

Dietary Reference Intakes for Japanese for protein

Sex	Males				Females			
Age	EAR (g/day)	RDA (g/day)	AI (g/day)	DG (% energy) ¹	EAR (g/day)	RDA (g/day)	AI (g/day)	DG (% energy) ¹
0-5 months infants								
Breastfed	-	-	10	-	-	-	10	-
Formula-fed	-	-	15	-	-	-	15	-
6-11 months infants								
Breastfed	-	-	15	-	-	-	15	-
Formula-fed	-	-	20	-	-	-	20	-
1-2 years	15	20	-	-	15	20	-	-
3-5	20	25	-	-	20	25	-	-
6-7	30	35	-	-	25	30	-	-
8-9	30	40	-	-	30	40	-	-
10-11	40	50	-	-	40	50	-	-
12-14	50	60	-	-	45	55	-	-
15-17	50	65	-	-	40	50	-	-
18-29	50	60	-	<20	40	50	-	<20
30-49	50	60	-	<20	40	50	-	<20
50-69	50	60	-	<20	40	50	-	<20
≥70	50	60	-	<25	40	50	-	<25
Pregnant women (amount to be added)					+8	+10	-	-
Lactating women (amount to be added)					+15	+20	-	-

¹ The TGs (upper threshold) were set as protein energy ratio (%).

EAR, estimated average requirement, RDA, recommended dietary allowance; AI, adequate intake; DG, tentative dietary goal for preventing life-style related diseases

Dietary Reference Intakes for Japanese for total fat

[Ratio of total lipids to total energy (percentage of fat energy): % energy]

Age	Males		Females	
	AI	DG	AI	DG
0-5 months	50	-	50	-
6-11	40	-	40	-
1-2 years	-	20<, <30	-	20<, <30
3-5	-	20<, <30	-	20<, <30
6-7	-	20<, <30	-	20<, <30
8-9	-	20<, <30	-	20<, <30
10-11	-	20<, <30	-	20<, <30
12-14	-	20<, <30	-	20<, <30
15-17	-	20<, <30	-	20<, <30
18-29	-	20<, <30	-	20<, <30
30-49	-	20<, <25	-	20<, <25
50-69	-	20<, <25	-	20<, <25
≥70 ¹	-	15<, <25	-	15<, <25
Pregnant women			-	20<, <30
Lactating women			-	20<, <30

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

Dietary Reference Intakes for Japanese for saturated fatty acids

(% energy)

Age	Males	Females	
	AI (range)	AI (range)	
0-5 months	-	-	
6-11	-	-	
1-2 years	-	-	
3-5	-	-	
6-7	-	-	
8-9	-	-	
10-11	-	-	
12-14	-	-	
15-17	-	-	
18-29	4.5<, <7.0	4.5<, <7.0	
30-49	4.5<, <7.0	4.5<, <7.0	
50-69	4.5<, <7.0	4.5<, <7.0	
≥70	4.5<, <7.0	4.5<, <7.0	
Pregnant women			4.5<, <7.0
Lactating women			4.5<, <7.0

AI, adequate intake

Saturated fatty acid: C4:0, C6:0, C8:0, C10:0, C12:0, C14:0, C15:0, C16:0, C17:0, C18:0, C20:0, C22:0, C24:0.

Note: When the subject is ≥10 years old and the blood LDL cholesterol level is high, the arteriosclerotic process may progress. Treatment that includes restriction on saturated fatty acids is desired.

Dietary Reference Intakes for Japanese for n-6 fatty acids

Age	Males		Females	
	AI (g/day)	DG (% energy)	AI (g/day)	DG (% energy)
0-5 months	4.0	-	4.0	-
6-11	5.0	-	5.0	-
1-2 years	6.0		6.0	
3-5	8.0		7.0	
6-7	9.0		8.5	
8-9	9.0		10	
10-11	11		11	
12-14	13		10	
15-17	14		11	
18-29	12	<10	10	<10
30-49	11	<10	9.5	<10
50-69	10	<10	9.0	<10
≥70	8.0	<10	7.0	<10
Pregnant women			9.0	<10
Lactating women			10	<10

AI, adequate intake; DG, tentative dietary goal for preventing lifestyle-related diseases

N-6 fatty acids: C16:3, C18:2, C18:3, C20:2, C20:3, C20:4, C22:2, C22:5.

Note: No goal was computed for children, but by using the values set for an adult, it is desirable to avoid excessive intake.

Dietary Reference Intakes for Japanese for n-3 fatty acids (g/day)

Age	Males		Females	
	AI	DG	AI	DG
0-5 months	0.9	-	0.9	-
6-11	1.0	-	1.0	-
1-2 years	1.1	-	1.0	-
3-5	1.5	-	1.5	-
6-7	1.6	-	1.6	-
8-9	1.9	-	2.0	-
10-11	2.1	-	2.1	-
12-14	2.6	-	2.1	-
15-17	2.8	-	2.3	-
18-29	-	>2.6	-	>2.2
30-49	-	>2.6	-	>2.2
50-69	-	>2.9	-	>2.5
≥70	-	>2.2	-	>2.0
Pregnant women			2.1	-
Lactating women			2.4	-

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

N-3 fatty acids: C18:3, C18:4, C20:4, C20:5, C22:5, C22:6.

**Dietary Reference Intakes for Japanese for cholesterol
(mg/day)**

Age	Males	Females
	DG	DG
0-5 months	-	-
6-11	-	-
1-2 years	-	-
3-5	-	-
6-7	-	-
8-9	-	-
10-11	-	-
12-14	-	-
15-17	-	-
18-29	<750	<600
30-49	<750	<600
50-69	<750	<600
≥70	<750	<600
Pregnant women		<600
Lactating women		<600

DG, tentative dietary goal for preventing life-style related diseases

Note: When the subject is ≥10 years-old and the blood LDL cholesterol level is high, the arteriosclerotic process may progress. Treatment that includes restriction on cholesterol intake is desired.

Dietary Reference Intakes for Japanese for carbohydrates (% energy)

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

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

Dietary Reference Intakes for Japanese for dietary fibers (g/day)

Sex	Males					Females				
Age	EAR	RDA	AI	DG	UL	EAR	RDA	AI	DG	UL
0-5 months	-	-	-	-	-	-	-	-	-	-
6-11	-	-	-	-	-	-	-	-	-	-
1-2 years	-	-	-	-	-	-	-	-	-	-
3-5	-	-	-	-	-	-	-	-	-	-
6-7	-	-	-	-	-	-	-	-	-	-
8-9	-	-	-	-	-	-	-	-	-	-
10-11	-	-	-	-	-	-	-	-	-	-
12-14	-	-	-	-	-	-	-	-	-	-
15-17	-	-	-	-	-	-	-	-	-	-
18-29	-	-	27	20	-	-	-	21	17	-
30-49	-	-	26	20	-	-	-	20	17	-
50-69	-	-	24	20	-	-	-	19	18	-
≥70	-	-	19	17	-	-	-	15	15	-
Pregnant women (amount to be added)						-	-	-	-	-
Lactating women (amount to be added)						-	-	-	-	-

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

Dietary Reference Intakes for Japanese for vitamin B₁ (mg/day)¹

Sex	Males				Females			
Age	EAR	RDA	AI	UL	EAR	RDA	AI	UL
0-5 months	-	-	0.1	-	-	-	0.1	-
6-11	-	-	0.3	-	-	-	0.3	-
1-2 years	0.4	0.5	-	-	0.4	0.5	-	-
3-5	0.6	0.7	-	-	0.6	0.7	-	-
6-7	0.7	0.9	-	-	0.7	0.8	-	-
8-9	0.9	1.1	-	-	0.8	1.0	-	-
10-11	1.0	1.2	-	-	1.0	1.2	-	-
12-14	1.2	1.4	-	-	1.0	1.2	-	-
15-17	1.2	1.5	-	-	1.0	1.2	-	-
18-29	1.2	1.4	-	-	0.9	1.1	-	-
30-49	1.2	1.4	-	-	0.9	1.1	-	-
50-69	1.1	1.3	-	-	0.9	1.0	-	-
≥70	0.8	1.0	-	-	0.7	0.8	-	-
Pregnant women (amount to be added)	/							
early-stage					+0	+0	-	-
mid-stage					+0.1	+0.1	-	-
late-stage					+0.2	+0.3	-	-
Lactating women (amount to be added)					+0.1	+0.1	-	-

¹ Computed using the Estimated Energy Requirement for PAL II.

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

Dietary Reference Intakes for Japanese for vitamin B₂ (mg/day)¹

Sex	Males				Females			
Age	EAR	RDA	AI	UL	EAR	RDA	AI	UL
0-5 months	-	-	0.3	-	-	-	0.3	-
6-11	-	-	0.4	-	-	-	0.4	-
1-2 years	0.5	0.6	-	-	0.4	0.5	-	-
3-5	0.7	0.8	-	-	0.6	0.8	-	-
6-7	0.8	1.0	-	-	0.7	0.9	-	-
8-9	1.0	1.2	-	-	0.9	1.1	-	-
10-11	1.2	1.4	-	-	1.1	1.3	-	-
12-14	1.3	1.6	-	-	1.2	1.4	-	-
15-17	1.4	1.7	-	-	1.1	1.3	-	-
18-29	1.3	1.6	-	-	1.0	1.2	-	-
30-49	1.3	1.6	-	-	1.0	1.2	-	-
50-69	1.2	1.4	-	-	1.0	1.2	-	-
≥70	0.9	1.1	-	-	0.8	0.9	-	-
Pregnant women (amount to be added)	/							
early-stage					+0	+0	-	-
mid-stage					+0.1	+0.2	-	-
late-stage					+0.3	+0.3	-	-
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; PAL, physical activity level

¹ Computed using the Estimated Energy Requirement for PAL II.

Dietary Reference Intakes for Japanese for niacin (mg NE/day)¹

Sex	Males				Females			
Age	EAR	RDA	AI	UL ²	EAR	RDA	AI	UL ²
0-5 months ³	-	-	2	-	-	-	2	-
6-11	-	-	3	-	-	-	3	-
1-2 years	5	6	-	-	4	5	-	-
3-5	7	8	-	-	6	7	-	-
6-7	8	10	-	-	7	9	-	-
8-9	9	11	-	-	9	10	-	-
10-11	11	13	-	-	10	12	-	-
12-14	13	15	-	-	11	13	-	-
15-17	13	16	-	-	11	13	-	-
18-29	13	15	-	300 (100)	10	12	-	300 (100)
30-49	13	15	-	300 (100)	10	12	-	300 (100)
50-69	12	14	-	300 (100)	9	11	-	300 (100)
≥70	9	11	-	300 (100)	7	9	-	300 (100)
Pregnant women (amount to be added)	/							
early-stage					+0	+0	-	-
mid-stage					+1	+1	-	-
late-stage					+2	+3	-	-
Lactating women (amount to be added)	/				+2	+2	-	-

NE, niacin equivalents; EAR, estimated average requirement; RDA, recommended dietary allowance; AI, adequate intake; UL, tolerable upper intake level, PAL, physical activity level

¹ Computed using the Estimated Energy Requirement for PAL II.

² Quantity (mg) for the upper threshold of nicotinamide. The value in parentheses is the quantity (mg) of nicotinic acid.

³ Unit, mg/day

Dietary Reference Intakes for Japanese for vitamin B₆ (mg/day)¹

Sex	Males				Females			
Age	EAR	RDA	AI	UL ²	EAR	RDA	AI	UL ²
0-5 months	-	-	0.2	-	-	-	0.2	-
6-11	-	-	0.3	-	-	-	0.3	-
1-2 years	0.4	0.5	-	-	0.4	0.5	-	-
3-5	0.5	0.6	-	-	0.5	0.6	-	-
6-7	0.7	0.8	-	-	0.6	0.7	-	-
8-9	0.8	0.9	-	-	0.8	0.9	-	-
10-11	1.0	1.2	-	-	1.0	1.2	-	-
12-14	1.1	1.4	-	-	1.0	1.3	-	-
15-17	1.2	1.5	-	-	1.0	1.2	-	-
18-29	1.1	1.4	-	60	1.0	1.2	-	60
30-49	1.1	1.4	-	60	1.0	1.2	-	60
50-69	1.1	1.4	-	60	1.0	1.2	-	60
≥70	1.1	1.4	-	60	1.0	1.2	-	60
Pregnant women (amount to be added)					+0.7	+0.8	-	-
Lactating women (amount to be added)					+0.3	+0.3	-	-

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

¹ Computed using the Estimated Energy Requirement for PAL II.

² Quantity as pyridoxine.

Dietary Reference Intakes for Japanese for folic acid ($\mu\text{g}/\text{day}$)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 $\mu\text{g}/\text{day}$ 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 B₁₂ (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 B₁₂ is not absorbed.

Dietary Reference Intakes for Japanese for biotin ($\mu\text{g}/\text{day}$)

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 ($\mu\text{g RE/day}$)

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 $\mu\text{g RE} = 1 \mu\text{g retinol} = 12 \mu\text{g } \beta\text{-carotene} = 24 \mu\text{g } \alpha\text{-carotene} = 24 \mu\text{g } \beta\text{-cryptoxanthin}$.

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			
	EAR	RDA	AI	UL	EAR	RDA	AI	UL
Age								
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 than α -tocopherol are not included.

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

Dietary Reference Intakes for Japanese for vitamin D ($\mu\text{g}/\text{day}$)

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

¹Adequate 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 ($\mu\text{g}/\text{day}$)

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

¹When 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