

# Appendix 1

## Recommended dietary intakes (RDIs)

The report of the Nutrition Taskforce to the Department of Health (1991), *Food for Health*, recommended that the revised Australian Dietary Intakes 1990 be used by New Zealand until an extensive revision of New Zealand RDIs is conducted.

Age (years)	MALE			FEMALE		
	8–11	12–15	16–18	8–11	12–15	16–18
<b>Nutrient</b>						
Energy (MJ)	8.7–9.1	9.2–11.8	11.7–13.5	7.7–8.2	8.1–9.8	8.8–10.0
Protein (g)	27–38	42–60	64–70	27–39	44–55	57
Iron (mg)	6–8	10–13	10–13	6–8	10–13	10–13
Calcium (mg)	800	1,200	1,000	900	1,000	800
Sodium (mg)	600–2300	920–2300	920–2300	600–2300	920–2300	920–2300
Total Folate (µg)	150	200	200	150	200	200
Zinc (mg)	9	12	12	9	12	12
Vitamin A:retinol equivalents (µg)	500	725	750	500	725	750
Vitamin C (mg)	30	30	40	30	30	30
Vitamin B6 (mg)	1.1–1.6	1.4–2.1	1.5–2.2	1.0–1.5	1.2–1.8	1.1–1.6
Vitamin B12 (µg)	1.5	2.0	2.0	1.5	2.0	2.0
Niacin equivalents (mg)	14–16	19–21	20–22	14–16	17–19	15–17
Riboflavin (mg)	1.4	1.8	1.9	1.3	1.6	1.4
Thiamin (mg)	0.9	1.2	1.2	0.8	1.0	0.9
Vitamin E (mg): α-tocopherol equivalents	8.0	10.5	11.0	8.0	9.0	8.0
Iodine (µg)	120	150	150	120	120	120
Magnesium (mg)	180	260	320	160	240	270
Potassium (mg)	1950–5460	1950–5460	1950–5460	1950–5460	1950–5460	1950–5460
Selenium (µg)	50	85	85	50	70	70
Phosphorus (mg)	800	1,200	1,100	800	1,200	1,100