



# Nutrient Adequate Intake (AI) or Recommended Daily Intake (RDI)

## Vitamins continued

	Infants 0-6 mo	Infants 7-12 mo	Children 1-3 y	Children 4-8 y	Children 9-13 y	Children 14-18 y	Men	Women	Pregnancy	Lactation
Vitamin E	4 mg	5 mg	5 mg	6 mg	8-9 mg	8-10 mg	10 mg	7 mg	7-8 mg	11-12 mg
- Upper limit	NA (milk/food only)	NA (milk/food only)	70 mg	100 mg	180 mg	250 mg	300 mg	300 mg	300 mg	300 mg
Vitamin K	2 mcg	2.5 mcg	25 mcg	35 mcg	45 mcg	55 mcg	70 mcg	60 mcg	60 mcg	60 mcg
<b>Minerals</b>										
Calcium	210 mg	270 mg	500 mg	700 mg	1000 mg	1300 mg	1000-1300 mg	1000-1300 mg	1000-1300 mg	1000-1300 mg
- Upper limit	NA (milk/food only)	NA (milk/food only)	2500 mg	2500 mg	2500 mg	2500 mg	2500 mg	2500 mg	2500 mg	2500 mg
Chromium	0.2 mcg	5.5 mcg	11 mcg	15 mcg	21 - 25 mcg	25 - 35 mcg	35 mcg	25 mcg	30 mcg	45 mcg
Copper	0.2 mg	0.22 mg	0.7 mg	1 mg	1.1-1.3 mg	1.1-1.5 mg	1.7 mg	1.2 mg	1.2-1.3 mg	1.4-1.5 mg
- Upper limit	NA (milk/food only)	NA (milk/food only)	1 mg	3 mg	5 mg	8 mg	10 mg	10 mg	8-10 mg	8-10 mg
Iodine	90 mcg	110 mcg	90 mcg	90 mcg	120 mcg	150 mcg	150 mcg	150 mcg	220 mcg	270 mcg
- Upper limit	NA (milk/food only)	NA (milk/food only)	200 mcg	300 mcg	600 mcg	900 mcg	1000 mcg	1000 mcg	900-1100 mcg	900-1100 mcg
Iron	0.2 mg	11 mg	9 mg	10 mg	8 mg	11-15 mg	8 mg	8-18 mg	27 mg	9-10 mg
- Upper limit	20 mg	20 mg	20 mg	40 mg	40 mg	45 mg	45 mg	45 mg	45 mg	45 mg
Magnesium	30 mg	75 mg	80 mg	130 mg	240 mg	360-410 mg	400-420 mg	310-320 mg	350-400 mg	310-360 mg
- Upper limit	NA (milk/food only)	NA (milk/food only)	65 mg	110 mg	350 mg	350 mg	350 mg	350 mg	350 mg	350 mg
Manganese	0.003 mg	0.6 mg	2 mg	2.5 mg	2.5-3 mg	3-3.5 mg	5.5 mg	5 mg	5 mg	5 mg
Molybdenum	2 mcg	3 mcg	17 mcg	22 mcg	34 mcg	43 mcg	45 mcg	45 mcg	50 mcg	50 mcg
- Upper limit	NA	NA	300 mcg	600 mcg	1100 mcg	1700 mcg	2000 mcg	2000 mcg	1700-2000 mcg	1700-2000 mcg
Potassium	400 mg	700 mg	2000 mg	2300 mg	2500-3000 mg	2600-3600 mg	3800 mg	2800 mg	2800 mg	3200 mg
Selenium	12 mcg	15 mcg	25 mcg	30 mcg	50 mcg	60-70 mcg	70 mcg	60 mcg	65 mcg	75 mcg
- Upper limit	45 mcg	60 mcg	90 mcg	150 mcg	280 mcg	400 mcg	400 mcg	400 mcg	400 mcg	400 mcg
Zinc	2 mg	3 mg	3 mg	4 mg	6 mg	7-13 mg	14 mg	8 mg	10-11 mg	11-12 mg
- Upper limit	4 mg	5 mg	7 mg	12 mg	25 mg	35 mg	40 mg	40 mg	35-40 mg	35-40 mg

\*There is no upper level of intake set for beta-carotene, vitamin B1, vitamin B2, vitamin B5, vitamin B12, biotin, vitamin C, vitamin K, chromium, manganese, and potassium.

### Reference:

National Health and Medical Research Centre. Nutrient Reference Values for Australia and New Zealand. 2016. Available from: <https://www.nrv.gov.au/nutrients>