

Appendix 3

Dietary reference values for food energy and nutrients for the United Kingdom

Department of Health 1991

Age	MALE			FEMALE		
	11–14	15–18	19–50	11–14	15–18	19–50
Nutrient						
Energy (MJ)	9.27	11.51	10.60	7.92	8.83	8.10
Protein (g)	42.1	55.2	55.5	41.2	45.0	45.0
Iron (mg)	11.3	11.3	8.7	14.8	14.8	14.8
Calcium (mg)	1000	1000	700	800	800	700
Sodium (mg)	1600	1600	1600	1600	1600	1600
Total Folate (µg)	200	200	200	200	200	200
Zinc (mg)	9	9.5	9.5	9	7.0	7.0
Vitamin A:retinol equivalents (µg)	600	700	700	600	600	600
Vitamin C (mg)	35	40	40	35	40	40
Vitamin B6 (mg)	1.2	1.5	1.4	1.0	1.2	1.2
Vitamin B12 (µg)	1.2	1.5	1.5	1.2	1.5	1.5
Niacin equivalents (mg)	15	18	17	12	14	13
Riboflavin (mg)	1.2	1.3	1.3	1.1	1.1	1.1
Thiamin (mg)	0.9	1.1	1.0	0.7	0.8	0.8
Iodine (µg)	130	140	140	130	140	140
Magnesium (mg)	280	300	300	280	300	270
Potassium (mg)	3100	3500	3500	3100	3500	3500
Selenium (µg)	45	70	75	45	60	60
Phosphorus (mg)	775	775	550	625	625	550