Controlled Cu, Zn, Ascorbic acid, Beta Carotene, Vitamin E

Total for Test Meal Day-RDA+Macronutrients (Caloric requirement was adjusted by energy from carbohydrates that do not contribute to target nutrients):

Nutrient comparison
- Copper: 532 mcg  RDA: 900 mcg both men and women
- Zinc: 5.1 MG  RDA: 11 mg men, 8 mg women
- B Carotene: 77 mcg  RDA: none
- Total Alpha Tocopherol (vit E): 2.4 mg  RDA: 15 mg both men and women
- Ascorbic acid (vit C): 1.93 mg  RDA: 90 mg men, 75 mg women

Energy 2278 kcals
Protein: 62 gm (11.6%)
Fat 96 gm (37.1%)
Carbohydrates: 296 gm (51.3%)