

Recommended Dietary Allowance

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The RDA is a general guideline for people to know how much of each nutrients they require, depending on their sex, age and weight.

These figures apply to most healthy people and do not cover special nutritional needs arising from metabolic disorders, chronic diseases, injuries, premature birth, and other medical conditions, and drug therapies.

Infants

Age	to 5 Months	to 1 Year
Weight (lbs.)	13	20
Protein (grams)	13	14
Vitamin A*	375	375
Vitamin D**	7.5	10
Vitamin E†	3	4
Vitamin K	5	10
Vitamin C	30	35
Thiamin (mg.)	0.3	0.4
Riboflavin (mg.)	0.4	0.5
Niacin (mg)‡	5	6
Vitamin B ₆ (mg.)	0.3	0.6
Folate (micrograms)	25	35
Vitamin B ₁₂ (micrograms)	0.3	0.5
Calcium (mg.)	400	60
Phosphorus (mg.)	300	500
Magnesium (mg.)	406	60
Iron (mg.)	6	10
Zinc (mg.)	5	5
Iodine (micrograms)	40	50
Selenium (micrograms)	10	15

Children

Age	1-3 Years	4-6 Years	7-10 Years
Weight (pounds)	29	44	62
Protein (grams)	16	24	28
Vitamin A*	400	500	700
Vitamin D**	10	10	10
Vitamin E†	6	7	7
Vitamin K	15	20	30
Vitamin C	40	45	45
Thiamin (mg)	0.7	0.9	1
Riboflavin (mg)	0.8	1.1	1.2
Niacin (mg)‡	9	12	13
Vitamin B ₆ (mg)	1	1.1	1.4
Folate (micrograms)	50	75	100
Vitamin B ₁₂ (micrograms)	0.7	1.0	1.4
Calcium (mg)	800	800	800
Phosphorus (mg)	800	800	800
Magnesium (mg)	80	120	170
Iron (mg.)	10	10	10
Zinc (mg.)	10	10	10
Iodine (micrograms)	70	90	120
Selenium (micrograms)	20	20	30

Males

Age	11-14 Years	15-18 Years	19-24 Years	25-50 Years	51+ Years
Weight (pounds)	99	145	160	174	170
Protein (grams)	45	59	58	63	63
Vitamin A*	1000	1000	1000	1000	1000
Vitamin D**	10	10	10	5	50
Vitamin E†	10	10	10	10	10
Vitamin K	45	65	70	60	60

Vitamin C	50	60	60	80	80
Thiamin (mg)	1.3	1.5	1.5	1.5	1.2
Riboflavin (mg)	1.5	1.8	1.7	1.7	1.4
Niacin (mg)‡	17	20	19	19	15
Vitamin B₆ (mg)	1.7	2	2	2	2
Folate (micrograms)	150	200	200	200	200
Vitamin B₁₂ (micrograms)	2	2	2	2	2
Calcium (mg)	1200	1200	1200	800	800
Phosphorus (mg)	1200	1200	1200	800	800
Magnesium (mg)	270	400	350	350	350
Iron (mg.)	12	12	10	10	10
Zinc (mg.)	15	15	15	15	15
Iodine (micrograms)	150	150	150	150	10
Selenium (micrograms)	40	50	70	70	70

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Females

Age	11-14 Years	15-18 Years	19-24 Years	25-50 Years	51+ Years
Weight (pounds)	101	120	128	138	1437
Protein (grams)	46	44	46	50	50
Vitamin A*	800	800	800	800	800
Vitamin D**	10	10	10	5	5
Vitamin E†	8	8	8	8	8
Vitamin K	45	55	60	65	65
Vitamin C	50	60	60	60	80
Thiamin (mg)	1.1	1.1	1.1	1.1	1.0
Riboflavin (mg)	1.3	1.3	1.3	1.3	1.2
Niacin (mg)‡	15	15	15	15	13
Vitamin B₆ (mg)	1.4	1.5	1.6	1.6	1.6
Folate (micrograms)	150	180	180	180	180
Vitamin B₁₂	2	2	2	2	2

(micrograms)					
Calcium (mg)	1200	1200	1200	800	800
Phosphorus (mg)	1200	1200	1200	800	800
Magnesium (mg)	280	300	280	280	280
Iron (mg)	15	15	15	15	10
Zinc (mg)	12	12	12	12	12
Iodine (micrograms)	150	150	150	150	150
Selenium (micrograms)	45	50	55	55	55

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Legend

- * Retinal Equivalents
- ** Microgram of Cholecalciferol
- † Milligram alpha-tocopherol
- ‡ Niacin Equivalents

Source: Food and Nutrition Board, Natl. Academy of Sciences-National Research Council

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neonatology Nutrition & hypoglycemia

3-4wk → consistent age to start oral feeding
 5 P

80 cc/kg/day oral feeds to start with.
 always start w 20 cal formula → ↑ vol → to max 140 cc/kg/day → T/C

Hypoglycemia

Seal for intervention

< 30-35 if asymptomatic
 ≥ 45 if symptomatic
 < 45-60 if ill (on or IV fluids)

Causes - Beckwith-Wiedemann
 - Pan hypoplasia

Rx maintenance rate 6-8 mg/kg/h
 D10% 100 mg/ml
 Sim 20 = 73 mg/ml
 Isomil = 70 mg/ml

use mini boluses of 200 mg/kg
 Switch from IV to enteral slowly