

## 37. Summary of proposals

*The main proposals of the Committee are summarized in three tables*

**Table 37.1** gives Average Requirements, Population Reference Intakes and Lowest Threshold Intakes for adults.

**Table 37.2** gives for all groups the Population Reference Intakes expressed in the manner chosen by the Committee.

For those nutrients for which the recommendations are in terms of energy, protein intake or body weight, **Table 37.3** gives examples expressed in weight per day.

*Table 37.1 Multiple values proposed for adults*

(Amounts per day, unless given in other terms. If that for women is different from that for men, it is given in parentheses)

Nutrient	Average Requirement	Population Reference Intake	Lowest Threshold Intake
Protein (g)	0.6/kg body wt	0.75/kg body wt	0.45/kg body wt
Vitamin A ( $\mu\text{g}$ )	500 (400)	700 (600)	300 (250)
Thiamin ( $\mu\text{g}$ )	72/MJ	100/MJ	50/MJ
Riboflavin (mg)	1.3 (1.1)	1.6 (1.3)	0.6
Niacin (mg niacin equivalents)	1.3/MJ	1.6/MJ	1.0/MJ
Vitamin B <sub>6</sub> ( $\mu\text{g}$ )	13/g protein	15/g protein	-
Folate ( $\mu\text{g}$ )	140	200	85
Vitamin B <sub>12</sub> ( $\mu\text{g}$ )	1.0	1.4	0.6
Vitamin C (mg)	30	45	12

Nutrient	Average Requirement	Population Reference Intake	Lowest Threshold Intake
Vitamin E (mg $\alpha$ -tocopherol equivalents)		0.4/g PUFA*	4 (3)/d regardless of PUFA* intakes
n-6 PUFA* (as percentage of dietary energy)	1	2	0.5
n-3 PUFA* (as percentage of dietary energy)	0.2	0.5	0.1
Calcium (mg)	550	700	400
Phosphorus (mg)	400	550	300
Potassium (mg)	-	3100	1600
Iron (mg)	7 (10, 6 <sup>a</sup> )	9 (16 <sup>b</sup> , 8 <sup>a</sup> )	5 (7, 4 <sup>a</sup> )
Zinc (mg)	7.5 (5.5)	9.5 (7)	5 (4)
Copper (mg)	0.8	1.1	0.6
Selenium ( $\mu$ g)	40	55	20
Iodine ( $\mu$ g)	100	130	70

*For the following, acceptable ranges of intake are given*

Pantothenic acid (mg)	3-12
Biotin ( $\mu$ g)	15-100
Vitamin D ( $\mu$ g)	0-10
Sodium (g)	0.575-3.5
Magnesium (mg)	150-500
Manganese (mg)	1-10

\* PUFA: Polyunsaturated fatty acids

<sup>a</sup> Postmenopausal women

<sup>b</sup> PRI to cover 90% of women

Table 37.2 Population Reference Intakes

Age group	Protein	n-6 PUFA <sup>a</sup>	n-3 PUFA <sup>a</sup>	Vitamin A	Thiamin	Ribo- flavin	Niacin	Vitamin B <sub>6</sub>	Folate	Vitamin B <sub>12</sub>	Vitamin C
	(g/kg body weight/d)	% of dietary energy	% of dietary energy	(µg/d)	(µg/MJ)	(mg/d)	(mg/MJ)	(µg/g protein)	(µg/d)	(µg/d)	(mg/d)
6 - 11 m	1.6	4.5	0.5	350	100	0.4	1.6	15	50	0.5	20
1 - 3 y	1.1	3	0.5	400	100	0.8	1.6	15	100	0.7	25
4 - 6 y	1.0	2	0.5	400	100	1.0	1.6	15	130	0.9	25
7 - 10 y	1.0	2	0.5	500	100	1.2	1.6	15	150	1.0	30
<i>Males</i>											
11-14 y	1.0	2	0.5	600	100	1.4	1.6	15	180	1.3	35
15-17 y	0.9	2	0.5	700	100	1.6	1.6	15	200	1.4	40
18+ y	0.75	2	0.5	700	100	1.6	1.6	15	200	1.4	45
<i>Females</i>											
11-14 y	0.95	2	0.5	600	100	1.2	1.6	15	180	1.3	35
15-17 y	0.85	2	0.5	600	100	1.3	1.6	15	200	1.4	40
18+ y	0.75	2	0.5	600	100	1.3	1.6	15	200 <sup>b</sup>	1.4	45
Pregnancy	0.75 (+10 g/d)	2	0.5	700	100	1.6	1.6	15	400	1.6	55
Lactation	0.75 (+16 g/d)	2	0.5	950	100	1.7	1.6 (+2 mg/d)	15	350	1.9	70

<sup>a</sup> Polyunsaturated fatty acids.

<sup>b</sup> Neural tube defects have been shown to be prevented in offspring by periconceptual ingestion of 400 µg folic acid per day in the form of supplements.

**Table 37.2 Population Reference Intakes (continued)**

Age group	Calcium (mg/d)	Phosphorus (mg/d)	Potassium (mg/d)	Iron (mg/d)	Zinc (mg/d)	Copper (mg/d)	Selenium (µg/d)	Iodine (µg/d)
6 - 11 m	400	300	800	6	4	0.3	8	50
1 - 3 y	400	300	800	4	4	0.4	10	70
4 - 6 y	450	350	1100	4	6	0.6	15	90
7 - 10 y	550	450	2000	6	7	0.7	25	100
<i>Males</i>								
11-14 y	1000	775	3100	10	9	0.8	35	120
15-17 y	1000	775	3100	13	9	1.0	45	130
18+ y	700	550	3100	9	9.5	1.1	55	130
<i>Females</i>								
11-14 y	800	625	3100	22* 18**	9	0.8	35	120
15-17 y	800	625	3100	21* 17**	7	1.0	45	130
18+ y	700	550	3100	20* 16** 8***	7	1.1	55	130
Pregnancy	700	550	3100	****	7	1.1	55	130
Lactation	1200	950	3100	10	12	1.4	70	160

\* To cover 95% of population

\*\* To cover 90% of population

\*\*\* Post-menopausal

\*\*\*\* Supplements necessary

**Table 37.3** *Daily intakes of those nutrients for which the recommendations are given in relation to body weight, energy or protein intakes <sup>a</sup>*

Age group	Protein	n-6 PUFA <sup>b</sup>	n-3 PUFA <sup>b</sup>	Thiamin	Niacin	Vitamin B <sub>6</sub>
	(g)	(g)	(g)	(mg)	(mg)	(mg)
6 - 11 m	15	4	0.5	0.3	5	0.4
1 - 3 y	15	4	0.7	0.5	9	0.7
4 - 6 y	20	4	1	0.7	11	0.9
7 - 10 y	29	4	1	0.8	13	1.1
<i>Males</i>						
11-14 y	44	5	1	1.0	15	1.3
15-17 y	55	6	1.5	1.2	18	1.5
18+y (PRI)	56	6	1.5	1.1	18	1.5
(AR)	45	3	0.6	0.8	15	1.3
<i>Females</i>						
11-14 y	42	4	1	0.9	14	1.1
15-17 y	46	5	1	0.9	14	1.1
18+y (PRI)	47	4.5	1	0.9	14	1.1
(AR)	37	2.5	0.5	0.6	11	1.0
Pregnancy	57	5 <sup>c</sup>	1	1.0 <sup>c</sup>	14	1.3 <sup>d</sup>
Lactation	63	5.5	1	1.1	16	1.4 <sup>d</sup>

<sup>a</sup> Population Reference Intakes (PRI) except where indicated as Average Requirements (AR), (calculated as mean group intake x PRI or AR)

<sup>b</sup> Polyunsaturated Fatty Acids

<sup>c</sup> From 10th week of pregnancy

<sup>d</sup> Based on protein increments in pregnancy and lactation.