

	Infants		Children		Men			Women						
	0-12 months	1-3 years	4-6 years	7-9 years	10-18 years	19-65 years	65+ years	10-18 years	19-50 years	51-65 years	65+ years	Pregnancy	Lactation	Weighted EAR
Iron absorption assumed (%) <sup>1</sup>	-	5	5	5	5	5	5	5	8	8	8	8	8	
Iron (mg/day) <sup>1</sup>	-	6.4	9.3	11.4	22.9	13.1	13.1	16.9	13.1	13.1	13.1	29.2	17.9	14.0
Calcium (mg/day)	-	417	458	583	833	625	667	833	625	667	667	667	625	639
Zinc (mg/day)	-	-	-	-	-	-	-	-	-	-	-	-	-	9.6 <sup>2</sup>
Vitamin A (µg/day)	-	286	321	357	429	429	429	429	357	357	429	571	607	402
Vitamin B <sub>6</sub> (mg/day)	-	0.4	0.5	0.8	1.1	1.1	1.4	1.0	1.1	1.1	1.3	1.6	1.7	1.0
Vitamin B <sub>12</sub> (µg/day)	-	0.7	1.0	1.5	2.0	2.0	2.0	1.5	2.0	2.0	2.0	2.2	2.4	1.8
Folate (mg/day)	-	120	160	250	330	320	320	250	330	320	320	520	450	297.9