

Dietary Reference Intakes (DRIs): Estimated Average Requirements Food and Nutrition Board, National Academies

Life-Stage Group	Calcium (mg/d)	CHO (g/d)	Protein (g/kg/d)	Vitamin A (Rg/d) ^a	Vitamin C (mg/d)	Vitamin D (Rg/d)	Vitamin E (mg/d) ^b	Thiamin (mg/d)	Riboflavin (mg/d)	Niacin (mg/d) ^c	Vitamin B ₆ (mg/d)	Folate (Rg/d) ^d	Vitamin B ₁₂ (Rg/d)	Copper (Rg/d)	Iodine (Rg/d)	Iron (mg/d)	Magnesium (mg/d)	Molybdenum (Rg/d)
Infants																		
0–6 mo																		
7–12 mo			1.0													6.9		
Children																		
1–3 y	500	100	0.87	210	13	10	5	0.4	0.4	5	0.4	120	0.7	260	65	3.0	65	13
4–8 y	800	100	0.76	275	22	10	6	0.5	0.5	6	0.5	160	1.0	340	65	4.1	110	17
Males																		
9–13 y	1,100	100	0.76	445	39	10	9	0.7	0.8	9	0.8	250	1.5	540	73	5.9	200	26
14–18 y	1,100	100	0.73	630	63	10	12	1.0	1.1	12	1.1	330	2.0	685	95	7.7	340	33
19–30 y	800	100	0.66	625	75	10	12	1.0	1.1	12	1.1	320	2.0	700	95	6	330	34
31–50 y	800	100	0.66	625	75	10	12	1.0	1.1	12	1.1	320	2.0	700	95	6	350	34
51–70 y	800	100	0.66	625	75	10	12	1.0	1.1	12	1.4	320	2.0	700	95	6	350	34
> 70 y	1,000	100	0.66	625	75	10	12	1.0	1.1	12	1.4	320	2.0	700	95	6	350	34
Females																		
9–13 y	1,100	100	0.76	420	39	10	9	0.7	0.8	9	0.8	250	1.5	540	73	5.7	200	26
14–18 y	1,100	100	0.71	485	56	10	12	0.9	0.9	11	1.0	330	2.0	685	95	7.9	300	33
19–30 y	800	100	0.66	500	60	10	12	0.9	0.9	11	1.1	320	2.0	700	95	8.1	255	34
31–50 y	800	100	0.66	500	60	10	12	0.9	0.9	11	1.1	320	2.0	700	95	8.1	265	34
51–70 y	1,000	100	0.66	500	60	10	12	0.9	0.9	11	1.3	320	2.0	700	95	5	265	34
> 70 y	1,000	100	0.66	500	60	10	12	0.9	0.9	11	1.3	320	2.0	700	95	5	265	34
Pregnancy																		
14–18 y	1,000	135	0.88	530	66	10	12	1.2	1.2	14	1.6	520	2.2	785	160	23	335	40
19–30 y	800	135	0.88	550	70	10	12	1.2	1.2	14	1.6	520	2.2	800	160	22	290	40
31–50 y	800	135	0.88	550	70	10	12	1.2	1.2	14	1.6	520	2.2	800	160	22	300	40
Lactation																		
14–18 y	1,000	160	1.05	885	96	10	16	1.2	1.3	13	1.7	450	2.4	985	209	7	300	35
19–30 y	800	160	1.05	900	100	10	16	1.2	1.3	13	1.7	450	2.4	1,000	209	6.5	255	36
31–50 y	800	160	1.05	900	100	10	16	1.2	1.3	13	1.7	450	2.4	1,000	209	6.5	265	36

NOTES: An Estimated Average Requirement (EAR) is the average daily nutrient intake level estimated to meet the requirements of half of the healthy individuals in a group. EARs have not been established for vitamin K, pantothenic acid, biotin, choline, chromium, fluoride, manganese, potassium, sodium, chloride, or other nutrients not yet evaluated via the DRI process.

- a As retinol activity equivalents (RAEs). 1 RAE = 1 Rg retinol, 12 Rg G-carotene, 24 Rg F-carotene, or 24 Rg G-cryptoxanthin. The RAE for dietary provitamin A carotenoids is twofold greater than retinol equivalents (RE), whereas the RAE for preformed vitamin A is the same as RE.
- b As F-tocopherol. F-Tocopherol includes *RRR*-F-tocopherol, the only form of F-tocopherol that occurs naturally in foods, and the *2R*-stereoisomeric forms of F-tocopherol (*RRR*-, *RSR*-, *RRS*-, and *RSS*-F-tocopherol) that occur in fortified foods and supplements. It does not include the *2S*-stereoisomeric forms of F-tocopherol (*SRR*-, *SSR*-, *SRS*-, and *SSS*-F-tocopherol), also found in fortified foods and supplements.
- c As niacin equivalents (NE). 1 mg of niacin = 60 mg of tryptophan.
- d As dietary folate equivalents (DFE). 1 DFE = 1 µg food folate = 0.6 µg of folic acid from fortified food or as a supplement consumed with food = 0.5 µg of a supplement taken on an empty stomach.

SOURCES: *Dietary Reference Intakes for Calcium, Phosphorous, Magnesium, Vitamin D, and Fluoride* (1997); *Dietary Reference Intakes for Thiamin, Riboflavin, Niacin, Vitamin B₆, Folate, Vitamin B₁₂, Pantothenic Acid, Biotin, and Choline* (1998); *Dietary Reference Intakes for Vitamin C, Vitamin E, Selenium, and Carotenoids* (2000); *Dietary Reference Intakes for Vitamin A, Vitamin K, Arsenic, Boron, Chromium, Copper, Iodine, Iron, Manganese, Molybdenum, Nickel, Silicon, Vanadium, and Zinc* (2001); *Dietary Reference Intakes for Energy, Carbohydrate, Fiber, Fat, Fatty Acids, Cholesterol, Protein, and Amino Acids* (2002/2005); and *Dietary Reference Intakes for Calcium and Vitamin D* (2011). These reports may be accessed via www.nap.edu.

From: Appendix J, Dietary Reference Intakes Summary Tables



Dietary Reference Intakes for Sodium and Potassium. National Academies of Sciences, Engineering, and Medicine; Health and Medicine Division; Food and Nutrition Board; Committee to Review the Dietary Reference Intakes for Sodium and Potassium; Oria M, Harrison M, Stallings VA, editors. Washington (DC): National Academies Press (US); 2019 Mar 5.

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