FOOD AND NUTRITION BOARD, INSTITUTE OF MEDICINE–NATIONAL ACADEMY OF SCIENCES DIETARY REFERENCE INTAKES: ESTIMATED AVERAGE REQUIREMENTS

Life Stage Group	Phosphorus (mg/d)	Magnesium (mg/d)	Thiamin (mg/d)	Riboflavin (mg/d)	Niacin (mg/d)[a]
Children					
1–3 y	380	65	0.4	0.4	5
4–8 y	405	110	0.5	0.5	6
Males					
9–13 y	1,055	200	0.7	0.8	9
14–18 y	1,055	340	1.0	1.1	12
19–30 y	580	330	1.0	1.1	12
31–50 y	580	350	1.0	1.1	12
51–70 y	580	350	1.0	1.1	12
> 70 y	580	350	1.0	1.1	12
Females					
9–13 y	1,055	200	0.7	0.8	9
14–18 y	1,055	300	0.9	0.9	11
19–30 y	580	255	0.9	0.9	11
31–50 y	580	265	0.9	0.9	11
51–70 y	580	265	0.9	0.9	11
> 70 y	580	265	0.9	0.9	11
Pregnancy					
≤ 18 y	1,055	335	1.2	1.2	14
19–30 y	580	290	1.2	1.2	14
31–50 y	580	300	1.2	1.2	14
Lactation					
≤ 18 y	1,055	300	1.2	1.3	13
19–30 y	580	255	1.2	1.3	13
31–50 y	580	265	1.2	1.3	13

NOTE: This table presents Estimated Average Requirements (EARs), which serve two purposes: for assessing adequacy of population intakes, and as the basis for calculating Recommended Dietary Allowances (RDAs) for individuals for those nutrients. EARs have not been established for calcium, vitamin D, fluoride, pantothenic acid, biotin, or choline, or other nutrients not yet evaluated via the Dietary Reference Intake (DRI)

[a] As niacin equivalents (NE). 1 mg of niacin = 60 mg of tryptophan.

[b] As 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.

Vitamin B_6 (mg/d)	Folate (µg/d)[b]	Vitamin B_{12} (µg/d)	Vitamin C (mg/d)[c]	Vitamin E (mg/d)	Selenium (µg/d)
0.4	120	0.7	13	5	17
0.5	160	1.0	22	6	23
0.8	250	1.5	39	9	35
1.1	330	2.0	63	12	45
1.1	320	2.0	75	12	45
1.1	320	2.0	75	12	45
1.4	320	2.0	75	12	45
1.4	320	2.0	75	12	45
0.8	250	1.5	39	9	35
1.0	330	2.0	56	12	45
1.1	320	2.0	60	12	45
1.1	320	2.0	60	12	45
1.3	320	2.0	60	12	45
1.3	320	2.0	60	12	45
1.6	520	2.2	66	12	49
1.6	520	2.2	70	12	49
1.6	520	2.2	70	12	49
1.7	450	2.4	96	16	59
1.7	450	2.4	100	16	59
1.7	450	2.4	100	16	59

[c] As α-tocopherol. α-Tococpherol 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.