

# MICRONUTRIENTES COM EAR DEFINIDA

Life Stage Group	Calcium (mg/d)	Copper (µg/d)	Iodine (µg/d)	Iron (mg/d)	Magnesium (mg/d)	Molybdenum (µg/d)	Phosphorus (mg/d)	Selenium (µg/d)	Zinc (mg/d)	Vit A (µg/d)	Vit C (mg/d)	Vit D (µg/d)	Vit E (mg/d)	Thiamin (mg/d)	Riboflavin (mg/d)	Niacin (mg/d)	Vit B <sub>6</sub> (mg/d)	Folate (µg/d)	Vit B <sub>12</sub> (µg/d)	
<b>Infants</b>																				
0 to 6 mo																				
6 to 12 mo				6.9					2.5											
<b>Children</b>																				
1–3 y	500	260	65	3.0	65	13	380	17	2.5	210	13	10	5	0.4	0.4	5	0.4	120	0.7	
4–8 y	800	340	65	4.1	110	17	405	23	4.0	275	22	10	6	0.5	0.5	6	0.5	160	1.0	
<b>Males</b>																				
9–13 y	1,100	540	73	5.9	200	26	1,055	35	7.0	445	39	10	9	0.7	0.8	9	0.8	250	1.5	
14–18 y	1,100	685	95	7.7	340	33	1,055	45	8.5	630	63	10	12	1.0	1.1	12	1.1	330	2.0	
19–30 y	800	700	95	6	330	34	580	45	9.4	625	75	10	12	1.0	1.1	12	1.1	320	2.0	
31–50 y	800	700	95	6	350	34	580	45	9.4	625	75	10	12	1.0	1.1	12	1.1	320	2.0	
51–70 y	800	700	95	6	350	34	580	45	9.4	625	75	10	12	1.0	1.1	12	1.4	320	2.0	
> 70 y	1,000	700	95	6	350	34	580	45	9.4	625	75	10	12	1.0	1.1	12	1.4	320	2.0	
<b>Females</b>																				
9–13 y	1,100	540	73	5.7	200	26	1,055	35	7.0	420	39	10	9	0.7	0.8	9	0.8	250	1.5	
14–18 y	1,100	685	95	7.9	300	33	1,055	45	7.3	485	56	10	12	0.9	0.9	11	1.0	330	2.0	
19–30 y	800	700	95	8.1	255	34	580	45	6.8	500	60	10	12	0.9	0.9	11	1.1	320	2.0	
31–50 y	800	700	95	8.1	265	34	580	45	6.8	500	60	10	12	0.9	0.9	11	1.1	320	2.0	
51–70 y	1,000	700	95	5	265	34	580	45	6.8	500	60	10	12	0.9	0.9	11	1.3	320	2.0	
> 70 y	1,000	700	95	5	265	34	580	45	6.8	500	60	10	12	0.9	0.9	11	1.3	320	2.0	
<b>Pregnancy</b>																				
14–18 y	1,000	785	160	23	335	40	1,055	49	10.5	530	66	10	12	1.2	1.2	14	1.6	520	2.2	
19–30 y	800	800	160	22	290	40	580	49	9.5	550	70	10	12	1.2	1.2	14	1.6	520	2.2	
31–50 y	800	800	160	22	300	40	580	49	9.5	550	70	10	12	1.2	1.2	14	1.6	520	2.2	
<b>Lactation</b>																				
14–18 y	1,000	985	209	7	300	35	1,055	59	10.9	885	96	10	16	1.2	1.3	13	1.7	450	2.4	
19–30 y	800	1,000	209	6.5	255	36	580	59	10.4	900	100	10	16	1.2	1.3	13	1.7	450	2.4	
31–50 y	800	1,000	209	6.5	265	36	580	59	10.4	900	100	10	16	1.2	1.3	13	1.7	450	2.4	