Dietary Reference Intakes for Japanese for folic acid (μg/day)[1]

Sex	Males				Females			
Age	EAR	RDA	AI	UL[2]	EAR	RDA	AI	UL[2]
0-5 months	-	-	40	-	-	-	40	-
6-11	-	-	60	-	-	-	60	-
1-2 years	80	90	-	-	80	90	-	-
3-5	90	110	-	-	90	110	-	-
6-7	110	140	-	-	110	140	-	-
8-9	140	160	-	-	140	160	-	-
10-11	160	200	-	-	160	200	-	-
12-14	200	240	-	-	200	240	-	-
15-17	200	240	-	-	200	240	-	-
18-29	200	240	-	1,000	200	240	-	1,000
30-49	200	240	-	1,000	200	240	-	1,000
50-69	200	240	-	1,000	200	240	-	1,000
≥70	200	240	-	1,000	200	240	-	1,000
Pregnant women (amount to be added)					+170	+200	-	-
Lactating women (amount to be added)					+80	+100	-	-

EAR, estimated average requirement; RDA, recommended dietary allowance; AI, adequate intake; UL, tolerable upper intake level

[1] Intake of 400 μg/day is desired for women who are planning to get pregnant or may be pregnant to reduce the risk of neural tube closure.

[2] Quantity as pteroyl-monoglutamic acid (intake from sources other than ordinary food).

Dietary Reference Intakes for Japanese for vitamin B_{12} (μg/day)

Sex	Males				Females			
Age	EAR	RDA	AI	UL[1]	EAR	RDA	AI	UL[1]
0-5 months	-	-	0.2	-	-	-	0.2	-
6-11	-	-	0.5	-	-	-	0.5	-
1-2 years	0.8	0.9	-	-	0.8	0.9	-	-
3-5	0.9	1.1	-	-	0.9	1.1	-	-
6-7	1.2	1.4	-	-	1.2	1.4	-	-
8-9	1.4	1.6	-	-	1.4	1.6	-	-
10-11	1.6	2.0	-	-	1.6	2.0	-	-
12-14	2.0	2.4	-	-	2.0	2.4	-	-
15-17	2.0	2.4	-	-	2.0	2.4	-	-
18-29	2.0	2.4	-	-	2.0	2.4	-	-
30-49	2.0	2.4	-	-	2.0	2.4	-	-
50-69	2.0	2.4	-	-	2.0	2.4	-	-
≥70	2.0	2.4	-	-	2.0	2.4	-	-
Pregnant women (amount to be added)					+0.3	+0.4	-	-
Lactating women (amount to be added)					+0.3	+0.4	-	-

EAR, estimated average requirement; RDA, recommended dietary allowance; AI, adequate intake; UL, tolerable upper intake level

[1] The ULs were not set: even if it is taken in excess, the intrinsic factor secreted from the stomach becomes saturated and excess vitamin B_{12} is not absorbed.

Dietary Reference Intakes for Japanese for biotin (μg/day)

Sex	Males				Females			
Age	EAR	RDA	AI	UL	EAR	RDA	AI	UL
0-5 months	-	-	4	-	-	-	4	-
6-11	-	-	10	-	-	-	10	-
1-2 years	-	-	20	-	-	-	20	-
3-5	-	-	25	-	-	-	25	-
6-7	-	-	30	-	-	-	30	-
8-9	-	-	35	-	-	-	35	-
10-11	-	-	40	-	-	-	40	-
12-14	-	-	45	-	-	-	45	-
15-17	-	-	45	-	-	-	45	-
18-29	-	-	45	-	-	-	45	-
30-49	-	-	45	-	-	-	45	-
50-69	-	-	45	-	-	-	45	-
≥70	-	-	45	-	-	-	45	-
Pregnant women (amount to be added)					-	-	+2	-
Lactating women (additional value)					-	-	+4	-

EAR, estimated average requirement; RDA, recommended dietary allowance; AI, adequate intake; UL, tolerable upper intake level

Dietary Reference Intakes for Japanese for pantothenic acid (mg/day)

Sex	Males				Females			
Age	EAR	RDA	AI	UL	EAR	RDA	AI	UL
0-5 months	-	-	4	-	-	-	4	-
6-11	-	-	5	-	-	-	5	-
1-2 years	-	-	4	-	-	-	3	-
3-5	-	-	5	-	-	-	4	-
6-7	-	-	6	-	-	-	5	-
8-9	-	-	6	-	-	-	5	-
10-11	-	-	6	-	-	-	6	-
12-14	-	-	7	-	-	-	6	-
15-17	-	-	7	-	-	-	5	-
18-29	-	-	6	-	-	-	5	-
30-49	-	-	6	-	-	-	5	-
50-69	-	-	6	-	-	-	5[1]	-
≥70	-	-	6	-	-	-	5	-
Pregnant women (amount to be added)					-	-	+1	-
Lactating women (amount to be added)					-	-	+4	-

[1] The values were smoothed in relation to those of the preceding and succeeding age groups.

EAR, estimated average requirement; RDA, recommended dietary allowance; AI, adequate intake; UL, tolerable upper intake level

Dietary Reference Intakes for Japanese for vitamin C (mg/day)

Sex	Males				Females			
Age	EAR	RDA	AI	UL	EAR	RDA	AI	UL
0-5 months	-	-	40	-	-	-	40	-
6-11	-	-	40	-	-	-	40	-
1-2 years	35	40	-	-	35	40	-	-
3-5	40	45	-	-	40	45	-	-
6-7	50	60	-	-	50	60	-	-
8-9	55	70	-	-	55	70	-	-
10-11	70	80	-	-	70	80	-	-
12-14	85	100	-	-	85	100	-	-
15-17	85	100	-	-	85	100	-	-
18-29	85	100	-	-	85	100	-	-
30-49	85	100	-	-	85	100	-	-
50-69	85	100	-	-	85	100	-	-
≥70	85	100	-	-	85	100	-	-
Pregnant women (amount to be added)					+10	+10	-	-
Lactating women (amount to be added)					+40	+50	-	-

EAR, estimated average requirement; RDA, recommended dietary allowance; AI, adequate intake; UL, tolerable upper intake level

Dietary Reference Intakes for Japanese for vitamin A (μg RE/day)

Sex	Males				Females			
Age	EAR	RDA[1]	AI[1]	UL[2]	EAR	RDA[1]	AI[1]	UL[2]
0-5 months	-	-	250	600	-	-	250	600
6-11	-	-	350	600	-	-	350	600
1-2 years	200	250	-	600	150	250	-	600
3-5	200	300	-	750	200	300	-	750
6-7	300	400	-	1,000	250	350	-	1,000
8-9	350	450	-	1,250	300	400	-	1,250
10-11	400	550	-	1,550	350	500	-	1,550
12-14	500	700	-	2,220	400	550	-	2,220
15-17	500	700	-	2,550	400	600	-	2,550
18-29	550	750	-	3,000	400	600	-	3,000
30-49	550	750	-	3,000	450	600	-	3,000
50-69	500	700	-	3,000	450	600	-	3,000
≥70	450	650	-	3,000	400	550	-	3,000
Pregnant women (amount to be added)					+50	+70	-	-
Lactating women (amount to be added)					+300	+420	-	-

RE=retinol equivalents

EAR, estimated average requirement; RDA, recommended dietary allowance; AI, adequate intake; UL, tolerable upper intake level

1 μg RE = 1 μg retinol = 12 μg β-carotene = 24 μg α-carotene = 24 μg β-cryptoxanthin.

[1] Includes provitamins and carotenoids.

[2] Does not include provitamins or carotenoids.

Dietary Reference Intakes for Japanese for vitamin E (mg/day)[1]

Sex	Males				Females			
Age	EAR	RDA	AI	UL	EAR	RDA	AI	UL
0-5 months	-	-	3	-	-	-	3	-
6-11	-	-	3	-	-	-	3	-
1-2 years	-	-	5	150	-	-	4	150
3-5	-	-	6	200	-	-	6	200
6-7	-	-	7	300	-	-	6	300
8-9	-	-	8	400	-	-	7	300
10-11	-	-	10	500	-	-	7	500
12-14	-	-	10	600	-	-	8	600
15-17	-	-	10	700	-	-	9	600
18-29	-	-	9	800	-	-	8	600
30-49	-	-	8	800[2]	-	-	8	700
50-69	-	-	9	800	-	-	8	700
≥70	-	-	7	700	-	-	7	600
Pregnant women (amount to be added)					-	-	+0	-
Lactating women (amount to be added)					-	-	+3	-

EAR, estimated average requirement; RDA, recommended dietary allowance; AI, adequate intake; UL, tolerable upper intake level

[1] Computation was made on α-tocopherol. Vitamins E other thatn α-tocopherol are not included.

[2] The value was smoothes in relation to those for the preceding and succeeding age groups.

Dietary Reference Intakes for Japanese for vitamin D (μg/day)

Sex	Males				Females			
Age	EAR	RDA	AI	UL	EAR	RDA	AI	UL
0-5 months[1]	-	-	2.5 (5)	25	-	-	2.5 (5)	25
6-11[1]	-	-	4 (5)	25	-	-	4 (5)	25
1-2 years	-	-	3	25	-	-	3	25
3-5	-	-	3	25	-	-	3	25
6-7	-	-	3	30	-	-	3	30
8-9	-	-	4	30	-	-	4	30
10-11	-	-	4	40	-	-	4	40
12-14	-	-	4	50	-	-	4	50
15-17	-	-	5	50	-	-	5	50
18-29	-	-	5	50	-	-	5	50
30-49	-	-	5	50	-	-	5	50
50-69	-	-	5	50	-	-	5	50
≥70	-	-	5	50	-	-	5	50
Pregnant women (amount to be added)					-	-	+2.5	-
Lactating women (amount to be added)					-	-	+2.5	-

EAR, estimated average requirement; RDA, recommended dietary allowance; AI, adequate intake; UL, tolerable upper intake level

[1]Adequate intakes for an infant who is exposed to appropriate sunlight. The value in parentheses is adequate intakes for those with less sunlight exposure.

Dietary Reference Intakes for Japanese for vitamin K (μg/day)

Sex	Males				Females			
Age	EAR	RDA	AI	UL	EAR	RDA	AI	UL
0-5 months	-	-	4	-	-	-	4	-
6-11	-	-	7	-	-	-	7	-
1-2 years	-	-	25	-	-	-	25	-
3-5	-	-	30	-	-	-	30	-
6-7	-	-	40	-	-	-	35	-
8-9	-	-	45	-	-	-	45	-
10-11	-	-	55	-	-	-	55	-
12-14	-	-	70	-	-	-	65	-
15-17	-	-	80	-	-	-	60	-
18-29	-	-	75	-	-	-	60	-
30-49	-	-	75	-	-	-	65	-
50-69	-	-	75	-	-	-	65	-
≥70	-	-	75	-	-	-	65	-
Pregnant women (amount to be added)					-	-	+0	-
Lactating women (amount to be added)					-	-	+0	-

EAR, estimated average requirement; RDA, recommended dietary allowance; AI, adequate intake; UL, tolerable upper intake level

Dietary Reference Intakes for Japanese for magnesium (mg/day)

Sex	Males				Females			
Age	EAR	RDA	AI	UL[1]	EAR	RDA	AI	UL[1]
0-5 months	-	-	21	-	-	-	21	-
6-11	-	-	32	-	-	-	32	-
1-2 years	60	70	-	-	55	70	-	-
3-5	85	100	-	-	80	100	-	-
6-7	115	140	-	-	110	130	-	-
8-9	140	170	-	-	140	160	-	-
10-11	180	210	-	-	180	210	-	-
12-14	250	300	-	-	230	270	-	-
15-17	290	350	-	-	250	300	-	-
18-29	290	340	-	-	230	270	-	-
30-49	310	370	-	-	240	280	-	-
50-69	290	350	-	-	240	290	-	-
≥70	260	310	-	-	220	270	-	-
Pregnant women (amount to be added)					+30	+40	-	-
Lactating women (amount to be added)					+0	+0	-	-

EAR, estimated average requirement; RDA, recommended dietary allowance; AI, adequate intake; UL, tolerable upper intake level

[1]When the nutrient is obtained from ordinary food, no upper threshold is set.

When the nutrient is obtained from a source other than ordinary food, the upper threshold is set at 350 mg/day for adults and 5 mg/kg weight/day for children.

Dietary Reference Intakes for Japanese for calcium (mg/day)

Sex	Males			Females		
Age	AI	DG	UL[2]	AI	DG	UL[2]
0-5 months						
Breastfed infants	200	-	-	200	-	-
Formula-fed infants	300	-	-	300	-	-
6-11 months						
Breastfed infants	250	-	-	250	-	-
Formula-fed infants	400	-	-	400	-	-
1-2 years	450	450[3]	-	400	400	-
3-5	600	550	-	550	550[3]	-
6-7	600	600	-	650	600	-
8-9	700[4]	700	-	800	700	-
10-11	950	800	-	950	800	-
12-14	1,000	900	-	850	750	-
15-17	1,100	850	-	850	650	-
18-29	900	650	2,300	700	600[4]	2,300
30-49	650	600[4]	2,300	600[4]	600[4]	2,300
50-69	700	600	2,300	700	600	2,300
≥70	750	600	2,300	650	550	2,300
Pregnant women (amount to be added)[1]				+0	-	-
Lactating women (amount to be added)[1]				+0	-	-

AI, adequate intake; DG, tentative dietary goal for preventing life-style related diseases; UL, tolerable upper intake level

[1] No additional value is defined; but it is desirable to achieve the adequate intake.

When a subject suffers from a placental dysfunction such as pregnancy toxemia, active efforts should be made to consume calcium.

[2] Because sufficient studies have not been conducted on the upper threshold, it is not set for those under 17 years. However, it by no means recommends excessive intake or assures the safety of such an intake.

[3] Because the adequate intake and the median value of the current intake are close, the former is adopted.

[4] The value was smoothed in relation to those of the preceding and succeeding age groups.

Dietary Reference Intakes for Japanese for phosphorus (mg/day)

Sex	Males				Females			
Age	EAR	RDA	AI	UL	EAR	RDA	AI	UL
0-5 months	-	-	130	-	-	-	130	-
6-11	-	-	280	-	-	-	280	-
1-2 years	-	-	650	-	-	-	600	-
3-5	-	-	800	-	-	-	800	-
6-7	-	-	1,000	-	-	-	900	-
8-9	-	-	1,100	-	-	-	1,000	-
10-11	-	-	1,150	-	-	-	1,050	-
12-14	-	-	1,350	-	-	-	1,100	-
15-17	-	-	1,250	-	-	-	1,000	-
18-29	-	-	1,050	3,500	-	-	900	3,500
30-49	-	-	1,050	3,500	-	-	900	3,500
50-69	-	-	1,050	3,500	-	-	900	3,500
≥70	-	-	1,000	3,500	-	-	900	3,500
Pregnant women (amount to be added)					-	-	+0	-
Lactating women (amount to be added)					-	-	+0	-

EAR, estimated average requirement; RDA, recommended dietary allowance; AI, adequate intake; UL, tolerable upper intake level

Dietary Reference Intakes for Japanese for chromium (μg/day): Provisional

Sex	Males				Females			
Age	EAR	RDA	AI	UL	EAR	RDA	AI	UL
0-5 months	-	-	-	-	-	-	-	-
6-11	-	-	-	-	-	-	-	-
1-2 years	-	-	-	-	-	-	-	-
3-5	-	-	-	-	-	-	-	-
6-7	-	-	-	-	-	-	-	-
8-9	-	-	-	-	-	-	-	-
10-11	-	-	-	-	-	-	-	-
12-14	-	-	-	-	-	-	-	-
15-17	-	-	-	-	-	-	-	-
18-29	35	40	-	-	25	30	-	-
30-49	35	40	-	-	25	30	-	-
50-69	30	35	-	-	25	30	-	-
≥70	25	30	-	-	20	25	-	-
Pregnant women (amount to be added)					-	-	-	-
Lactating women (amount to be added)					-	-	-	-

EAR, estimated average requirement; RDA, recommended dietary allowance; AI, adequate intake; UL, tolerable upper intake level

Dietary Reference Intakes for Japanese for molybdenum (μg /day): Provisional

Sex	Males				Females			
Age	EAR	RDA	AI	UL	EAR	RDA	AI	UL
0-5 months	-	-	-	-	-	-	-	-
6-11	-	-	-	-	-	-	-	-
1-2 years	-	-	-	-	-	-	-	-
3-5	-	-	-	-	-	-	-	-
6-7	-	-	-	-	-	-	-	-
8-9	-	-	-	-	-	-	-	-
10-11	-	-	-	-	-	-	-	-
12-14	-	-	-	-	-	-	-	-
15-17	-	-	-	-	-	-	-	-
18-29	20	25	-	300	15	20	-	240
30-49	20	25	-	320	15	20	-	250
50-69	20	25	-	300	15	20	-	250
≥70	20	25	-	270	15	20	-	230
Pregnant women (amount to be added)					-	-	-	-
Lactating women (amount to be added)					-	-	-	-

EAR, estimated average requirement; RDA, recommended dietary allowance; AI, adequate intake; UL, tolerable upper intake level

Dietary Reference Intakes for Japanese for manganese (mg/day)

Sex	Males				Females			
Age	EAR	RDA	AI	UL	EAR	RDA	AI	UL
0-5 months	-	-	0.001	-	-	-	0.001	-
6-11	-	-	1.2	-	-	-	1.2	-
1-2 years	-	-	1.5	-	-	-	1.5	-
3-5	-	-	1.7	-	-	-	1.7	-
6-7	-	-	2.0	-	-	-	2.0	-
8-9	-	-	2.5	-	-	-	2.5	-
10-11	-	-	3.0	-	-	-	3.0	-
12-14	-	-	4.0	-	-	-	3.5[1]	-
15-17	-	-	4.0[1]	-	-	-	3.5	-
18-29	-	-	4.0	11	-	-	3.5	11
30-49	-	-	4.0	11	-	-	3.5	11
50-69	-	-	4.0	11	-	-	3.5	11
≥70	-	-	4.0	11	-	-	3.5	11
Pregnant women (amount to be added)					-	-	+0	-
Lactating woman (amount to be added)					-	-	+0	-

EAR, estimated average requirement; RDA, recommended dietary allowance; AI, adequate intake; UL, tolerable upper intake level

[1] The value was smoothed in relation to those of the preceding and succeeding age groups.

Dietary Reference Intakes for Japanese for iron (mg/day)[1]

Sex	Males				Females					
Age	EAR	RDA	AI	UL	Not menstruating[2]		Menstruating		AI	UL
					EAR	RDA	EAR	RDA		
0-5 months infants										
Breastfed	-	-	0.4	-	-	-	-	-	0.4	-
Formula-fed	-	-	7.7	-	-	-	-	-	7.7	-
6-11 months	4.5	6.0	-	-	4.0	5.5	-	-	-	-
1-2 years	4.0	5.5	-	25	3.5	5.0	-	-	-	20
3-5	3.5	5.0	-	25	3.5	5.0	-	-	-	25
6-7	5.0	6.5	-	30	4.5	6.0	-	-	-	30
8-9	6.5	9.0	-	35	6.0	8.5	-	-	-	35
10-11	7.5	10.0	-	35	6.5	9.0	9.5	13.0	-	35
12-14	8.5	11.5	-	50	6.5	9.0	9.5	13.5	-	45
15-17	9.0	10.5	-	45	6.0	7.5	9.0	11.0	-	40
18-29	6.5[3]	7.5[3]	-	50	5.5[3]	6.5[3]	9.0[3]	10.5[3]	-	40
30-49	6.5	7.5	-	55	5.5	6.5	9.0	10.5	-	40
50-69	6.0	7.5	-	50	5.5	6.5	9.0	10.5	-	45
≥70	5.5	6.5	-	45	5.0	6.0	-	-	-	40
Pregnant women (amount to be added)					+11.0	+13.0	-	-	-	-
Lactating women (amount to be added)					+2.0	+2.5	-	-	-	-

EAR, estimated average requirement; RDA, recommended dietary allowance; AI, adequate intake; UL, tolerable upper intake level

[1] The values were set excluding those with menorrhagia (blood loss exceeding 80 mL/period).

[2] Applies to pregnant and lactating women.

[3] The value was smoothed in relation to those of the preceding and succeeding age groups.

Dietary Reference Intakes for Japanese for copper (mg/day)

Sex	Males				Females			
Age	EAR	RDA	AI	UL	EAR	RDA	AI	UL
0-5 months	-	-	0.3	-	-	-	0.3	-
6-11	-	-	0.3	-	-	-	0.3	-
1-2 years	0.2	0.3	-	-	0.2	0.3	-	-
3-5	0.3	0.4	-	-	0.3	0.3	-	-
6-7	0.3	0.4	-	-	0.3	0.4	-	-
8-9	0.4	0.5	-	-	0.4	0.5	-	-
10-11	0.5	0.6	-	-	0.5	0.6	-	-
12-14	0.6	0.8	-	-	0.6	0.7	-	-
15-17	0.7	0.9	-	-	0.5	0.7	-	-
18-29	0.6	0.8	-	10	0.5	0.7	-	10
30-49	0.6[1]	0.8[1]	-	10	0.6	0.7	-	10
50-69	0.6	0.8	-	10	0.6	0.7	-	10
≥70	0.6	0.8	-	10	0.5	0.7	-	10
Pregnant women (amount to be added)					+0.1	+0.1	-	-
Lactating women (amount to be added)					+0.5	+0.6	-	-

EAR, estimated average requirement; RDA, recommended dietary allowance; AI, adequate intake; UL, tolerable upper intake level

[1] The value was smoothed in relation to those of the preceding and succeeding age groups.

Dietary Reference Intakes for Japanese for zinc (mg/day)

Sex	Males				Females			
Age	EAR	RDA	AI	UL	EAR	RDA	AI	UL
0-5 months								
Breastfed infants	-	-	2	-	-	-	2	-
Formula-fed infants	-	-	3	-	-	-	3	-
6-11 months	-	-	3	-	-	-	3	-
1-2 years	4	4	-	-	3	4	-	-
3-5	5	6	-	-	5	6	-	-
6-7	5	6	-	-	5	6	-	-
8-9	6	7	-	-	5	6	-	-
10-11	6	8	-	-	6	7	-	-
12-14	7	9	-	-	6	7	-	-
15-17	8	10	-	-	6	7	-	-
18-29	8	9	-	30	6	7	-	30
30-49	8	9	-	30	6	7	-	30
50-69	8	9	-	30	6	7	-	30
≥70	7	8	-	30	6	7	-	30
Pregnant women (amount to be added)					-	+3	-	-
Lactating women (amount to be added)					-	+3	-	-

EAR, estimated average requirement; RDA, recommended dietary allowance; AI, adequate intake; UL, tolerable upper intake level

Dietary Reference Intakes for Japanese for selenium (μg/day)

Sex	Males				Females			
Age	EAR	RDA	AI	UL	EAR	RDA	AI	UL
0-5 months	-	-	16	-	-	-	16	-
6-11	-	-	19	-	-	-	19	-
1-2 years	7	9	-	100	7	8	-	50
3-5	10	10	-	100	10	10	-	100
6-7	10	15	-	150	10	15	-	150
8-9	15	15	-	200	15	15	-	200
10-11	15	20	-	250	15	20	-	250
12-14	20	25	-	350	20	25	-	300
15-17	25	30	-	400	20	25	-	350
18-29	25	30	-	450	20	25	-	350
30-49	30	35	-	450	20	25	-	350
50-69	25	30	-	450	20	25	-	350
≥70	25	30	-	400	20	25	-	350
Pregnant women (amount to be added)					+4	+4	-	-
Lactating women (amount to be added)					+16	+20	-	-

EAR, estimated average requirement; RDA, recommended dietary allowance; AI, adequate intake; UL, tolerable upper intake level

Dietary Reference Intakes for Japanese for iodine (μg/day)

Sex	Males				Females			
Age	EAR	RDA	AI	UL	EAR	RDA	AI	UL
0-5 months	-	-	130	-	-	-	130	-
6-11	-	-	170	-	-	-	170	-
1-2 years	40	60	-	-	40	60	-	-
3-5	50	70	-	-	50	70	-	-
6-7	60	80	-	-	60	80	-	-
8-9	70	100	-	-	70	100	-	-
10-11	80	120	-	-	80	120	-	-
12-14	95[1]	140	-	-	95[1]	140	-	-
15-17	95[1]	140	-	-	95[1]	140[1]	-	-
18-29	95	150	-	3,000	95	150	-	3,000
30-49	95	150	-	3,000	95	150	-	3,000
50-69	95	150	-	3,000	95	150	-	3,000
≥70	95	150	-	3,000	95	150	-	3,000
Pregnant women (amount to be added)					+75	+110	-	-
Lactating women (amount to be added)					+130	+190	-	-

EAR, estimated average requirement; RDA, recommended dietary allowance; AI, adequate intake; UL, tolerable upper intake level

[1] The value was smoothed in relation to those of the preceding and succeeding age groups.

Dietary Reference Intakes for Japanese for sodium

(mg/day, the value in parentheses is equivalent to table salt [g/day])

Sex	Males				Females			
Age	EAR	AI	DG [1]	UL	EAR	AI	DG [1]	UL
0-5 months	-	100 (0.26)	-	-	-	100 (0.26)	-	-
6-11	-	600 (1.5)	-	-	-	600 (1.5)	-	-
1-2 years	-	-	(<4)	-	-	-	(<3)	-
3-5	-	-	(<5)	-	-	-	(<5)	-
6-7	-	-	(<6)	-	-	-	(<6)	-
8-9	-	-	(<7)	-	-	-	(<7)	-
10-11	-	-	(<9)	-	-	-	(<8)	-
12-14	-	-	(<10)	-	-	-	(<8)	-
15-17	-	-	(<10)	-	-	-	(<8)	-
18-29	600 (1.5)	-	(<10)	-	600 (1.5)	-	(<8)	-
30-49	600 (1.5)	-	(<10)	-	600 (1.5)	-	(<8)	-
50-69	600 (1.5)	-	(<10)	-	600 (1.5)	-	(<8)	-
≥70	600 (1.5)	-	(<10)	-	600 (1.5)	-	(<8)	-
Pregnant women (amount to be added)					-	-	-	-
Lactating women (amount to be added)					-	-	-	-

EAR, estimated average requirement; AI, adequate intake; DG, tentative dietary goal for preventing life-style related diseases; UL, tolerable upper intake level

[1] When energy intake can be measured, it is set at less than 4.5 g/1,000 kcal for those between 1~69 years (for both genders). Make an exception of males between 12 and 17 years, it is set at less than 4 g/1,000 kcal.

Dietary Reference Intakes for Japanese for potassium: Adequate Intakes (AIs) (mg/day)[1]

Sex	Males				Females			
Age	EAR	RDA	AI	UL	EAR	RDA	AI	UL
0-5 months	-	-	400	-	-	-	400	-
6-11	-	-	800	-	-	-	800	-
1-2 years	-	-	800[1]	-	-	-	800[1]	-
3-5	-	-	800	-	-	-	800	-
6-7	-	-	1,100	-	-	-	1,000	-
8-9	-	-	1,200	-	-	-	1,200	-
10-11	-	-	1,500	-	-	-	1,400	-
12-14	-	-	1,900	-	-	-	1,700	-
15-17	-	-	2,200	-	-	-	1,600	-
18-29	-	-	2,000	-	-	-	1,600	-
30-49	-	-	2,000	-	-	-	1,600	-
50-69	-	-	2,000	-	-	-	1,600	-
≥70	-	-	2,000	-	-	-	1,600	-
Pregnant women (amount to be added)					-	-	+0	-
Lactating women (amount to be added)					-	-	+370	-

EAR, estimated average requirement; RDA, recommended dietary allowance; AI, adequate intake; UL, tolerable upper intake level

[1] The value that is considered appropriate to maintain *in vivo* potassium balance was used as the adequate intake.

[2] The value was smoothed in relation to those of the preceding and succeeding age groups.

Dietary Reference Intakes for Japanese for potassium to prevent hypertension: Tentative Dietary Goal for Preventing Lifestyle-related Diseases (mg/day)

Sex	Males		Females	
Age	Optimum value to prevent lifestyle-related diseases[1]	DG	Optimum value to prevent lifestyle-related diseases[1]	DG
0-5 months	-	-	-	-
6-11	-	-	-	-
1-2 years	-	-	-	-
3-5	-	-	-	-
6-7	-	-	-	-
8-9	-	-	-	-
10-11	-	-	-	-
12-14	-	-	-	-
15-17	-	-	-	-
18-29	3,500	2,800	3,500	2,700
30-49	3,500	2,900	3,500	2,800
50-69	3,500	3,100	3,500	3,100
≥70	3,500	3,000	3,500	2,900
Pregnant women (amount to be added)			-	-
Lactating women (amount to be added)			-	-

DG, tentative dietary goal for preventing lifestyle-related diseases

[1] The 6th Report of the Joint National Committee on Prevention, Detection, Evaluation, and Treatment of High Blood Pressure (The JNC 6 Report) states that the intake of 3,500 mg/day is desirable to prevent hypertension. This value is supported for active primary prevention of hypertension.

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生体指標を用いた日本人におけるミネラルの適正摂取量(AI)・許容上限摂取量(UL)の算定に関する栄養疫学的研究

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