

ACTIVITY 1A: STUDENT HANDOUT

RECOMMENDED DIETARY ALLOWANCES FOR ADOLESCENTS, AGES 11 TO 18

Nutrient	Age and Size			
	BOYS		GIRLS	
	11–14 Years (99 lb. 62 in.)	15–18 Years (145 lb. 69 in.)	11–14 Years (101 lb. 62 in.)	15–18 Years (120 lb. 64 in.)
Calories	2500	3000	2200	2200
Protein (gm)	45	56	46	46
Vitamin A activity (RE) ^b	1000	1000	800	800
Vitamin D (µg) ^c	10	10	10	10
Vitamin E (mg α = TE) ^d	10	10	8	8
Vitamin C (mg)	50	60	50	60
Thiamine (mg)	1.3	1.5	1.1	1.1
Riboflavin (mg)	1.5	1.8	1.3	1.3
Niacin (mg NE) ^e	17	20	15	15
Vitamin B ₆ (mg)	1.7	2.0	1.4	1.5
Folacin (µg) ^f	100	150	150	180
Vitamin B ₁₂ (µg)	2.0	2.0	2.0	2.0
Calcium (mg)	1200	1200	1200	1200
Phosphorus (mg)	1200	1200	1200	1200
Magnesium (mg)	270	400	280	300
Iron (mg)	12	12	15	15
Zinc (mg)	15	15	12	12
Iodide (µg)	150	150	150	150

^aThe allowances are intended to provide for individual variations among most normal persons as they live in the United States under usual environmental stresses. Diets should be based on a variety of common foods to provide other nutrients for which human requirements have been less well defined.

^bRetinol equivalents; 1 RE = 1 µg retinol or 6 µg β carotene. From animal source, 1 RE = 3 1/3 IU; from plant source, 1 RE = 10 IU.

^cAs cholecalciferol; 10 µg cholecalciferol = 4000 IU of vitamin D.

^dα-tocopherol equivalents; 1 mg d-α tocopherol = 1 α-TE.

^eNiacin equivalent; 1 NE = 1 mg of niacin or 60 mg of dietary tryptophan.

^fThe folacin allowances refer to dietary sources as determined by *Lactobacillus casei* assay after treatment with enzymes (conjugates) to make polyglutamyl forms of the vitamin available to the test organism.

Herbert, Victor, M.D. and Subak-Sharpe, Genell, J., M.D., "Adolescent Nutrition," *Total Nutrition: The Only Guide You'll Ever Need*, St Martin's Press: New York, 1995.