|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| MALES |  |  |  |  |
| Age group (years) | Calcium  (mg/d) | Iron  (mg/d) | Phytate intake  (mg/d) | Zinc\*\*  (mg/d) |
| 7–11 mo | 280\* | 11 |  | 2.9 |
| 1–3 | 450 | 7 |  | 4.3 |
| 4–6 | 800 | 7 |  | 5.5 |
| 7–10 | 800 | 11 |  | 7.4 |
| 11–14 | 1,150 | 11 |  | 10.7 |
| 15–17 | 1,150 | 11 |  | 14.2 |
| 18–24 | 1,000 | 11 | 300 | 9.4 |
| >=25 | 950 | 11 | 600 | 11.7 |
|  |  |  | 900 | 14.0 |
|  |  |  | 1200 | 16.3 |
|  |  |  |  |  |
| FEMALES |  |  |  |  |
| Age group (years) | Calcium  (mg/d) | Iron  (mg/d) |  | Zinc\*\*  (mg/d) |
|  |  |  |  |  |
| 7–11 mo | 280\* | 11 |  | 2.9 |
| 1–3 | 450 | 7 |  | 4.3 |
| 4–6 | 800 | 7 |  | 5.5 |
| 7–10 | 800 | 11 |  | 7.4 |
| 11–14 | 1,150 | 13 |  | 10.7 |
| 15–17 | 1,150 | 13 |  | 11.9 |
| 18–24 | 1,000 | Pre M 18 | 300 | 7.5 |
| >=25 | 950 | Post M 11 | 600 | 9.3 |
|  |  |  | 900 | 11 |
|  |  |  | 1200 | 12.7 |
| Pregnancy |  |  |  |  |
| 18-24 | 1,000 | 16 |  | +1.6\*\*\* |
| >=25 | 950 |  |  |  |
| Lactaion |  |  |  |  |
| 18-24 | 1,000 | 16 |  | +1.9\*\*\* |
| >=25 | 950 |  |  |  |
|  |  |  |  |  |
| Appendix 8a.5 PRIs for Calcium, Iron and Zinc from: EFSA (European Food Safety Authority), 2017. Dietary reference values for nutrients: Summary report.  \* AI in the absence of PRI . AI data for Fluoride, Iodine, Manganese, Molybdenum, Phosphorus, Potassium and Selenium is also available.  \*\* The fractional absorption of zinc considered in setting PRIs for children is based on data from mixed diets expected to contain variable quantities of phytate; therefore, no adjustment for phytate intake has been made.In \*\*\* addition to the requirement for non-pregnant, non-lactating women | | | | |