

Dietary Reference Intakes for Canadian Teenagers Aged 14-18

Vitamins

VITAMIN A
RDA
(mcg/day)
male 900
female 700
UL = 2800

VITAMIN D
RDA
(mcg / day)
male 15
female 15
UL = 100

VITAMINE E
RDA
(mg/day)
male 15
female 15
UL = 800

VITAMIN K
AI
(mcg / day)
male 75
female 75

VITAMIN C
RDA
(mg / day)
male 75
female 65
UL = 1800

THIAMIN (B1)
RDA
(mg / day)
male 1.2
female 1.0

RIBOFLAVIN (B2)
RDA
(mg/day)
male 1.3
female 1.0

NIACIN (B3)
RDA
(mg/day NE)
male 16
female 14
UL = 30

FOLATE (B9)
RDA
(mcg/day)
male - 400
female - 400
from a supplement
UL = 800

VITAMIN B 12
RDA
(mcg/day)
male 2.4
female 2.4

PANTOTHENIC ACID
AI
(mg / day)
male 5
female 5

BIOTIN
AI
(mcg/day)
male 25
female 30

Minerals

IODINE
RDA
(mcg/day)
male 150
female 150
UL = 900

ZINC
RDA
(mg/day)
male 11
female 9
UL = 40

mg = milligrams
mcg = micrograms
AI = Adequate Intake
RDA = Recommended
Daily Allowance
UL = Tolerable Upper
Intake Level

FLUORIDE
AI
(mcg/day)
male 3
female 3
UL = 10

PHOSPHORUS
RDA
(mg/day)
male 1250
female 1250
UL = 4000

COPPER
RDA
(mcg/day)
male 890
female 890
UL = 8000

CHROMIUM
AI
(mcg/day)
male 25
female 24

MAGNESIUM
RDA
(mg/day)
male 410
female 360
UL = 1700

SODIUM
RDA
(mg/day)
male 1500
female 1500
UL = 2300

CALCIUM
RDA
(mg/day)
male 1300
female 1300
UL = 3000

IRON
RDA
(mg/day)
male 11
female 15
UL = 45

POTASSIUM
AI
(mg/day)
male 4700
female 4700

Macronutrient Requirements for Canadians Aged 14-18

CARBOHYDRATES

RDA (grams per day)

male 130

female 130

PROTEIN

RDA (grams/day/kg of
body weight)

male 0.85

female 0.85

TOTAL WATER

(Includes drinking water,
water in beverages, and
water that is part of food)

male 3.3 Litres

female 2.3 Litres

TOTAL FAT

30% or less of total
energy intake per
day.

OMEGA-6 (LINOLEIC ACID)

AI - (g/day)

male 16

female 11

OMEGA-3 A-LINOLENIC ACID

AI - (g/day)

male 1.6

female 1.1