

DAILY NUTRIENT INTAKE

Recommendations

| | EU | WHO | Australia | USA | Japan | Nordic |
|-----------------------|------|------|-----------|------|-------|--------|
| Vitamin A (µg) | 800 | 600 | 900 | 1500 | 850 | 900 |
| Vitamin D (µg) | 5 | 5 | 5 | 10 | 5.5 | 10 |
| Vitamin E (mg) | 12 | 10 | 10 | 20 | 7 | 10 |
| Vitamin K (µg) | 75 | 65 | 70 | 80 | 75 | 100 |
| Vitamin C (mg) | 80 | 45 | 45 | 60 | 100 | 75 |
| Thiamin (mg) | 1.1 | 1.2 | 1.2 | 1.5 | 1.4 | 1.3 |
| Riboflavin (mg) | 1.4 | 1.3 | 1.3 | 1.7 | 1.6 | 1.5 |
| Niacin (mg) | 16 | 16 | 16 | 20 | 15 | 18 |
| Vitamin B6 (µg) | 1.4 | 1.3 | 1.3 | 2 | 1.4 | 1.5 |
| Folic acid (µg) | 200 | 400 | 400 | 400 | 240 | 300 |
| Vitamin B12 (µg) | 2.5 | 2.4 | 2.4 | 6 | 2.4 | 2.8 |
| Biotin (µg) | 50 | 30 | 30 | 300 | 50 | 40 |
| Pantothenic acid (mg) | 6 | 5 | 6 | 10 | 5 | 5 |
| Potassium (mg) | 2000 | | 3800 | 3500 | 2900 | 3500 |
| Chloride (mg) | 800 | | 550 | 3400 | | |
| Calcium (mg) | 800 | 1000 | 1000 | 1000 | 650 | 800 |
| Phosphorus (mg) | 700 | | 1000 | 1000 | 1000 | 600 |
| Magnesium (mg) | 375 | 260 | 420 | 400 | 370 | 350 |
| Iron (mg) | 14 | 14 | 8 | 18 | 7.5 | 9 |
| Zinc (mg) | 10 | 7 | 14 | 15 | 12 | 9 |
| Copper (mg) | 1 | | 1.7 | 2 | 0.9 | 0.9 |
| Manganese (mg) | 2 | | 5.5 | 2 | 4 | 4 |
| Fluoride (mg) | 3.5 | | 4 | | | |
| Selenium (µg) | 55 | 34 | 70 | 70 | 30 | 60 |
| Chromium (µg) | 40 | | 35 | 120 | 40 | |
| Molybdenum (µg) | 50 | | 45 | 75 | 30 | |
| Iodine (µg) | 150 | 130 | 150 | 150 | 130 | 150 |

World Health Organisation (WHO): [Human Vitamin and Mineral Requirements \(2001\)](#)

Regulation (EU): [No 1169/2011 of the European Parliament and of the Council \(2011\)](#)

European Food Safety Authority (EFSA): [Dietary reference values and dietary guidelines](#)

Australia and New Zealand: [National Health and Medical Research Council: Nutrient Reference Values for Australia and New Zealand \(2015\)](#)

U.S. Food and Drug Administration (FDA): [Labeling & Nutrition \(2013\)](#)

Japan: [National Institute of Health and Nutrition: Dietary Reference Intakes for Japanese \(2010\)](#)

Norden: [Nordic Nutrition Recommendations \(2012\)](#)