SCHEDULE IV

Recommended dietary allowances for Sri Lankans 1998

Group	Particulars #	Body Wt ## Kg	Net energy Cal/day	Net energy [kJ]	Protein * g/day	Calcium mg/day	Iron ** mg/day	Vitamin A µg/day	Thiamin mg/day	Riboflavin mg/day	Niacin mg/day	Ascorbic acid mg/day	Folic acid µg	Vitamin B 12 µg
Man	Sedentary work	60	2475	[10350]	53 (45)	400	17	600	1.2	1.5	16	40	200	1.0
	Moderate work		2840	[11880]	,,	,,	,,	,,	1.4	1.7	19	,,	,,	,,
	Heavy work		3350	[14010]	,,	,,	,,	,,	1.7	2.0	22	,,	,,	,,
Woman	Sedentary work	50	1920	[8030]	44 (38)	400	19	600	1.0	1.2	13	40	200	1.0
	Moderate work		2020	[8450]	,,	,,	,,	,,	1.0	1.2	13	,,	,,	,,
	Heavy work		2240	[9370]	,,	,,	,,	,,	1.1	1.3	15	,,	,,	,,
	Pregnant woman													
	Full activity		+285	[1200]	+7 (6)	1000	23	600	+0.2	+0.2	+2	40	500	1.5
	Reduced activity		+200	[850]	,,	,,	,,	,,	+0.1	+0.2	+1	,,	,,	,,
	Lactating woman													
	0 – 06 months		+500	[2100]	+21(18)	1000	19	950	+0.3	+0.3	+3	80	250	1.5
	6 – 12 ,,		+500	[2100]	+15(13)	,,	,,	,,	+0.3	+0.3	+3	,,	,,	,,
Infants	03 – 06 months	7.0	700	[2930]	27 (13)	500		350	0.4	0.4	5	25	21	0.2
	06 – 09 ,,	8.5	810	[3390]	29 (14)	,,		,,	0.4	0.5	5	,,	26	,,
	09 – 12 ,,	9.5	950	[3970]	29 (14)	,,		,,	0.5	0.6	6	,,	29	,,
Children	01 – 02 years	11.0	1150	[4810]	29 (14)	400	7	400	0.6	0.7	8	40	33	0.2 – 1
	02 – 03 ,,	13.5	1350	[5650]	30 (15)	,,	8	,,	0.7	0.8	9	,,	41	,,
	03 – 05 ,,	16.5	1570	[6570]	36 (18)	,,	10	,,	0.8	0.9	10	,,	50	,,
Boys	05 – 07 years	20.5	1850	[7740]	31 (21)	400	12	400	0.9	1.1	12	40	62	0.2 – 1
	07 – 10 ,,	27.0	2100	[8790]	41 (27)	,,	16	600	1.1	1.3	14	,,	81	,,
	10 – 12 ,,	34.5	2200	[9200]	53 (34)	600	20	,,	1.1	1.3	15	,,	104	,,
	12 – 14 ,,	44.0	2400	[10040]	67 (44)	,,	23	,,	1.2	1.4	16	,,	132	,,
	14 – 16 ,,	55.5	2650	[11090]	80 (52)	,,	29	,,	1.3	1.6	17	,,	167	,,
	16 – 18 ,,	64.0	2830	[11840]	88 (58)	500	34	,,	1.4	1.7	19	,,	192	,,
Girls	05 – 07 years	20.5	1750	[7322]	31 (21)	400	12	400	0.9	1.1	12	40	62	0.2 – 1
	07 – 10 ,,	27.0	1810	[7573]	41 (27)	,,	16	600	0.9	1.1	12	,,	81	,,
	10 – 12 ,,	36.0	1950	[8160]	55 (36)	600	21	,,	1.0	1.2	13	,,	108	,,
	12 – 14 ,,	46.5	2100	[8790]	67 (44)	,,	18	,,	1.1	1.3	14	,,	140	,,
	14 – 16 ,,	52.0	2150	[9000]	72 (47)	,,	20	,,	1.1	1.3	14	,,	156	,,
	16 – 18 ,,	54.0	2150	[9000]	66 (43)	500	21	,,	1.1	1.3	14	,,	162	,,

\# All ranges of age starts at given figure in months or years and ends one decimal point short of the given figure (e.g. 3 - 6 months = 3 – 5.99 months)

Body weight is as at the mid point of the age range (NCHS)

* Values in parenthesis are requirements of reference proteins

** Based on dietary iron absorption levels, (for rice based diet)

5% for adult men, children and adolescent boys; 8% for adolescent girls, adult and lactating women; 13.3% for pregnant women

Based on WHO recommendation 1985 (RDA for iron is based on ICMR recommendation 1990)

Source: Food (Labelling and Advertising) Regulations 2005

Tolerable Upper Intake Levels (ULs)

Nutrient (unit)[a]	1–3 years	4–8 years	9–13 years	19–70 years
Vitamin A (µg RE)[b]	600	900	1700	3000
Vitamin D (µg)[c]	50	50	50	50
Vitamin E (mg α-tocopherol)	200	300	600	1000
Vitamin C (mg)	400	650	1200	1000[d]
Niacin (vitamin B_3)(mg NE)[e]	10	15	20	35
Vitamin B_6 (mg)	30	40	60	100
Folic acid (µg DFE)[f]	300	400	600	1000
Choline (mg)	1000	1000	2000	3500
Iron (mg)	40	40	40	45
Zinc (mg)	7	12	23	45[g]
Copper (mg)	1	3	5	10
Calcium (mg)	2500	2500	2500	3000[h]
Phosphorus (mg)	3000	3000	4000	4000
Manganese (mg)	2	3	6	11
Molybdenum (µg)	300	600	1100	2000
Selenium (µg)	90	150	280	400
Iodine (µg)	200	300	600	1100
Fluoride (µg)	1300	2200	10000	10000

[a] Although no UL is specified for arsenic, silicon and vanadium, there is no justification for adding these substances to foods.
[b] Refers to preformed vitamin A only (i.e. esters of retinol). 1 µg RE = 3.33 IU vitamin A.
[c] As calciferol, where 1 µg calciferol = 40 IU vitamin D.
[d] The United States Food and Nutrition Board of the Institute of Medicine recommends a UL of 2000 mg vitamin C/day for adults.
[e] Based on the flushing effects of nicotinic acid. If niacinamide is used as the fortificant, the UL would be much higher. A UL for adults of 900 mg niacinamide/day has been recommended by the European Commission (*319*).
[f] Refers to folic acid derived from fortified foods, or supplemental folic acid.
[g] The United States Food and Nutrition Board of the Institute of Medicine recommends a UL of 40 mg zinc/day for adults (*91*).
[h] The United States Food and Nutrition Board of the Institute of Medicine recommends a UL of 2500 mg calcium/day for adults (*193*).

Sources: adapted from references (*91,93*). FAO/WHO have only recommended ULs for vitamins A, B_3 (niacin), B_6, C, D and E, calcium, selenium and zinc for adults. The remaining values are those recommended by the United States Food and Nutrition Board of the Institute of Medicine.

Source: Policy Guidelines for Fortification of Food In Sri Lanka 2008