

Table 1: Dietary Reference Intakes for Older Adults

Vitamins and Elements										
	Vitamin A (ug) ^{b,c}	Vitamin C (mg)	Vitamin D (ug) ^{d,e}	Vitamin E (mg) ^{f,g,h}	Vitamin K (ug)	Thiamin (mg)	Riboflavin (mg)	Niacin (mg) ^{h,i}	Vitamin B ₆ (mg)	Folate (ug) ^{h,j}
RDA or AI ¹										
Age 51-70 Male	900	90	10*	15	120*	1.2	1.3	16	1.7	400
Female	700	75	10*	15	90*	1.1	1.1	14	1.5	400
Age 70+ Male	900	90	15*	15	120*	1.2	1.3	16	1.7	400
Female	700	75	15*	15	90*	1.1	1.1	14	1.5	400
Tolerable Upper Intake Levels ^a										
Age 51-70 Male	3000	2000	50	1000	ND	ND	ND	35	100	1000
Female	3000	2000	50	1000	ND	ND	ND	35	100	1000
Age 70+ Male	3000	2000	50	1000	ND	ND	ND	35	100	1000
Female	3000	2000	50	1000	ND	ND	ND	35	100	1000
	Vitamin B ₁₂ (ug) ^k	Pantothenic Acid (mg)	Biotin (ug)	Choline (mg) ^l	Boron (mg)	Calcium (mg)	Chromium (ug)	Copper (ug)	Fluoride (mg)	Iodine (ug)
RDA or AI ¹										
Age 51-70 Male	2.4	5*	30*	550*	ND	1200*	30*	900	4*	150
Female	2.4	5*	30*	425*	ND	1200*	20*	900	3*	150
Age 70+ Male	2.4	5*	30*	550*	ND	1200*	30*	900	4*	150
Female	2.4	5*	30*	425*	ND	1200*	20*	900	3*	150
Tolerable Upper Intake Levels ^a										
Age 51-70 Male	ND	ND	ND	3500	20	2500	ND	10000	10	1100
Female	ND	ND	ND	3500	20	2500	ND	10000	10	1100
Age 70+ Male	ND	ND	ND	3500	20	2500	ND	10000	10	1100
Female	ND	ND	ND	3500	20	2500	ND	10000	10	1100
¹ Recommended Dietary Allowances (RDAs) are in bold type and Adequate Intakes (AIs) are in ordinary type followed by an asterisk (*). ND - Indicates values not determined.										
The values for this table were excerpted from the Institute of Medicine, <i>Dietary Reference Intakes: Applications in Dietary Assessment</i> , 2000 and <i>Dietary Reference Intakes for Energy, Carbohydrates, Fiber, Fat, Protein and Amino Acids (Macronutrients)</i> 2002.										

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Elements and Macronutrients									
	Iron (mg)	Magnesium (mg) ^m	Manganese (mg)	Molybdenum (mg)	Nickel (mg)	Phosphorus (mg)	Selenium (ug)	Vanadium (mg) ⁿ	Zinc (mg)
RDA or AI ¹									
Age 51-70 Male	8	420	2.3*	45	ND	700	55	ND	11
Female	8	320	1.8*	45	ND	700	55	ND	8
Age 70+ Male	8	420	2.3*	45	ND	700	55	ND	11
Female	8	320	1.8*	45	ND	700	55	ND	8
Tolerable Upper Intake Levels ^a									
Age 51-70 Male	45	350	11	2000	1	4000	400	1.8	40
Female	45	350	11	2000	1	4000	400	1.8	40
Age 70+ Male	45	350	11	2000	1	3000	400	1.8	40
Female	45	350	11	2000	1	3000	400	1.8	40
	Energy ² (Kcal)	Protein ³ (g)	Carbohy- drates ⁴ (g)	Total Fat ^{5,6} (% Kcal)	n-6 PUFA (g)	n-3 PUFA (g)	Total Fiber (g)	Drinking water, Beverages, Water in food (L)	
RDA or AI ¹									
Age 51-70 Male	2204	56	130		14*	1.6*	30*	3.7*	
Female	1978	46	130		11*	1.1*	21*	2.7*	
Age 70+ Male	2054	56	130		14*	1.6*	30*	2.6*	
Female	1873	46	130		11*	1.1*	21*	2.1*	
AMDR ⁷		10-35%	45-65%	20-35%	5-10%	0.6-1.2%			
<p>¹ Recommended Dietary Allowances (RDAs) are in bold type and Adequate Intakes (AIs) are in ordinary type followed by an asterisk (*).</p> <p>² Values are based on Table 5-22 Estimated Energy Requirements (EER) for Men and Women 30 Years of Age. Used height of 5'7", "low active" physical activity level (PAL) and calculated the median BMI and calorie level for men and women. Caloric values based on age were calculated by subtracting 10 kcal/day for males (from 2504 kcal) and 7 kcal/day for females (from 2188 kcal) for each year of age above 30. For ages 51-70, calculated for 60 years old, for 70+, calculated for 75 years old. 80 year old male calculated to require 2004 kcal, female, 1838 kcal.</p> <p>³ The RDA for protein equilibrium in adults is a minimum of 0.8 gm/kg body weight for reference body weight.</p> <p>⁴ The RDA for carbohydrate is the minimum adequate to maintain brain function in adults.</p> <p>⁵ Because % of energy consumed as fat can vary greatly and still meet energy needs, an AMDR is provided in absence of AI, EAR, or RDA for adults.</p> <p>⁶ Values for mono- and saturated fats and cholesterol not established as "they have no role in preventing chronic disease, thus not required in the diet."</p> <p>⁷ Acceptable Macronutrient Distribution Ranges (AMDRs) for intakes of carbohydrates, proteins, and fats expressed as % of total calories.</p> <p>The values for this table were excerpted from the Institute of Medicine, <i>Dietary Reference Intakes: Applications in Dietary Assessment</i>, 2000 and <i>Dietary Reference Intakes for Energy, Carbohydrates, Fiber, Fat, Protein and Amino Acids (Macronutrients)</i> 2002.</p>									

Table 1: Dietary Reference Intakes for Older Adults

Electrolytes			
	Potassium (g)	Sodium (g)	Chloride (g)
RDA or AI ¹			
Age 51-70 Male	4.7	1.3*	2.0*
Female	4.7	1.3*	2.0*
Age 70+ Male	4.7	1.2*	1.8*
Female	4.7	1.2*	1.8*
Tolerable Upper Intake Levels ^a			
Age 51-70 Male		2.3	3.6
Female		2.3	3.6
Age 70+ Male		2.3	3.6
Female		2.3	3.6

¹ Recommended Dietary Allowances (RDAs) are in **bold type** and Adequate Intakes (AIs) are in ordinary type followed by an asterisk (*).
 ND - Indicates values not determined.

The values for this table were excerpted from the Institute of Medicine, *Dietary Reference Intakes: Water, Potassium, Sodium, Chloride, and Sulfate*, 2004.