

Reference Nutrient intakes for Vitamins

Age	Thiamin mg/d	Riboflavin mg/d	Niacin (nicotinic acid equivalent) mg/d	Vitamin B6 mg/d [†]	Vitamin B12 µg/d	Folate µg/d	Vitamin C mg/d	Vitamin A µg/d	Vitamin D µg/d
0-3 months	0.2	0.4	3	0.2	0.3	50	25	350	8.5
4-6 months	0.2	0.4	3	0.2	0.3	50	25	350	8.5
7-9 months	0.2	0.4	4	0.3	0.4	50	25	350	7
10-12 months	0.3	0.4	5	0.4	0.4	50	25	350	7
1-3 years	0.5	0.6	8	0.7	0.5	70	30	400	7
4-6 years	0.7	0.8	11	0.9	0.8	100	30	400	-
7-10 years	0.7	1.0	12	1.0	1.0	150	30	500	-
Males									
11-14 years	0.9	1.2	15	1.2	1.2	200	35	300	-
15-18 year	1.1	1.3	18	1.5	1.5	200	40	700	-
19-50 years	1.0	1.3	17	1.4	1.5	200	40	700	-
50+ years	0.9	1.3	16	1.4	1.5	200	40	700	**
Females									
11-14 years	0.7	1.1	12	1.0	1.2	200	35	600	-
15-18 year	0.8	1.1	14	1.2	1.5	200	40	600	-
19-50 years	0.8	1.1	13	1.2	1.5	200	40	600	-
50+ years	0.8	1.1	12	1.2	1.5	200	40	600	**
Pregnancy	+0.1***	+0.3	*	*	*	+100	+10	+10	10
Lactation									
0-4 months	+0.2	+0.5	+2	*	+0.5	+60	+30	+350	10
4+ months	+0.2	+0.5	+2	*	+0.5	+60	+30	+350	10

*No increment **After age 65 the RNI is 10 µg/d for men & women
EAR for energy

***For last trimester only

[†]Based on protein providing 14.7% of

Reference Nutrient intakes for Minerals

Age	Calcium mg/d	Phosphorus mg/d	Magnesium mg/d	Sodium mg/d [†]	Potassium mg/d	Chloride mg/d	Iron mg/d	Copper mg/d	Selenium µg/d	Iodine µg/d
0-3 months	525	400	55	210	800	320	1.7	0.2	10	50
4-6 months	525	400	60	280	850	400	4.3	0.3	13	60
7-9 months	525	400	75	320	700	500	7.8	0.3	10	60
10-12 months	525	400	80	350	700	500	7.8	0.3	10	60
1-3 years	350	270	85	500	800	800	6.9	0.4	15	70
4-6 years	450	350	120	700	1 100	1 100	6.1	0.6	20	100
7-10 years	550	450	200	1 200	2 000	1 800	8.7	0.7	30	110
Males										
11-14 years	1 000	775	280	1 600	3 100	2 500	11.3	0.8	45	130
15-18 year	1 000	775	300	1 600	3 500	2 500	11.3	1.0	70	140
19-50 years	700	550	300	1 600	3 500	2 500	8.7	1.2	75	140
50+ years	700	550	300	1 600	3 500	2 500	8.7	1.2	75	140
Females										
11-14 years	800	625	280	1 600	3 100	2 500	14.8**	0.8	45	130
15-18 year	800	625	300	1 600	3 500	2 500	14.8**	1.0	60	140
19-50 years	700	550	270	1 600	3 500	2 500	14.8**	1.2	60	140
50+ years	700	550	270	1 600	3 500	2 500	8.7	1.2	60	140
Pregnancy	*	*	*	*	*	*	*	*	*	*
Lactation										
0-4 months	+550	+440	+50	*	*	*	*	+0.3	+15	*
4+ months	+550	+440	+50	*	*	*	*	+0.3	+15	*

*No increment **Insufficient for women with high menstrual losses