

Appendix A: Table 1
Food and Nutrition Board, National Academy of Sciences, National Research Council
Dietary Reference Intakes for Macronutrients and Fat Soluble Vitamins

Age	Carbohydrate (grams/day)	Fat (grams/day)	n-6 PUFA (grams/day)	n-3 PUFA (grams/day)	Protein (grams/day)	Vitamin A (µg RAE)	Vitamin D (µg[U])	Vitamin E (α-tocopherol) (mg)	Vitamin K (µg)
0-6 months	AI 60	31	4.4	0.50	9.1 (1.52/kg)	400	5.0 (200)	4	2
	EAR								
	RDA								
	UL					600 µg preformed	25 (1,000)	ND	ND
7-12 months	AI 95	30	4.6	0.50	9.9 (1.1/kg)	500	5.0 (200)	5	2.5
	EAR								
	RDA				1.5 g/kg				
	UL					600 µg preformed	50 (2,000)	200	ND
1-3 years	AI 19 g/day of total fiber	ND	0.7 g/day α-linolenic acid				5.0 (200)		30
	EAR 100					210		5	
	RDA 130				13 (1.10/kg)	300		6	
	UL					600 µg preformed	50 (2,000)	200	ND

Appendix A: Table 2
Food and Nutrition Board, National Academy of Sciences, National Research Council
Dietary Reference Intakes for Water Soluble Vitamins

Age		Vitamin C (mg)	Thiamin (mg)	Riboflavin (mg)	Niacin (NE) (mg)	Vitamin B6 (mg)	Folate (µg)	Vitamin B12 (µg)	Pantothenic Acid (mg)	Biotin (µg)
0-6 months	AI	40	0.2	0.3	2	0.1	65	0.4	1.7	5
	EAR									
	RDA									
	UL	ND	ND	ND	ND	ND	ND	ND	ND	ND
7-12 months	AI	50	0.3	0.4	4	0.3	80	0.5	1.8	6
	EAR									
	RDA					1.5 g/kg				
	UL	ND	ND	ND	ND	ND	ND	ND	ND	ND
1-3 years	AI									
	EAR	13	0.4	0.4	5	0.4	120	0.7	2	
	RDA	15	0.5	0.5	6	0.5	150	0.9		
	UL	400	ND	ND	10	30 mg as pyroxidine	300	ND	ND	ND

Appendix A: Table 3
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Dietary Reference Intakes for Minerals

Age		Calcium	Chromium (μg)	Copper (μg)	Fluoride (mg)	Iodine (μg)	Iron (mg)	Magnesium (mg)	Manganese (mg)	Phosphorous (mg)	Selenium (μg)	Zinc (mg)
0-6 months	AI	210	0.2	200	0.01	110	0.27	30	0.003	100	15	2.0
	EAR											
	RDA											
	UL	ND	ND	0.7	ND	40	ND	ND	ND	ND	45	4
7-12 months	AI	270	5.5	220	0.5	130	75	0.6	275	20		
	EAR						6.9					2.5
	RDA						11					3
	UL	ND	ND	0.9	ND	40	ND	ND	ND	ND	60	5
1-3 years	AI	500	11	0.7				1.2				
	EAR				260	65	3.0	65	380	17		2.5
	RDA				340	6	90	7	80	460	20	3
	UL	400	ND	1,000	1.3	200	40	65 mg supple- mentary	2	3.0g	90	7