

Dietary Reference Intakes of Vitamins & Minerals

VITAMINS

Key Vitamins	Adult RDA/AI		UL	Sources
	Male	Female		
Vitamin A	3,000 IU	2,300 IU	10,000 IU	<ul style="list-style-type: none"> • Milk • Green leafy vegetables • Yellow fruits
Beta-Carotene	3-6 mg**	3-6 mg**	N/E	<ul style="list-style-type: none"> • Yellow, red and orange fruits and vegetables • Dark green vegetables
Vitamin D	200 IU* (≤50 yr) 400 IU* (51-70 yr) 600 IU* (70+)	200 IU* (≤50 yr) 400 IU* (51-70 yr) 600 IU* (70+)	2,000 IU	<ul style="list-style-type: none"> • Sunlight • Fortified milk • Eggs • Fish liver oils • Organ meats
Vitamin E	22 IU	22 IU	1,500 IU	<ul style="list-style-type: none"> • Wheat germ • Peanuts, almonds, sunflower seeds • Vegetable oils
Vitamin K	120 mcg*	90 mcg*	N/E	<ul style="list-style-type: none"> • Green leafy vegetables • Tomatoes • Egg yolk
Vitamin C	90 mg smokers require an additional 35 mg/day	75 mg smokers require an additional 35 mg/day	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	N/E	<ul style="list-style-type: none"> • Beans • Nuts • Whole Grains
Vitamin B2 (Riboflavin)	1.3 mg	1.1 mg	N/E	<ul style="list-style-type: none"> • Milk and dairy products • Green leafy vegetables • Organ Meats
Niacin	16 mg	14 mg	35 mg	<ul style="list-style-type: none"> • Meat, fish and poultry • Nuts
Folic Acid	0.4 mg	0.4 mg 0.6 mg during pregnancy	1 mg	<ul style="list-style-type: none"> • Green leafy vegetables, asparagus • Nuts • Bananas
Vitamin B6	1.3 mg (≤50 yr) 1.7 mg (>50 yr)	1.3 mg (≤50 yr) 1.5 mg (>50 yr)	100 mg	<ul style="list-style-type: none"> • Meat, fish and poultry • Legumes • Bananas
Vitamin B12	2.4 mcg	2.4 mcg	N/E	<ul style="list-style-type: none"> • Meat, fish and poultry • Dairy products, eggs
Pantothenic Acid	5 mg*	5 mg*	N/E	<ul style="list-style-type: none"> • Egg yolk • Organ meats • Whole grain cereal
Biotin	30 mcg*	30 mcg*	N/E	<ul style="list-style-type: none"> • Corn • Soybeans • Liver

N/E = Not Established

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

* Represents an AI rather than an RDA

MINERALS

Key Minerals	Adult RDA/AI		UL	Sources
	Male	Female		
Calcium	1,000 mg* (≤50 yr) 1,200 mg* (>50 yr)	1,000 mg* (≤50 yr) 1,200 mg* (>50 yr)	2,500 mg	<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	4,000 mg	<ul style="list-style-type: none"> • Meat, poultry, fish • Milk, eggs, processed foods
Magnesium	420 mg	320 mg	350 mg from supplements	<ul style="list-style-type: none"> • Legumes, nuts and whole grains • Dark green vegetables
Iron	8 mg	18 mg (≤50 yr) 8 mg (>50 yr) 27 mg during pregnancy	45 mg	<ul style="list-style-type: none"> • Meat, fish and poultry • Whole grains • Enriched breads • Breakfast cereals
Zinc	11 mg	8 mg	40 mg	<ul style="list-style-type: none"> • Red meats, whole grains • Oysters
Manganese	2.3 mg*	1.8 mg*	11 mg	<ul style="list-style-type: none"> • Grain products, tea, vegetables • Nuts
Copper	0.9 mg	0.9 mg	10 mg	<ul style="list-style-type: none"> • Organ meat and seafood • Nuts, seeds, cocoa products
Selenium	55 mcg	55 mcg	400 mcg	<ul style="list-style-type: none"> • Organ meats • Seafood, poultry and meat • Brazil nuts
Molybdenum	45 mcg	45 mcg	2,000 mcg	<ul style="list-style-type: none"> • Legumes, grain products, nuts
Iodine	150 mcg	150 mcg	1,100 mcg	<ul style="list-style-type: none"> • Iodized salt, dairy products • Seafood • Processed foods containing iodized salt
Chromium	35 mcg* (≤50 yr) 30 mcg* (>50 yr)	25 mcg* (≤50 yr) 20 mcg* (>50 yr)	N/E	<ul style="list-style-type: none"> • High-bran cereals • Meat, fish and poultry • Beer and red wine
Potassium	4.7 g	4.7 g	N/E	<ul style="list-style-type: none"> • Fruits and vegetables
Nickel	N/E	NE	1.0 mg	<ul style="list-style-type: none"> • Nuts, legumes, grain products • Meat, poultry, vegetables
Silicon	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	<ul style="list-style-type: none"> • Organ meats • Cereals
Vanadium	N/E	N/E	1.8 mg	<ul style="list-style-type: none"> • Grain products, prepared foods • Mushrooms, shellfish

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

To review all dietary intake references, check the 'Food & Nutrition' section at www.nap.edu