

## Nutrition Requirements



### Reference Nutrient Intakes for Vitamins

Age	Thiamin mg/d	Riboflavin mg/d	Niacin mg/d	Vitamin B6 mg/d <sup>†</sup>	Vitamin B12 µg/d	Folate µg/d	Vitamin C mg/d	Vitamin A µg/d	Vitamin D µg/d
0-3 months	0.2	0.4	3	0.2	0.3	50	25	350	8.5-10***
4-6 months	0.2	0.4	3	0.2	0.3	50	25	350	8.5-10***
7-9 months	0.2	0.4	4	0.3	0.4	50	25	350	8.5-10***
10-12 months	0.3	0.4	5	0.4	0.4	50	25	350	8.5-10***
1-3 years	0.5	0.6	8	0.7	0.5	70	30	400	10
4-6 years	0.7	0.8	11	0.9	0.8	100	30	400	10
7-10 years	0.7	1.0	12	1.0	1.0	150	30	500	10
<b>Males</b>									
11-14 years	0.9	1.2	15	1.2	1.2	200	35	600	10
15-18 years	1.1	1.3	18	1.5	1.5	200	40	700	10
19-50 years	1.0	1.3	17	1.4	1.5	200	40	700	10
50+ years	0.9	1.3	16	1.4	1.5	200	40	700	10
<b>Females</b>									
11-14 years	0.7	1.1	12	1.0	1.2	200	35	600	10
15-18 years	0.8	1.1	14	1.2	1.5	200	40	600	10
19-50 years	0.8	1.1	13	1.2	1.5	200	40	600	10
50+ years	0.8	1.1	12	1.2	1.5	200	40	600	10
Pregnancy	+ 0.1**	+ 0.3	*	*	*	+ 100	+ 10**	+ 100	10
<b>Lactation:</b>									
0-4 months	+ 0.2	+ 0.5	+ 2	*	+ 0.5	+ 60	+ 30	+ 350	10
4+ months	+ 0.2	+ 0.5	+ 2	*	+ 0.5	+ 60	+ 30	+ 350	10

<sup>†</sup> Based on protein providing 14.7% of EAR for energy \*No increase \*\*For last trimester only \*\*\* Safe intake. For more information on vitamin D recommendations, visit our webpage <https://www.nutrition.org.uk/healthyliving/basics/vitamind.html>