

Dietary Reference Intakes (DRIs): Recommended Dietary Allowances and Adequate Intakes per Life Stage Group												
Life Stage Group	Protein ^b (g/d)	Calcium (mg/d)	Iron (mg/d)	Magnesium (mg/d)	Phosphorus (mg/d)	Zinc (mg/d)	Potassium (g/d)	Vitamin A (µg/d) ^a	Vitamin C (mg/d)	Niacin (mg/d) ^e	Vitamin B ₆ (mg/d)	Folate (µg/d) ^f
Infants												
0–6 mo	9.1*	200*	0.27*	30*	100*	2*	0.4*	400*	40*	2*	0.1*	65*
6–12 mo	11.0	260*	11	75*	275*	3	0.7*	500*	50*	4*	0.3*	80*
Children												
1–3 y	13	700	7	80	460	3	3.0*	300	15	6	0.5	150
4–8 y	19	1,000	10	130	500	5	3.8*	400	25	8	0.6	200
Males												
9–13 y	34	1,300	8	240	1,250	8	4.5*	600	45	12	1.0	300
14–18 y	52	1,300	11	410	1,250	11	4.7*	900	75	16	1.3	400
19–30 y	56	1,000	8	400	700	11	4.7*	900	90	16	1.3	400
31–50 y	56	1,000	8	420	700	11	4.7*	900	90	16	1.3	400
51–70 y	56	1,000	8	420	700	11	4.7*	900	90	16	1.7	400
> 70 y	56	1,200	8	420	700	11	4.7*	900	90	16	1.7	400
Females												
9–13 y	34	1,300	8	240	1,250	8	4.5*	600	45	12	1.0	300
14–18 y	46	1,300	15	360	1,250	9	4.7*	700	65	14	1.2	400
19–30 y	46	1,000	18	310	700	8	4.7*	700	75	14	1.3	400
31–50 y	46	1,000	18	320	700	8	4.7*	700	75	14	1.3	400
51–70 y	46	1,200	8	320	700	8	4.7*	700	75	14	1.5	400
> 70 y	46	1,200	8	320	700	8	4.7*	700	75	14	1.5	400
Pregnancy												
14–18 y	71	1,300	27	400	1,250	12	4.7*	750	80	18	1.9	600
19–30 y	71	1,000	27	350	700	11	4.7*	770	85	18	1.9	600
31–50 y	71	1,000	27	360	700	11	4.7*	770	85	18	1.9	600
Lactation												
14–18	71	1,300	10	360	1,250	13	5.1*	1,200	115	17	2.0	500
19–30 y	71	1,000	9	310	700	12	5.1*	1,300	120	17	2.0	500
31–50 y	71	1,000	9	320	700	12	5.1*	1,300	120	17	2.0	500
Values extracted from the Dietary Reference Intake tables found on https://ods.od.nih.gov/HealthInformation/Dietary_Reference_Intakes.aspx												

Vitamin B ₁₂ (µg/d)
0.4*
0.5*
0.9
1.2
1.8
2.4
2.4
2.4
2.4 ^b
2.4 ^b
1.8
2.4
2.4
2.4
2.4 ^b
2.4 ^b
2.6
2.6
2.6
2.8
2.8
2.8