

**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 (g/d)	Fat (g/d)	n-6 PUFA (g/d)	n-3 PUFA (g/d)	Protein (g/d)	Vitamin A (µg /d)	Vitamin D (µg[IU] /d)	Vitamin E (α -tocopherol) (mg/d)	Vitamin K (µg/d)
0-6 months	AI	60	31	4.4	0.50	9.1	400	5 (200)	4	2
	EAR	-	-	-	-	-	-	-	-	-
	RDA	-	-	-	-	-	-	-	-	-
	UL	-	-	-	-	-	600 (preformed)	25 (1,000)	ND	ND
7-12 months	AI	95	30	4.6	0.50	-	500	5 (200)	5	2.5
	EAR	-	-	-	-	1.0 *(g/kg/d)	-	-	-	-
	RDA	-	-	-	-	11.0 +	-	-	-	-
	UL	-	-	-	-	-	600 (preformed)	25 (1,000)	ND	ND

AI = adequate intake

EAR = estimated average requirement

RDA = recommended daily allowance

UL = tolerable upper intake level

ND = not determined

Sources: *Dietary Reference Intakes for Energy, Carbohydrate, Fiber, Fat, Fatty Acids, Cholesterol, Protein, and Amino Acids* (2002/2005); *Dietary Reference Intakes for Calcium, Phosphorus, Magnesium, Vitamin D, and Fluoride* (1997); *Dietary Reference Intakes for Thiamin, Riboflavin, Niacin, Vitamin B6, Folate, Vitamin B12, Pantothenic Acid, Biotin, and Choline* (1998); *Dietary Reference Intakes for Vitamin C, Vitamin E, Selenium, and Carotenoids* (2000); *Dietary Reference intakes for Vitamin A, Vitamin K, Arsenic, Boron, Chromium, Copper, Iodine, Iron, Manganese, Molybdenum, Nickel, Silicon, Vanadium, and Zinc*. These reports may be accessed via <http://www.nap.edu>.

**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/d)	Thiamin (mg/d)	Riboflavin (mg/d)	Niacin (mg/d)	Vitamin B-6 (mg/d)	Folate (µg/d)	Vitamin B-12 (µg/d)	Pantothenic Acid (mg/d)	Biotin (µg/d)
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	-	-	-	-	-	-	-	-	-
	UL	ND	ND	ND	ND	ND	ND	ND	ND	ND

AI = adequate intake

EAR = estimated average requirement

RDA = recommended daily allowance

UL = tolerable upper intake level

ND = not determined

Sources: *Dietary Reference Intakes for Calcium, Phosphorus, Magnesium, Vitamin D, and Fluoride* (1997); *Dietary Reference Intakes for Thiamin, Riboflavin, Niacin, Vitamin B6, Folate, Vitamin B12, Pantothenic Acid, Biotin, and Choline* (1998); *Dietary Reference Intakes for Vitamin C, Vitamin E, Selenium, and Carotenoids* (2000); *Dietary Reference intakes for Vitamin A, Vitamin K, Arsenic, Boron, Chromium, Copper, Iodine, Iron, Manganese, Molybdenum, Nickel, Silicon, Vanadium, and Zinc*. These reports may be accessed via <http://www.nap.edu>.

**Appendix A: Table 3 – Food and Nutrition Board, National Academy of Sciences, National Research Council
Dietary Reference Intakes for Minerals**

Age		Calcium (mg/d)	Chromium (µg/d)	Copper (µg/d)	Fluoride (mg/d)	Iodine (µg/d)	Iron (mg/d)	Magnesium (mg/d)	Manganese (mg/d)	Phosphorous (mg/d)	Selenium (µg/d)	Zinc (mg/d)
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	ND	0.7	ND	40	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	ND	0.9	ND	40	ND	ND	ND	60	5

AI = adequate intake

EAR = estimated average requirement

RDA = recommended daily allowance

UL = tolerable upper intake level

ND = not determined

Sources: Dietary Reference Intakes for Calcium, Phosphorus, Magnesium, Vitamin D, and Fluoride (1997); Dietary Reference Intakes for Thiamin, Riboflavin, Niacin, Vitamin B6, Folate, Vitamin B12, Pantothenic Acid, Biotin, and Choline (1998); Dietary Reference Intakes for Vitamin C, Vitamin E, Selenium, and Carotenoids (2000); Dietary Reference intakes for Vitamin A, Vitamin K, Arsenic, Boron, Chromium, Copper, Iodine, Iron, Manganese, Molybdenum, Nickel, Silicon, Vanadium, and Zinc. These reports may be accessed via <http://www.nap.edu>.