

# 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	1989 Recommended Dietary Allowances (RDA)														AGE (YR)	1997 Dietary Reference Intakes (DRI)					
		(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 <sub>6</sub>	(µg) FOLATE	(µg) VITAMIN B <sub>12</sub>	(mg) IRON	(mg) ZINC	(µg) IODINE		(µg) SELENIUM	(µg) VITAMIN D	(mg) CALCIUM	(mg) PHOSPHORUS	(mg) MAGNESIUM	(mg) FLUORIDE
<b>Infants</b>																	<b>Infants</b>					
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
<b>Children</b>																	<b>Children</b>					
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						
<b>Males</b>																	<b>Males</b>					
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
<b>Females</b>																	<b>Females</b>					
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
<b>Pregnant</b>	+300	60	800	10	65	70	1.5	1.6	17	2.2	400	2.2	30	15	175	65	<b>Pregnant</b>					* +40
<b>Lactating</b>																	<b>Lactating</b>					* * * *
1st 6 mo.	+500	65	1300	12	65	95	1.6	1.8	20	2.1	280	2.6	15	19	200	75						*Values are the same as for other women of comparable age.
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).