



Nutritional Facts on Chromium

What is Chromium?

Chromium is an essential trace mineral that plays a significant role in carbohydrate, fat, and protein metabolism. It is particularly known for its role in enhancing the action of insulin, a hormone that regulates blood sugar levels.

Functions of Chromium

Chromium serves several important functions in the body, including:

- **Insulin Sensitivity:** Chromium enhances the effectiveness of insulin, helping to regulate blood sugar levels.
- **Metabolism:** It plays a role in the metabolism of macronutrients, including carbohydrates, fats, and proteins.
- **Weight Management:** Some studies suggest that chromium may help in reducing body fat and increasing lean body mass.

Sources of Chromium

Chromium can be obtained from various dietary sources:

- **Whole Grains:**
 - Barley
 - Oats
 - Whole wheat bread
- **Meats:**
 - Beef
 - Poultry
 - Fish
- **Fruits and Vegetables:**
 - Broccoli
 - Potatoes

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- Apples
- **Nuts and Seeds:**
 - Brazil nuts
 - Sunflower seeds
- **Dairy Products:**
 - Milk
 - Cheese
- **Spices:**
 - Black pepper
 - Thyme

Recommended Intake

The recommended dietary allowances (RDAs) for chromium are not well established, but adequate intake levels are suggested:

- **Adults (19-50 years):** 25-35 mcg per day
- **Older Adults (51 years and older):** 20-30 mcg per day
- **Pregnant Women:** 30 mcg per day
- **Breastfeeding Women:** 45 mcg per day

Chromium Deficiency

A deficiency in chromium is rare but can lead to several health issues, including:

- **Impaired Glucose Tolerance:** Low chromium levels can result in insulin resistance and elevated blood sugar levels.
- **Weight Gain:** Some studies suggest that chromium deficiency may contribute to weight gain and increased body fat.

Health Benefits of Chromium

- **Blood Sugar Control:** Chromium supplementation may help improve blood sugar control in individuals with type 2 diabetes.

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- **Cholesterol Levels:** Some research indicates that chromium may help lower LDL (bad) cholesterol and increase HDL (good) cholesterol levels.
- **Weight Loss:** Chromium may assist in weight loss efforts by reducing cravings and improving body composition.