

Dietary Reference Intakes (DRI):

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 (g/d)	Sodium (g/d)	Chloride (g/d)
Infants										
0-6 mo	200*	200*	0.27*	30*	100*	15*	2*	0.4*	0.12*	0.18*
6-12 mo	260*	220*	11	75*	275*	20*	3	0.7*	0.37*	0.57*
Children										
1-3 y	700	340	7	80	460	20	3	3.0*	1.0*	1.5*
4-8y	1,000	440	10	130	500	30	5	3.8*	1.2*	1.9*
Males										
9-13 y	1,300	700	8	240	1,250	40	8	4.5*	1.5*	2.3*
14-18 y	1,300	890	11	410	1,250	55	11	4.7*	1.5*	2.3*
Females										
9-13 y	1,300	700	8	240	1,250	40	8	4.5*	1.5*	2.3*
14-18 y	1,300	890	15	360	1,250	55	9	4.7*	1.5*	2.3*
Pregnancy										
14-18 y	1,300	1,000	27	400	1,250	60	12	4.7*	1.5*	2.3*
Lactation										
14-18 y	1,300	1,300	10	360	1,250	70	13	5.1*	1.5*	2.3*

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



Dietary Reference Intakes (DRI):

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)	Vitamin B ₁₂ (µg/d)
Infants								
0-6 mo	400*	40*	10	4*	2.0*	0.2*	65*	0.4*
6-12 mo	500*	50*	10	5*	2.5*	0.3*	80*	0.5*
Children								
1-3 y	300	15	15	6	30*	0.5	150	0.9
4-8y	400	25	15	7	55*	0.6	200	1.2
Males								
9-13 y	600	45	15	11	60*	0.9	300	1.8
14-18 y	900	75	15	15	75*	1.2	400	2.4
Females								
9-13 y	600	45	15	11	60*	0.9	300	1.8
14-18 y	700	65	15	15	75*	1.0	400	2.4
Pregnancy								
14-18 y	750	80	15	15	75*	1.4	600	2.6
Lactation								
14-18 y	1,200	115	15	19	75*	1.4	500	2.8

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



Tolerable Upper Limits (TUL):

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)	Vitamin B ₁₂ (µg/d)
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
4-8y	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 due to lack of data of adverse events in this age group and concern with regard to lack of ability to handle excess amounts.

Tolerable Upper Limits (TUL):

Life Stage Group	Calcium (mg/d)	Copper (µg/d)	Iron (mg/d)	Magnesium (mg/d)	Phosphorus (g/d)	Selenium (µg/d)	Zinc (mg/d)	Potassium (g/d)	Sodium (g/d)	Chloride (g/d)
Infants										
0-6 mo	1,000	ND	40	ND	ND	45	4	ND	ND	ND
6-12 mo	1,500	ND	40	ND	ND	60	5	ND	ND	ND
Children										
1-3 y	2,500	1,000	40	65	3	90	7	ND	1.5	2.3
4-8y	2,500	3,000	40	110	3	150	12	ND	1.9	2.9
Males										
9-13 y	3,000	5,000	40	350	4	280	23	ND	2.2	3.4
14-18 y	3,000	8,000	45	350	4	400	34	ND	2.3	3.6
Females										
9-13 y	3,000	5,000	40	350	4	280	23	ND	2.2	3.4
14-18 y	3,000	8,000	45	350	4	400	34	ND	2.3	3.6
Pregnancy										
14-18 y	3,000	8,000	45	350	3.5	400	34	ND	2.3	3.6
Lactation										
14-18 y	3,000	8,000	45	350	4	400	34	ND	2.3	3.6

ND= Not determinable due to lack of data of adverse events in this age group and concern with regard to lack of ability to handle excess amounts.

If you want to access the complete tables, use the following link:

<https://www.nal.usda.gov/sites/fnic.nal.usda.gov/files/uploads/SummaryTables.pdf>