

Dietary Reference Intakes

For more than fifty years, nutrition experts have produced a set of nutrient and energy standards known as the Recommended Dietary Allowances (RDA). In the last few years there have been major changes in these recommendations. The new title for the recommendations is “Dietary Reference Intakes (DRIs).” The DRIs reflect the collaborative efforts of both the United States and Canada. DRIs take into account a person’s gender and age. RDAs focused mainly on preventing deficiencies. DRIs focus on preventing chronic disease through nutrition.

AGE (YR)	SEDENTARY	MODERATELY ACTIVE	ACTIVE	(g) PROTEIN	(g) CARBOHYDRATES	(mg) CALCIUM	(g) FIBER	(g) POTASSIUM	(mg) IRON	(mg) CALCIUM	(mg) MAGNESIUM	(ug) VITAMIN A	(mg) VITAMIN C	(iu) VITAMIN D	(mg) VITAMIN E
Males															
9-13	1800	1800-2200	2000-2600	34	130	1300	31	4.5	5.9	1300	240	600	45	200	11
14-18	2200	2400-2800	2800-3200	52	130	1300	38	4.7	7.7	1300	410	900	75	200	15
19-30	2400	2600-2800	3000	56	130	1000	38	4.7	6	1000	400	900	90	200	15
31-50	2200	2400-2600	2800-3000	56	130	1000	38	4.7	6	1000	420	900	90	200	15
51-70	2000	2200-2400	2400-2800	56	130	1200	30	4.7	6	1200	420	900	90	400	15
Females															
9-13	1600	1600-2000	1800-2200	34	130	1300	26	4.5	5.7	1300	240	600	45	200	11
14-18	1800	2000	2400	46	130	1300	26	4.7	7.9	1300	360	700	65	200	15
19-30	2000	2000-2200	2400	46	130	1000	25	4.7	8.1	1000	310	700	75	200	15
31-50	1800	2000	2200	46	130	1000	25	4.7	8.1	1000	320	700	75	200	15
51-70	1600	1800	2000-2200	46	130	1200	21	4.7	5	1200	320	700	75	400	15