

APPENDIX VI

SUMMARY OF RDA FOR INDIANS - ICMR- NIN, 2020

Age Group	Category of work	Body Wt	Protein	Dietary Fiber*	Cal cium	Magnes ium	Iron	Zinc	Iodine	Thiamine	Ribo flavin	Niacin	Vit B6	Folate	Vit B12	Vit C	Vit A	Vit D
		(kg)	(g/d)	(g/d)	(mg/d)	(mg/d)	(mg/ d)	(mg/d)	(µg/ day)	(mg/d)	(mg/d)	(mg/d)	(mg/d)	(µg/d)	(µg/d)	(mg/ d)	(µg/ d)	(IU/ d)
Men	Sedentary	65	54.0	30	1000	440	19	17	140	1.4	2.0	14	1.9	300	2.2	80	1000	600
	Moderate			40						1.8	2.5	18	2.4					
	Heavy			50						2.3	3.2	23	3.1					
Women	Sedentary	55	46.0	25	1000	370	29	13.2	140	1.4	1.9	11	1.9	220	2.2	65	840	600
	Moderate			30						1.7	2.4	14	1.9					
	Heavy			40						2.2	3.1	18	2.4					
	Pregnant woman	55 + 10	+9.5 (2 nd trimester) +22.0 (3 rd trimester)	-	1000	440	27	14.5	220	2.0	2.7	+2	2.3	570	+0.25	+15	900	600
	Lactation 0-6m		+17.0	-	1200	400	23	14.1	280	2.1	3.0	+5	+0.26	330	+1.0	+50	950	600
	7-12m		+13.0								2.9		+0.17					
Infants	0-6 m*	5.8	8.0	-	300	30	-	-	100	0.2	0.4	2	0.1	25	1.2	20	350	400
	6-12m	8.5	10.5	-	300	75	3	2.5	130	0.4	0.6	5	0.6	85	1.2	30	350	400
Children	1-3y	12.9	12.5	15	500	90	8	3.3	90	0.7	1.1	7	0.9	120	1.2	30	390	600
	4-6y	18.3	16.0	20	550	125	11	4.5	90	0.9	1.3	9	1.2	135	2.2	35	510	
	7-9 y	25.3	23.0	26	650	175	15	5.9	90	1.1	1.6	11	1.5	170	2.2	45	630	
Boys	10-12y	34.9	32.0	33	850	240	16	8.5	100	1.5	2.1	15	2.0	220	2.2	55	770	600
Girls	10-12y	36.4	33.0	30	850	250	28	8.5	100	1.4	1.9	14	1.9	225	2.2	50	790	600
Boys	13-15y	50.5	45.0	43	1000	345	22	14.3	140	1.9	2.7	19	2.6	285	2.2	70	930	600
Girls	13-15y	49.6	43.0	36	1000	340	30	12.8	140	1.6	2.2	16	2.2	245	2.2	65	890	600
Boys	16-18y	64.4	55.0	50	1050	440	26	17.6	140	2.2	3.1	22	3.0	340	2.2	85	1000	600
Girls	16-18y	55.7	46.0	38	1050	380	32	14.2	140	1.7	2.3	17	2.3	270	2.2	70	860	600

* Adequate Intake (AI)

