

## Recommended Daily Dietary Allowances for Children

| Age group       | Energy<br>(kcal) | Protein<br>(g) | Ca<br>(mg) | Fe<br>(mg) | Vit A<br>(mcg) | Vit D<br>(mcg) | Thiamin<br>(mg) | Ribo-<br>flavin<br>(mg) | Niacin<br>(mg) | Vit B12<br>(mcg) | Folic<br>Acid<br>(mcg) | Vit C<br>(mg) |
|-----------------|------------------|----------------|------------|------------|----------------|----------------|-----------------|-------------------------|----------------|------------------|------------------------|---------------|
| <b>Infants</b>  |                  |                |            |            |                |                |                 |                         |                |                  |                        |               |
| 3 - <6 months   | 700              | 16             | 500-600    | 7          | 300            | 10.0           | 0.28            | 0.42                    | 4.6            | 0.3              | 60                     | 20            |
| 6 - <9 months   | 810              | 17             | 500-600    | 7          | 300            | 10.0           | 0.32            | 0.49                    | 5.3            | 0.3              | 60                     | 20            |
| 9 - <12 months  | 950              | 18             | 500-600    | 7          | 300            | 10.0           | 0.38            | 0.57                    | 6.3            | 0.3              | 60                     | 20            |
| <b>Toddlers</b> |                  |                |            |            |                |                |                 |                         |                |                  |                        |               |
| 1 - <2 yrs      | 1150             | 19             | 400-500    | 7          | 250            | 10.0           | 0.46            | 0.69                    | 7.6            | 0.9              | 100                    | 20            |
| 2 - <3 yrs      | 1350             | 22             | 400-500    | 7          | 250            | 10.0           | 0.54            | 0.81                    | 8.9            | 0.9              | 100                    | 20            |
| 3 - <5 yrs      | 1550             | 25             | 400-500    | 7          | 300            | 10.0           | 0.62            | 0.93                    | 10.2           | 1.5              | 100                    | 20            |
| <b>Children</b> |                  |                |            |            |                |                |                 |                         |                |                  |                        |               |
| <b>Boys</b>     |                  |                |            |            |                |                |                 |                         |                |                  |                        |               |
| 5- 7 yrs        | 1850             | 30             | 400-500    | 7          | 300            | 10.0           | 0.74            | 1.11                    | 12.2           | 1.5              | 100                    | 20            |
| 7- 9 yrs        | 2100             | 39             | 400-500    | 7          | 400            | 2.5            | 0.84            | 1.26                    | 13.9           | 1.5              | 100                    | 20            |
| 10- 11 yrs      | 2200             | 49             | 600-700    | 7          | 575            | 2.5            | 0.88            | 1.32                    | 14.5           | 2.0              | 100                    | 20            |
| 12- 13yrs       | 2400             | 61             | 600-700    | 12         | 725            | 2.5            | 0.96            | 1.44                    | 15.8           | 2.0              | 200                    | 30            |
| 14 - 15 yrs     | 2650             | 74             | 600-700    | 12         | 725            | 2.5            | 1.06            | 1.59                    | 17.5           | 2.0              | 200                    | 30            |
| 16- 17yrs       | 2850             | 80             | 500-600    | 6          | 750            | 2.5            | 1.14            | 1.71                    | 18.8           | 2.0              | 200                    | 30            |
| <b>Girls</b>    |                  |                |            |            |                |                |                 |                         |                |                  |                        |               |
| 5- 7 yrs        | 1750             | 30             | 400-500    | 7          | 300            | 10.5           | 0.70            | 1.05                    | 11.6           | 1.5              | 100                    | 20            |
| 7- 9 yrs        | 1800             | 39             | 400-500    | 7          | 400            | 2.5            | 0.72            | 1.08                    | 11.9           | 1.5              | 100                    | 20            |
| 10- 11 yrs      | 1950             | 51             | 600-700    | 7          | 575            | 2.5            | 0.78            | 1.17                    | 12.9           | 2.0              | 100                    | 20            |
| 12- 13 yrs      | 2100             | 63             | 600-700    | 18         | 725            | 2.5            | 0.84            | 1.26                    | 13.9           | 2.0              | 200                    | 30            |
| 14- 15 yrs      | 2150             | 66             | 600-700    | 18         | 725            | 2.5            | 0.86            | 1.29                    | 14.2           | 2.0              | 200                    | 30            |
| 16- 17 yrs      | 2150             | 60             | 500-600    | 19         | 750            | 2.5            | 0.86            | 1.29                    | 14.2           | 2.0              | 200                    | 30            |

## Recommended Daily Dietary Allowances for Adults

| Age group              | Energy*<br>(kcal) | Protein<br>(g) | Total Fat<br>(g) | SFA<br>(g) | Carbo-<br>hydrates<br>(g) | Dietary<br>fibre<br>(g) | Choles-<br>terol<br>(mg) | Ca<br>(g) | Na<br>(mg) | Fe<br>(mg) | Vit A<br>(mcg) | Folic<br>Acid<br>(mcg) | Vit C<br>(mg) |
|------------------------|-------------------|----------------|------------------|------------|---------------------------|-------------------------|--------------------------|-----------|------------|------------|----------------|------------------------|---------------|
| <b>Men</b>             |                   |                |                  |            |                           |                         |                          |           |            |            |                |                        |               |
| 18- 29 yrs             | 2550              | 68             | 71               | 23.6       | 351                       | 26                      | 300                      | 0.4-0.5   | 1700       | 6          | 750            | 200                    | 30            |
| 30- 59 yrs             | 2500              | 68             | 69               | 23.0       | 344                       | 25                      | 300                      | 0.4-0.5   | 1650       | 6          | 750            | 200                    | 30            |
| 60 yrs and above       | 2100              | 68             | 58               | 19.3       | 289                       | 21                      | 300                      | 0.4-0.5   | 1400       | 6          | 750            | 200                    | 30            |
| <b>Women</b>           |                   |                |                  |            |                           |                         |                          |           |            |            |                |                        |               |
| 18 - 29 yrs            | 2000              | 58             | 56               | 18.6       | 275                       | 20                      | 300                      | 0.4-0.5   | 1350       | 19         | 750            | 200                    | 30            |
| 30- 59 yrs             | 2000              | 58             | 57               | 19.0       | 275                       | 20                      | 300                      | 0.4-0.5   | 1350       | 19         | 750            | 200                    | 30            |
| 60 yrs and above       | 1800              | 58             | 50               | 16.7       | 248                       | 18                      | 300                      | 0.4-0.5   | 1200       | 6          | 750            | 200                    | 30            |
| <b>Pregnant women</b>  |                   |                |                  |            |                           |                         |                          |           |            |            |                |                        |               |
| - full activity        | +285              | +9             | +8               | +6         | +39                       | +3                      | 300                      | 1.0-1.2   | +200       | 19         | 750            | 400                    | 50            |
| - reduced activity     | +200              | +9             | +6               | +2         | +28                       | +2                      | 300                      | 1.0-1.2   | +150       | 19         | 750            | 400                    | 50            |
| <b>Lactating women</b> |                   |                |                  |            |                           |                         |                          |           |            |            |                |                        |               |
| - first 6 months       | +500              | +25            | +14              | +4.6       | +69                       | +5                      | 300                      | 1.0-1.2   | +350       | 19         | 1200           | 400                    | 50            |
| - after 6 months       | +500              | +19            | +14              | +4.6       | +69                       | +5                      | 300                      | 1.0-1.2   | +350       | 19         | 1200           | 400                    | 50            |