**Micronutrients Table (Course 3)**

The topic of the psychology of eating is instructed in a variety of different types of courses. In some settings, students may have expressed interest or objectives to learn more about specific micronutrients.

Instructors can help students accomplish this goal by building a reference table together and posting to online course resources or the learning management system

Instructors may assign students or groups to specific micronutrients.

For each relevant micronutrient, students should identify:

Recommended daily allowance

Food and drink sources

Risk factors and causes of nutrient deficits

Conditions associated with deficit of this micronutrient and solutions

Conditions with excess of the micronutrient

**References:**

Centers for Disease Control and Prevention: <https://www.cdc.gov/nutrition/micronutrient-malnutrition/micronutrients/index.html>

World Health Organization: <https://www.who.int/health-topics/micronutrients#tab=tab_1>

Oregon State University Linus Pauling Institute: <https://lpi.oregonstate.edu/mic/micronutrient-inadequacies/overview>