|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **Calcium mg/day1** | **B12 ug/day1** | **Iron mg/day1** | **Vitamin A ug/day RE2** | **Zinc mg/day2** | **Iodine ug/d3** | **Selenium ug/d4** | **Vitamin D ug/day1** | **Omega-3 g/d5** |
|  | WHO (RNI) | WHO (RNI) | WHO (RNI) | EFSA (PRI) | EFSA (PRI) | IOM (RDA) | IOM (RDA) | WHO (RNI) | WHO (AI) |
| Children 0.5-5 years (average requirement) | 450.0 | 0.8 | 7.5 | 250.0 | 4.1 | 110.0 | 20.0 | 5.0 | 0.7 |
| WRA (average requirement) | 1150.0 | 2.4 | 30.1 | 650.0 | 11.4 | 150.0 | 55.0 | 5.0 | 1.1 |

Table SX - Nutrient reference values for children and adult women, collated from several sources.

1WHO; FAO. (2004). *Vitamin and mineral requirements in human nutrition. Report of a Joint FAO/WHO Expert Consultation*.

2European Food Safety Authority (EFSA). Dietary Reference Values for nutrients Summary report. *EFSA Supporting Publications*. 2017;14(12). <https://doi.org/10.2903/sp.efsa.2017.e15121>.

3Institute of Medicine (US) Panel on Micronutrients. 2001. *Dietary Reference Intakes for Vitamin A, Vitamin K, Arsenic, Boron, Chromium, Copper, Iodine, Iron, Manganese, Molybdenum, Nickel, Silicon, Vanadium, and Zinc*. Washington, DC: National Academies Press.

4Institute of Medicine. Dietary Reference Intakes for vitamin C, vitamin E, selenium and carotenoids. Washington (DC): National Academies Press; 2000

5FAO, & WHO. (2010). Fats and fatty acids in human nutrition. Proceedings of the Joint FAO/WHO Expert Consultation. November 10-14, 2008. Geneva, Switzerland. In *Annals of nutrition & metabolism* (Vol. 55, Issues 1–3). <https://doi.org/10.1159/000228993>