

F. No. Stds/SP-05/Orders/FSSAI
Food Safety and Standards Authority of India
(A Statutory Authority established under the Food Safety & Standards Act, 2006)
(Science & Standards Division)
FDA Bhawan, Kotla Road, New Delhi-110 002

Dated, the 2nd August, 2021

Subject: Direction under Section 16 (5) of Food Safety and Standards Act, 2006 regarding Recommended Dietary Allowances (RDA).

In partial modification of the direction of even number dated 16th July, 2021 on subject cited above, the **Annexure I** of the said direction is revised based on revision of RDA 2020 by ICMR-NIN. The revised **Annexure I** is enclosed for reference and compliance.

This issues with the approval of Competent Authority in exercise of the power vested with Food Authority under Section 16(5) of Food Safety and Standards Act, 2006.



(Bhaskar N)

Advisor (Science & Standards)
FSSAI, New Delhi.

Encls:

- i. Annexure IA: ICMR RDA 2020 values for nutrients expect amino acids
- ii. Annexure IB: Collated information on RDA for nutrients not listed under Annexure IA

To

1. All Food Safety Commissioners
2. All Authorized Officers, FSSAI
3. All Designated Officers, FSSAI

Copy to

1. PPS to Chairperson, FSSAI, New Delhi.
2. Sr. PS to CEO, FSSAI, New Delhi.
3. CITO, FSSAI for necessary action and uploading on FSSAI website.

SUMMARY OF RDA FOR INDIANS - ICMR- NIN, 2020

Age Group	Category of work	Body Wt	Protein	Dietary Fiber*	Cal cium	Magnes ium	Iron	Zinc	Iodine	Thiamine	Ribo flavin	Niacin	Vit B6	Folate	Vit B12	Vit C	Vit A	Vit D
		(kg)	(g/d)	(g/d)	(mg/ d)	(mg/d)	(mg/ d)	(mg/d)	(mg/d)	(µg/ day)	(mg/d)	(mg/d)	(mg/d)	(mg/d)	(µg/d)	(µg/d)	(mg/ d)	(µg/ d)
Men	Sedentary	65	54.0	30	1000	440	19	17	140	1.4	2.0	14	1.9	300	2.2	80	1000	600
	Moderate			40						1.8	2.5	18	2.4					
	Heavy			50						2.3	3.2	23	3.1					
Women	Sedentary	55	46.0	25	1000	370	29	13.2	140	1.4	1.9	11	1.9	220	2.2	65	840	600
	Moderate			30						1.7	2.4	14	1.9					
	Heavy			40						2.2	3.1	18	2.4					
	Pregnant woman	55 + 10	+9.5 (2 nd trimester) +22.0 (3 rd trimester)	-	1000	440	27	14.5	220	2.0	2.7	+2	2.3	570	+0.25	+15	900	600
	Lactation 0-6m		+17.0	-	1200	400	23	14.1	280	2.1	3.0	+5	+0.26	330	+1.0	+50	950	600
	7-12m		+13.0	-							2.9		+0.17					
Infants	0-6 m*	5.8	8.0	-	300	30	-	-	100	0.2	0.4	2	0.1	25	1.2	20	350	400
	6-12m	8.5	10.5	-	300	75	3	2.5	130	0.4	0.6	5	0.6	85	1.2	30	350	400
Children	1-3y	12.9	12.5	15	500	90	8	3.3	90	0.7	1.1	7	0.9	120	1.2	30	390	
	4-6y	18.3	16.0	20	550	125	11	4.5	90	0.9	1.3	9	1.2	135	2.2	35	510	600
	7-9 y	25.3	23.0	26	650	175	15	5.9	90	1.1	1.6	11	1.5	170	2.2	45	630	
Boys	10-12y	34.9	32.0	33	850	240	16	8.5	100	1.5	2.1	15	2.0	220	2.2	55	770	600
Girls	10-12y	36.4	33.0	30	850	250	28	8.5	100	1.4	1.9	14	1.9	225	2.2	50	790	600
Boys	13-15y	50.5	45.0	43	1000	345	22	14.3	140	1.9	2.7	19	2.6	285	2.2	70	930	600
Girls	13-15y	49.6	43.0	36	1000	340	30	12.8	140	1.6	2.2	16	2.2	245	2.2	65	890	600
Boys	16-18y	64.4	55.0	50	1050	440	26	17.6	140	2.2	3.1	22	3.0	340	2.2	85	1000	600
Girls	16-18y	55.7	46.0	38	1050	380	32	14.2	140	1.7	2.3	17	2.3	270	2.2	70	860	600

* Adequate Intake (AI)

Note: For adequate intake of Biotin and Pantothenic acid, refer to the text on summary of recommendations.

Collated information on RDA for nutrients not listed under Annexure IA

S. No.	Vitamin	RDA per day
1.	Vitamin E*	7.5-10 mg tocopherol
2.	Vitamin K* (K1, K2)	55 µg
3.	Biotin* (AI)	<ul style="list-style-type: none"> • Adults and pregnant women: 40 µg • Lactating women: 45 µg • Adolescents: 35 µg • Children 4 – 10 y: 25 µg • Children 1 – 3 y: 20 µg
4.	Pantothenic acid* (AI)	<ul style="list-style-type: none"> • Adults and pregnant women: 5 mg • Lactating women: 7 mg • Adolescents: 5 mg • Children: 4 mg

S. No.	Mineral	RDA per day
1.	Phosphorous*	1000 mg
2.	Sodium*	2000 mg
3.	Potassium*	3500 mg
4.	Copper*	1.7 mg
5.	Manganese*	4 mg
6.	Chromium*	50 µg
7.	Selenium*	40 µg
8.	Chloride [#] (AI)	<ul style="list-style-type: none"> • Children 1 to 3 y: 1500 mg • Children 4 to 8 y: 1900 mg • Men & Women (9 y and above): 1800 to 2300 mg • Pregnant & Lactating women: 2300 mg
9.	Molybdenum**	45 µg

[*ICMR (Recommended dietary allowances and estimated average requirements: nutrient requirements for Indians - 2020); **Codex (CAC/GL 2-1985- Guidelines on nutrition labelling (applied only for individuals older than 36 months)); #Food and Nutrition Board, Institute of Medicine, National Academies; AI: Adequate Intake]

Note 1: In case age wise RDAs are available, then RDA values for men and women (sedentary work) may be considered as standard reference or else the single value will be applicable across all age groups.

Note 2: The FSS (Health Supplements, Nutraceuticals, Food for Special Dietary Use, Food for Special Medical Purpose, Functional Food and Novel Food) Regulations, 2016 shall not be applicable to the infants up to the age of 24 months. Hence, RDAs mentioned in this document for the age group 0 to 24 months will not be applicable for the said regulations.

Note 3: Conversion units (referred from report of Expert Committee of ICMR which specifies TUL of micronutrient for Indian population)

- Vitamin A: 1 µg = 3.33 IU
- Vitamin D: 1µg = 40 IU
- Vitamin E: 1mg = 1.5 IU d-alpha-tocopherol, or 1.1 IU dl-alpha-tocopherol
- Folic acid: 1µg = 1.7 DFE (Dietary Folate Equivalent)

218