

Reference Nutrient intakes for Vitamins

| Age | Thiamin mg/d | Riboflavin mg/d | Niacin (nicotinic acid equivalent) mg/d | Vitamin B6 mg/d [†] | Vitamin B12 µg/d | Folate µg/d | Vitamin C mg/d | Vitamin A µg/d | Vitamin D µg/d |
|-----------------|-----------------|--------------------|--|---------------------------------|---------------------|----------------|-------------------|-------------------|-------------------|
| 0-3 months | 0.2 | 0.4 | 3 | 0.2 | 0.3 | 50 | 25 | 350 | 8.5 |
| 4-6 months | 0.2 | 0.4 | 3 | 0.2 | 0.3 | 50 | 25 | 350 | 8.5 |
| 7-9 months | 0.2 | 0.4 | 4 | 0.3 | 0.4 | 50 | 25 | 350 | 7 |
| 10-12 months | 0.3 | 0.4 | 5 | 0.4 | 0.4 | 50 | 25 | 350 | 7 |
| 1-3 years | 0.5 | 0.6 | 8 | 0.7 | 0.5 | 70 | 30 | 400 | 7 |
| 4-6 years | 0.7 | 0.8 | 11 | 0.9 | 0.8 | 100 | 30 | 400 | - |
| 7-10 years | 0.7 | 1.0 | 12 | 1.0 | 1.0 | 150 | 30 | 500 | - |
| Males | | | | | | | | | |
| 11-14 years | 0.9 | 1.2 | 15 | 1.2 | 1.2 | 200 | 35 | 300 | - |
| 15-18 year | 1.1 | 1.3 | 18 | 1.5 | 1.5 | 200 | 40 | 700 | - |
| 19-50 years | 1.0 | 1.3 | 17 | 1.4 | 1.5 | 200 | 40 | 700 | - |
| 50+ years | 0.9 | 1.3 | 16 | 1.4 | 1.5 | 200 | 40 | 700 | ** |
| Females | | | | | | | | | |
| 11-14 years | 0.7 | 1.1 | 12 | 1.0 | 1.2 | 200 | 35 | 600 | - |
| 15-18 year | 0.8 | 1.1 | 14 | 1.2 | 1.5 | 200 | 40 | 600 | - |
| 19-50 years | 0.8 | 1.1 | 13 | 1.2 | 1.5 | 200 | 40 | 600 | - |
| 50+ years | 0.8 | 1.1 | 12 | 1.2 | 1.5 | 200 | 40 | 600 | ** |
| Pregnancy | +0.1*** | +0.3 | * | * | * | +100 | +10 | +10 | 10 |
| Lactation | | | | | | | | | |
| 0-4 months | +0.2 | +0.5 | +2 | * | +0.5 | +60 | +30 | +350 | 10 |
| 4+ months | +0.2 | +0.5 | +2 | * | +0.5 | +60 | +30 | +350 | 10 |

*No increment **After age 65 the RNI is 10 µg/d for men & women
EAR for energy

***For last trimester only

[†]Based on protein providing 14.7% of

Reference Nutrient intakes for Minerals

| Age | Calcium mg/d | Phosphorus mg/d | Magnesium mg/d | Sodium mg/d [†] | Potassium mg/d | Chloride mg/d | Iron mg/d | Copper mg/d | Selenium µg/d | Iodine µg/d |
|-----------------|-----------------|--------------------|-------------------|-----------------------------|-------------------|------------------|--------------|----------------|------------------|----------------|
| 0-3 months | 525 | 400 | 55 | 210 | 800 | 320 | 1.7 | 0.2 | 10 | 50 |
| 4-6 months | 525 | 400 | 60 | 280 | 850 | 400 | 4.3 | 0.3 | 13 | 60 |
| 7-9 months | 525 | 400 | 75 | 320 | 700 | 500 | 7.8 | 0.3 | 10 | 60 |
| 10-12 months | 525 | 400 | 80 | 350 | 700 | 500 | 7.8 | 0.3 | 10 | 60 |
| 1-3 years | 350 | 270 | 85 | 500 | 800 | 800 | 6.9 | 0.4 | 15 | 70 |
| 4-6 years | 450 | 350 | 120 | 700 | 1 100 | 1 100 | 6.1 | 0.6 | 20 | 100 |
| 7-10 years | 550 | 450 | 200 | 1 200 | 2 000 | 1 800 | 8.7 | 0.7 | 30 | 110 |
| Males | | | | | | | | | | |
| 11-14 years | 1 000 | 775 | 280 | 1 600 | 3 100 | 2 500 | 11.3 | 0.8 | 45 | 130 |
| 15-18 year | 1 000 | 775 | 300 | 1 600 | 3 500 | 2 500 | 11.3 | 1.0 | 70 | 140 |
| 19-50 years | 700 | 550 | 300 | 1 600 | 3 500 | 2 500 | 8.7 | 1.2 | 75 | 140 |
| 50+ years | 700 | 550 | 300 | 1 600 | 3 500 | 2 500 | 8.7 | 1.2 | 75 | 140 |
| Females | | | | | | | | | | |
| 11-14 years | 800 | 625 | 280 | 1 600 | 3 100 | 2 500 | 14.8** | 0.8 | 45 | 130 |
| 15-18 year | 800 | 625 | 300 | 1 600 | 3 500 | 2 500 | 14.8** | 1.0 | 60 | 140 |
| 19-50 years | 700 | 550 | 270 | 1 600 | 3 500 | 2 500 | 14.8** | 1.2 | 60 | 140 |
| 50+ years | 700 | 550 | 270 | 1 600 | 3 500 | 2 500 | 8.7 | 1.2 | 60 | 140 |
| Pregnancy | * | * | * | * | * | * | * | * | * | * |
| Lactation | | | | | | | | | | |
| 0-4 months | +550 | +440 | +50 | * | * | * | * | +0.3 | +15 | * |
| 4+ months | +550 | +440 | +50 | * | * | * | * | +0.3 | +15 | * |

*No increment **Insufficient for women with high menstrual losses