

Recommended Dietary Allowances (RDA) and Adequate Intakes (AI) for Vitamins

Age (yr)	Thiamin RDA (mg/day)	Riboflavin RDA (mg/day)	Niacin RDA (mg/day)	Biotin AI (µg/day) ^a	Pantothenic acid AI (mg/day)	Vitamin B ₆ RDA (mg/day)	Folate RDA (µg/day)	Vitamin B ₁₂ RDA (µg/day) ^b	Choline AI (mg/day)	Vitamin C RDA (mg/day)	Vitamin A RDA (µg/day) ^c	Vitamin D AI (µg/day) ^d	Vitamin E RDA (mg/day) ^e	Vitamin K AI (µg/day)
Infants														
0-0.5	0.2	0.3	2	5	1.7	0.1	65	0.4	125	40	400	5	4	2.0
0.5-1	0.3	0.4	4	6	1.8	0.3	80	0.5	150	50	500	5	5	2.5
Children														
1-3	0.5	0.5	6	8	2	0.5	150	0.9	200	15	300	5	6	30
4-8	0.6	0.6	8	12	3	0.6	200	1.2	250	25	400	5	7	55
Males														
9-13	0.9	0.9	12	20	4	1.0	300	1.8	375	45	600	5	11	60
14-18	1.2	1.3	16	25	5	1.3	400	2.4	550	75	900	5	15	75
19-30	1.2	1.3	16	30	5	1.3	400	2.4	550	90	900	5	15	120
31-50	1.2	1.3	16	30	5	1.3	400	2.4	550	90	900	5	15	120
51-70	1.2	1.3	16	30	5	1.7	400	2.4	550	90	900	10	15	120
>70	1.2	1.3	16	30	5	1.7	400	2.4	550	90	900	15	15	120
Females														
9-13	0.9	0.9	12	20	4	1.0	300	1.8	375	45	600	5	11	60
14-18	1.0	1.0	14	25	5	1.2	400	2.4	400	65	700	5	15	75
19-30	1.1	1.1	14	30	5	1.3	400	2.4	425	75	700	5	15	90
31-50	1.1	1.1	14	30	5	1.3	400	2.4	425	75	700	5	15	90
51-70	1.1	1.1	14	30	5	1.5	400	2.4	425	75	700	10	15	90
>70	1.1	1.1	14	30	5	1.5	400	2.4	425	75	700	15	15	90
Pregnancy														
≤18	1.4	1.4	18	30	6	1.9	600	2.6	450	80	750	5	15	75
19-30	1.4	1.4	18	30	6	1.9	600	2.6	450	85	770	5	15	90
31-50	1.4	1.4	18	30	6	1.9	600	2.6	450	85	770	5	15	90
Lactation														
≤18	1.4	1.6	17	35	7	2.0	500	2.8	550	115	1200	5	19	75
19-30	1.4	1.6	17	35	7	2.0	500	2.8	550	120	1300	5	19	90
31-50	1.4	1.6	17	35	7	2.0	500	2.8	550	120	1300	5	19	90

NOTE: For all nutrients, values for infants are AI. The glossary on the inside back cover defines units of nutrient measure.

^aNiacin recommendations are expressed as niacin equivalents (NE), except for recommendations for infants younger than 6 months, which are expressed as preformed niacin.

^bFolate recommendations are expressed as dietary folate equivalents (DFE).

^cVitamin A recommendations are expressed as retinol activity equivalents (RAE).

^dVitamin D recommendations are expressed as cholecalciferol and assume an absence of adequate exposure to sunlight.

^eVitamin E recommendations are expressed as α-tocopherol.

Recommended Dietary Allowances (RDA) and Adequate Intakes (AI) for Minerals

Age (yr)	Sodium AI (mg/day)	Chloride AI (mg/day)	Potassium AI (mg/day)	Calcium AI (mg/day)	Phosphorus RDA (mg/day)	Magnesium RDA (mg/day)	Iron RDA (mg/day)	Zinc RDA (mg/day)	Iodine RDA (µg/day)	Selenium RDA (µg/day)	Copper RDA (µg/day)	Manganese AI (mg/day)	Fluoride AI (mg/day)	Chromium AI (µg/day)	Molybdenum RDA (µg/day)
Infants															
0-0.5	120	180	400	210	100	30	0.27	2	110	15	200	0.003	0.01	0.2	2
0.5-1	370	570	700	270	275	75	11	3	130	20	220	0.6	0.5	5.5	3
Children															
1-3	1000	1500	3000	500	460	80	7	3	90	20	340	1.2	0.7	11	17
4-8	1200	1900	3800	800	500	130	10	5	90	30	440	1.5	1.0	15	22
Males															
9-13	1500	2300	4500	1300	1250	240	8	8	120	40	700	1.9	2	25	34
14-18	1500	2300	4700	1300	1250	410	11	11	150	55	890	2.2	3	35	43
19-30	1500	2300	4700	1000	700	400	8	11	150	55	900	2.3	4	35	45
31-50	1500	2300	4700	1000	700	420	8	11	150	55	900	2.3	4	35	45
51-70	1300	2000	4700	1200	700	420	8	11	150	55	900	2.3	4	30	45
>70	1200	1800	4700	1200	700	420	8	11	150	55	900	2.3	4	30	45
Females															
9-13	1500	2300	4500	1300	1250	240	8	8	120	40	700	1.6	2	21	34
14-18	1500	2300	4700	1300	1250	360	15	9	150	55	890	1.6	3	24	43
19-30	1500	2300	4700	1000	700	310	18	8	150	55	900	1.8	3	25	45
31-50	1500	2300	4700	1000	700	320	18	8	150	55	900	1.8	3	25	45
51-70	1300	2000	4700	1200	700	320	8	8	150	55	900	1.8	3	20	45
>70	1200	1800	4700	1200	700	320	8	8	150	55	900	1.8	3	20	45
Pregnancy															
≤18	1500	2300	4700	1300	1250	400	27	12	220	60	1000	2.0	3	29	50
19-30	1500	2300	4700	1000	700	350	27	11	220	60	1000	2.0	3	30	50
31-50	1500	2300	4700	1000	700	360	27	11	220	60	1000	2.0	3	30	50
Lactation															
≤18	1500	2300	5100	1300	1250	360	10	14	290	70	1300	2.6	3	44	50
19-30	1500	2300	5100	1000	700	310	9	12	290	70	1300	2.6	3	45	50
31-50	1500	2300	5100	1000	700	320	9	12	290	70	1300	2.6	3	45	50