

## Nutrition Requirements



### Reference Nutrient Intakes for Minerals

Age	Calcium mg/d	Phosphorus <sup>1</sup> mg/d	Magnesium mg/d	Sodium mg/d <sup>2</sup>	Potassium mg/d <sup>3</sup>	Chloride <sup>4</sup> mg/d	Iron mg/d	Zinc mg/d	Copper mg/d	Selenium µg/d	Iodine µg/d
0-3 months	525	400	55	210	800	320	1.7	4.0	0.2	10	50
4-6 months	525	400	60	280	850	400	4.3	4.0	0.3	13	60
7-9 months	525	400	75	320	700	500	7.8	5.0	0.3	10	60
10-12 months	525	400	80	350	700	500	7.8	5.0	0.3	10	60
1-3 years	350	270	85	500	800	800	6.9	5.0	0.4	15	70
4-6 years	450	350	120	700	1100	1100	6.1	6.5	0.6	20	100
7-10 years	550	450	200	1200	2000	1800	8.7	7.0	0.7	30	110
Males											
11-14 years	1000	775	280	1600	3100	2500	11.3	9.0	0.8	45	130
15-18 years	1000	775	300	1600	3500	2500	11.3	9.5	1.0	70	140
19-50 years	700	550	300	1600	3500	2500	8.7	9.5	1.2	75	140
50+ years	700	550	300	1600	3500	2500	8.7	9.5	1.2	75	140
Females											
11-14 years	800	625	280	1600	3100	2500	14.8 <sup>5</sup>	9.0	0.8	45	130
15-18 years	800	625	300	1600	3500	2500	14.8 <sup>5</sup>	7.0	1.0	60	140
19-50 years	700	550	270	1600	3500	2500	14.8 <sup>5</sup>	7.0	1.2	60	140
50+ years	700	550	270	1600	3500	2500	8.7	7.0	1.2	60	140
Pregnancy	*	*	*	*	*	*	*	*	*	*	*
Lactation:											
0-4 months	+ 550	+ 440	+ 50	*	*	*	*	+ 6.0	+ 0.3	+ 15	*
4+ months	+ 550	+ 440	+ 50	*	*	*	*	+ 2.5	+ 0.3	+ 15	*