

Dietary Reference Intakes

Key Vitamins	Adult RDA/AI				UL	Sources
	Male	Female	Pregnancy	Lactation		
Vitamin A	3,000 IU	2,300 IU	2,500 IU	4,300 IU	10,000 IU	<ul style="list-style-type: none"> Milk Green leafy vegetables Yellow fruits
Beta-Carotene	3-6 mg ¹	3-6 mg ¹	3-6 mg ¹	3-6 mg ¹	N/E	<ul style="list-style-type: none"> Yellow, red and orange fruits and vegetables Dark green vegetables
Vitamin D	600 IU (≤70 y) 800 IU (>70 y)	600 IU (≤70 y) 800 IU (>70 y)	600 IU	600 IU	4,000 IU	<ul style="list-style-type: none"> Sunlight Fortified milk Eggs Fish liver oils Organ meats
Vitamin E	15 mg	15 mg	15 mg	19 mg	1,000 mg	<ul style="list-style-type: none"> Wheat germ Peanuts, almonds, sunflower seeds Vegetable oils
Vitamin K	120 mcg ²	90 mcg ²	90 mcg ²	90 mcg ²	N/E	<ul style="list-style-type: none"> Green leafy vegetables Tomatoes Egg yolk
Vitamin C*	90 mg	75 mg	85 mg	120 mg	2,000 mg	<ul style="list-style-type: none"> Citrus fruits, papaya, melons Leafy vegetables Potatoes, red peppers, broccoli
Vitamin B1 (Thiamin)	1.2 mg	1.1 mg	1.4 mg	1.4 mg	N/E	<ul style="list-style-type: none"> Beans Nuts Whole grains
Vitamin B2 (Riboflavin)	1.3 mg	1.1 mg	1.4 mg	1.6 mg	N/E	<ul style="list-style-type: none"> Milk, dairy products Green leafy vegetables Organ meats
Niacin	16 mg	14 mg	18 mg	17 mg	35 mg	<ul style="list-style-type: none"> Meat, fish, poultry Nuts
Folic Acid	0.4 mg	0.4 mg	0.6 mg	0.5 mg	1 mg	<ul style="list-style-type: none"> Green leafy vegetables, asparagus Nuts Bananas
Vitamin B6	1.3 mg (≤50 y) 1.7 mg (>50 y)	1.3 mg (≤50 y) 1.5 mg (>50 y)	1.9 mg	2.0 mg	100 mg	<ul style="list-style-type: none"> Meat, fish, poultry Legumes Bananas
Vitamin B12	2.4 mcg	2.4 mcg	2.6 mcg	2.8 mcg	N/E	<ul style="list-style-type: none"> Meat, fish, poultry Dairy products, eggs
Pantothenic Acid	5 mg ²	5 mg ²	6 mg ²	7 mg ²	N/E	<ul style="list-style-type: none"> Egg yolk Organ meats Whole grain cereal
Biotin	30 mcg ²	30 mcg ²	30 mcg ²	35 mcg ²	N/E	<ul style="list-style-type: none"> Corn Soybeans Liver

RDA (Recommended Dietary Allowance), AI (Adequate Intake), UL (Tolerable Upper Intake Level)

N/E = Not Established

1 This is a suggested daily intake because of the absence of an established RDA

2 Represents an AI rather than an RDA

3 Represents intake from supplements only

4 UL not established for pregnant or lactating females

* Smokers require an additional 35 mg/day

To review all Dietary Reference Intake Reports, check the Food & Nutrition section at www.nap.edu.



Key Minerals	Adult RDA/AI				UL	Sources
	Male	Female	Pregnancy	Lactation		
Calcium	1,000 mg (≤70 y) 1,200 mg (>70 y)	1,000 mg (≤50 y) 1,200 mg (>50 y)	1,000 mg	1,000 mg	2,500 mg (≤50 y, pregnancy or lactation) 2,000 mg (>50 y)	<ul style="list-style-type: none"> Dairy products, fortified orange juice, fortified soy beverage Canned salmon or sardines with bones Almonds, blackstrap molasses
Phosphorus	700 mg	700 mg	700 mg	700 mg	4,000 mg (≤70 y) 3,000 mg (>70 y) 3,500 mg (pregnancy) 4,000 mg (lactation)	<ul style="list-style-type: none"> Meat, fish, poultry Milk, eggs, processed foods
Magnesium	420 mg	320 mg	360 mg	320 mg	350 mg ³	<ul style="list-style-type: none"> Legumes, nuts, whole grains Dark green vegetables
Iron	8 mg	18 mg (≤50 y) 8 mg (>50 y)	27 mg	9 mg	45 mg	<ul style="list-style-type: none"> Meat, fish, poultry Whole grains Enriched breads Breakfast cereals
Zinc	11 mg	8 mg	11 mg	12 mg	40 mg	<ul style="list-style-type: none"> Red meats, whole grains Oysters
Manganese	2.3 mg ²	1.8 mg ²	2.0 mg ²	2.6 mg ²	11 mg	<ul style="list-style-type: none"> Grain products, tea, vegetables Nuts
Copper	0.9 mg	0.9 mg	1.0 mg	1.3 mg	10 mg	<ul style="list-style-type: none"> Organ meat, seafood Nuts, seeds, cocoa products
Selenium	55 mcg	55 mcg	60 mcg	70 mcg	400 mcg	<ul style="list-style-type: none"> Organ meats Seafood, poultry, meat Brazil nuts
Molybdenum	45 mcg	45 mcg	50 mcg	50 mcg	2,000 mcg	<ul style="list-style-type: none"> Legumes, grain products, nuts
Iodine	150 mcg	150 mcg	220 mcg	290 mcg	1,100 mcg	<ul style="list-style-type: none"> Iodized salt, dairy products Seafood Processed foods containing iodized salt
Chromium	35 mcg (≤50 y) 30 mcg (>50 y)	25 mcg (≤50 y) 20 mcg (>50 y)	30 mcg	45 mcg	N/E	<ul style="list-style-type: none"> High-bran cereals Meat, fish, poultry Beer, red wine
Potassium	4.7 g ²	4.7 g ²	4.7 g ²	5.1 g ²	N/E	<ul style="list-style-type: none"> Fruits, vegetables
Nickel	N/E	N/E	N/E	N/E	1.0 mg	<ul style="list-style-type: none"> Nuts, legumes, grain products Meat, poultry, vegetables
Silicon	N/E	N/E	N/E	N/E	N/E	<ul style="list-style-type: none"> Beer, coffee, water Grain products, vegetables
Tin	N/E	N/E	N/E	N/E	N/E	<ul style="list-style-type: none"> Organ meats Cereals
Vanadium	N/E	N/E	N/E	N/E	1.8 mg ⁴	<ul style="list-style-type: none"> Grain products, prepared foods Mushrooms, shellfish
Sodium	1.5 g (≤50 y) ² 1.3 g (51-70 y) ² 1.2 g (>70 y) ²	1.5 g (≤50 y) ² 1.3 g (51-70 y) ² 1.2 g (>70 y) ²	1.5 g ²	1.5 g ²	2.3 g	<ul style="list-style-type: none"> Table salt Processed meat, anchovies Soya sauce, pickles