

RECOMMENDED DIETARY INTAKES

For more than fifty years, nutrition experts have produced a set of nutrient and energy standards known as the Recommended Dietary Allowances (RDA). A major revision is currently underway to replace the RDA. The revised recommendations are called Dietary Reference Intakes (DRI) and reflect the collaborative efforts of both the United States and Canada. Until 1997, the RDA were the only standards available and they will continue to serve health professionals until DRI can be established for all nutrients. For this reason, both the 1989 RDA and the 1997 DRI for selected nutrients are presented here.

1989 Recommended Dietary Allowances (RDA)

1997 Dietary Reference Intakes (DRI)

AGE (YR)	(kcal) ENERGY	(g) PROTEIN (μg RE) VITAMIN A (mg α-TE) VITAMIN E (μg) VITAMIN K (mg) VITAMIN C (mg) THIAMIN (mg) RIBOFLAVIN (mg NE) NIACIN (mg) VITAMIN B ₆ (μg) FOLATE (μg) VITAMIN B ₁₂ (mg) IRON (mg) ZINC (μg) IODINE (μg) SELENIUM	AGE (YR)	(μg) VITAMIN D (mg) CALCIUM (mg) PHOSPHORUS (mg) MAGNESIUM (mg) FLUORIDE
Infants			Infants	
0.0–0.5	650	13 375 3 5 30 0.3 0.4 5 0.3 25 0.3 6 5 40 10	0.0–0.5	5 210 100 30 0.01
0.5–1.0	850	14 375 4 10 35 0.4 0.5 6 0.6 35 0.5 10 5 50 15	0.5–1.0	5 270 275 75 0.5
Children			Children	
1–3	1300	16 400 6 15 40 0.7 0.8 9 1.0 50 0.7 10 10 70 20	1–3	5 500 460 80 0.7
4–6	1800	24 500 7 20 45 0.9 1.1 12 1.1 75 1.0 10 10 90 20	4–8	5 800 500 130 1.1
7–10	2000	28 700 7 30 45 1.0 1.2 13 1.4 100 1.4 10 10 120 30		
Males			Males	
11–14	2500	45 1000 10 45 50 1.3 1.5 17 1.7 150 2.0 12 15 150 40	9–13	5 1300 1250 240 2.0
15–18	3000	59 1000 10 65 60 1.5 1.8 20 2.0 200 2.0 12 15 150 50	14–18	5 1300 1250 410 3.2
19–24	2900	58 1000 10 70 60 1.5 1.7 19 2.0 200 2.0 10 15 150 70	19–30	5 1000 700 400 3.8
25–50	2900	63 1000 10 80 60 1.5 1.7 19 2.0 200 2.0 10 15 150 70	31–50	5 1000 700 420 3.8
51+	2300	63 1000 10 80 60 1.2 1.4 15 2.0 200 2.0 10 15 150 70	51–70	10 1200 700 420 3.8
			71+	10 1200 700 420 3.8
Females			Females	
11–14	2200	46 800 8 45 50 1.1 1.3 15 1.4 150 2.0 15 12 150 45	9–13	5 1300 1250 240 2.0
15–18	2200	44 800 8 55 60 1.1 1.3 15 1.5 180 2.0 15 12 150 50	14–18	5 1300 1250 360 2.9
19–24	2200	46 800 8 60 60 1.1 1.3 15 1.6 180 2.0 15 12 150 55	19–30	5 1000 700 310 3.1
25–50	2200	50 800 8 65 60 1.1 1.3 15 1.6 180 2.0 15 12 150 55	31–50	5 1000 700 320 3.1
51+	1900	50 800 8 65 60 1.0 1.2 13 1.6 180 2.0 10 12 150 55	51–70	10 1200 700 320 3.1
			71+	10 1200 700 320 3.1
Pregnant	+300	60 800 10 65 70 1.5 1.6 17 2.2 400 2.2 30 15 175 65	Pregnant	* +40
Lactating			Lactating	* * * *
1st 6 mo.	+500	65 1300 12 65 95 1.6 1.8 20 2.1 280 2.6 15 19 200 75		
2nd 6 mo.	+500	62 1200 11 65 90 1.6 1.7 20 2.1 260 2.6 15 16 200 75		

*Values are the same as for other women of comparable age.

Note: Appendix G presents additional RDA tables showing recommended energy intakes and estimated safe and adequate daily dietary intakes and estimated minimum requirements for selected vitamins and minerals. Appendix I presents the Recommended Nutrient Intakes (RNI) for Canadians.

Source: RDA reprinted with permission from *Recommended Dietary Allowances*, 10th edition © 1989 by the National Academy of Sciences. Courtesy of the National Academy Press, Washington, D.C.; Committee on Dietary Reference Intakes, *Dietary Reference Intakes for Calcium, Phosphorus, Magnesium, Vitamin D, and Fluoride* (Washington, D.C.: National Academy Press, 1997).