

Government recommendations for minerals for males and females aged 1 – 18 years⁵

Age (years)	1		2 - 3		4 - 6		7 - 10		11 - 14		15 - 18	
Gender	Males	Females	Males	Females	Males	Females	Males	Females	Males	Females	Males	Females
Iron (mg/day) [†]	6.9	6.9	6.9	6.9	6.1	6.1	8.7	8.7	11.3	14.8	11.3	14.8
Calcium (mg/day)	350	350	350	350	450	450	550	550	1000	800	1000	800
Magnesium (mg/day)	85	85	85	85	120	120	200	200	280	280	300	300
Potassium (mg/day)	800	800	800	800	1100	1100	2000	2000	3100	3100	3500	3500
Zinc (mg/day)	5.0	5.0	5.0	5.0	6.5	6.5	7.0	7.0	9.0	9.0	9.5	7.0
Copper (mg/day)	0.4	0.4	0.4	0.4	0.6	0.6	0.7	0.7	0.8	0.8	1.0	1.0
Iodine (µg/day)	70	70	70	70	100	100	110	110	130	130	140	140
Selenium (µg/day)	15	15	15	15	20	20	30	30	45	45	70	60
Phosphorus (mg/day)	270	270	270	270	350	350	450	450	775	625	775	625
Chloride (mg/day)	800	800	800	800	1100	1100	1800	1800	2500	2500	2500	2500
Sodium (g/day) [‡]	0.8	0.8	0.8	0.8	1.2	1.2	2.0	2.0	2.4	2.4	2.4	2.4

⁵The figures in this table should be used in conjunction with the following information:

Mineral figures were obtained from Dietary Reference Values for Food Energy and Nutrients for the United Kingdom (1991). Dietary Reference Values for certain nutrients are not available for children below the age of 5 years.

[†]Iron: The figures for women aged 11 – 14 and 15 – 18 years may be insufficient for women with high menstrual losses where the most practical way of meeting iron requirements is to take iron supplements.

[‡]Sodium: These figures were obtained from Dietary Reference Values for Food Energy and Nutrients for the United Kingdom (1991). Maximum salt recommendations for achievable population goals are presented in Table 1.

Table from: Government Dietary Recommendations. Government recommendations for energy and nutrients for males and females aged 1 – 18 years and 19+ years. (2016) Public Health England.

Government recommendations for minerals for males and females aged 19+ years⁶

Age (years)	19 - 64		65 - 74		75+	
	Males	Females	Males	Females	Males	Females
Iron (mg/d) [†]	8.7	14.8(19-50y) 8.7 (50-64y)	8.7	8.7	8.7	8.7
Calcium (mg/day)	700	700	700	700	700	700
Magnesium (mg/day)	300	270	300	270	300	270
Potassium (mg/day)	3500	3500	3500	3500	3500	3500
Zinc (mg/day)	9.5	7.0	9.5	7.0	9.5	7.0
Copper (mg/day)	1.2	1.2	1.2	1.2	1.2	1.2
Iodine (µg/day)	140	140	140	140	140	140
Selenium (µg/day)	75	60	75	60	75	60
Phosphorus (mg/day)	550	550	550	550	550	550
Chloride (mg/day)	2500	2500	2500	2500	2500	2500
Sodium (g/day) [‡]	2.4	2.4	2.4	2.4	2.4	2.4

⁶The figures in this table should be used in conjunction with the following information:

Mineral figures were obtained from Dietary Reference Values for Food Energy and Nutrients for the United Kingdom (1991).

[†]Iron: The figure for women aged 19 – 50 years may be insufficient for women with high menstrual losses where the most practical way of meeting iron requirements is to take iron supplements.

[‡]Sodium: These figures were obtained from Dietary Reference Values for Food Energy and Nutrients for the United Kingdom (1991). Maximum salt recommendations for achievable population goals are presented in Table 2.

Table from: Government Dietary Recommendations. Government recommendations for energy and nutrients for males and females aged 1 – 18 years and 19+ years. (2016) Public Health England.