

S3 Table. Health Canada Daily Values for Nutrients Included in the Calculation of the Nutrient Rich Food Index 9.3.

Nutrients included in the Nutrient Rich Food Index (NRF) 9.3	Daily Recommendation Based on Health Canada Daily Values used for Nutrition Labelling ^a
Protein	50 g
Fiber	28 g
Calcium	1300 mg
Vitamin A	900 µg RAE
Vitamin C	90 mg
Vitamin D	20 µg
Iron	18 mg
Potassium	4700 mg
Magnesium	420 mg
Total sugar	100 g
Saturated fat	20 g
Sodium	2300 mg

^a <https://www.canada.ca/en/health-canada/services/technical-documents-labelling-requirements/table-daily-values/nutrition-labelling.html>