Dietary Reference Intakes for Canadian Teenagers Aged 14-18

**VITAMIN A**
RDA (mcg/day)
male 500
female 700
UL = 2800

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

**VITAMIN 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 = 600

**VITAMIN B12**
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

**Calcium**
RDA (mg/day)
- male: 1300
- female: 1300
UL = 3000

**Chromium**
Al (mcg/day)
- male: 25
- female: 24

**Fluoride**
Al (mcg/day)
- male: 3
- female: 3
UL = 10

**Iodine**
RDA (mcg/day)
- male: 150
- female: 150
UL = 900

**Iron**
RDA (mg/day)
- male: 11
- female: 15
UL = 45

**Magnesium**
RDA (mg/day)
- male: 410
- female: 360
UL = 1700

**Phosphorus**
RDA (mg/day)
- male: 1250
- female: 1250
UL = 4000

**Zinc**
RDA (mg/day)
- male: 11
- female: 9
UL = 40

**Potassium**
Al (mg/day)
- male: 4700
- female: 4700

**Sodium**
RDA (mg/day)
- male: 1500
- female: 1500
UL = 2300

**Copper**
RDA (mcg/day)
- male: 890
- female: 890
UL = 8000

**Units**
- mg = milligrams
- mcg = micrograms
- Al = Adequate Intake
- RDA = Recommended Daily Allowance
- UL = Tolerable Upper Intake Level
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 (ALINOLENIC ACID)**
AI - (g/day)
- male 1.6
- female 1.1