

ANNEX A
REFERENCE VALUES

Table 2

Philippine Dietary Reference Intakes 2015: Summary Tables

Recommended Nutrient Intakes per day (Macronutrients)

Life stage/ age group	Weight (kg)		Energy (kcal)		Protein (g)		Essential Fatty Acids		Dietary Fiber (g)	Water (mL)	
	M	F	M	F	M	F	α-Linolenic Acid (%E)	Linoleic Acid (%E)		M	F
Infants, mo											
0-5	6.5	6.0	620	560	9	8	0.5	4.5	-	680	680
6-11	9.0	8.0	720	630	17	15	0.5	4.5	-	890	890
Children, y											
1-2	12.0	11.5	1,000	920	18	17	0.5	3.0	6-7	1,000	920
3-5	17.5	17.0	1,350	1,260	22	21	0.5	2.0	8-10	1,350	1,260
6-9	23.0	22.5	1,600	1,470	30	29	0.5	2.0	11-14	1,600	1,470
10-12	33.0	36.0	2,060	1,980	43	46	0.5	2.0	15-17	2,060	1,980
13-15	48.5	46.0	2,700	2,170	62	57	0.5	2.0	18-20	2,700	2,170
16-18	59.0	51.5	3,010	2,280	72	61	0.5	2.0	21-23	3,010	2,280
Adults, y											
19-29	60.5	52.5	2,530	1,930	71	62	0.5	2.0	20-25	2,530	1,930
30-49	60.5	52.5	2,420	1,870	71	62	0.5	2.0	20-25	2,420	1,870
50-59	60.5	52.5	2,420	1,870	71	62	0.5	2.0	20-25	2,420	1,870
60-69	60.5	52.5	2,140	1,610	71	62	0.5	2.0	20-25	2,140	1,610
≥ 70	60.5	52.5	1,960	1,540	71	62	0.5	2.0	20-25	1,960	1,540
Pregnant				+300*		+27					+300
Lactating				+500		+27					+700

NOTE: Recommended Nutrient Intakes (RNI) are in **bold font**, while Adequate Intakes (AI) are in *italics*.

*For 2nd and 3rd trimesters only

Table 3

Philippine Dietary Reference Intakes 2015: Summary Tables

Recommended Nutrient Intakes per day (Vitamins)

Life stage/ age group	Weight (kg)		Vitamin A ^a (µgRE)		Vitamin D ^b (µg)		Vitamin E ^c (mg α-TE)		Vitamin K (µg)		Thiamin (mg)		Riboflavin (mg)		Niacin ^d (mgNE)		Vitamin B ₆ (mg)		Vitamin B ₁₂ (µg)		Folate ^e (µgDFE)		Vitamin C (mg)	
	M	F	M	F	M	F	M	F	M	F	M	F	M	F	M	F	M	F	M	F	M	F	M	F
Infants, mo																								
0-5	6.5	6.0	380	380	5	5	3	3	7	6	0.2	0.2	0.3	0.3	1	1	0.1	0.1	0.3	0.3	65	65	30	30
6-11	9.0	8.0	400	400	5	5	4	4	9	8	0.4	0.3	0.4	0.3	5	5	0.2	0.3	0.4	0.4	80	70	40	40
Children, y																								
1-2	12.0	11.5	400	400	5	5	4	4	12	12	0.5	0.4	0.5	0.4	6	6	0.5	0.5	0.9	1.0	150	150	45	45
3-5	17.5	17.0	400	400	5	5	5	5	18	17	0.5	0.5	0.6	0.5	7	7	0.6	0.7	1.1	1.2	200	200	45	45
6-9	23.0	22.5	400	400	5	5	6	6	23	23	0.7	0.7	0.7	0.7	9	9	0.7	0.8	1.3	1.5	300	300	45	45
10-12	33.0	36.0	500	500	5	5	7	9	33	36	0.9	0.9	1.0	0.9	11	12	1.0	1.1	1.8	2.1	300	300	45	45
13-15	48.5	46.0	700	500	5	5	10	9	49	46	1.2	1.0	1.3	1.0	15	13	1.3	1.2	2.3	2.2	400	400	60	55
16-18	59.0	51.5	800	600	5	5	11	10	59	52	1.4	1.1	1.5	1.1	18	14	1.5	1.3	2.7	2.4	400	400	70	60
Adults, y																								
19-29	60.5	52.5	700	600	5	5	10	10	61	53	1.2	1.1	1.3	1.1	16	14	1.3	1.3	2.4	2.4	400	400	70	60
30-49	60.5	52.5	700	600	5	5	10	10	61	53	1.2	1.1	1.3	1.1	16	14	1.3	1.3	2.4	2.4	400	400	70	60
50-59	60.5	52.5	700	600	10	10	10	10	61	53	1.2	1.1	1.3	1.1	16	14	1.7	1.6	2.4	2.4	400	400	70	60
60-69	60.5	52.5	700	600	15	15	10	10	61	53	1.2	1.1	1.3	1.1	16	14	1.7	1.6	2.4	2.4	400	400	70	60
≥ 70	60.5	52.5	700	600	15	15	10	10	61	53	1.2	1.1	1.3	1.1	16	14	1.7	1.6	2.4	2.4	400	400	70	60
Pregnant				+300		+0		+0		+0		+0.3		+0.7		+4		+0.6		+0.2		+200		+10
Lactating				+400		+0		+4		+0		+0.2		+0.6		+3		+0.7		+0.5		+150		+35

NOTE: Recommended Nutrient Intakes (RNI) are in **bold font**, while Adequate Intakes (AI) are in *italics*.

^a 1 retinol equivalent (RE) = 1 µg retinol = 12 µg β-carotene or 24 µg other provitamin A carotenoids; 1 µg RE = 3.33 IU vitamin A

^b In the absence of adequate exposure to sunlight, as calciferol; 1 µg calciferol = 40 IU vitamin D

^c 1 mg alpha-tocopherol equivalent (α-TE) = 1.49 IU natural form or 2.22 IU synthetic form

^d As niacin equivalent (NE)

^e 1 dietary folate equivalent (DFE) = 1 µg food folate = 0.6 µg folic acid from fortified foods or as supplement = 0.5 µg taken on an empty stomach

Table 4

Philippine Dietary Reference Intakes 2015: Summary Tables

Recommended Nutrient Intakes per day (Minerals)

Life stage/ age group	Weight (kg)		Iron (mg)		Zinc (mg)		Selenium (µg)		Iodine (µg)		Calcium (mg)		Magnesium (mg)		Phosphorus (mg)		Fluoride (mg)		Electrolytes			
	M	F	M	F	M	F	M	F	M	F	M	F	M	F	M	F	M	F	Sodium (mg)	Chloride (mg)	Potassium (mg)	
Infants, mo																						
0-5	6.5	6.0	<i>0.4</i>	<i>0.4</i>	<i>2.0</i>	<i>2.0</i>	7	6	90	90	<i>200</i>	<i>200</i>	<i>26</i>	<i>26</i>	<i>90</i>	<i>90</i>	<i>0.01</i>	<i>0.01</i>	<i>120</i>	<i>180</i>	<i>500</i>	
6-11	9.0	8.0	10	9	4.2	3.7	10	9	90	90	400	400	<i>50</i>	<i>50</i>	<i>275</i>	<i>275</i>	<i>0.5</i>	<i>0.4</i>	<i>200</i>	<i>300</i>	<i>700</i>	
Children, y																						
1-2	12.0	11.5	8	8	4.1	4.0	17	16	90	90	500	500	60	60	460	460	<i>0.6</i>	<i>0.6</i>	<i>225</i>	<i>350</i>	<i>1,000</i>	
3-5	17.5	17.0	9	9	5.0	4.8	20	20	90	90	550	550	70	70	500	500	<i>0.9</i>	<i>0.9</i>	<i>300</i>	<i>500</i>	<i>1,400</i>	
6-9	23.0	22.5	10	9	5.1	5.0	20	19	120	120	700	700	90	90	500	500	<i>1.2</i>	<i>1.1</i>	<i>400</i>	<i>600</i>	<i>1,600</i>	
10-12	33.0	36.0	12	20	6.6	6.1	21	23	120	120	1,000	1,000	150	160	1,250	1,250	<i>1.7</i>	<i>1.8</i>	<i>500</i>	<i>750</i>	<i>2,000</i>	
13-15	48.5	46.0	19	<i>(28)</i>	9.2	7.4	30	29	150	150	1,000	1,000	220	210	1,250	1,250	<i>2.4</i>	<i>2.3</i>	<i>500</i>	<i>750</i>	<i>2,000</i>	
16-18	59.0	51.5	14	<i>(28)</i>	9.0	7.2	37	32	150	150	1,000	1,000	265	230	1,250	1,250	<i>3.0</i>	<i>2.6</i>	<i>500</i>	<i>750</i>	<i>2,000</i>	
Adults, y																						
19-29	60.5	52.5	12	<i>(28)</i>	6.5	4.6	38	33	150	150	750	750	240	210	700	700	<i>3.0</i>	<i>2.6</i>	<i>500</i>	<i>750</i>	<i>2,000</i>	
30-49	60.5	52.5	12	<i>(28)</i>	6.5	4.6	38	33	150	150	750	750	240	210	700	700	<i>3.0</i>	<i>2.6</i>	<i>500</i>	<i>750</i>	<i>2,000</i>	
50-59	60.5	52.5	12	10	6.5	4.6	38	33	150	150	750	800	240	210	700	700	<i>3.0</i>	<i>2.6</i>	<i>500</i>	<i>750</i>	<i>2,000</i>	
60-69	60.5	52.5	12	10	6.5	4.6	38	33	150	150	800	800	240	210	700	700	<i>3.0</i>	<i>2.6</i>	<i>500</i>	<i>750</i>	<i>2,000</i>	
≥ 70	60.5	52.5	12	10	6.5	4.6	38	33	150	150	800	800	240	210	700	700	<i>3.0</i>	<i>2.6</i>	<i>500</i>	<i>750</i>	<i>2,000</i>	
Pregnant				(+10)		+5.1		+4		+100		+50*		+0		+0		+0		-	-	-
Lactating				+2		+7.0		+9		+100		+0		+50		+0		+0		-	-	-

NOTE: Recommended Nutrient Intakes (RNI) are in **bold font**, while Adequate Intakes (AI) are in *italics*.

() Requirements cannot be met by usual diet alone. Intake of iron-rich and iron-fortified foods and the use of supplements are recommended, if necessary.

*The calcium recommendation for pregnant women is for 3rd trimester only.