

RECOMMENDED DIETARY ALLOWANCE FOR INDIANS

Group	Particulars	Body Wt. Kg	Net Energy Kcal/d	Protien G/d	Visable Fat G/d	Calcium Mg/d	Iron Mg/d	Vit.A g/d Retinol Carotene		Thiamin Mg/d	Roboflavin Mg/d	Nicotinic Acid Mg/d	Pyridoxin Mg/d	Ascorbic Acid Mg/d	Folic Acid Mg/d	Vit.B12 Mg/d
Man	Sedentary work	60	2435	20	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	1.8	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	50	+300	+15	30	1000	38	600	2400	+0.2	+0.2	+2	2.5	40	400	1
	0-6 months	50	+550	+25	40	1000	20	950	3800	+0.3	+0.3	+4	2.5	80	150	1.5
	6-12 months	50	+400	+18	45	1000	30	950	3800	+0.2	+0.2	+3	2.5	80	150	1.5
Infants	0-6 months	5.4	108 Kg	2.05 Kg		500		350	1200	55	65	710	0.1	25	25	0.2
	6-12 months	8.6	98/Kg	1.65/Kg		500		350	1200	55	65	710	0.4	25	25	0.2
Children	1-3 years	12.2	1240	22			12	400	1600	0.6	0.7	8	0.9		30	0.2-1.0
	4-6 years	19.0	1698	30	25	400	16	400		0.9	1.0	11		40	40	
	7-9 years	26.9	1950	41			18	600	2400	1.0	1.4	10	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	22	600	19		2400	1.0	1.2	13	1.6	40	70	0.2-1.0
Boys	13-15 years	47.8	2450	70	22	600	41	600	2400	1.2	1.5	16	2.0	40	100	0.2-1.0
Girls	13-15 years	46.7	2060	65	22	600	28	600	2400	1.0	1.2	14	2.0	40	100	0.2-1.0
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	22	500	30	600	2400	1.0	1.2	14	2.0	40	100	0.2-1.0

Source: Nutritive Value of Indian Foods, national Institute of Nutrition, ICMR ,India.