

RDAs for Adolescents and Teens

	Ages 9 to 13		Ages 14 to 18		Ages 19 to 30	
	Male	Female	Male	Female	Male	Female
Calcium	1300 mg	1300 mg	1300 mg	1300 mg	1000 mg	1000 mg
Phosphorus	1250 mg	1250 mg	1250 mg	1250 mg	700 mg	700 mg
Magnesium	240 mg	240 mg	410 mg	360 mg	400 mg	310 mg
Chromium	25 mcg	21 mcg	35 mcg	24 mcg	35 mcg	25 mcg
Silica	na	na	na	na	na	na
Zinc	8 mg	8 mg	11 mg	9 mg	11 mg	8 mg
Manganese	1.9 mg	1.6 mg	2.2 mg	1.6 mg	2.3 mg	1.8 mg
Copper	700 mcg	700 mcg	890 mcg	890 mcg	900 mcg	900 mcg
Boron	na	na	na	na	na	na
Potassium	4.5 g	4.5 g	4.7 g	4.7 g	4.7 g	4.7 g
Strontium	na	na	na	na	na	na
Vitamin D	600 IU	600 IU	600 IU	600 IU	600 IU	600 IU
Vitamin C	45 mg	45 mg	75 mg	65 mg	90 mg	75 mg
Vitamin A	600 mcg	600 mcg	900 mcg	700 mcg	900 mcg	700 mcg
Vitamin B6	1.0 mg	1.0 mg	1.3 mg	1.2 mg	1.3 mg	1.3 mg
Folic acid (B9)	300 mcg	300 mcg	400 mcg	400 mcg	400 mcg	400 mcg
Vitamin B12	1.8 mcg	1.8 mcg	2.4 mcg	2.4 mcg	2.4 mcg	2.4 mcg
Vitamins K1 and K2	60 mcg (AI)	60 mcg (AI)	75 mcg (AI)	75 mcg (AI)	120 mcg (AI)	90 mcg (AI)
Fats	72 - 100 g	59 -83 g	82 - 115 g	69 -96 g	65 - 113 g	53 - 93 g
Protein	.95g/kg	.95g/kg	.95g/kg	.95g/kg	.80-.85g/kg	.80-.85g/kg