

GUIDELINES FOR DAILY INTAKE OF MINERALS*

Category	Age (yr) or Time Frame	Chromium (µg)	Copper (µg)	Fluoride (mg)	Iodine (µg)	Iron (mg)	Manganese (mg)	Molybdenum (µg)	Selenium (µg)	Zinc (mg)
Recommended daily intake										
Infants	0.0–0.6	0.2	200	NR	110	0.27	0.3	2	15	2
	0.7–1.0	5.5	220	0.01–0.5	130	11	0.6	3	20	3
Children	1–3	11	340	0.7	90	7	1.2	17	20	3
	4–8	15	440	1	90	10	1.5	22	30	5
Males	9–13	25	700	2	120	8	1.9	34	40	8
	14–18	35	890	3	150	11	2.2	43	55	11
	19–30	35	900	4	150	8	2.3	45	55	11
	31–50	35	900	4	150	8	2.3	45	55	11
	51+	30	900	4	150	8	2.3	45	55	11
Females	9–13	21	700	2	120	8	1.6	34	40	8
	14–18	24	890	3	150	15	1.6	43	55	9
	19–30	25	900	3	150	18	1.8	45	55	8
	31–50	25	900	3	150	18	1.8	45	55	8
	51+	20	900	3	150	8	1.8	45	55	8
	Pregnant	30	1000	3	220	27	2.0	50	60	11
	Breastfeeding	45	1300	3	290	9	2.6	50	70	12
Upper limit (UL)										
Infants	< 1	ND	ND	0.7–0.9	ND	40	ND	ND	45–60	4–5
Children	1–8	ND	1000–3000	1.3–2.2	200–300	40	2–3	300–600	90–150	7–12
People	≥ 9	ND	5,000–10,000	10	600–1100	40–45	6–11	1100–2000	280–400	23–40

***Recommended dietary allowances (RDAs)** are shown in regular type. RDAs are set to meet the needs of 97 to 98% of people in a group.

Adequate intakes (AIs) are shown in bold type. For healthy breastfed infants, AIs are the mean intake. For other groups, AIs are amounts believed to meet the needs of all people in the group, but because of lack of data, the percentage of people covered cannot be specified with confidence.

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

Adapted from *Dietary Reference Intakes for Vitamin A, Vitamin K, Arsenic, Boron, Chromium, Copper, Iodine, Iron, Manganese, Molybdenum, Nickel, Silicon, Vanadium, and Zinc*, Food and Nutrition Board, Institute of Medicine. Washington, DC, National Academies Press, 2002, p. 772–773.