

# Recommended Dietary allowances for Sri Lankans - 2007

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## Recommended Dietary Allowances for Sri Lankans (RDA) 2007

| Group                                   | Age            | Body -<br>Weight kg | Energy<br>Kcal | Protein<br>g | Calcium<br>mg | Iron<br>mg | Zinc<br>mg | Selenium<br>µg | Magnesium<br>mg | Iodine<br>µg | Vitamin A<br>µg | Thiamin<br>mg | Riboflavin<br>mg | Niacin<br>mg | B <sub>6</sub><br>mg | B <sub>12</sub><br>µg | Panto-<br>thenate mg | Biotin<br>µg | Folate<br>µg | Vitamin K<br>µg | Vitamin C<br>mg |    |    |
|---|----------------|---------------------|----------------|--------------|---------------|------------|------------|----------------|-----------------|--------------|-----------------|---------------|------------------|--------------|----------------------|-----------------------|----------------------|--------------|--------------|-----------------|-----------------|----|----|
| <b>Infants</b>                          | 0 - 6 Months   | 6.4                 | 560            | 21           | 300           |            | 3          | 6              | 26              | 100          | 375             | 0.2           | 0.3              | 2            | 0.1                  | 0.4                   | 1.7                  | 5            | 80           | 5               | 25              |    |    |
|   | 7 - 9 "        | 8.3                 | 650            | 19           | 450           | 17         | 4          | 10             | 54              | 125          | 400             | 0.3           | 0.4              | 4            | 0.3                  | 0.5                   | 1.8                  | 6            | 80           | 10              | 30              |    |    |
|   | 10-12 "        | 9.1                 | 720            | 20           | 450           | 19         | 4          | 10             | 54              | 140          | 400             | 0.3           | 0.4              | 4            | 0.3                  | 0.5                   | 1.8                  | 6            | 80           | 10              | 30              |    |    |
| <b>Children</b>                         | 1 - 2 Years    | 10.8                | 875            | 21           | 500           | 9          | 4          | 17             | 60              | 65           | 400             | 0.5           | 0.5              | 6            | 0.5                  | 0.9                   | 2                    | 8            | 160          | 15              | 30              |    |    |
|   | 2 - 4          | 14.1                | 1075           | 26           | 500           | 12         | 4          | 17             | 60              | 85           | 400             | 0.5           | 0.5              | 6            | 0.5                  | 0.9                   | 2                    | 8            | 160          | 15              | 30              |    |    |
|   | 4 - 6          | 17.5                | 1300           | 29           | 550           | 12         | 5          | 22             | 76              | 105          | 450             | 0.6           | 0.6              | 8            | 0.6                  | 1.2                   | 3                    | 12           | 200          | 20              | 30              |    |    |
| <b>Young children &amp; Adolescents</b> |                |                     |                |              |               |            |            |                |                 |              |                 |               |                  |              |                      |                       |                      |              |              |                 |                 |    |    |
| <b>Males</b>                            | 6 - 9 Years    | 25.5                | 1775           | 35           | 700           | 16         | 6          | 21             | 100             | 100          | 500             | 0.9           | 0.9              | 12           | 1                    | 1.8                   | 4                    | 20           | 300          | 25              | 35              |    |    |
|   | 10 - 11        | 35.4                | 2250           | 48           | 1000          | 23         | 9          | 32             | 230             | 140          | 600             | 1.2           | 1.3              | 16           | 1.3                  | 2.4                   | 5                    | 25           | 400          | 35-55           | 40              |    |    |
|   | 12 - 15        | 50.8                | 2875           | 69           | 1000          | 30         | 9          | 32             | 230             | 100          | 600             | 1.2           | 1.3              | 16           | 1.3                  | 2.4                   | 5                    | 25           | 400          | 35-55           | 40              |    |    |
|   | 16 - 18        | 66.6                | 3375           | 85           | 1000          | 39         | 9          | 32             | 230             | 130          | 600             | 1.2           | 1.3              | 16           | 1.3                  | 2.4                   | 5                    | 25           | 400          | 35-55           | 40              |    |    |
| <b>Females</b>                          | 6 - 9 Years    | 25.2                | 1725           | 34           | 700           | 16         | 6          | 21             | 100             | 100          | 500             | 0.9           | 0.9              | 12           | 1                    | 2.4                   | 4                    | 20           | 300          | 25              | 35              |    |    |
|   | 10 - 11        | 36.9                | 2100           | 50           | 1000          | 22         | 7          | 26             | 220             | 150          | 600             | 1.1           | 1                | 16           | 1.2                  | 2.4                   | 5                    | 25           | 400          | 35-55           | 40              |    |    |
|   | 12 - 15        | 49.8                | 2400           | 65           | 1000          | 36(25)     | 7          | 26             | 220             | 100          | 600             | 1.1           | 1                | 16           | 1.2                  | 2.4                   | 5                    | 25           | 400          | 35-55           | 40              |    |    |
|   | 16 - 18        | 56.6                | 2500           | 69           | 1000          | 39         | 7          | 26             | 220             | 110          | 600             | 1.1           | 1                | 16           | 1.2                  | 2.4                   | 5                    | 25           | 400          | 35-55           | 40              |    |    |
| <b>Adults</b>                           |                |                     |                |              |               |            |            |                |                 |              |                 |               |                  |              |                      |                       |                      |              |              |                 |                 |    |    |
| <b>Males</b>                            | 18 - 29.9      | Sedentary           | 60             | 2425         | 57            | 750        | 22         | 7              | 34              | 260          | 120             | 600           | 1.2              | 1.3          | 16                   | 1.5                   | 2.4                  | 5            | 30           | 400             | 65              | 65 |    |
|   |                | Moderate            |                | 2925         | 57            | 750        | 22         | 7              | 34              | 260          | 120             | 600           | 1.2              | 1.3          | 16                   | 1.5                   | 2.4                  | 5            | 30           | 400             | 65              | 65 |    |
|   |                | Heavy               |                | 3375         | 57            | 750        | 22         | 7              | 34              | 260          | 120             | 600           | 1.2              | 1.3          | 16                   | 1.5                   | 2.4                  | 5            | 30           | 400             | 65              | 65 |    |
|   | 30 - 59.9      | Sedentary           | 60             | 2375         | 57            | 750        | 22         | 7              | 34              | 260          | 120             | 600           | 1.2              | 1.3          | 16                   | 1.5                   | 2.4                  | 5            | 30           | 400             | 65              | 65 |    |
|   |                | Moderate            |                | 2850         | 57            | 750        | 22         | 7              | 34              | 260          | 120             | 600           | 1.2              | 1.3          | 16                   | 1.5                   | 2.4                  | 5            | 30           | 400             | 65              | 65 |    |
|   |                | Heavy               |                | 3325         | 57            | 750        | 22         | 7              | 34              | 260          | 120             | 600           | 1.2              | 1.3          | 16                   | 1.5                   | 2.4                  | 5            | 30           | 400             | 65              | 65 |    |
|   | Above 60       | Sedentary           | 60             | 1950         | 57            | 800        | 22         | 7              | 33              | 224          | 120             | 600           | 1.2              | 1.3          | 16                   | 1.9                   | 2.4                  | 5            | 30           | 400             | 65              | 65 |    |
|   |                | Moderate            |                | 2350         | 57            | 800        | 22         | 7              | 33              | 224          | 120             | 600           | 1.2              | 1.3          | 16                   | 1.9                   | 2.4                  | 5            | 30           | 400             | 65              | 65 |    |
|   | <b>Females</b> | 18 - 29.9           | Sedentary      | 55           | 2000          | 52         | 750        | 33             | 5               | 26           | 220             | 110           | 500              | 1.1          | 1                    | 14                    | 1.3                  | 2.4          | 5            | 30              | 400             | 55 | 65 |
|   |                |                     | Moderate       |              | 2375          | 52         | 750        | 33             | 5               | 26           | 220             | 110           | 500              | 1.1          | 1                    | 14                    | 1.3                  | 2.4          | 5            | 30              | 400             | 55 | 65 |
|   |                |                     | Heavy          |              | 2750          | 52         | 750        | 33             | 5               | 26           | 220             | 110           | 500              | 1.1          | 1                    | 14                    | 1.3                  | 2.4          | 5            | 30              | 400             | 55 | 65 |
|   |                | 30 - 59.9           | Sedentary      | 55           | 1950          | 52         | 750        | 33(20)         | 5               | 26           | 220             | 110           | 500              | 1.1          | 1                    | 14                    | 1.3                  | 2.4          | 5            | 30              | 400             | 55 | 65 |
| Moderate                                |                |                     |                | 2350         | 52            | 750        | 33(20)     | 5              | 26              | 220          | 110             | 500           | 1.1              | 1            | 14                   | 1.3                   | 2.4                  | 5            | 30           | 400             | 55              | 65 |    |
| Heavy                                   |                |                     |                | 2750         | 52            | 750        | 33(20)     | 5              | 26              | 220          | 110             | 500           | 1.1              | 1            | 14                   | 1.3                   | 2.4                  | 5            | 30           | 400             | 55              | 65 |    |
| Above 60                                |                | Sedentary           | 55             | 1825         | 52            | 800        | 20         | 5              | 25              | 190          | 110             | 500           | 1.1              | 1            | 14                   | 1.7                   | 2.4                  | 5            | 30           | 400             | 55              | 65 |    |
|   |                | Moderate            |                | 2125         | 52            | 800        | 20         | 5              | 25              | 190          | 110             | 500           | 1.1              | 1            | 14                   | 1.7                   | 2.4                  | 5            | 30           | 400             | 55              | 65 |    |
| Pregnancy                               |                | 2nd trimester       | 55             | +360         | 7             | 750        | 33         | 7              | 28              | 220          | 250*            | 800           | 1.4              | 1.4          | 18                   | 1.9                   | 2.6                  | 6            | 30           | 600             | 55              | 55 |    |
|   |                | 3rd trimester       | 55             | +475         | 13            | 800        | 33         | 10             | 30              | 220          | 250*            | 800           | 1.4              | 1.4          | 18                   | 1.9                   | 2.6                  | 6            | 30           | 600             | 55              | 55 |    |
| Lactating                               |                | 1st 6months         | 55             | +675         | 20            | 750        | 33         | 9              | 35              | 270          | 250*            | 500           | 1.5              | 1.6          | 17                   | 2                     | 2.8                  | 7            | 35           | 500             | 55              | 70 |    |
|   |                | 6 months onwards    | 55             | +460         | 14            | 750        | 33         | 7              | 42              | 270          | 250*            | 500           | 1.5              | 1.6          | 17                   | 2                     | 2.8                  | 7            | 35           | 500             | 55              | 70 |    |

Body weight at mid-point of age interval (WHO 2006 up to 5 years and WHO 1983 for others)

Energy requirements based on (FAO/WHO/UNU 200 Energy requirements for adolescents based on moderate physical activity

Protein requirements based on Proceedings of International Dietary Energy Consultative Group (I/D/E/C/G) 1994

Vitamins and Minerals requirements based on FAO/WHO 2001 \* iodine req based on ICIDD,2007

Iron requirements estimated based on different dietary Iron absorption levels 5% for adult men, children and adolescent boys; 8% for adolescent girls, adults and lactating women (Rice based diet) .

It is recommended that iron supplement in tablet form to be given to all pregnant women (100 mg Ferrous sulphate) No additional dietary requirements given

Iron requirement given in parenthesis are for non menstruating girls and women

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