

Dietary Reference Intakes (DRIs): Recommended Dietary Allowances and Adequate Intakes, Vitamins

Food and Nutrition Board, National Academies of Sciences, Engineering, and Medicine

Life-Stage Group	Vitamin A (µg/d) ^a	Vitamin C (mg/d)	Vitamin D (µg/d) ^{b,c}	Vitamin E (mg/d) ^d	Vitamin K (µg/d)	Thiamin (mg/d)	Riboflavin (mg/d)	Niacin (mg/d) ^e	Vitamin B ₆ (mg/d)	Folate (µg/d) ^f	Vitamin B ₁₂ (µg/d)	Pantothenic Acid (mg/d)	Biotin (µg/d)	Choline (mg/d) ^g
Infants														
0–6 mo	400*	40*	10 ^h	4*	2.0*	0.2*	0.3*	2*	0.1*	65*	0.4*	1.7*	5*	125*
7–12 mo	500*	50*	10 ^h	5*	2.5*	0.3*	0.4*	4*	0.3*	80*	0.5*	1.8*	6*	150*
Children														
1–3 y	300	15	15	6	30*	0.5	0.5	6	0.5	150	0.9	2*	8*	200*
4–8 y	400	25	15	7	55*	0.6	0.6	8	0.6	200	1.2	3*	12*	250*
Males														
9–13 y	600	45	15	11	60*	0.9	0.9	12	1.0	300	1.8	4*	20*	375*
14–18 y	900	75	15	15	75*	1.2	1.3	16	1.3	400	2.4	5*	25*	550*
19–30 y	900	90	15	15	120*	1.2	1.3	16	1.3	400	2.4	5*	30*	550*
31–50 y	900	90	15	15	120*	1.2	1.3	16	1.3	400	2.4	5*	30*	550*
51–70 y	900	90	15	15	120*	1.2	1.3	16	1.7	400	2.4ⁱ	5*	30*	550*
> 70 y	900	90	20	15	120*	1.2	1.3	16	1.7	400	2.4ⁱ	5*	30*	550*
Females														
9–13 y	600	45	15	11	60*	0.9	0.9	12	1.0	300	1.8	4*	20*	375*
14–18 y	700	65	15	15	75*	1.0	1.0	14	1.2	400^j	2.4	5*	25*	400*
19–30 y	700	75	15	15	90*	1.1	1.1	14	1.3	400^j	2.4	5*	30*	425*
31–50 y	700	75	15	15	90*	1.1	1.1	14	1.3	400^j	2.4	5*	30*	425*
51–70 y	700	75	15	15	90*	1.1	1.1	14	1.5	400	2.4ⁱ	5*	30*	425*
> 70 y	700	75	20	15	90*	1.1	1.1	14	1.5	400	2.4ⁱ	5*	30*	425*
Pregnancy														
14–18 y	750	80	15	15	75*	1.4	1.4	18	1.9	600^k	2.6	6*	30*	450*
19–30 y	770	85	15	15	90*	1.4	1.4	18	1.9	600^k	2.6	6*	30*	450*
31–50 y	770	85	15	15	90*	1.4	1.4	18	1.9	600^k	2.6	6*	30*	450*
Lactation														
14–18 y	1,200	115	15	19	75*	1.4	1.6	17	2.0	500	2.8	7*	35*	550*
19–30 y	1,300	120	15	19	90*	1.4	1.6	17	2.0	500	2.8	7*	35*	550*
31–50 y	1,300	120	15	19	90*	1.4	1.6	17	2.0	500	2.8	7*	35*	550*

NOTE: This table (taken from the DRI reports, see www.nap.edu) presents Recommended Dietary Allowances (RDAs) in **bold type** and Adequate Intakes (AIs) in ordinary type followed by an asterisk (*). An RDA is the average daily dietary intake level sufficient to meet the nutrient requirements of nearly all (97–98 percent) healthy individuals in a group. It is calculated from an Estimated Average Requirement (EAR). If sufficient scientific evidence is not available to establish an EAR, and thus calculate an RDA, an AI is usually developed. For healthy breastfed infants, an AI is the mean intake. The AI for other life-stage and gender groups is believed to cover the needs of all healthy individuals in the groups, but lack of data or uncertainty in the data prevent being able to specify with confidence the percentage of individuals covered by this intake.

^aAs retinol activity equivalents (RAEs). 1 RAE = 1 µg retinol, 12 µg β-carotene, 24 µg α-carotene, or 24 µg β-cryptoxanthin. The RAE for dietary provitamin A carotenoids is two-fold greater than retinol equivalents (RE), whereas the RAE for preformed vitamin A is the same as RE.

^bAs cholecalciferol. 1 µg cholecalciferol = 40 IU vitamin D.

^cUnder the assumption of minimal sunlight.

^dAs α-tocopherol. α-Tocopherol includes *RRR*-α-tocopherol, the only form of α-tocopherol that occurs naturally in foods, and the *2R*-stereoisomeric forms of α-tocopherol (*RRR*-, *RSR*-, *RRS*-, and *RSS*-α-tocopherol) that occur in fortified foods and supplements. It does not include the *2S*-stereoisomeric forms of α-tocopherol (*SRR*-, *SSR*-, *SRS*-, and *SSS*-α-tocopherol), also found in fortified foods and supplements.

^eAs niacin equivalents (NE). 1 mg of niacin = 60 mg of tryptophan; 0–6 months = preformed niacin (not NE).

^fAs dietary folate equivalents (DFE). 1 DFE = 1 µg food folate = 0.6 µg of folic acid from fortified food or as a supplement consumed with food = 0.5 µg of a supplement taken on an empty stomach.

^gAlthough AIs have been set for choline, there are few data to assess whether a dietary supply of choline is needed at all stages of the life cycle, and it may be that the choline requirement can be met by endogenous synthesis at some of these stages.

^hLife-stage groups for infants were 0–5.9 and 6–11.9 months.

ⁱBecause 10 to 30 percent of older people may malabsorb food-bound B₁₂, it is advisable for those older than 50 years to meet their RDA mainly by consuming foods fortified with B₁₂ or a supplement containing B₁₂.

^jIn view of evidence linking folate intake with neural tube defects in the fetus, it is recommended that all women capable of becoming pregnant consume 400 µg from supplements or fortified foods in addition to intake of food folate from a varied diet

^kIt is assumed that women will continue consuming 400 µg from supplements or fortified food until their pregnancy is confirmed and they enter prenatal care, which ordinarily occurs after the end of the periconceptual period—the critical time for formation of the neural tube.

SOURCES: *Dietary Reference Intakes for Calcium, Phosphorus, Magnesium, Vitamin D, and Fluoride* (1997); *Dietary Reference Intakes for Thiamin, Riboflavin, Niacin, Vitamin B₆, Folate, Vitamin B₁₂, Pantothenic Acid, Biotin, and Choline* (1998); *Dietary Reference Intakes for Vitamin C, Vitamin E, Selenium, and Carotenoids* (2000); *Dietary Reference Intakes for Vitamin A, Vitamin K, Arsenic, Boron, Chromium, Copper, Iodine, Iron, Manganese, Molybdenum, Nickel, Silicon, Vanadium, and Zinc* (2001); *Dietary Reference Intakes for Water, Potassium, Sodium, Chloride, and Sulfate* (2005); and *Dietary Reference Intakes for Calcium and Vitamin D* (2011). These reports may be accessed via www.nap.edu.

Dietary Reference Intakes (DRIs): Recommended Dietary Allowances and Adequate Intakes, Elements

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Life-Stage Group	Calcium (mg/d)	Chromium (µg/d)	Copper (µg/d)	Fluoride (mg/d)	Iodine (µg/d)	Iron (mg/d)	Magnesium (mg/d)	Manganese (mg/d)	Molybdenum (µg/d)	Phosphorus (mg/d)	Selenium (µg/d)	Zinc (mg/d)	Potassium (mg/d)	Sodium (mg/d)	Chloride (g/d)
Infants															
0–6 mo	200 ^a	0.2*	200*	0.01*	110*	0.27*	30*	0.003*	2*	100*	15*	2*	400*	110*	0.18*
7–12 mo	260 ^a	5.5*	220*	0.5*	130*	11	75*	0.6*	3*	275*	20*	3	860*	370*	0.57*
Children															
1–3 y	700	11*	340	0.7*	90	7	80	1.2*	17	460	20	3	2,000*	800*	1.5*
4–8 y	1,000	15*	440	1*	90	10	130	1.5*	22	500	30	5	2,300*	1,000*	1.9*
Males															
9–13 y	1,300	25*	700	2*	120	8	240	1.9*	34	1,250	40	8	2,500*	1,200*	2.3*
14–18 y	1,300	35*	890	3*	150	11	410	2.2*	43	1,250	55	11	3,000*	1,500*	2.3*
19–30 y	1,000	35*	900	4*	150	8	400	2.3*	45	700	55	11	3,400*	1,500*	2.3*
31–50 y	1,000	35*	900	4*	150	8	420	2.3*	45	700	55	11	3,400*	1,500*	2.3*
51–70 y	1,000	30*	900	4*	150	8	420	2.3*	45	700	55	11	3,400*	1,500*	2.0*
> 70 y	1,200	30*	900	4*	150	8	420	2.3*	45	700	55	11	3,400*	1,500*	1.8*
Females															
9–13 y	1,300	21*	700	2*	120	8	240	1.6*	34	1,250	40	8	2,300*	1,200*	2.3*
14–18 y	1,300	24*	890	3*	150	15	360	1.6*	43	1,250	55	9	2,300*	1,500*	2.3*
19–30 y	1,000	25*	900	3*	150	18	310	1.8*	45	700	55	8	2,600*	1,500*	2.3*
31–50 y	1,000	25*	900	3*	150	18	320	1.8*	45	700	55	8	2,600*	1,500*	2.3*
51–70 y	1,200	20*	900	3*	150	8	320	1.8*	45	700	55	8	2,600*	1,500*	2.0*
> 70 y	1,200	20*	900	3*	150	8	320	1.8*	45	700	55	8	2,600*	1,500*	1.8*
Pregnancy															
14–18 y	1,300	29*	1,000	3*	220	27	400	2.0*	50	1,250	60	12	2,600*	1,500*	2.3*
19–30 y	1,000	30*	1,000	3*	220	27	350	2.0*	50	700	60	11	2,900*	1,500*	2.3*
31–50 y	1,000	30*	1,000	3*	220	27	360	2.0*	50	700	60	11	2,900*	1,500*	2.3*
Lactation															
14–18 y	1,300	44*	1,300	3*	290	10	360	2.6*	50	1,250	70	13	2,500*	1,500*	2.3*
19–30 y	1,000	45*	1,300	3*	290	9	310	2.6*	50	700	70	12	2,800*	1,500*	2.3*
31–50 y	1,000	45*	1,300	3*	290	9	320	2.6*	50	700	70	12	2,800*	1,500*	2.3*

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^aLife-stage groups for infants were 0–5.9 and 6–11.9 months.

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