

NECESAR DE MICRONUTRIENȚI (MINERALE ȘI VITAMINE) PE GRUPE DE VÂRSTĂ ȘI SEX

Vârsta, sex														
Nutrient (unități)	sursa	copii 1-3	4-8 fete	4-8 băieți	9-13 fete	9-13 băieți	4-18 fete	14-18 băieți	19-30 fem	19-30 masc	31-50 fem	31-50 masc	51+ fem	51+ masc
Minerale														
Calciu (mg)	RDA	700	1,000	1,000	1,300	1,300	1,300	1,300	1,000	1,000	1,000	1,000	1,200	1,200
fier (mg)	RDA	7	10	10	8	8	15	11	18	8	18	8	8	8
Magneziu (mg)	RDA	80	130	130	240	240	360	410	310	400	320	420	320	420
Fosfor (mg)	RDA	460	500	500	1,250	1,250	1,250	1,250	700	700	700	700	700	700
Potasiu (mg)	AI	3,000	3,800	3,800	4,500	4,500	4,700	4,700	4,700	4,700	4,700	4,700	4,700	4,700
Sodiu (mg)	Ulg	<1,500	<1,900	<1,900	<2,200	<2,200	<2,300	<2,300	<2,300	<2,300	<2,300	<2,300	<2,300	<2,300
Zinc (mg)	RDA	3	5	5	8	8	9	11	8	11	8	11	8	11
Cupru (mcg)	RDA	340	440	440	700	700	890	890	900	900	900	900	900	900
Seleniu (mcg)	RDA	20	30	30	40	40	55	55	55	55	55	55	55	55
vitamine														
Vitamina A (mcg RAE)	RDA	300	400	400	600	600	700	900	700	900	700	900	700	900
Vitamina D (mcg)	RDA	15	15	15	15	15	15	15	15	15	15	15	15	15
Vitamina E (mg AT)	RDA	6	7	7	11	11	15	15	15	15	15	15	15	15
Vitamina C (mg)	RDA	15	25	25	45	45	65	75	75	90	75	90	75	90
Tiamina =vit B1 (mg)	RDA	0.5	0.6	0.6	0.9	0.9	1.0	1.2	1.1	1.2	1.1	1.2	1.1	1.2
Riboflavina (mg)	RDA	0.5	0.6	0.6	0.9	0.9	1.0	1.3	1.1	1.3	1.1	1.3	1.1	1.3
Niacina (mg)	RDA	6	8	8	12	12	14	16	14	16	14	16	14	16
Folati (mcg)	RDA	150	200	200	300	300	400	400	400	400	400	400	400	400
Vitamina B6 (mg)	RDA	0.5	0.6	0.6	1.0	1.0	1.2	1.3	1.3	1.3	1.3	1.3	1.5	1.7
Vitamin B12 (mcg)	RDA	0.9	1.2	1.2	1.8	1.8	2.4	2.4	2.4	2.4	2.4	2.4	2.4	2.4
Colina (mg)	AI	200	250	250	375	375	400	550	425	550	425	550	425	550
Vitamina K (mcg)	AI	30	55	55	60	60	75	75	90	120	90	120	90	120

A - Dietary Guidelines recommendations are used when no quantitative Dietary Reference Intake value is available; apply to ages 2 years and older.

B - Recommended Dietary Allowance, IOM.

C - Acceptable Macronutrient Distribution Range, IOM.

D - 14 grams per 1,000 calories, IOM.

E - Dietary Guidelines recommendation.

F - Adequate Intake, IOM.

G - Upper Limit, IOM.

H - 1 mcg of vitamin D is equivalent to 40 IU.

AT = alpha-tocopherol; DFE = dietary folate equivalents; RAE = retinol activity equivalents.

Surse: Britten P, Marcoe K, Yamini S, Davis C. Development of food intake patterns for the MyPyramid Food Guidance System. J Nutr Educ Behav 2006;38(6 Suppl):S78-S92. IOM. Dietary Reference Intakes: The essential guide to nutrient requirements. Washington (DC): The National Academies Press; 2006. IOM. Dietary Reference Intakes for Calcium and Vitamin D. Washington (DC): The National Academies Press; 2010.

CNSMF, Ghidul de prevenție, Vol. 7, 2016



alfat

Material realizat în cadrul proiectului RO19.04 "Intervenții la mai multe niveluri pentru prevenția bolilor netransmisibile (BNT) asociate stilului de viață în România".