

RECOMMENDED DIETARY ALLOWANCES

Recommended Dietary Allowances

	AGE	VITAMIN A ($\mu\text{g}/\text{d}$)	VITAMIN D ($\mu\text{g}/\text{d}$)	VITAMIN E ($\mu\text{g}/\text{d}$ α - tocopherol)	VITAMIN K ($\mu\text{g}/\text{d}$)	VITAMIN C (mg/d)	THIAMIN (mg/d)	RIBOFLAVIN (mg/d)	NIACIN (mg/d)
Infants	0–6 months	400*	5*	4*	2.0*	40*	0.2*	0.3*	~0.2*
	7–12 months	500*	5*	5*	2.5*	50*	0.3*	0.4*	~0.4*
Children	1–3 years	300	5*	6	30*	15	0.5	0.5	6
	4–8 years	400	5*	7	55*	25	0.6	0.6	8
Males	9–13 years	600	5*	11	60*	45	0.9	0.9	12
	14–18 years	900	5*	15	75*	75	1.2	1.3	16
Females	9–13 years	600	5*	11	60*	45	0.9	0.9	12
	14–18 years	700	5*	15	75*	65	1.0	1.0	14

*Values are Adequate Intakes (AI) rather than Recommended Dietary Allowances (RDAs). All other values on chart are RDAs. See Chapter 3 for a discussion of nutrient requirements.

Note: All data from Institute of Medicine. (1997–2001). *Dietary reference intakes*. Washington DC: National Academy Press. Available also at <http://www.nas.edu/iom>



VITAMIN B₆ (mg/d)	FOLATE (mg/d)	VITAMIN B₁₂ (mg/d)	CALCIUM (mg/d)	PHOSPHORUS (mg/d)	MAGNESIUM (mg/d)	IRON (mg/d)	ZINC (mg/d)	IODINE (μg/d)	SELENIUM (μg/d)
0.1*	65*	0.4*	210*	100*	30*	0.27*	2.0*	110*	15*
0.3*	80*	0.5*	270*	275*	75*	11	3	130*	20*
0.5	150	0.9	500*	460	80	7	3	90	20
0.6	200	1.2	800*	500	130	10	5	90	30
1.0	300	1.8	1300*	1250	240	8	8	120	40
1.3	400	2.4	1300*	1250	240	11	11	150	55
1.0	300	1.8	1300*	1250	410	8	8	120	40
1.2	400	2.4	1300*	1250	360	15	9	150	55