

Group	Carbo- Age (yr)	Macronutrients			Elements					
		Total hydrate (g/d)	fat (g/d)	Pro- tein (g/d)	Ca (mg/d)	P (mg/d)	Mg (mg/d)	Fe ^a (mg/d)	Zn ^b (mg/d)	Iodine (µg/d)
Infants	0–0.5	60*	ND	9.1*	210*	100*	30*	0.27*	2*	110*
	0.5–1.0	95*	ND	13.5	270*	275*	75*	11	3	130*
Children	1–3	130	19*	13	500*	460	80	7	3	90
	4–8	130	25*	19	800*	500	130	10	5	90
Males	9–13	130	31*	34	1300*	1250	240	8	8	120
	14–18	130	38*	52	1300*	1250	410	11	11	150
	19–30	130	38*	56	1000*	700	400	8	11	150
	31–50	130	38*	56	1000*	700	420	8	11	150
	50–70	130	30*	56	1200*	700	420	8	11	150
	>70	130	30*	56	1200*	700	420	8	11	150
Females	9–13	130	26*	34	1300*	1250	240	8	8	120
	14–18	130	26*	46	1300*	1250	360	15	9	150
	19–30	130	25*	46	1000*	700	310	18	8	150
	31–50	130	25*	46	1000*	700	320	18	8	150
	50–70	130	21*	46	1200*	700	320	8	8	150
	>70	130	21*	46	1200*	700	320	8	8	150
Pregnancy	≤18	175	28*	71	1300*	1250	400	27	13	220
	19–30	175	28*	71	1000*	700	350	27	11	220
	31–50	175	28*	71	1000*	700	360	27	11	220
Lactation	≤18	210	29*	71	1300*	1250	360	10	14	290
	19–30	210	29*	71	1000*	700	310	9	12	290
	1–50	210	29*	71	1000*	700	320	9	12	290

Appendix .8a.3 United States Recommended Dietary Allowances (RDAs): selected macronutrients and elements. Where not available, the Adequate Intake (AI) is shown and followed by an asterisk (*). RDAs and AIs may both be used as goals for average daily individual intake. Sources: IOM (1997, 1998, 2000, 2001). These reports may be accessed via <http://www.nap.edu/> and are copyright 2001 by The National Academies. All rights reserved.

^a Non-heme iron absorption is lower for those consuming vegetarian diets than for those eating nonvegetarian diets. Therefore, it has been suggested that the iron requirement for those consuming a vegetarian diet is approximately twofold greater than for those consuming a nonvegetarian diet. Recommended intake assumes 75% of iron is from heme iron sources.

^b Zinc absorption is lower for those consuming vegetarian diets than for those eating nonvegetarian diets. Therefore, it has been suggested that the zinc requirement for those consuming a vegetarian diet is approximately twofold greater than for those consuming a nonvegetarian diet.