Daily Nutritional Requirements

Measurement unit	shortened	Explanation
grams	g	
milligrams	mg	1 g = 1,000 mg
micrograms of retinol activity equivalents milligrams of alpha-tocopherol	mcg RAE mg at	For some vitamins, the recommended dietary allowance (RDA) is expressed this way to account for different absorption rates.
international unit	IU	This unit expresses how much of a vitamin is needed to have an impact on your body.
mcg	micrograms	1 mg = 1,000 mcg
DFE	dietary folate equivalents	This measurement accounts for the higher absorption of folic acid from fortified foods and supplements compared to natural folate sources, meaning less is needed to meet the recommended intake.

Macronutrients and minerals

Type	0–2 years	4–8	9–13	14–18	19–30	31–50	51+	Pregnant	Lactating	Foods
Protein (g)	13	19	34	46	46	46	46	71	71	high protein foods
Carb (g)	130	130	130	130	130	130	130	175	210	healthy carb foods
Fiber (g)	14	17	22	25	28	25	22	25–34	31	high fiber foods

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Added sugar (kcal)	<10	<10	<10	<10	<10	<10	<10	<10	<10	high sugar foods to limit
Fat (kcal)	30–40	25–35	25–35	25–35	20–35	20–35	20–35	20–35	20–35	foods with healthy fats
Calcium (mg)	700	1,000	1,300	1,300	1,000	1,000	1,200	1,000	1,000–1,300	calcium-rich foods
Iron (mg)	7	10	8	15	18	18	8	27	9–10	iron-rich foods
Magnesium (mg)	80	130	240	360	310	320	130	360–400	310–360	magnesium-rich foods
Phosphorus (mg)	460	500	1,250	1,250	700	700	500	700–1,250	700–1,250	phosphorus-rich foods
Potassium (mg)	2,000	2,300	2,300	2,300	2,600	2,600	2,600	2,600–2,900	2,500–2,800	potassium-rich foods
Zinc (mg)	3	5	8	9	8	8	8	11–12	12–13	high zinc foods
Sodium (mg)	1,200	1,200	1,800	2,300	2,300	2,300	2,300	2,300	2,300	high sodium foods to limit
Riboflavin (mg)	0.5	0.6	0.9	1.0	1.1	1.1	1.1	1.4	1.6	sources of riboflavin
Niacin (mg)	6	8	12	14	14	14	14	18	17	sources of niacin

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Iodine (mcg)	90–110Trusted Source	90	120	150	150	150	150	220	290	sources of iodine

Vitamins

Type	0–2 years	4–8	9–13	14–18	19–30	31–50	51+	Pregnant	Lactating	Foods
Vitamin A (mcg rae)	300	400	600	700	700	700	700	750–770	1,200–1,300	sources of vitamin A
Vitamin E (mg at)	6	7	11	15	15	15	15	15	19	sources of vitamin E
Vitamin C (mg)	15	25	45	65	75	75	75	80–85	115–120	sources of vitamin C
Vitamin D (IU)	600	600	600	600	600	600	600	600	600	sources of vitamin D
Thiamin (mg)	0.5	0.6	0.9	1.0	1.1	1.1	1.1	1.4	1.4	sources of thiamin
Riboflavin (mg)	0.5	0.6	0.9	1.0	1.1	1.1	1.1	1.4	1.6	sources of riboflavin
vitamin B3 or niacin (mg)	6	8	12	14	14	14	14	18	17	sources of niacin
Vitamin B6 (mg)	0.5	0.6	1.0	1.2	1.3	1.3	1.5	1.9	2	sources of vitamin B6
Vitamin B12 (mcg)	0.9	1.2	1.8	2.4	2.4	2.4	2.4	2.6	2.8	sources of vitamin B12
Choline (mg)	200	250	375	400	425	425	425	450	550	sources of choline

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Vitamin K (mcg)	30	55	60	75	90	90	90	75–90	75–90	sources of vitamin K
Folate (mcg DFE)	150	200	300	400	400	400	400	600	500	sources of folic acid