

C

Reference Tables

TABLE C-1 Dietary Reference Intakes:
Estimated Average Requirements

Life Stage Group	Vita- min A ($\mu\text{g}/\text{d}$) ^a	Vita- min C (mg/d)	Vita- min E (mg/d) ^b	Thia- min (mg/d)	Ribo- flavin (mg/d)	Niacin (mg/d) ^c	Vita- min B ₆ (mg/d)	Folate ($\mu\text{g}/\text{d}$) ^d
Infants								
7-12 mo								
Children								
1-3 y	210	13	5	0.4	0.4	5	0.4	120
4-8 y	275	22	6	0.5	0.5	6	0.5	160
Males								
9-13 y	445	39	9	0.7	0.8	9	0.8	250
14-18 y	630	63	12	1.0	1.1	12	1.1	330
19-30 y	625	75	12	1.0	1.1	12	1.1	320
31-50 y	625	75	12	1.0	1.1	12	1.1	320
51-70 y	625	75	12	1.0	1.1	12	1.4	320
> 70 y	625	75	12	1.0	1.1	12	1.4	320
Females								
9-13 y	420	39	9	0.7	0.8	9	0.8	250
14-18 y	485	56	12	0.9	0.9	11	1.0	330
19-30 y	500	60	12	0.9	0.9	11	1.1	320
31-50 y	500	60	12	0.9	0.9	11	1.1	320
51-70 y	500	60	12	0.9	0.9	11	1.3	320
> 70 y	500	60	12	0.9	0.9	11	1.3	320
Pregnancy								
14-18 y	530	66	12	1.2	1.2	14	1.6	520
19-30 y	550	70	12	1.2	1.2	14	1.6	520
31-50 y	550	70	12	1.2	1.2	14	1.6	520
Lactation								
14-18 y	880	96	16	1.2	1.3	13	1.7	450
19-30 y	900	100	16	1.2	1.3	13	1.7	450
31-50 y	900	100	16	1.2	1.3	13	1.7	450

NOTE: This table presents EARs, which serve two purposes: for assessing adequacy of population intakes and as the basis for calculating Recommended Dietary Allowances (RDAs) for individuals for those nutrients. EARs have not been established for vitamin D, vitamin K, pantothenic acid, biotin, choline, calcium, chromium, fluoride, manganese, or other nutrients not yet evaluated via the DRI process.

^aAs retinol activity equivalents (RAE). 1 RAE = 1 μg retinol, 12 μg β -carotene, 24 μg α -carotene, or 24 μg β -cryptoxanthin. The RAE for dietary provitamin A carotenoids is twofold greater than retinol equivalents (RE), whereas the RAE for preformed vitamin A is the same as RE.

^bAs α -tocopherol. α -Tocopherol includes *RRR*- α -tocopherol, the only form of

Vitamin B ₁₂ (µg/d)	Copper (µg/d)	Iodine (µg/d)	Iron (mg/d)	Magne- sium (mg/d)	Molyb- denum (µg/d)	Phos- phorus (mg/d)	Sele- nium (µg/d)	Zinc (mg/d)
			6.9					2.5
0.7	260	65	3.0	65	13	380	17	2.5
1.0	340	65	4.1	110	17	405	23	4.0
1.5	540	73	5.9	200	26	1,055	35	7.0
2.0	685	95	7.7	340	33	1,055	45	8.5
2.0	700	95	6	330	34	580	45	9.4
2.0	700	95	6	350	34	580	45	9.4
2.0	700	95	6	350	34	580	45	9.4
2.0	700	95	6	350	34	580	45	9.4
1.5	540	73	5.7	200	26	1,055	35	7.0
2.0	685	95	7.9	300	33	1,055	45	7.3
2.0	700	95	8.1	255	34	580	45	6.8
2.0	700	95	8.1	265	34	580	45	6.8
2.0	700	95	5	265	34	580	45	6.8
2.0	700	95	5	265	34	580	45	6.8
2.2	785	160	23	335	40	1,055	49	10.5
2.2	800	160	22	290	40	580	49	9.5
2.2	800	160	22	300	40	580	49	9.5
2.4	985	209	7	300	35	1,055	59	10.9
2.4	1,000	209	6.5	255	36	580	59	10.4
2.4	1,000	209	6.5	265	36	580	59	10.4

α -tocopherol that occurs naturally in foods, and the 2*R*-stereoisomeric forms of α -tocopherol (*RRR*, *RSP*, *RRS*, and *RSS*- α -tocopherol) that occur in fortified foods and supplements. It does not include the 2*S*-stereoisomeric forms of α -tocopherol (*SRR*, *SSR*, *SRS*, and *SSS*- α -tocopherol), also found in fortified foods and supplements.

^c As niacin equivalents (NE). 1 mg of niacin = 60 mg of tryptophan.

^d As dietary folate equivalents (DFE). 1 DFE = 1 µg food folate = 0.6 µg of folic acid from fortified food or as a supplement consumed with food = 0.5 µg of a supplement taken on an empty stomach.

SOURCE: IOM (1997, 1998, 2000b, 2001).

TABLE C-2 Dietary Reference Intakes:
Recommended Intakes for Individuals, Vitamins

Life Stage Group	Vitamin A (µg/d) ^a	Vitamin C (mg/d)	Vitamin D (µg/d) ^{b,c}	Vitamin E (mg/d) ^d	Vitamin K (µg/d)	Thiamin (mg/d)
Infants						
0–6 mo	400*	40*	5*	4*	2.0*	0.2*
7–12 mo	500*	50*	5*	5*	2.5*	0.3*
Children						
1–3 y	300	15	5*	6	30*	0.5
4–8 y	400	25	5*	7	55*	0.6
Males						
9–13 y	600	45	5*	11	60*	0.9
14–18 y	900	75	5*	15	75*	1.2
19–30 y	900	90	5*	15	120*	1.2
31–50 y	900	90	5*	15	120*	1.2
51–70 y	900	90	10*	15	120*	1.2
> 70 y	900	90	15*	15	120*	1.2
Females						
9–13 y	600	45	5*	11	60*	0.9
14–18 y	700	65	5*	15	75*	1.0
19–30 y	700	75	5*	15	90*	1.1
31–50 y	700	75	5*	15	90*	1.1
51–70 y	700	75	10*	15	90*	1.1
> 70 y	700	75	15*	15	90*	1.1
Pregnancy						
14–18 y	750	80	5*	15	75*	1.4
19–30 y	770	85	5*	15	90*	1.4
31–50 y	770	85	5*	15	90*	1.4
Lactation						
14–18 y	1,200	115	5*	19	75*	1.4
19–30 y	1,300	120	5*	19	90*	1.4
31–50 y	1,300	120	5*	19	90*	1.4

NOTE: This table (taken from the DRI reports, see www.nap.edu) presents Recommended Dietary Allowances (RDAs) in **bold type** and Adequate Intakes (AIs) in ordinary type followed by an asterisk (*). RDAs and AIs may both be used as goals for individual intake. RDAs are set to meet the needs of almost all (97 to 98 percent) individuals in a group. For healthy breastfed infants, the AI is the mean intake. The AI for other life stage and gender groups is believed to cover needs of all individuals in the group, but lack of data or uncertainty in the data prevents being able to specify with confidence the percentage of individuals covered by this intake.

^a As retinol activity equivalents (RAEs). 1 RAE = 1 µg retinol, 12 µg β-carotene, 24 µg α-carotene, or 24 µg β-cryptoxanthin. To calculate RAEs from REs of provitamin A carotenoids in foods, divide the REs by 2. For preformed vitamin A in foods or supplements and for provitamin A carotenoids in supplements, 1 RE = 1 RAE.

^b As calciferol. 1 µg calciferol = 40 IU vitamin D.

^c In the absence of adequate exposure to sunlight.

^d As α-tocopherol. α-Tocopherol includes *RRR*-α-tocopherol, the only form of

Riboflavin (mg/d)	Niacin (mg/d) ^e	Vitamin B ₆ (mg/d)	Folate (µg/d) ^f	Vitamin B ₁₂ (µg/d)	Pantothenic Acid (mg/d)	Biotin (µg/d)	Choline (mg/d) ^g
0.3*	2*	0.1*	65*	0.4*	1.7*	5*	125*
0.4*	4*	0.3*	80*	0.5*	1.8*	6*	150*
0.5	6	0.5	150	0.9	2*	8*	200*
0.6	8	0.6	200	1.2	3*	12*	250*
0.9	12	1.0	300	1.8	4*	20*	375*
1.3	16	1.3	400	2.4	5*	25*	550*
1.3	16	1.3	400	2.4	5*	30*	550*
1.3	16	1.3	400	2.4	5*	30*	550*
1.3	16	1.7	400	2.4^h	5*	30*	550*
1.3	16	1.7	400	2.4^h	5*	30*	550*
0.9	12	1.0	300	1.8	4*	20*	375*
1.0	14	1.2	400ⁱ	2.4	5*	25*	400*
1.1	14	1.3	400ⁱ	2.4	5*	30*	425*
1.1	14	1.3	400ⁱ	2.4	5*	30*	425*
1.1	14	1.5	400	2.4^h	5*	30*	425*
1.1	14	1.5	400	2.4^h	5*	30*	425*
1.4	18	1.9	600^j	2.6	6*	30*	450*
1.4	18	1.9	600^j	2.6	6*	30*	450*
1.4	18	1.9	600^j	2.6	6*	30*	450*
1.6	17	2.0	500	2.8	7*	35*	550*
1.6	17	2.0	500	2.8	7*	35*	550*
1.6	17	2.0	500	2.8	7*	35*	550*

α -tocopherol that occurs naturally in foods, and the 2*R*-stereoisomeric forms of α -tocopherol (*RRR*-, *RSR*-, *RRS*-, and *RSS*- α -tocopherol) that occur in fortified foods and supplements. It does not include the 2*S*-stereoisomeric forms of α -tocopherol (*SRR*-, *SSR*-, *SRS*-, and *SSS*- α -tocopherol), also found in fortified foods and supplements.
^eAs niacin equivalents (NE). 1 mg of niacin = 60 mg of tryptophan; 0–6 months = preformed niacin (not NE).

^fAs dietary folate equivalents (DFE). 1 DFE = 1 µg food folate = 0.6 µg of folic acid from fortified food or as a supplement consumed with food = 0.5 µg of a supplement taken on an empty stomach.

^gAlthough AIs have been set for choline, there are few data to assess whether a dietary supply of choline is needed at all stages of the life cycle, and it may be that the choline requirement can be met by endogenous synthesis at some of these stages.

Table C-2 footnotes continue

TABLE C-3 Dietary Reference Intakes:
Recommended Intakes for Individuals, Elements

Life Stage Group	Calcium (mg/d)	Chromium (µg/d)	Copper (µg/d)	Fluoride (mg/d)	Iodine (µg/d)	Iron (mg/d)
Infants						
0-6 mo	210*	0.2*	200*	0.01*	110*	0.27*
7-12 mo	270*	5.5*	220*	0.5*	130*	11
Children						
1-3 y	500*	11*	340	0.7*	90	7
4-8 y	800*	15*	440	1*	90	10
Males						
9-13 y	1,300*	25*	700	2*	120	8
14-18 y	1,300*	35*	890	3*	150	11
19-30 y	1,000*	35*	900	4*	150	8
31-50 y	1,000*	35*	900	4*	150	8
51-70 y	1,200*	30*	900	4*	150	8
> 70 y	1,200*	30*	900	4*	150	8
Females						
9-13 y	1,300*	21*	700	2*	120	8
14-18 y	1,300*	24*	890	3*	150	15
19-30 y	1,000*	25*	900	3*	150	18
31-50 y	1,000*	25*	900	3*	150	18
51-70 y	1,200*	20*	900	3*	150	8
> 70 y	1,200*	20*	900	3*	150	8
Pregnancy						
14-18 y	1,300*	29*	1,000	3*	220	27
19-30 y	1,000*	30*	1,000	3*	220	27
31-50 y	1,000*	30*	1,000	3*	220	27
Lactation						
14-18 y	1,300*	44*	1,300	3*	290	10
19-30 y	1,000*	45*	1,300	3*	290	9
31-50 y	1,000*	45*	1,300	3*	290	9

NOTE: This table presents Recommended Dietary Allowances (RDAs) in **bold type** and Adequate Intakes (AIs) in ordinary type followed by an asterisk (*). RDAs and AIs may both be used as goals for individual intake. RDAs are set to meet the needs of almost all (97 to 98 percent) individuals in a group. For healthy infants fed human milk, the AI is the mean intake. The AI for other life stage and gender groups is believed to cover

Table C-2 footnotes continued

^h Because 10 to 30 percent of older people may malabsorb food-bound B₁₂, it is advisable for those older than 50 years to meet their RDA mainly by consuming foods fortified with B₁₂ or a supplement containing B₁₂.

ⁱ In view of evidence linking folate intake with neural tube defects in the fetus, it is recommended that all women capable of becoming pregnant consume 400 µg

Magnesium (mg/d)	Manganese (mg/d)	Molybdenum (µg/d)	Phosphorus (mg/d)	Selenium (µg/d)	Zinc (mg/d)
30*	0.003*	2*	100*	15*	2*
75*	0.6*	3*	275*	20*	3
80	1.2*	17	460	20	3
130	1.5*	22	500	30	5
240	1.9*	34	1,250	40	8
410	2.2*	43	1,250	55	11
400	2.3*	45	700	55	11
420	2.3*	45	700	55	11
420	2.3*	45	700	55	11
420	2.3*	45	700	55	11
240	1.6*	34	1,250	40	8
360	1.6*	43	1,250	55	9
310	1.8*	45	700	55	8
320	1.8*	45	700	55	8
320	1.8*	45	700	55	8
320	1.8*	45	700	55	8
400	2.0*	50	1,250	60	12
350	2.0*	50	700	60	11
360	2.0*	50	700	60	11
360	2.6*	50	1,250	70	13
310	2.6*	50	700	70	12
320	2.6*	50	700	70	12

needs of all individuals in the group, but lack of data or uncertainty in the data prevents being able to specify with confidence the percentage of individuals covered by this intake.

SOURCE: IOM (1997, 2000b, 2001).

from supplements or fortified foods in addition to intake of food folate from a varied diet.

^j It is assumed that women will continue consuming 400 µg from supplements or fortified food until their pregnancy is confirmed and they enter prenatal care, which ordinarily occurs after the end of the periconceptual period—the critical time for formation of the neural tube.

SOURCE: IOM (1997, 1998, 2000b, 2001).

TABLE C-4 Dietary Reference Intakes:
Recommended Intakes for Individuals, Macronutrients

Life Stage Group	Carbo- hydrate (g/d)	Total Fiber (g/d)	Fat (g/d)	Linoleic Acid (g/d)	α -Linolenic Acid (g/d)	Protein ^a (g/d)
Infants						
0–6 mo	60*	ND	31*	4.4*	0.5*	9.1*
7–12 mo	95*	ND	30*	4.6*	0.5*	13.5
Children						
1–3 y	130	19*	ND	7*	0.7*	13
4–8 y	130	25*	ND	10*	0.9*	19
Males						
9–13 y	130	26*	ND	12*	1.2*	34
14–18 y	130	38*	ND	16*	1.6*	52
19–30 y	130	38*	ND	17*	1.6*	56
31–50 y	130	38*	ND	17*	1.6*	56
51–70 y	130	30*	ND	14*	1.6*	56
> 70 y	130	30*	ND	14*	1.6*	56
Females						
9–13 y	130	31*	ND	10*	1.0*	34
14–18 y	130	26*	ND	11*	1.1*	46
19–30 y	130	25*	ND	12*	1.1*	46
31–50 y	130	25*	ND	12*	1.1*	46
51–70 y	130	21*	ND	11*	1.1*	46
> 70 y	130	21*	ND	11*	1.1*	46
Pregnancy						
14–18 y	175	28*	ND	13*	1.4*	71
19–30 y	175	28*	ND	13*	1.4*	71
31–50 y	175	28*	ND	13*	1.4*	71
Lactation						
14–18 y	210	29*	ND	13*	1.3*	71
19–30 y	210	29*	ND	13*	1.3*	71
31–50 y	210	29*	ND	13*	1.3*	71

NOTE: This table presents Recommended Dietary Allowances (RDAs) in **bold type** and Adequate Intakes (AIs) in ordinary type followed by an asterisk (*). RDAs and AIs may both be used as goals for individual intake. RDAs are set to meet the needs of almost all (97 to 98 percent) individuals in a group. For healthy infants fed human milk, the AI is the mean intake. The AI for other life stage and gender groups is believed to cover needs of all individuals in the group, but lack of data or uncertainty in the data prevents being able to specify with confidence the percentage of individuals covered by this intake.

^a Based on 0.8 g protein/kg body weight for reference body weight.

SOURCE: IOM (2002a).

TABLE C-5 Acceptable Macronutrient Distribution Ranges

Macronutrient	Range (% of energy)		
	Children, 1–3 y	Children, 4–18 y	Adults
Fat	30–40	25–35	20–35
<i>n</i> -6 polyunsaturated fats (linoleic acid)	5–10	5–10	5–10
<i>n</i> -3 polyunsaturated fats ^a (α -linolenic acid)	0.6–1.2	0.6–1.2	0.6–1.2
Carbohydrate	45–65	45–65	45–65
Protein	5–20	10–30	10–35

^a Approximately 10% of the total can come from longer-chain *n*-3 fatty acids.
SOURCE: IOM (2002a).

TABLE C-6 Dietary Reference Intakes:
Tolerable Upper Intake Levels (UL^a), Vitamins

Life Stage Group	Vita- min A (µg/d) ^b	Vita- min C (mg/d)	Vita- min D (µg/d)	Vita- min E (mg/d) ^{c,d}	Vita- min K	Thiamin
Infants						
0–6 mo	600	ND ^f	25	ND	ND	ND
7–12 mo	600	ND	25	ND	ND	ND
Children						
1–3 y	600	400	50	200	ND	ND
4–8 y	900	650	50	300	ND	ND
Males, Females						
9–13 y	1,700	1,200	50	600	ND	ND
14–18 y	2,800	1,800	50	800	ND	ND
19–70 y	3,000	2,000	50	1,000	ND	ND
> 70 y	3,000	2,000	50	1,000	ND	ND
Pregnancy						
14–18 y	2,800	1,800	50	800	ND	ND
19–50 y	3,000	2,000	50	1,000	ND	ND
Lactation						
14–18 y	2,800	1,800	50	800	ND	ND
19–50 y	3,000	2,000	50	1,000	ND	ND

^a UL = The maximum level of daily nutrient intake that is likely to pose no risk of adverse effects. Unless otherwise specified, the UL represents total intake from food, water, and supplements. Due to lack of suitable data, ULs could not be established for vitamin K, thiamin, riboflavin, vitamin B₁₂, pantothenic acid, biotin, or carotenoids. In the absence of ULs, extra caution may be warranted in consuming levels above recommended intakes.

^b As preformed vitamin A only.

^c As α -tocopherol; applies to any form of supplemental α -tocopherol.

Ribo- flavin	Niacin (mg/d) ^d	Vita- min B ₆ (mg/d)	Folate (µg/d) ^d	Vitamin B ₁₂	Panto- thenic Acid	Biotin	Choline (g/d)	Carot- enoids ^e
ND	ND	ND	ND	ND	ND	ND	ND	ND
ND	ND	ND	ND	ND	ND	ND	ND	ND
ND	10	30	300	ND	ND	ND	1.0	ND
ND	15	40	400	ND	ND	ND	1.0	ND
ND	20	60	600	ND	ND	ND	2.0	ND
ND	30	80	800	ND	ND	ND	3.0	ND
ND	35	100	1,000	ND	ND	ND	3.5	ND
ND	35	100	1,000	ND	ND	ND	3.5	ND
ND	30	80	800	ND	ND	ND	3.0	ND
ND	35	100	1,000	ND	ND	ND	3.5	ND
ND	30	80	800	ND	ND	ND	3.0	ND
ND	35	100	1,000	ND	ND	ND	3.5	ND

^dThe ULs for vitamin E, niacin, and folate apply to synthetic forms obtained from supplements, fortified foods, or a combination of the two.

^eβ-Carotene supplements are advised only to serve as a provitamin A source for individuals at risk of vitamin A deficiency.

^fND = Not determinable due to lack of data of adverse effects in this age group and concern with regard to lack of ability to handle excess amounts. Source of intake should be from food only to prevent high levels of intake.

SOURCE: IOM (1997, 1998, 2000b, 2001).

TABLE C-7 Dietary Reference Intakes:
Tolerable Upper Intake Levels (UL^a), Elements

Life Stage Group	Arsenic ^b	Boron (mg/d)	Calcium (g/d)	Chromium	Copper (µg/d)	Fluoride (mg/d)	Iodine (µg/d)	Iron (mg/d)
Infants								
0–6 mo	ND ^f	ND	ND	ND	ND	0.7	ND	40
7–12 mo	ND	ND	ND	ND	ND	0.9	ND	40
Children								
1–3 y	ND	3	2.5	ND	1,000	1.3	200	40
4–8 y	ND	6	2.5	ND	3,000	2.2	300	40
Males, Females								
9–13 y	ND	11	2.5	ND	5,000	10	600	40
14–18 y	ND	17	2.5	ND	8,000	10	900	45
19–70 y	ND	20	2.5	ND	10,000	10	1,100	45
> 70 y	ND	20	2.5	ND	10,000	10	1,100	45
Pregnancy								
14–18 y	ND	17	2.5	ND	8,000	10	900	45
19–50 y	ND	20	2.5	ND	10,000	10	1,100	45
Lactation								
14–18 y	ND	17	2.5	ND	8,000	10	900	45
19–50 y	ND	20	2.5	ND	10,000	10	1,100	45

^aUL = The maximum level of daily nutrient intake that is likely to pose no risk of adverse effects. Unless otherwise specified, the UL represents total intake from food, water, and supplements. Due to lack of suitable data, ULs could not be established for arsenic, chromium, and silicon. In the absence of ULs, extra caution may be warranted in consuming levels above recommended intakes.

^bAlthough the UL was not determined for arsenic, there is no justification for adding arsenic to food or supplements.

^cThe ULs for magnesium represent intake from a pharmacological agent only and do not include intake from food and water.

^dAlthough silicon has not been shown to cause adverse effects in humans, there is no

Magne- sium (mg/d) ^c	Manga- nese (mg/d)	Molyb- denum (µg/d)	Nickel (mg/d)	Phos- phorus (g/d)	Sele- nium (µg/d)	Silicon ^d	Vana- dium (mg/d) ^e	Zinc (mg/d)
ND	ND	ND	ND	ND	45	ND	ND	4
ND	ND	ND	ND	ND	60	ND	ND	5
65	2	300	0.2	3	90	ND	ND	7
110	3	600	0.3	3	150	ND	ND	12
350	6	1,100	0.6	4	280	ND	ND	23
350	9	1,700	1.0	4	400	ND	ND	34
350	11	2,000	1.0	4	400	ND	1.8	40
350	11	2,000	1.0	3	400	ND	1.8	40
350	9	1,700	1.0	3.5	400	ND	ND	34
350	11	2,000	1.0	3.5	400	ND	ND	40
350	9	1,700	1.0	4	400	ND	ND	34
350	11	2,000	1.0	4	400	ND	ND	40

justification for adding silicon to supplements.

^e Although vanadium in food has not been shown to cause adverse effects in humans, there is no justification for adding vanadium to food and vanadium supplements should be used with caution. The UL is based on adverse effects in laboratory animals and this data could be used to set a UL for adults but not children and adolescents.

^f ND = Not determinable due to lack of data of adverse effects in this age group and concern with regard to lack of ability to handle excess amounts. Source of intake should be from food only to prevent high levels of intake.

SOURCE: IOM (1997, 2000b, 2001).

TABLE C-8 Additional Macronutrient Recommendations

Macronutrient	Recommendation
Dietary cholesterol	As low as possible while consuming a nutritionally adequate diet
<i>Trans</i> fatty acids	As low as possible while consuming a nutritionally adequate diet
Saturated fatty acids	As low as possible while consuming a nutritionally adequate diet
Added sugars	Limit to no more than 25% of total energy

SOURCE: IOM (2002a).

TABLE C-9 Reference Values for Nutrition Labeling,
Based on a 2,000-Calorie Intake,
for Adults and Children 4 or More Years of Age

Nutrient	Unit of Measure	Daily Value
Total fat	Grams (g)	65
Saturated fatty acids	Grams (g)	20
Cholesterol	Milligrams (mg)	300
Sodium	Milligrams (mg)	2,400
Potassium	Milligrams (mg)	3,500
Total carbohydrate	Grams (g)	300
Fiber	Grams (g)	25
Protein	Grams (g)	50
Vitamin A	International Unit (IU)	5,000
Vitamin C	Milligrams (mg)	60
Calcium	Milligrams (mg)	1,000
Iron	Milligrams (mg)	18
Vitamin D	International Unit (IU)	400
Vitamin E	International Unit (IU)	30
Vitamin K	Micrograms (μ g)	80
Thiamin	Milligrams (mg)	1.5
Riboflavin	Milligrams (mg)	1.7
Niacin	Milligrams (mg)	20
Vitamin B ₆	Milligrams (mg)	2.0
Folate	Micrograms (μ g)	400
Vitamin B ₁₂	Micrograms (μ g)	6.0
Biotin	Micrograms (μ g)	300
Pantothenic acid	Milligrams (mg)	10
Phosphorus	Milligrams (mg)	1,000
Iodine	Micrograms (μ g)	150
Magnesium	Milligrams (mg)	400
Zinc	Milligrams (mg)	15
Selenium	Micrograms (μ g)	70
Copper	Milligrams (mg)	2.0
Manganese	Milligrams (mg)	2.0
Chromium	Micrograms (μ g)	120
Molybdenum	Micrograms (μ g)	75
Chloride	Milligrams (mg)	3,400

NOTE: Based on reference caloric intake of 2,000 calories.

SOURCE: CFSAN (1999).