

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%)