

Table 2. Recommended energy and nutrient intakes per day

Population group	Weight kg	Energy kcal	Protein g	Vitamin A $\mu\text{g RE}$	Vitamin C mg	Thiamin mg	Riboflavin mg	Niacin mg NE	Folate $\mu\text{g DFE}$	Calcium mg	Iron mg	Iodine μg
Infants, mos												
Birth - < 6	6	560	9	375	30	0.2	0.3	1.5	65	200	0.38	90
6 - < 12	9	720	14	400	30	0.4	0.4	4	80	400	10	90
Children, y												
1 - 3	13	1070	28	400	30	0.5	0.5	6	160	500	8	90
4 - 6	19	1410	38	400	30	0.6	0.6	7	200	550	9	90
7 - 9	24	1600	43	400	35	0.7	0.7	9	300	700	11	120
Males, y												
10 - 12	34	2140	54	400	45	0.9	1.0	12	400	1000	13	120
13 - 15	50	2800	71	550	65	1.2	1.3	16	400	1000	20	150
16 - 18	58	2840	73	600	75	1.4	1.5	16	400	1000	14	150
19 - 29	59	2490	67	550	75	1.2	1.3	16	400	750	12	150
30 - 49	59	2420	67	550	75	1.2	1.3	16	400	750	12	150
50 - 64	59	2170	67	550	75	1.2	1.3	16	400	750	12	150
65 +	59	1890	67	550	75	1.2	1.3	16	400	800	12	150
Females, y												
10 - 12	35	1920	49	400	45	0.9	0.9	12	400	1000	19	120
13 - 15	49	2250	63	450	65	1.0	1.0	14	400	1000	21	150
16 - 18	50	2050	59	450	70	1.1	1.1	14	400	1000	27	150
19 - 29	51	1860	58	500	70	1.1	1.1	14	400	750	27	150
30 - 49	51	1810	58	500	70	1.1	1.1	14	400	750	27	150
50 - 64	51	1620	58	500	70	1.1	1.1	14	400	800	27	150
65 +	51	1410	58	500	70	1.1	1.1	14	400	800	10	150
Pregnant women												
Trimester												
First			66	800	80	1.4	1.7	18	600	800	27	200
Second		+300	66	800	80	1.4	1.7	18	600	800	34	200
Third		+300	66	800	80	1.4	1.7	18	600	800	38	200
Lactating women												
1 st 6mos.		+500	81	900	105	1.5	1.7	17	500	750	27	200
2 nd 6 mos		+500	76	900	100	1.5	1.7	17	500	750	30	200

Table 3. Recommended daily intakes for other minerals and vitamins

Population group	Weight kg	MINERALS						VITAMINS				
		Magnesium mg	Phosphorus mg	Zinc mg	Selenium μg	Fluoride mg	Manganese mg	D μg	E* mg	K μg	B ₆ mg	B ₁₂ μg
Infants, mos												
Birth - < 6	6	26	90	1.4	6	0.01	0.003	5	3	6	0.1	0.3
6 - < 12	9	54	275	4.2	10	0.5	0.6	5	4	9	0.3	0.4
Children, y												
1 - 3	13	65	460	4.5	18	0.7	1.2	5	5	13	0.5	0.9
4 - 6	19	76	500	5.4	22	1.0	1.5	5	6	19	0.6	1.2
7 - 9	24	100	500	5.4	20	1.2	1.7	5	7	24	1.0	1.8
Males, y												
10 - 12	34	155	1250	6.8	21	1.7	1.9	5	10	34	1.3	2.4
13 - 15	50	225	1250	9.0	31	2.5	2.2	5	12	50	1.3	2.4
16 - 18	58	260	1250	8.9	36	2.9	2.2	5	13	58	1.3	2.4
19 - 29	59	235	700	6.4	31	3.0	2.3	5	12	59	1.3	2.4
30 - 49	59	235	700	6.4	31	3.0	2.3	5	12	59	1.3	2.4
50 - 64	59	235	700	6.4	31	3.0	2.3	10	12	59	1.7	2.4
65 +	59	235	700	6.4	31	3.0	2.3	15	12	59	1.7	2.4
Females, y												
10 - 12	35	160	1250	6.0	21	1.8	1.6	5	11	35	1.2	2.4
13 - 15	49	220	1250	7.9	31	2.5	1.6	5	12	49	1.2	2.4
16 - 18	50	240	1250	7.0	36	2.5	1.6	5	12	50	1.2	2.4
19 - 29	51	205	700	4.5	31	2.5	1.8	5	12	51	1.3	2.4
30 - 49	51	205	700	4.5	31	2.5	1.8	5	12	51	1.3	2.4
50 - 64	51	205	700	4.5	31	2.5	1.8	10	12	51	1.5	2.4
65 +	51	205	700	4.5	31	2.5	1.8	15	12	51	1.5	2.4
Pregnant women												
Trimester												
First		205	700	5.1	35	2.5	2.0	5	12	51	1.9	2.6
Second		205	700	6.6	35	2.5	2.0	5	12	51	1.9	2.6
Third		205	700	9.6	35	2.5	2.0	5	12	51	1.9	2.6
Lactating women												
1 st 6mos.		250	700	11.5	40	2.5	2.6	5	16	51	2.0	2.8
2 nd 6 mos		250	700	11.5	40	2.5	2.6	5	16	51	2.0	2.8

* α -tocopherol