

RECOMMENDED DIETARY ALLOWANCES FOR INDIANS

Group	Particulars	Body weight kg	Net energy Kcal/d	Protein g/d	Visible fat g/day	Calcium mg/d	Iron mg/d	Vitamin $\mu\text{g}/\text{kg}$		Thiamine mg/d	Riboflavin mg/d	Nicotinic acid mg/d	Pyridoxine mg/d	Ascorbic acid mg/d	Free folic acid $\mu\text{g}/\text{d}$	Vit B12 $\mu\text{g}/\text{d}$
								Retinol	β carotene							
Man	Sedentary work	60	2425	60	20	400	28	600	2400	1.2	1.4	16	2.0	40	100	1
	Moderate work		2875							1.4	1.6	18				
	Heavy work		3800							1.6	1.9	21				
Woman	Sedentary work	50	1875	50	20	400	30	600	2400	0.9	1.1	12	2.0	40	100	1
	Moderate work		2225							1.1	1.3	14				
	Heavy work		2925							1.2	1.5	16				
	Pregnant woman	50	+ 300	+15	30	1000	38	600	2400	+0.2	+0.2	+2	2.5	40	400	1
	Lactation															
	0-6 months	50	+550	+25	45	1000	30	950	3800	+0.3	+0.3	+4	2.5	80	150	1.5
	6-12 months		+400	+18				350		+0.2	+0.2	+3				
Infants	0-6 months	5.4	108/kg	2.05/kg		500			1200	55 $\mu\text{g}/\text{kg}$	65 $\mu\text{g}/\text{kg}$	710 $\mu\text{g}/\text{kg}$	0.1	25	25	0.2
	6-12 months	8.6	98/kg	1.65/kg				350		50 $\mu\text{g}/\text{kg}$	60 $\mu\text{g}/\text{kg}$	650 $\mu\text{g}/\text{kg}$	0.4			
Children	1-3 years	12.2	1240	22	25	400	12	400	1600	0.6	0.7	8	0.9	40	30	0.2-1.0
	4-6 years	19.0	1690	30			18	400		0.9	1.0	11	40			
	7-9 years	26.9	1950	41			26	600		1.0	1.2	13	1.6		60	
Boys	10-12 years	35.4	2190	54	22	600	34	600	2400	1.1	1.3	15	1.6	40	70	0.2-1.0
Girls	10-12 years	31.5	1970	57			19			1.0	1.2	13				
Boys	13-15 years	47.8	2450	70	22	600	41	600	2400	1.2	1.5	16	2.0	100	100	0.2-1.0
Girls	13-15 years	46.7	2060	65			28			1.0	1.2	14				
Boys	16-18 years	57.1	2640	78	22	500	50	600	2400	1.3	1.6	17	2.0	40	100	0.2-1.0
Girls	16-18 years	49.9	2060	63			30			1.0	1.2	14				

Source : Gopalan. C, Rama Sastri B.V. and Balasubramanian, S.C., 2004, Nutritive Value of Indian Foods, National Institute of Nutrition, ICMR, Hyderabad.