

Dietary References Intakes (DRI)

Recommended Dietary Allowances and Adequate Intakes:

Life-Stage Group	Calcium (mg/d)	Copper (µg/d)	Iron (mg/d)	Magnesium (mg/d)	Phosphorus (mg/d)	Selenium (µg/d)	Zinc (mg/d)	Potassium (mg/d)	Sodium (mg/d)	Chloride (g/d)
Infants										
0–6 mo	200*	200*	0.27*	30*	100*	15*	2*	400*	110*	0.18*
7–12 mo	260*	220*	11	75*	275*	20*	3	860*	370*	0.57*
Children										
1–3 y	700	340	7	80	460	20	3	2,000*	800*	1.5*
4–8 y	1,000	440	10	130	500	30	5	2,300*	1,000*	1.9*
Males										
9–13 y	1,300	700	8	240	1,250	40	8	2,500*	1,200*	2.3*
14–18 y	1,300	890	11	410	1,250	55	11	3,000*	1,500*	2.3*
Females										
9–13 y	1,300	700	8	240	1,250	40	8	2,300*	1,200*	2.3*
14–18 y	1,300	890	15	360	1,250	55	9	2,300*	1,500*	2.3*
Pregnancy										
14–18 y	1,300	1,000	27	400	1,250	60	12	2,600*	1,500*	2.3*
Lactation										
14–18 y	1,300	1,300	10	360	1,250	70	13	2,500*	1,500*	2.3*

This table presents Recommended Dietary Allowances (RDAs) in **bold type** and Adequate Intakes (AIs) in ordinary type followed by an asterisk (*).

Recommended Dietary Allowances and Adequate Intakes:

Life Stage Group	Vitamin A (µg/d)	Vitamin C (mg/d)	Vitamin D (µg/d)	Vitamin E (mg/d)	Vitamin K (µg/d)	Thiamin (mg/d)	Folate (µg/d) ^f
Infants							
0–6 mo	400*	40*	10*	4*	2.0*	0.2*	65*
6–12 mo	500*	50*	10*	5*	2.5*	0.3*	80*
Children							
1–3 y	300	15	15	6	30*	0.5	150
4–8 y	400	25	15	7	55*	0.6	200
Males							
9–13 y	600	45	15	11	60*	0.9	300
14–18 y	900	75	15	15	75*	1.2	400
Females							
9–13 y	600	45	15	11	60*	0.9	300
14–18 y	700	65	15	15	75*	1.0	400
Pregnancy							
14–18 y	750	80	15	15	75*	1.4	600
Lactation							
14–18 y	1,200	115	15	19	75*	1.4	500

This table presents Recommended Dietary Allowances (RDAs) in **bold type** and Adequate Intakes (AIs) in ordinary type followed by an asterisk (*).

Tolerable Upper Intake Levels:

Life-Stage Group	Calcium (mg/d)	Copper (µg/d)	Iron (mg/d)	Magnesium (mg/d)	Phosphorus (g/d)	Potassium	Selenium (µg/d)	Zinc (mg/d)	Sodium	Chloride (g/d)
Infants										
0–6 mo	1,000	ND	40	ND	ND	ND	45	4	ND	ND
7–12 mo	1,500	ND	40	ND	ND	ND	60	5	ND	ND
Children										
1–3 y	2,500	1,000	40	65	3	ND	90	7	ND	2.3
4–8 y	2,500	3,000	40	110	3	ND	150	12	ND	2.9
Males										
9–13 y	3,000	5,000	40	350	4	ND	280	23	ND	3.4
14–18 y	3 000	8 000	45	350	4	ND	400	34	ND	3.6
Females										
9–13 y	3,000	5,000	40	350	4	ND	280	23	ND	3.4
14–18 y	3,000	8,000	45	350	4	ND	400	34	ND	3.6
Pregnancy										
14–18 y	3,000	8,000	45	350	3.5	ND	400	34	ND	3.6
Lactation										
14–18 y	3,000	8,000	45	350	4	ND	400	34	ND	3.6

ND = Not determinable owing to a lack of data of a specific toxicological adverse effect.

Tolerable Upper Intake Levels:

Life Stage Group	Vitamin A (µg/d)	Vitamin C (mg/d)	Vitamin D (µg/d)	Vitamin E (mg/d)	Vitamin K	Thiamin	Folate (µg/d)	Vitamin B ₁₂
Infants								
0–6 mo	600	ND	25	ND	ND	ND	ND	ND
6–12 mo	600	ND	38	ND	ND	ND	ND	ND
Children								
1–3 y	600	400	63	200	ND	ND	300	ND
4–8 y	900	650	75	300	ND	ND	400	ND
Males								
9–13 y	1,700	1,200	100	600	ND	ND	600	ND
14–18 y	2,800	1,800	100	800	ND	ND	800	ND
Females								
9–13 y	1,700	1,200	100	600	ND	ND	600	ND
14–18 y	2,800	1,800	100	800	ND	ND	800	ND
Pregnancy								
14–18 y	2,800	1,800	100	800	ND	ND	800	ND
Lactation								
14–18 y	2,800	1,800	100	800	ND	ND	800	ND

ND = Not determinable

Adapted from the NIH Nutrient Recommendations and Databases. To access the complete tables, visit <https://ods.od.nih.gov/HealthInformation/nutrientrecommendations>.