



# Recommended Dietary Allowance

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Recommended dietary allowance (RDA) is defined as the nutrient present in the diet which satisfies the daily requirement of nearly all individuals in a population. It is influenced by

- Sex – In general requirement is more for men than women.
- Age- Adult men and women require nutrients for maintenance where as infants and children require it for growth and maintenance. Nutrient requirements during childhood are proportional to growth rate.
- Body weight: Among adults requirements are related to body weight and size.
- Physiological states- During menstruation, pregnancy and lactation women require some nutrients more than the normal times.
- Requirements of sports persons and athletes who perform high levels of extreme activity are high some times 2-3 times the normal times.
- Physical activity- Sedentary person needs much less nutrients than a moderate to severely active person.
- Environment- Extremes of climate or high altitude alters the need for certain nutrients.


## Reference man and Reference woman

RDA suggested for Indian population is based on the reference man and reference woman .

Reference man and Reference woman are defined on the basis of body weights of well nourished healthy adults who have satisfactory growth during their child hood and are currently leading a healthy and moderately active life living under normal comfortable conditions.

Reference man is between 19-39 years of age, height 163 cm and weight of 65 kg.  
Reference woman is between 19-39 years of age, height 151 cm and weight 55 kg.

## Recommended Dietary Allowance 2020

To access the RDA 2020 published by National Institute of Nutrition, [click here](#) 

**Source:** Portal Content Development Team

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**Source:** <https://data.vikaspedia.in/short/lc?k=ONJxZ915VsrUG7QwIum3Lg>



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