

APPENDIX A

FOOD AND NUTRITION BOARD, NATIONAL ACADEMY OF SCIENCES-NATIONAL RESEARCH COUNCIL RECOMMENDED DAILY DIETARY ALLOWANCES. *Revised 1980

Designed for the maintenance of good nutrition of practically all healthy people in the U.S.A.

	Age (years)	Weight		Height		Protein (g)	Fat-Soluble Vitamins		
		(kg)	(lb)	(cm)	(in)		LVita- min A (μ g RE ^b)	Vita- min D (μ g) ^c	Vita- min E (mg α -TE) ^d
Infants	0.0-0.5	6	13	60	24	kg \times 2.2	420	10	3
	0.5-1.0	9	20	71	28	kg \times 2.0	400	10	4
Children	1-3	13	29	90	35	23	400	10	5
	4-6	20	44	112	44	30	500	10	6
	7-10	28	62	132	52	34	700	10	7
Males	11-14	45	99	157	62	45	1000	10	8
	15-18	66	145	176	69	56	1000	10	10
	19-22	70	154	177	70	56	1000	7.5	10
	23-50	70	154	178	70	56	1000	5	10
	51+	70	154	178	70	56	1000	5	10
		11-14	46	101	157	62	46	800	10
Females	15-18	55	120	163	64	46	800	10	8
	19-22	55	120	163	64	44	800	7.5	8
	23-50	55	120	163	64	44	800	5	8
	51+	55	120	163	64	44	800	5	8
	Pregnant Lactating						+30 +20	+200 +400	+5 +5

	Age (years)	Weight		Height		Water-Soluble Vitamins						
		(kg)	(lb)	(cm)	(in)	Vita- min C (mg)	Thia- min (mg)	Ribo- flavin (mg)	Niacin (mg NE) ^e	Vita- min B-6 (mg)	Fola; cin ^f (μ g)	Vitamin B-12 (μ g)
Infants	0.0-0.5	6	13	60	24	35	0.3	0.4	6	0.3	30	0.5 ^g
	0.5-1.0	9	20	71	28	35	0.5	0.6	8	0.6	45	1.5
Children	1-3	13	29	90	35	45	0.7	0.8	9	0.9	100	2.0
	4-6	20	44	112	44	45	0.9	1.0	11	1.3	200	2.5
	7-10	28	62	132	52	45	1.2	1.4	16	1.6	300	3.0
Males	11-14	45	99	157	62	50	1.4	1.6	18	1.8	400	3.0
	15-18	66	145	176	69	60	1.4	1.7	18	2.0	400	3.0
	19-22	70	154	177	70	60	1.5	1.7	19	2.2	400	3.0
	23-50	70	154	178	70	60	1.4	1.6	18	2.2	400	3.0
	51+	70	154	178	70	60	1.2	1.4	16	2.2	400	3.0
		11-14	46	101	157	62	50	1.1	1.3	15	1.8	400
Females	15-18	55	120	163	64	60	1.1	1.3	14	2.0	400	3.0
	19-22	55	120	163	64	60	1.1	1.3	14	2.0	400	3.0
	23-50	55	120	163	64	60	1.0	1.2	13	2.0	400	3.0
	51+	55	120	163	64	60	1.0	1.2	13	2.0	400	3.0
	Pregnant Lactating						+20 +40	+0.4 +0.5	+0.3 +0.5	+2 +5	+0.6 +0.5	+400 +100