

APPENDIX A

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

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

Fat-Soluble Vitamins									
	Age (years)	Weight		Height		Protein (g)	Vita- min A (μ g RE) ^b	Vita- min D (μ g) ^c	Vita- min E (mg α -TE) ^d
		(kg)	(lb)	(cm)	(in)				
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		400	10	5
	4-6	20	44	112	44		500	10	6
Males	7-10	28	62	132	52		700	10	7
	11-14	45	99	157	62		1000	10	8
	15-18	66	145	176	69		1000	10	10
	19-22	70	154	177	70		1000	7.5	10
	23-50	70	154	178	70		1000	5	10
	51+	70	154	178	70		1000	5	10
Females	11-14	46	101	157	62		800	10	8
	15-18	55	120	163	64		800	10	8
	19-22	55	120	163	64		800	7.5	8
	23-50	55	120	163	64		800	5	8
	51+	55	120	163	64		800	5	8
Pregnant						+30	+200	+5	+2
Lactating						+20	+400	+5	+3

Water-Soluble Vitamins												
	Age (years)	Weight		Height		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)
		(kg)	(lb)	(cm)	(in)							
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
Males	7-10	28	62	132	52	45	1.2	1.4	16	1.6	300	3.0
	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
Females	11-14	46	101	157	62	50	1.1	1.3	15	1.8	400	3.0
	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						+20	+0.4	+0.3	+2	+0.6	+400	+1.0
Lactating						+40	+0.5	+0.5	+5	+0.5	+100	+1.0