

Age group (years)	Calcium (mg/d)	Age group (years)	Iron (mg/d)	Zinc (mg/d)	
				LPI (mg/d)	
7–11 mo ^(a)	^(b)	7–11 mo ^(a)	8	^(c)	2.4
1–3	390	1–3	5	^(c)	3.6
4–6	680	4–6	5	^(c)	4.6
7–10	680	7–10	8	^(c)	6.2
11–14	960	11–14	8	^(c)	8.9
15–17	960	15–17	8	^(c)	11.8
18–24	860	≥ 18	6	300	7.5
≥ 25	750			600	9.3
				900	11.0
				1,200	12.7

d, day; LPI, level of phytate intake; mo, months

(a): i.e. the second half of the first year of life (from the beginning of the 7th month to the 1st birthday)

(b): an AI was set for infants (see Table 5)

(c): The fractional absorption of zinc considered in setting ARs for children was based on data from mixed diets expected to contain variable quantities of phytate; therefore, no adjustment for phytate intake has been made.

Table from: EFSA (European Food Safety Authority), 2017. Dietary reference values for nutrients: Summary report. EFSA supporting publication 2017:e15121. 92 pp.

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7–11 mo ^(a)	^(b)	7–11 mo ^(a)	8	7–11 mo ^(a)	^(c)	2.4
1–3	390	1–3	5	1–3	^(c)	3.6
4–6	680	4–6	5	4–6	^(c)	4.6
7–10	680	7–11	8	7–10	^(c)	6.2
11–14	960	12–14	7	11–14	^(c)	8.9
15–17	960	15–17	7	15–17	^(c)	9.9
18–24	860	≥ 18 Premenopausal Postmenopausal	7 6	≥ 18	300	6.2
≥ 25	750			600	7.6	
				900	8.9	
				1,200	10.2	
Pregnancy						
18–24	860		7			+1.3^(d)
≥ 25	750					
Lactation						
18–24	860		7			+2.4^(d)
≥ 25	750					

d, day; LPI, level of phytate intake; mo, months

(a): i.e. the second half of the first year of life (from the beginning of the 7th month to the 1st birthday)

(b): an AI was set for infants (see Table 7)

(c): The fractional absorption of zinc considered in setting ARs for children was based on data from mixed diets expected to contain variable quantities of phytate; therefore, no adjustment for phytate intake has been made.

(d): in addition to the ARs for non-pregnant, non-lactating women

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