

## Dietary Reference Intakes (DRIs): Recommended Dietary Allowances and Adequate Intakes, Total Water and Macronutrients

Food and Nutrition Board, National Academies of Sciences, Engineering, and Medicine

Life-Stage Group	Total Water <sup>a</sup> (L/d)	Carbohydrate (g/d)	Total Fiber (g/d)	Fat (g/d)	Linoleic Acid (g/d)	α-Linolenic Acid (g/d)	Protein <sup>b</sup> (g/d)
Infants							
0–6 mo	0.7*	60*	ND	31*	4.4*	0.5*	9.1*
7–12 mo	0.8*	95*	ND	30*	4.6*	0.5*	<b>11.0</b>
Children							
1–3 y	1.3*	<b>130</b>	19*	ND <sup>c</sup>	7*	0.7*	<b>13</b>
4–8 y	1.7*	<b>130</b>	25*	ND	10*	0.9*	<b>19</b>
Males							
9–13 y	2.4*	<b>130</b>	31*	ND	12*	1.2*	<b>34</b>
14–18 y	3.3*	<b>130</b>	38*	ND	16*	1.6*	<b>52</b>
19–30 y	3.7*	<b>130</b>	38*	ND	17*	1.6*	<b>56</b>
31–50 y	3.7*	<b>130</b>	38*	ND	17*	1.6*	<b>56</b>
51–70 y	3.7*	<b>130</b>	30*	ND	14*	1.6*	<b>56</b>
> 70 y	3.7*	<b>130</b>	30*	ND	14*	1.6*	<b>56</b>
Females							
9–13 y	2.1*	<b>130</b>	26*	ND	10*	1.0*	<b>34</b>
14–18 y	2.3*	<b>130</b>	26*	ND	11*	1.1*	<b>46</b>
19–30 y	2.7*	<b>130</b>	25*	ND	12*	1.1*	<b>46</b>
31–50 y	2.7*	<b>130</b>	25*	ND	12*	1.1*	<b>46</b>
51–70 y	2.7*	<b>130</b>	21*	ND	11*	1.1*	<b>46</b>
> 70 y	2.7*	<b>130</b>	21*	ND	11*	1.1*	<b>46</b>
Pregnancy							
14–18 y	3.0*	<b>175</b>	28*	ND	13*	1.4*	<b>71</b>
19–30 y	3.0*	<b>175</b>	28*	ND	13*	1.4*	<b>71</b>
31–50 y	3.0*	<b>175</b>	28*	ND	13*	1.4*	<b>71</b>
Lactation							
14–18 y	3.8*	<b>210</b>	29*	ND	13*	1.3*	<b>71</b>
19–30 y	3.8*	<b>210</b>	29*	ND	13*	1.3*	<b>71</b>
31–50 y	3.8*	<b>210</b>	29*	ND	13*	1.3*	<b>71</b>

**NOTE:** This table (taken from the DRI reports, see [www.nap.edu](http://www.nap.edu)) presents Recommended Dietary Allowances (RDA) in **bold type** and Adequate Intakes (AI) in ordinary type followed by an asterisk (\*). An RDA is the average daily dietary intake level sufficient to meet the nutrient requirements of nearly all (97–98 percent) healthy individuals in a group. It is calculated from an Estimated Average Requirement (EAR). If sufficient scientific evidence is not available to establish an EAR, and thus calculate an RDA, an AI is usually developed. For healthy breastfed infants, an AI is the mean intake. The AI for other life-stage and gender groups is believed to cover the needs of all healthy individuals in the groups, but lack of data or uncertainty in the data prevent being able to specify with confidence the percentage of individuals covered by this intake.

<sup>a</sup>Total water includes all water contained in food, beverages, and drinking water.

<sup>b</sup>Based on g protein per kg of body weight for the reference body weight (e.g., for adults 0.8 g/kg body weight for the reference body weight).

<sup>c</sup>Not determined.

**SOURCE:** *Dietary Reference Intakes for Energy, Carbohydrate, Fiber, Fat, Fatty Acids, Cholesterol, Protein, and Amino Acids* (2002/2005) and *Dietary Reference Intakes for Water, Potassium, Sodium, Chloride, and Sulfate* (2005). These reports may be accessed via [www.nap.edu](http://www.nap.edu).

### Dietary Reference Intakes (DRIs): Acceptable Macronutrient Distribution Ranges

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Macronutrient	Range (percent of energy)		
	Children, 1–3 y	Children, 4–18 y	Adults
Fat	30–40	25–35	20–35
<i>n</i> -6 polyunsaturated fatty acids <sup>a</sup> (linoleic acid)	5–10	5–10	5–10
<i>n</i> -3 polyunsaturated fatty acids <sup>a</sup> ( $\alpha$ -linolenic acid)	0.6–1.2	0.6–1.2	0.6–1.2
Carbohydrate	45–65	45–65	45–65
Protein	5–20	10–30	10–35

<sup>a</sup>Approximately 10 percent of the total can come from longer-chain *n*-3 or *n*-6 fatty acids.

**SOURCE:** *Dietary Reference Intakes for Energy, Carbohydrate, Fiber, Fat, Fatty Acids, Cholesterol, Protein, and Amino Acids* (2002/2005). The report may be accessed via [www.nap.edu](http://www.nap.edu).

### Dietary Reference Intakes (DRIs): Additional Macronutrient Recommendations

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Macronutrient	Recommendation
Dietary cholesterol	As low as possible while consuming a nutritionally adequate diet
Trans fatty acids	As low as possible while consuming a nutritionally adequate diet
Saturated fatty acids	As low as possible while consuming a nutritionally adequate diet
Added sugars <sup>a</sup>	Limit to no more than 25% of total energy

<sup>a</sup>Not a recommended intake. A daily intake of added sugars that individuals should aim for to achieve a healthful diet was not set.

**SOURCE:** *Dietary Reference Intakes for Energy, Carbohydrate, Fiber, Fat, Fatty Acids, Cholesterol, Protein, and Amino Acids* (2002/2005). The report may be accessed via [www.nap.edu](http://www.nap.edu).