1. Recommended Dietary Allowance (RDA) for Brazil (per day).

Data source: Adapted from Dietary Reference Intake series, National Academies. (2002, 2004, 2005). <https://www.nap.edu/>

Data presented by age group

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Gender | Age (years) | Energy (kcal) | Protein (g) | Vit.A (μg) | Zinc (mg) | Iron (mg) |
| Male | 4~8 | 1742 | 19 | 400 | 5 | 10 |
|  | 9~13 | 2279 | 34 | 600 | 8 | 8 |
|  | 14~18 | 3152 | 52 | 900 | 11 | 11 |
|  | 18+ | 3067 | 56 | 900 | 11 | 8 |
| Female | 4~8 | 1642 | 19 | 400 | 5 | 10 |
|  | 9~13 | 2071 | 34 | 600 | 8 | 8 |
|  | 14~18 | 2368 | 46 | 700 | 9 | 15 |
|  | 18+ (\*) | 2403 | 46 | 700 | 8 | 18 |

(\*) not pregnant

1. Nutricional deficiences in Brazil

It presented in a decreasing degree of severity:

**Iron deficiency**: public health strategy has been food fortification (mandatory in wheat flour) and drug supplementation in risky areas. Prevalence in pregnant women and children up to 5 years

**Hypovitaminosis A**: Prevalence in pregnant women and children. Public health strategy has been food fortification and drug supplementation in risky areas

**Iodine deficiency** : under control due to the addition of iodine to salt since the 1950s

Data source: Health Ministry <http://bvsms.saude.gov.br/bvs/publicacoes/cadernos_atencao_basica_carencias_micronutrientes.pdf>

<http://bvsms.saude.gov.br/bvs/publicacoes/cd10_13.pdf>

Unfortunately the publications are in Portuguese.

More information: <http://www.fao.org/ag/agn/nutrition/bra_en.stm>

About the prevalence of **zinc deficiency** in Brazil there are no official data but there is suggestive evidence and the deficit of height can be given. As the lack of iron is important and the two minerals have similar distribution in foods and factors that affect their absorption are also similar, reinforcing the hypothesis that zinc deficiency is significant in the country (PEDRAZA & SALES, 2015)

<http://sban.cloudpainel.com.br/files/revistas_publicacoes/487.pdf>

1. Dietary guidelines for the Brazilian population

Document to understand the recommendations of the ministry of health for food in Brazil (in English)

<http://bvsms.saude.gov.br/bvs/publicacoes/dietary_guidelines_brazilian_population.pdf>