

		Male		Female	
		65–69	≥ 70	65–69	≥ 70
EAR					
Protein	g	50	50	40	40
Vitamin A	μgRAE	600	550	500	450
Vitamin B ₁	mg	1.1	1	0.9	0.8
Vitamin B ₂	mg	1.2	1.1	1	0.9
Niacin	mgNE	12	11	9	8
Vitamin B ₆	mg	1.2	1.2	1	1
Vitamin B ₁₂	μg	2	2	2	2
Folate	μg	200	200	200	200
Vitamin C	mg	85	85	85	85
Sodium	mg	600	600	600	600
Calcium	mg	600	600	550	550
Magnesium	mg	290	270	240	220
Iron	mg	6	6	5.5	5
Copper	mg	0.7	0.7	0.6	0.6
UL					
Vitamin A	μgRAE	2,700	2,700	2,700	2,700
Vitamin E	mg	850	750	700	650
Niacin	mgNE	350	300	250	250
Vitamin B ₆	mg	55	50	45	40
Folate	μg	1,000	900	1,000	900
Calcium	mg	2,500	2,500	2,500	2,500
Phosphorous	mg	3,000	3,000	3,000	3,000
Iron	mg	50	50	40	40
Copper	mg	10	10	10	10
DG					
Protein	%energy	13–20	13–20	13–20	13–20
Fat	%energy	20–30	20–30	20–30	20–30
Carbohydrates	%energy	50–65	50–65	50–65	50–65
Dietary fiber	g	>20	>19	>18	>17
Salt	g	<8	<8	<7	<7
Potassium	mg	>3,000	>3,000	>2,600	>2,600

EAR (Estimated Average Requirement), UL (Tolerable Upper Intake Level), DG (Tentative Dietary Goal for Preventing Life-style Related Diseases).

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S Ashworth



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