

RECOMMENDED DIETARY INTAKES

For more than fifty years, nutrition experts have produced a set of nutrient and energy standards known as the Recommended Dietary Allowances (RDA). A major revision is currently underway to replace the RDA. The revised recommendations are called Dietary Reference Intakes (DRI) and reflect the collaborative efforts of both the United States and Canada. Until 1997, the RDA were the only standards available and they will continue to serve health professionals until DRI can be established for all nutrients. For this reason, both the 1989 RDA and the 1997 DRI for selected nutrients are presented here.

1989 Recommended Dietary Allowances (RDA)

1997 Dietary Reference Intakes (DRI)

AGE (YR)	(kcal) ENERGY	(g) PROTEIN	(ug RE) VITAMIN A	(mg a-TE) VITAMIN E	(ug) VITAMIN K	(mg) VITAMIN C	(mg) THIAMIN	(mg) RIBOFLAVIN	(mg NE) NIACIN	(mg) VITAMIN B ₆	(ug) FOLATE	(mg) VITAMIN B ₁₂	(mg) IRON	(mg) ZINC	(ug) IODINE	(ug) SELENIUM	AGE (YR)	(ug) VITAMIN D	(mg) CALCIUM	(mg) PHOSPHORUS	(mg) MAGNESIUM	(mg) FLUORIDE
Males																	Males					
11-14	2500	45	1000	10	45	50	1.3	1.5	17	1.7	150	2.0	12	15	150	40	9-13	5	1300	1250	240	2.0
15-18	3000	59	1000	10	65	60	1.5	1.8	20	2.0	200	2.0	12	15	150	50	14-18	5	1300	1250	410	3.2
19-24	2900	58	1000	10	70	60	1.5	1.7	19	2.0	200	2.0	10	15	150	70	19-30	5	1000	700	400	3.8
25-50	2900	63	1000	10	80	60	1.5	1.7	19	2.0	200	2.0	10	15	150	70	31-50	5	1000	700	420	3.8
51+	2300	63	1000	10	80	60	1.2	1.4	15	2.0	200	2.0	10	15	150	70	51-70	10	1200	700	420	3.8
																	71+	10	1200	700	420	3.8
Females																	Females					
11-14	2200	46	800	8	45	50	1.1	1.3	15	1.4	150	2.0	15	12	150	45	9-13	5	1300	1250	240	2.0
15-18	2200	44	800	8	55	60	1.1	1.3	15	1.5	180	2.0	15	12	150	50	14-18	5	1300	1250	360	2.9
19-24	2200	46	800	8	60	60	1.1	1.3	15	1.6	180	2.0	15	12	150	55	19-30	5	1000	700	310	3.1
25-50	2200	50	800	8	65	60	1.1	1.3	15	1.6	180	2.0	15	12	150	55	31-50	5	1000	700	320	3.1
51+	1900	50	800	8	65	60	1.0	1.2	13	1.6	180	2.0	10	12	150	55	51-70	10	1200	700	320	3.1
																	71+	10	1200	700	320	3.1