

Appendix 2

Recommended dietary allowances 10th edition (US RDA)

National Research Council 1989

Age	MALE			FEMALE		
	11–14	15–18	19–24	11–14	15–18	19–24
Nutrient						
Energy (MJ)	10.5	12.5	12.1	9.2	9.2	9.2
Protein (g)	45	59	58	46	44	46
Iron (mg)	12	12	10	15	15	15
Calcium (mg)	1200	1200	1200	1200	1200	1200
Total Folate (µg)	150	200	200	150	180	180
Zinc (mg)	15	15	15	12	12	12
Vitamin A:retinol equivalents (µg)	1000	1000	1000	800	800	800
Vitamin C (mg)	50	60	60	50	60	60
Vitamin B6 (mg)	1.7	2.0	2.0	1.4	1.5	1.6
Vitamin B12 (µg)	2.0	2.0	2.0	2.0	2.0	2.0
Niacin equivalents (mg)	17	20	19	15	15	15
Riboflavin (mg)	1.5	1.8	1.7	1.3	1.3	1.3
Thiamin (mg)	1.3	1.5	1.5	1.1	1.1	1.1
Vitamin E (mg): a-tocopherol equivalents	10	10	10	8	8	8
Iodine (µg)	150	150	150	150	150	150
Magnesium (mg)	270	400	350	280	300	280
Selenium (µg)	40	50	70	45	50	55
Phosphorus (mg)	1200	1200	1200	1200	1200	1200