

Dietary Reference Intakes of Vitamins & Minerals

VITAMINS

Key Vitamins	Adult RDA/AI		UL	Sources
	Male	Female		
Vitamin A	3,000 IU	2,300 IU	10,000 IU	<ul style="list-style-type: none"> Milk Green leafy vegetables Yellow fruits
Beta-Carotene	3-6 mg**	3-6 mg**	N/E	<ul style="list-style-type: none"> Yellow, red and orange fruits and vegetables Dark green vegetables
Vitamin D	200 IU* (≤50 yr) 400 IU* (51-70 yr) 600 IU* (70+)	200 IU* (≤50 yr) 400 IU* (51-70 yr) 600 IU* (70+)	2,000 IU	<ul style="list-style-type: none"> Sunlight Fortified milk Eggs Fish liver oils Organ meats
Vitamin E	22 IU	22 IU	1,500 IU	<ul style="list-style-type: none"> Wheat germ Peanuts, almonds, sunflower seeds Vegetable oils
Vitamin K	120 mcg*	90 mcg*	N/E	<ul style="list-style-type: none"> Green leafy vegetables Tomatoes Egg yolk
Vitamin C	90 mg smokers require an additional 35 mg/day	75 mg smokers require an additional 35 mg/day	2,000 mg	<ul style="list-style-type: none"> Citrus fruits, papaya, melons Leafy vegetables Potatoes, red peppers, broccoli
Vitamin B1 (Thiamin)	1.2 mg	1.1 mg	N/E	<ul style="list-style-type: none"> Beans Nuts Whole Grains
Vitamin B2 (Riboflavin)	1.3 mg	1.1 mg	N/E	<ul style="list-style-type: none"> Milk and dairy products Green leafy vegetables Organ Meats
Niacin	16 mg	14 mg	35 mg	<ul style="list-style-type: none"> Meat, fish and poultry Nuts
Folic Acid	0.4 mg	0.4 mg 0.6 mg during pregnancy	1 mg	<ul style="list-style-type: none"> Green leafy vegetables, asparagus Nuts Bananas
Vitamin B6	1.3 mg (≤50 yr) 1.7 mg (>50 yr)	1.3 mg (≤50 yr) 1.5 mg (>50 yr)	100 mg	<ul style="list-style-type: none"> Meat, fish and poultry Legumes Bananas
Vitamin B12	2.4 mcg	2.4 mcg	N/E	<ul style="list-style-type: none"> Meat, fish and poultry Dairy products, eggs
Pantothenic Acid	5 mg*	5 mg*	N/E	<ul style="list-style-type: none"> Egg yolk Organ meats Whole grain cereal
Biotin	30 mcg*	30 mcg*	N/E	<ul style="list-style-type: none"> Corn Soybeans Liver

N/E = Not Established

** This is a suggested daily intake because of the absence of an established RDA

* Represents an AI rather than an RDA

MINERALS

Key Minerals	Adult RDA/AI		UL	Sources
	Male	Female		
Calcium	1,000 mg* (≤50 yr) 1,200 mg* (>50 yr)	1,000 mg* (≤50 yr) 1,200 mg* (>50 yr)	2,500 mg	<ul style="list-style-type: none"> Dairy products, fortified orange juice, fortified soy beverage Canned salmon or sardines with bones Almonds, blackstrap molasses
Phosphorus	700 mg	700 mg	4,000 mg	<ul style="list-style-type: none"> Meat, poultry, fish Milk, eggs, processed foods
Magnesium	420 mg	320 mg	350 mg from supplements	<ul style="list-style-type: none"> Legumes, nuts and whole grains Dark green vegetables
Iron	8 mg	18 mg (≤50 yr) 8 mg (>50 yr) 27 mg during pregnancy	45 mg	<ul style="list-style-type: none"> Meat, fish and poultry Whole grains Enriched breads Breakfast cereals
Zinc	11 mg	8 mg	40 mg	<ul style="list-style-type: none"> Red meats, whole grains Oysters
Manganese	2.3 mg*	1.8 mg*	11 mg	<ul style="list-style-type: none"> Grain products, tea, vegetables Nuts
Copper	0.9 mg	0.9 mg	10 mg	<ul style="list-style-type: none"> Organ meat and seafood Nuts, seeds, cocoa products
Selenium	55 mcg	55 mcg	400 mcg	<ul style="list-style-type: none"> Organ meats Seafood, poultry and meat Brazil nuts
Molybdenum	45 mcg	45 mcg	2,000 mcg	<ul style="list-style-type: none"> Legumes, grain products, nuts
Iodine	150 mcg	150 mcg	1,100 mcg	<ul style="list-style-type: none"> Iodized salt, dairy products Seafood Processed foods containing iodized salt
Chromium	35 mcg* (≤50 yr) 30 mcg* (>50 yr)	25 mcg* (≤50 yr) 20 mcg* (>50 yr)	N/E	<ul style="list-style-type: none"> High-bran cereals Meat, fish and poultry Beer and red wine
Potassium	4.7 g	4.7 g	N/E	<ul style="list-style-type: none"> Fruits and vegetables
Nickel	N/E	NE	1.0 mg	<ul style="list-style-type: none"> Nuts, legumes, grain products Meat, poultry, vegetables
Silicon	N/E	N/E	N/E	<ul style="list-style-type: none"> Beer, coffee, water Grain products, vegetables
Tin	N/E	N/E	N/E	<ul style="list-style-type: none"> Organ meats Cereals
Vanadium	N/E	N/E	1.8 mg	<ul style="list-style-type: none"> Grain products, prepared foods Mushrooms, shellfish

RDA (Recommended Dietary Allowance), AI (Adequate Intake), UL (Tolerable Upper Intake Level)

To review all dietary intake references, check the 'Food & Nutrition' section at www.nap.edu