

Age group (years)	Calcium (mg/d)	Age group (years)	Fluoride (mg/d)	Iodine (µg/d)	Manganese (mg/d)	Molybdenum (µg/d)	Phosphorus (mg/d)	Potassium (mg/d)	Selenium (µg/d)	Iron (mg/d)	Zinc (mg/d)		Age group (years)	Copper (mg/d)	Magnesium (mg/d)
											LPI (mg/d)				
7–11 mo <sup>(a)</sup>	280	7–11 mo <sup>(a)</sup>	0.4	70	0.02–0.5 <sup>(b)</sup>	10	160	750	15	<b>11</b>	<sup>(c)</sup>	<b>2.9</b>	7–11 mo <sup>(a)</sup>	0.4	80
1–3	<b>450</b>	1–3	0.6	90	0.5	15	250	800	15	<b>7</b>	<sup>(c)</sup>	<b>4.3</b>	1–2	0.7	170
4–6	<b>800</b>	4–6	1.0	90	1.0	20	440	1,100	20	<b>7</b>	<sup>(c)</sup>	<b>5.5</b>	3–9	1.0	230
7–10	<b>800</b>	7–10	1.5	90	1.5	30	440	1,800	35	<b>11</b>	<sup>(c)</sup>	<b>7.4</b>	10–17	1.3	300
11–14	<b>1,150</b>	11–14	2.2	120	2.0	45	640	2,700	55	<b>11</b>	<sup>(c)</sup>	<b>10.7</b>			
15–17	<b>1,150</b>	15–17	3.2	130	3.0	65	640	3,500	70	<b>11</b>	<sup>(c)</sup>	<b>14.2</b>			
18–24	<b>1,000</b>	≥ 18	3.4	150	3.0	65	550	3,500	70	<b>11</b>		<b>9.4</b>	≥ 18	1.6	350
≥ 25	<b>950</b>											<b>11.7</b>			
												<b>14.0</b>			
			<b>16.3</b>												

d, day; LPI, level of phytate intake; mo, months

PRIs are presented **in bold type** and AIs in ordinary type

(a): i.e. the second half of the first year of life (from the beginning of the 7<sup>th</sup> month to the 1<sup>st</sup> birthday)

(b): In view of the wide range of manganese intakes that appear to be adequate, a range is set for the AI of this age group.

(c): The fractional absorption of zinc considered in setting PRIs for children was based on data from mixed diets expected to contain variable quantities of phytate; therefore, no adjustment for phytate intake has been made.

Table from: EFSA (European Food Safety Authority), 2017. Dietary reference values for nutrients: Summary report. EFSA supporting publication 2017:e15121. 92 pp.

PRIs and AIs for minerals<sup>17</sup>, females

Age group (years)	Calcium (mg/d)	Age group (years)	Fluoride (mg/d)	Iodine (µg/d)	Manganese (mg/d)	Molybdenum (µg/d)	Phosphorus (mg/d)	Potassium (mg/d)	Selenium (µg/d)	Zinc (mg/d)		Age group (years)	Iron (mg/d)	Age group (years)	Copper (mg/d)	Magnesium (mg/d)	
										LPI (mg/d)							
7–11 mo <sup>(a)</sup>	280	7–11 mo <sup>(a)</sup>	0.4	70	0.02–0.5 <sup>(b)</sup>	10	160	750	15	<sup>(c)</sup>	<b>2.9</b>	7–11mo <sup>(a)</sup>	<b>11</b>	7–11 mo <sup>(a)</sup>	0.4	80	
1–3	<b>450</b>	1–3	0.6	90	0.5	15	250	800	15	<sup>(c)</sup>	<b>4.3</b>	1–3	<b>7</b>	1–2	0.7	170	
4–6	<b>800</b>	4–6	0.9	90	1.0	20	440	1,100	20	<sup>(c)</sup>	<b>5.5</b>	4–6	<b>7</b>	3–9	1.0	230	
7–10	<b>800</b>	7–10	1.4	90	1.5	30	440	1,800	35	<sup>(c)</sup>	<b>7.4</b>	7–11	<b>11</b>	10–17	1.1	250	
11–14	<b>1,150</b>	11–14	2.3	120	2.0	45	640	2,700	55	<sup>(c)</sup>	<b>10.7</b>	12–14	<b>13</b>				
15–17	<b>1,150</b>	15–17	2.8	130	3.0	65	640	3,500	70	<sup>(c)</sup>	<b>11.9</b>	15–17	<b>13</b>				
18–24	<b>1,000</b>	≥ 18	2.9	150	3.0	65	550	3,500	70	300	<b>7.5</b>	≥ 18	<b>16<sup>(d)</sup></b>	≥ 18	1.3	300	
≥ 25	<b>950</b>									600	<b>9.3</b>						Premenopausal
										900	<b>11.0</b>						Postmenopausal
										1,200	<b>12.7</b>						
<b>Pregnancy</b>																	
18–24	<b>1,000</b>		2.9	200	3.0	65	550	3,500	70		<b>+1.6<sup>(e)</sup></b>		<b>16<sup>(d)</sup></b>		1.5	300	
≥ 25	<b>950</b>																
<b>Lactation</b>																	
18–24	<b>1,000</b>		2.9	200	3.0	65	550	4,000	85		<b>+2.9<sup>(e)</sup></b>		<b>16<sup>(d)</sup></b>		1.5	300	
≥ 25	<b>950</b>																

d, day; LPI, level of phytate intake; mo, months

PRIs are presented in **bold type** and AIs in ordinary type

(a): i.e. the second half of the first year of life (from the beginning of the 7<sup>th</sup> month to the 1<sup>st</sup> birthday)

(b): In view of the wide range of manganese intakes that appear to be adequate, a range is set for the AI of this age group.

(c): The fractional absorption of zinc considered in setting PRIs for children was based on data from mixed diets expected to contain variable quantities of phytate; therefore, no adjustment for phytate intake has been made.

(d): The PRI covers the requirement of approximately 95% of premenopausal women.

(e): in addition to the PRIs for non-pregnant, non-lactating women

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