

Table Continued
 FOOD AND NUTRITION BOARD, INSTITUTE OF MEDICINE-
 NATIONAL ACADEMY OF SCIENCES
 DIETARY REFERENCE INTAKES:
 RECOMMENDED INTAKES FOR INDIVIDUALS, ELEMENTS

Life Stage Group	Calcium (mg/d)	Chromium (µg/d)	Copper (µg/d)	Fluoride (mg/d)	Iodine (µg/d)	Iron (mg/d)	Magnesium (mg/d)
Infants							
0-6 mo	210*	0.2*	200*	0.01*	110*	0.27*	30*
7-12 mo	270*	5.5*	220*	0.5*	130*	11	75*
Children							
1-3 y	500*	11*	340	0.7*	90	7	80
4-8 y	800*	15*	440	1*	90	10	130
Males							
9-13 y	1,300*	25*	700	2*	120	8	240
14-18 y	1,300*	35*	890	3*	150	11	410
19-30 y	1,000*	35*	900	4*	150	8	400
31-50 y	1,000*	35*	900	4*	150	8	420
51-70 y	1,200*	30*	900	4*	150	8	420
> 70 y	1,200*	30*	900	4*	150	8	420
Females							
9-13 y	1,300*	21*	700	2*	120	8	240
14-18 y	1,300*	24*	890	3*	150	15	360
19-30 y	1,000*	25*	900	3*	150	18	310
31-50 y	1,000*	25*	900	3*	150	18	320
51-70 y	1,200*	20*	900	3*	150	8	320
> 70 y	1,200*	20*	900	3*	150	8	320
Pregnancy							
≤ 18 y	1,300*	29*	1,000	3*	220	27	400
19-30 y	1,000*	30*	1,000	3*	220	27	350
31-50 y	1,000*	30*	1,000	3*	220	27	360
Lactation							
≤ 18 y	1,300*	44*	1,300	3*	290	10	360
19-30 y	1,000*	45*	1,300	3*	290	9	310
31-50 y	1,000*	45*	1,300	3*	290	9	320

continued

dietary supply of choline is needed at all stages of the life cycle, and it may be that the choline requirement can be met by endogenous synthesis at some of these stages.

^h Because 10 to 30 percent of older people may malabsorb food-bound B₁₂, it is advisable for those older than 50 years to meet their RDA mainly by consuming foods fortified with B₁₂ or a supplement containing B₁₂.

ⁱ In view of evidence linking folate intake with neural tube defects in the fetus, it is recommended that all women capable of becoming pregnant consume 400 µg from supplements or fortified foods in addition to intake of food folate from a varied diet.

Iron (mg/d)	Magnesium (mg/d)	Manganese (mg/d)	Molybdenum (µg/d)	Phosphorus (mg/d)	Selenium (µg/d)	Zinc (mg/d)
0.27*	30*	0.003*	2*	100*	15*	2*
11	75*	0.6*	3*	275*	20*	3
7	80	1.2*	17	460	20	3
10	130	1.5*	22	500	30	5
8	240	1.9*	34	1,250	40	8
11	410	2.2*	43	1,250	55	11
8	400	2.3*	45	700	55	11
8	420	2.3*	45	700	55	11
8	420	2.3*	45	700	55	11
8	420	2.3*	45	700	55	11
8	240	1.6*	34	1,250	40	8
15	360	1.6*	43	1,250	55	9
18	310	1.8*	45	700	55	8
18	320	1.8*	45	700	55	8
8	320	1.8*	45	700	55	8
8	320	1.8*	45	700	55	8
27	400	2.0*	50	1,250	60	12
27	350	2.0*	50	700	60	11
27	360	2.0*	50	700	60	11
10	360	2.6*	50	1,250	70	13
9	310	2.6*	50	700	70	12
9	320	2.6*	50	700	70	12

^j It is assumed that women will continue consuming 400 µg from supplements or fortified food until their pregnancy is confirmed and they enter prenatal care, which ordinarily occurs after the end of the periconceptual period—the critical time for formation of the neural tube.

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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); and *Dietary Reference Intakes for Vitamin A, Vitamin K, Arsenic, Boron, Chromium, Copper, Iodine, Iron, Manganese, Molybdenum, Nickel, Silicon, Vanadium, and Zinc* (2001). These reports may be accessed via www.nap.edu.