

RECOMMENDED DIETARY ALLOWENCES FOR INDIANS*

Group	Particulars	Body wt Kg	Net energy K.Cal/d	Protein g/d	Fat g/d	Calcium Mg/d	Iron Mg/d	Vit .A mcg/d		Thiamin Mg/d	Riboflavin Mg/d	Nicotinic Acid, Mg/d	Pyridoxine Mg/d	Ascorbic acid Mg/d	Folic acid Mcg/d	Vit-B12 mcg/d				
								Retinol	B- 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								
Women	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 – women		+300							+0.2	+0.2	+2					2.5	40	400	1
	Lactation																			
0-6 months	+550	+0.3	+0.3	+4	2.5	80	150	1.5												
6-12months	+400	+0.2	+0.2	+3																
Infants	0-6 months	5.4	108/kg	2.05/kg						55mcg/kg	65mcg/kg	710 mcg/kg	0.1							
	6-12months	8.6	98/kg	1.65/kg	---	500	----	350	1200	50mcg/kg	60mcg/kg	650mcg/kg	0.4	25	25	0.2				
Children	1-3 yrs	12.2	1240	22	25	400	12	400	1600	0.6	0.7	8	0.9	40	30	0.2-				
	4-6 yrs	19.0	1690	30			18	400		11	1.6	60								
	7-9 yrs	26.9	1950	41			26	600		13										
Boys	10-12 yrs	35.4	2190	54	22	600	34	600	2400	1.1	1.3	15	1.6	40	70	0.2-				
Girls	10-12 yrs	31.5	1970	57			19	600		1.0	1.2	13								
Boys	13-15 yrs	47.8	2450	70	22	600	41	600	2400	1.2	1.5	16	2.0	40	100	0.2-				
	Girls	13-15 yrs	46.7	2060			65	28		600	1.0	1.2					14			
Boys	16-18 yrs	57.1	2640	78	22	500	50	600	2400	1.3	1.6	17	2.0	40	100	0.2-				
	Girls	16-18 yrs	49.9	2060			63	30		600	1.0	1.2					14			

*Courtesy: P-94 of Nutritive Value of Indian Foods – C.Gopalan, B.V.Rama sastri & S.C.Balasubramanian.