

	Thia- min mg/d	Ribo- flavin mg/d	Niacin NE (a) mg/d	Vit. B ₆ mg/d	Panto- thenate mg/d	Bio- tin µg	Folate DFE (c) µg/d	Vit. B ₁₂ µg/d	Vit. C (d) mg/d	Vit. A RE (f) (g) µg/d	Vit. D µg/d	Vit. E a-TE mg/d	Vit. K µg/d
Infants													
0–6 mo	0.2	0.3	2 (b)	0.1	1.7	5	80	0.4	25	375	5	2.7 (i)	5 (m)
7–11 mo	0.3	0.4	4	0.3	1.8	6	80	0.5	30	400	5	2.7 (i)	10
Children													
1–3 y	0.5	0.5	6	0.5	2	8	160	0.9	30	400	5	5 (k)	15
4–6 y	0.6	0.6	8	0.6	3	12	200	1.2	30	450	5	5 (k)	20
7–9 y	0.9	0.9	12	1.0	4	20	300	1.8	35	500	5	7 (k)	25
Adolescents													
Males													
10–18 y	1.2	1.3	16	1.3	5	25	400	2.4	40	600	5	10	35-65
Females													
10–18 y	1.1	1.0	16	1.2	5	25	400	2.4	40	600	5	7.5	35-55
Adults													
Males													
19–65 y	1.2	1.3	16		5	30	400	2.4	45	600		10	65
19–50 y				1.3							5		
50+ y				1.7							10		
Females													
19–50 y (pre-meno.)	1.1	1.1	14	1.3	5	30	400	2.4	45	500	5	7.5	55
51–65 y (meno.)	1.1	1.1	14	1.5	5	30	400	2.4	45	500	10	7.5	55
Adults 65+ y													
Males	1.2	1.3	16	1.7	5		400	2.4	45	600	15	10	65
Females	1.1	1.1	14	1.5	5		400	2.4	45	600	15	7.5	55
Pregnancy	1.4	1.4	18	1.9	6	30	600	2.6	55	800	5	(i)	55
Lactation	1.5	1.6	17	2.0	7	35	500	2.8	70 (e)	850	5	(i)	55

Appendix. 8a.8 FAO/WHO Recommended nutrient intakes — vitamins. (a) NE = niacin equivalents, 60-to-1 conversion factor for tryptophan to niacin. (b) Preformed niacin. (c) DFE = dietary folate equivalents; mg of DFE provided = [mg of food folate + (1.7 x mg of synthetic folic acid)]. (d) An RNI of 45 mg was calculated for adult men and women and 55 mg recommended during pregnancy. It is recognized however that larger amounts would promote greater iron absorption if this can be achieved. (e) An additional 25 mg is needed for lactation. (f) Vitamin A values are “recommended safe intakes” instead of RNIs. This level of intake is set to prevent clinical signs of deficiency, allow normal growth, but does not allow for prolonged periods of infections or other stresses. (g) Recommended safe intakes as g RE/day; 1 µg retinol = 1 µg RE; 1 µg β-carotene = 0.167 µg RE; 1 µg other provitamin A carotenoids = 0.084 µg RE. (h) Data were considered insufficient to formulate recommendations for this vitamin so that “acceptable intakes” are listed instead. This represents the best estimate of requirements, based on the currently acceptable intakes that support the known function of this vitamin. (i) For pregnancy and lactation there is no evidence of requirements for vitamin E that are any different from those of older adults. Increased energy intake during pregnancy and lactation is expected to compensate for increased need for infant growth and milk synthesis. Breast milk substitutes should not contain less than 0.3 mg a-tocopherol equivalents (TE)/100 ml of reconstituted product, and not less than 0.4 mg TE/g PUFA. Human breast milk vitamin E is fairly constant at 2.7 mg for 850 ml of milk. (k) Values based on a proportion of the adult acceptable intakes. (l) The RNI for each age group is based on a daily intake of 1 g/kg/day of phylloquinone, the latter being the major dietary source of vitamin K. (m) This intake cannot be met by infants who are exclusively breastfed. To prevent bleeding due to vitamin K deficiency, all breastfed babies should receive vitamin K supplementation at birth according to nationally approved guidelines.