

RECOMMENDED DAILY INTAKES FOR VITAMINS*

CATEGORY	AGE (yr)	FOLATE (µg)	NIACIN (mg NE [†])	RIBOFLAVIN (mg)	THIAMIN (mg)	VITAMIN A (µg RAE)	VITAMIN B ₆ (mg)	VITAMIN B ₁₂ (µg)	VITAMIN C (mg)	VITAMIN D (IU) [‡]	VITAMIN E (mg)	VITAMIN K (µg)
Infants	0–6 mo	65	2	0.3	0.2	400	0.1	0.4	40	200	4	2.0
	7–12 mo	80	4	0.4	0.3	500	0.3	0.5	50	200	5	2.5
Children	1–3 yr	150	6	0.5	0.5	300	0.5	0.9	15	200	6	30
	4–8	200	8	0.6	0.6	400	0.6	1.2	25	200	7	55
Males	9–13	300	12	0.9	0.9	600	1.0	1.8	45	200	11	60
	14–18	400	16	1.3	1.2	900	1.3	2.4	75	200	15	75
	19–50	400	16	1.3	1.2	900	1.3	2.4	90	200	15	120
	>51	400	16	1.3	1.2	900	1.7	2.4	90	400 [§]	15	120
Females	9–13	300	12	0.9	0.9	600	1.0	1.8	45	200	11	60
	14–18	400	14	1.0	1.0	700	1.2	2.4	65	200	15	75
	19–50	400	14	1.1	1.1	700	1.3	2.4	75	200	15	90
	>51	400	14	1.1	1.1	700	1.5	2.4	75	400 [§]	15	90
Pregnant (19–50 yr)		600	18	1.4	1.4	770	1.9	2.6	85	200	15	90
Lactating (19–50 yr)		500	17	1.6	1.4	1300	2.0	2.8	120	200	19	90
Upper limit (UL)		1000	35	ND	ND	3000	100	ND	2000	2000	1000	ND

*This table lists recommended dietary allowances (RDAs) in regular type and adequate intakes (AIs) in bold type. RDAs are set to meet the needs of 97 to 98% of healthy people. When data to calculate the RDA for a nutrient are insufficient, AIs are based on observed or experimentally determined estimates of nutrient intake by healthy people. UL is the largest amount of a nutrient that most adults can ingest daily without risk of adverse effects. The more the UL is exceeded, the greater the risk of adverse effects.

[†]1 niacin equivalent (NE) equals 1 mg niacin or 60 mg dietary tryptophan.

[‡]200 IU of vitamin D equals 5 µg cholecalciferol.

[§]600 IU of vitamin D is recommended for people > 70 yr. (The chapter discusses the possible benefits of higher intakes.)

RAE (retinol activity equivalents): 1 microgram RAE of preformed vitamin A= 3.33 IU

ND = Not determinable because of lack of data; sources of intake should be limited to foods.

Adapted from Dietary Reference Intakes, Standing Committee on the Scientific Evaluation of Dietary Reference Intakes, Food and Nutrition Board, Institute of Medicine. Washington, DC: National Academy Press.