

Age (yr)	Fat-soluble Vitamins		Water-soluble Vitamins						
	Vit. A (RE) (µg/d)	Vit. D (µg/d)	Vit. C (mg/d)	Thia- min (mg/d)	Ribo- flavin (mg/d)	Niacin (NE) (mg/d)	Vit. B ₆ (mg/d †)	Fol- ate (µg/d)	Vit. B ₁₂ (µg/d)
0–3 mo	350	8.5	25	0.2	0.4	3	0.2	50	0.3
4–6 mo	350	8.5	25	0.2	0.4	3	0.2	50	0.3
7–9 mo	350	7	25	0.2	0.4	4	0.3	50	0.4
10–12 mo	350	7	25	0.3	0.4	5	0.4	50	0.4
1–3 y	400	7	30	0.5	0.6	8	0.7	70	0.5
4–6 y	500	–	30	0.7	0.8	11	0.9	100	0.8
7–10 y	500	–	30	0.7	1.0	12	1.0	150	1.0
Males 11–14 y	600	–	35	0.9	1.2	15	1.2	200	1.2
15–18 y	700	–	40	1.1	1.3	18	1.5	200	1.5
19–50 y	700	–	40	1.0	1.3	17	1.4	200	1.5
50+ y	700	**	40	0.9	1.3	16	1.4	200	1.5
Females 11–14 y	600	–	35	0.7	1.1	12	1.0	200	1.2
15–18 y	600	–	40	0.8	1.1	14	1.2	200	1.5
19–50 y	600	–	40	0.8	1.1	13	1.2	200	1.5
50+ y	600	**	40	0.8	1.1	12	1.2	200	1.5
Pregnancy	+100	10	+10	+0.1***	+0.3	*	*	+100	*
Lactation 0–4 mo	+350	10	+30	+0.2	+0.5	+2	*	+60	+0.5
4+ mo	+350	10	+30	+0.2	+0.5	+2	*	+60	+0.5

Appendix 8a.2 United Kingdom Reference Nutrient Intakes for vitamins. * No increment. ** After age 65 the RNI is 10 µg/d for men and women. *** For last trimester only. † Based on protein providing 14.7% of EAR for energy. From COMA (1991).