

Age	Ca (mg/d)	P ^a (mg/d)	K (mg/d)	Fe (mg/d)	Zn (mg/d)	Cu (mg/d)	Se (µg/d)	I (µg/d)
0-3 mo	525	400	800	1.7	4.0	0.3	10	50
4-6 mo	525	400	850	4.3	4.0	0.3	13	60
7-9 mo	525	400	700	7.8	5.0	0.3	10	60
10-12 mo	525	400	700	7.8	5.0	0.3	10	60
1-3 y	350	270	800	6.9	5.0	0.4	15	70
4-6 y	450	350	1100	6.1	6.5	0.6	20	100
7-10 y	550	450	2000	8.7	7.0	0.7	30	110
Males 11-14 y	1000	775	3100	11.3	9.0	0.8	45	130
15-18 y	1000	775	3500	11.3	9.5	1.0	70	140
19-50 y	700	550	3500	8.7	9.5	1.2	75	140
50+ y	700	550	3500	8.7	9.5	1.2	75	140
Females 11-14 y	800	625	3100	14.8 ^b	9.0	0.8	45	130
15-18 y	800	625	3500	14.8 ^b	7.0	1.0	60	140
19-50 y	700	550	3500	14.8 ^b	7.0	1.2	60	140
50+ y	700	550	3500	8.7	7.0	1.2	60	140
Pregnancy	*	*	*	*	*	*	*	*
Lactation 0-4 mo	+550	+440	*	*	+6.0	+0.3	*	*
4+ mo	+550	+440	*	*	+2.5	+0.3	*	*

Appendix A8.1: United Kingdom Reference Nutrient Intakes for minerals. *No increment.
^a Phosphorus RNI is set equal to calcium in molar terms. ^b Insufficient for women with high menstrual losses where the most practical way of meeting iron requirements is to take iron supplement. Abstracted from COMA (1991).