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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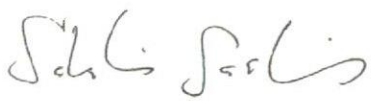

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生体指標を用いた日本人におけるミネラルの適正摂取量(AI)・許容上限摂取量(UL)の算定に関する栄養疫学的研究

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