

Group	Age (yr)	Fat-soluble Vitamins			Water-soluble Vitamins						
		Vit. A RAE ^a (µg/d)	Vit. D ^b (µg/d)	Vit. E ^c (mg/d)	Vit. C ^d (mg/d)	Thia- min ^e (mg/d)	Ribo- flavin ^f (mg/d)	Nia- cin ^g (NE/d)	Vit. B ₆ ^h (mg/d)	Fol- ate ⁱ (µg/d)	Vit. B ₁₂ ^j (µg/d)
Infants	0–0.5	400*	5*	4*	40*	0.2*	0.3*	2*	0.1*	65*	0.4*
	0.5–1.0	500*	5*	5*	50*	0.3*	0.4*	4*	0.3*	80*	0.5*
Children	1–3	300	5*	6	15	0.5	0.5	6	0.5	150	0.9
	4–8	400	5*	7	25	0.6	0.6	8	0.6	200	1.2
Males	9–13	600	5*	11	45	0.9	0.9	12	1.0	300	1.8
	14–18	900	5*	15	75	1.2	1.3	16	1.3	400	2.4
	19–30	900	5*	15	90	1.2	1.3	16	1.3	400	2.4
	31–50	900	5*	15	90	1.2	1.3	16	1.3	400	2.4
	50–70	900	10*	15	90	1.2	1.3	16	1.7	400	2.4
	>70	900	15*	15	90	1.2	1.3	16	1.7	400	2.4
Females	9–13	600	5*	11	45	0.9	0.9	12	1.0	300	1.8
	14–18	700	5*	15	65	1.0	1.0	14	1.2	400	2.4
	19–30	700	5*	15	75	1.1	1.1	14	1.3	400	2.4
	31–50	700	5*	15	75	1.1	1.1	14	1.3	400	2.4
	50–70	700	10*	15	75	1.1	1.1	14	1.5	400	2.4
	>70	700	15*	15	75	1.1	1.1	14	1.5	400	2.4
Pregnancy	≤18	750	5*	15	80	1.4	1.4	18	1.9	600	2.6
	19–30	770	5*	15	85	1.4	1.4	18	1.9	600	2.6
	31–50	770	5*	15	85	1.4	1.4	18	1.9	600	2.6
Lactation	≤18	1200	5*	19	115	1.4	1.6	17	2.0	500	2.8
	19–30	1300	5*	19	120	1.4	1.6	17	2.0	500	2.8
	31–50	1300	5*	19	120	1.4	1.6	17	2.0	500	2.8

Appendix A8.4: United States Recommended Dietary Allowances (RDAs): selected vitamins. 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 Vitamin A. Includes provitamin A carotenoids that are dietary precursors of retinol. Note: given as retinol activity equivalents (RAEs). 1 RAE = 1 µg retinol, 12 µg β-carotene, 24 µg α-carotene, or 24 µg β-cryptoxanthin.

^b Vitamin D. Also known as calciferol. Note: 1 g calciferol = 40 IU vitamin D. The DRI values are based on the absence of adequate exposure to sunlight.

^c Vitamin E. Also known as α-tocopherol. Note: given as α-tocopherol, which includes RRR-α-tocopherol, the only form of α-tocopherol that occurs naturally in foods, and the 2R-stereoisomeric forms of α-tocopherol (RRR-, RSR-, RRS-, and RSS-α-tocopherol) that occur in fortified foods and supplements. It does not include the 2S-stereoisomeric forms of α-tocopherol (SRR-, SSR-, SRS-, and SSS-α-tocopherol), also found in fortified foods and supplements.

^d Vitamin C. Also known as ascorbic acid or dehydroascorbic acid (DHA).

^e Thiamin. Also known as Vitamin B₁.

^f Riboflavin. Also known as Vitamin B₂.

^g Niacin. Includes nicotinic acid amide, nicotinic acid (pyridine-3-carboxylic acid), and derivatives that exhibit the biological activity of nicotinamide. Note: given as mg/d of niacin equivalents (NE).

^h Vitamin B₆ comprises a group of six related compounds: pyridoxal, pyridoxine, pyridoxamine, and 5-phosphates (PLP, PNP, PMP).

ⁱ Folate. Also known as folic acid and folacin pteroylpolyglutamates. Note: given as dietary folate equivalents (DFE).

^j Vitamin B₁₂. Also known as cobalamin.