

**The RDAs
Median Heights and Weights**

	Age (years) or Condition	<u>Weight</u>		<u>Height</u>		<u>Average Energy Allowance (kcal)</u>	
		(kg)	(lb)	(cm)	(in)	(kg)	Per Day
Infants	0.0-0.5	6	13	60	24	108	650
	0.5-1.0	9	20	71	28	98	850
Children	1.0-3.0	13	29	90	35	102	1300
	4.0-6.0	20	44	112	44	90	1800
	7.0-10	28	62	132	52	70	2000
Males	11.0-14	45	99	157	62	55	2500
	15-18	66	145	176	69	45	3000
	19-24	72	160	177	70	40	2900
	25-50	79	174	176	70	37	2900
	51+	77	170	173	68	30	2300
Females	11.0-14	46	101	157	62	47	2200
	15-18	55	120	163	64	40	2200
	19-24	58	128	164	65	38	2200
	25-50	63	138	163	64	36	2200
	51+	65	143	160	63	30	1900
Pregnant	1st semester						plus 0
	2nd semester						plus 300
	3rd semester						plus 300
Lactating	1st 6 months						plus 500
	2nd 6 months						plus 500

Recommended Dietary Allowances- Fat Soluble Vitamins

	Age (years) or Condition	Vitamin A (μg)	Vitamin D (μg)	Vitamin E (mg)	Vitamin K (μg)
Infants	0 – 0.5	400	5	4	2
	0.5 - 1.0	500	5	5	2.5
Children	1 - 3	300	5	6	30
	4 – 8	400	5	7	55
Males	9 - 13	600	5	11	60
	14 - 18	900	5	15	75
	19 - 30	900	5	15	120
	31 - 50	900	5	15	120
	50 - 70	900	10	15	120
	> 70	900	15	15	120
	Females	9 - 13	600	5	11
14 - 18		700	5	15	75
19 - 30		700	5	15	90
31 - 50		700	5	15	90
50 - 70		700	10	15	90
> 70		700	15	15	90
Pregnant	≤ 18 years old	750	5	15	75
	19-30 years old	770	5	15	90
	31-50 years old	770	5	15	90
Lactating	≤ 18 years old	1,200	10	19	75
	19-30 years old	1,300	10	19	90
	31-50 years old	1,300		19	90

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*1 μg retinal = 1 RE, where 1 RE = 12 μg β -carotene , 24 μg α -carotene or β -cryptoxanthin

1 μg of vitamin D = 40 IU Vitamin D

Recommended Dietary Allowances- Water Soluble Vitamins

	Age (years) or Condition	Vitamin C mg/day	Thiamin mg/day	Riboflavin mg/day	Niacin mg NE*	Vitamin B ₆ mg/day	Folate µg/day	Vitamin B ₁₂ µg/day	Biotin µg/day	Pantothenic Acid mg/day	Choline mg/day
Infants	0 – 0.5	40	0.2	0.3	2	0.1	65	0.4	5	1.7	125
	0.5 – 1.0	50	0.3	0.4	4	0.3	80	0.5	6	1.8	150
Children	1 – 3	15	0.5	0.5	6	0.5	150	0.9	8	2	200
	4 – 8	25	0.6	0.6	8	0.6	200	1.2	12	3	250
Males	9 - 13	45	0.9	0.9	12	1.0	300	1.8	20	4	375
	14 - 18	75	1.2	1.3	16	1.3	400	2.4	25	5	550
	19 - 30	90	1.2	1.3	16	1.3	400	2.4	30	5	550
	31 - 50	90	1.2	1.3	16	1.3	400	2.4	30	5	550
	50 - 70	90	1.2	1.3	16	1.7	400	2.4	30	5	550
	> 70	90	1.2	1.3	16	1.7	400	2.4	30	5	550
	Females	9 - 13	45	0.9	0.9	12	1.0	300	1.8	20	4
	14 - 18	65	1.0	1.0	14	1.2	400	2.4	25	5	400
	19 - 30	75	1.1	1.1	14	1.3	400	2.4	30	5	425
	31 - 50	75	1.1	1.1	14	1.3	400	2.4	30	5	425
	50 - 70	75	1.1	1.1	14	1.5	400	2.4	30	5	425
	> 70	75	1.1	1.1	14	1.5	400	2.4	30	5	425
Pregnant	≤ 18 years old	80	1.4	1.4	18	1.9	600	2.6	30	6	450
	19-30 years old	85	1.4	1.4	18	1.9	600	2.6	30	6	450
	31-50 years old	85	1.4	1.4	18	1.9	600	2.6	30	6	450
	≤ 18 years old	115	1.4	1.6	17	2	500	2.8	35	7	550
	19-30 years old	120	1.4	1.6	17	2	500	2.8	35	7	550
	31-50 years old	120	1.4	1.6	17	2	500	2.8	35	7	550

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* 1 NE = 1 mg niacin = 60 mg of tryptophan

Recommended Dietary Allowances - Minerals

	Age (years) or Condition	Calcium mg/day	Phosphorus mg/day	Magnesium mg/day	Iron mg/day	Zinc mg/day	Selenium µg/day	Copper µg/day
Infants	0 – 0.5	210	100	30	0.27	2	15	200
	0.5 – 1.0	270	275	75	11	3	20	220
Children	1 – 3	500	460	80	7	3	20	340
	4 – 8	1300	500	130	10	5	30	440
Males	9 - 13	1300	1250	240	8	8	40	700
	14 - 18	1000	1250	410	11	11	55	890
	19 - 30	1000	700	400	8	11	55	900
	31 - 50	1000	700	420	8	11	55	900
	50 - 70	1200	700	420	8	11	55	900
	> 70	1200	700	420	8	11	55	900
Females	9 - 13	1300	1250	240	8	8	40	700
	14 - 18	1300	1250	360	15	9	55	890
	19 - 30	1000	1200	310	18	8	55	900
	31 - 50	1000	700	320	18	8	55	900
	50 - 70	1200	700	320	8	8	55	900
	> 70	1200	700	320	8	8	55	900
Pregnant	≤ 18 years old	1300	1250	400	27	12	60	1000
	19-30 years old	1000	700	350	27	11	60	1000
	31-50 years old	1000	700	360	27	11	60	1000
	≤ 18 years old	1300	1250	360	10	13	70	1300
	19-30 years old	1000	700	310	9	12	70	1300
	31-50 years old	1000	700	320	9	12	70	1300

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Recommended Dietary Allowances – Minerals

	Age (years) or Condition	Iodine µg/day	Chromium µg/day	Fluoride mg/d	Manganese mg/day	Molybdenum µg/day
Infants	0 – 0.5	110	0.2	0.01	0.003	2
	0.5 – 1.0	130	5.5	0.5	0.6	3
Children	1 – 3	90	11	0.7	1.2	17
	4 – 8	90	15	1	1.5	22
Males	9 - 13	120	25	2	1.9	34
	14 - 18	150	35	3	2.2	43
	19 - 30	150	35	4	2.3	45
	31 - 50	150	35	4	2.3	45
	50 - 70	150	30	4	2.3	45
	> 70	150	30	4	2.3	45
	Females	9 - 13	120	21	2	1.6
	14 - 18	150	24	3	1.6	43
	19 - 30	150	25	3	1.8	45
	31 - 50	150	25	3	1.8	45
	50 - 70	150	20	3	1.8	45
	> 70	150	20	3	1.8	45
Pregnant	≤ 18 years old	220	29	3	2	50
	19-30 years old	220	30	3	2	50
	31-50 years old	220	30	3	2	50
Lactating	≤ 18 years old	290	44	3	2.6	50
	19-30 years old	290	45	3	2.6	50
	31-50 years old	290	45	3	2.6	50

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