

Serial: 00001 / yyyy

**RANGE OF RECOMMENDED NUTRIENT INTAKE OF VITAMINS AND MINERALS ACC. TO  
WHO (2004) AND NATIONAL ACADEMY OF SCIENCES(2004)**

	GROUP	BIOTIN µg/day	CALCIUM mg/day	CHLORIDE g/day	CHOLINE mg/day	CHROMIUM µg/day	COPPER µg/day	
INFANTS	0-6 MONTHS	5	210-300 breastfed 210-400 cow milk	0.18	125	0.2	200	
	6-12MONTHS	6	270-400	0.57	150	5.5	220	
CHILDREN	1-3 YEARS	8	500	1.5	200	11	340	
	4-6 YEARS	12	600-800	1.9	250	15	440	
	7-9 YEARS	12-20	700-800			15		
FEMALES	9-13 YEARS	20-25	1300	2.3	375	21	700	
	14-18 YEARS	25			400	24	890	
	19-30 YEARS	30	1000		425	25	900	
	31-50 YEARS		1200-1300	2		20		
	51-65 YEARS							1.8
	65-70 YEARS							
	>70 YEARS							
MALES	9-13 YEARS	20-25	1300	2.3	375	25	700	
	14-18 YEARS	25			400	24	890	
	19-30 YEARS	30	1000		550	35	900	
	31-50 YEARS		1000-1200	2		30		
	51-65 YEARS							1.8
	65-70 YEARS							
	>70 YEARS							
PREGNANCY		30	1000-1300	2.3	450	30	1000	
LACTATION		35	1000-1300	2.3	550	45	1300	

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	GROUP	FLOURIDE mg/day	FOLATE µg/day	IODINE µg/day	IRON mg/day	MAGNESIUM mg/day	MANGANESE mg/day	
INFANTS	0-6 MONTHS	0.01	65-80	90-110	0.27	26-30 breastfed 30-36 formula fed	0.003	
	6-12 MONTHS	0.5	80	90-130	9.3-11	54-75	0.6	
CHILDREN	1-3 YEARS	0.7	150	90	5.8-7	60-80	1.2	
	4-6 YEARS	1	200		6.3-10	76-130	1.5	
	7-9 YEARS		200-300	90-120	8.9-10	100-130		
FEMALES	9-13 YEARS	2	300-400	120	8-14	220-240	1.6	
	14-18 YEARS	3	400	150	15-31	220-360	1.8	
	19-30 YEARS				18-29.4	220-310		
	31-50 YEARS				220-320			
	51-65 YEARS				8-11.3	190-320		
	65-70 YEARS							
>70 YEARS								
MALES	9-13 YEARS	2	300-400	120	8-14.6	230-240	1.9	
	14-18 YEARS	3	400	150	11-18.8	230-410	2.2	
	19-30 YEARS	4			400	8-13.7	230-400	2.3
	31-50 YEARS						260-400	
	51-65 YEARS						224-420	
	65-70 YEARS							
>70 YEARS								
PREGNANCY		3	600	200-220	27	220-400	2	
LACTATION		3	500	200-290	9-15	270-360	2.6	

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	GROUP	MOLYBDENUM µg/day	NIACIN as niacin equ. mg/day	PANTOTHENIC ACID mg/day	PHOSPHORUS mg/day	POTASSIUM g/day	RIBOFLAVIN mg/day
INFANTS	0-6 MONTHS	2	2	1.7	100	0.4	0.3
	6-12 MONTHS	3	4	1.8	275	0.7	0.4
CHILDREN	1-3 YEARS	17	6	2	460	3	0.5
	4-6 YEARS	22	8	3	500	3.8	0.6
	7-9 YEARS		8-12	3-4			0.6-0.9
FEMALES	9-13 YEARS	34	12-16	4-5	1250	4.5	0.9-1
	14-18 YEARS	43	14-16				1
	19-30 YEARS	45	14	5	700	4.7	1.1
	31-50 YEARS						
	51-65 YEARS						
	65-70 YEARS						
>70 YEARS							
MALES	9-13 YEARS	34	12-16	4-5	1250	4.5	0.9-1.3
	14-18 YEARS	43					
	19-30 YEARS	45	16	5	700	4.7	1.3
	31-50 YEARS						
	51-65 YEARS						
	65-70 YEARS						
>70 YEARS							
PREGNANCY		50	18	6	700-1250	4.7	1.4
LACTATION		50	17	7	700-1250	5.1	1.6

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	GROUP	SELENIUM µg/day	SODIUM g/day	THIAMINE mg/day	Vitamin A As retinol activity equ. µg/day	Vitamin B <sub>6</sub> mg/day	Vitamin B <sub>12</sub> µg/day
INFANTS	0-6 MONTHS	6-15	0.12	0.2	375-400	0.1	0.4
	6-12 MONTHS	10-20	0.37	0.3	400-500	0.3	0.5-0.7
CHILDREN	1-3 YEARS	17-20	1	0.5	300-400	0.5	0.9
	4-6 YEARS	22-30	1.2	0.6	400-450	0.6	1.2
	7-9 YEARS	21-30		0.6-0.9	400-500	0.6-1	1.2-1.8
FEMALES	9-13 YEARS	26-40	1.5	0.9-1.1	600	1-1.2	1.8-2.4
	14-18 YEARS	26-55		1- 1.1	600-700	1.2	2.4
	19-30 YEARS			1.1	500-700	1.3	
	31-50 YEARS		600-700		1.5		
	51-65 YEARS		1.3	600-700	1.5		
	65-70 YEARS	25-55	1.2				
	>70 YEARS	1.2					
MALES	9-13 YEARS	32-40	1.5	0.9-1.2	600	1-1.3	1.8-2.4
	14-18 YEARS	32-55		1.2	600-900	1.3	2.4
	19-30 YEARS	34-55			500-900	1.7	
	31-50 YEARS		1.3	600-900			
	51-65 YEARS	33-55	1.2	1.4	750-800	1.9	2.6
	65-70 YEARS						
	>70 YEARS	1.2					
PREGNANCY		28-60	1.5	1.4	750-800	1.9	2.6
LACTATION		35-70	1.5	1.4-1.5	850-1300	2	2.8

**RANGE OF RECOMMENDED NUTRIENT INTAKE OF VITAMINS AND MINERALS ACC. TO  
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	GROUP	Vitamin C mg/day	Vitamin D As cholecalciferol µg/day	Vitamin E As tocopheryl mg/day	Vitamin K µg/day	ZINC mg/day	
INFANTS	0-6 MONTHS	25-40	5-10*	2.7-4	2-5	2-2.8	
	6-12 MONTHS	30-50		2.7-5	2.5-10	3-4.1	
CHILDREN	1-3 YEARS	15-30	5-10*	5-6	15-30	3-4.1	
	4-6 YEARS	25-30		5-7	20-55	4.8-5	
	7-9 YEARS	25-35		7	25-55	5-5.6	
FEMALES	9-13 YEARS	40-45	5-10*	7.5-11	35-60	7.2-8	
	14-18 YEARS	40-65					7.5-15
	19-30 YEARS	45-75	55-90	7.2-9			
	31-50 YEARS						
	51-65 YEARS				10	4.9-8	
	65-70 YEARS				10-15		
	>70 YEARS				15		
MALES	9-13 YEARS	40-45	5-10*	10-11	35-60	8-8.6	
	14-18 YEARS	40-75		35-75	8.6-11		
	19-30 YEARS	45-90	10-15			65-120	7-11
	31-50 YEARS						
	51-65 YEARS			10			
	65-70 YEARS			10-15			
	>70 YEARS			15			
PREGNANCY		55-85	5-10*	15	55-90	5.5-12	
LACTATION		70-120	5-10*	19	55-90	7.2-13	

\*According to American Academy of Pediatrics (AAP) 2008 National Conference and Exhibition.

Note: 1µg of vitamin D = 40 IU

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