

NUTRITIONAL NEEDS OF CHILDREN - EXPERT GROUP 1

24

Name of Expert:

Dr. Ann Prentice

NUTRIENT:

Vitamin D

Unit: µg/d (µg = 40 I.u.)

Sex: Male/Female

	No.	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20*
Reference Intake																					
Balkan Countries																					
	040	[Recommended Daily Allowance]	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10
	021	[Adequate Intake]	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10
Baltic Countries																					
	047	[Daily Needs]	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10
	023	[Recommended Intake]	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10
	046	[Recommended Reference Value]	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10
Central & Eastern European Countries																					
	022	[Recommended Daily Allowance]	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10
	044	[Daily Requirement]	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10
	019	[Safe Intake Level (Recommended Intake Level)]#	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10
	006	[Recommended Dietary Intake]	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10
Nordic Countries																					
	012	[Daily Requirements]	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10
	010	[Recommended Intake]	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10
Southern European Countries																					
	030	[Recommended Daily Nutrient Intakes]	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10
	024	[Recommended Intake]	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10
Western European Countries																					
	041	[Recommended Daily Intake]	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10
	004	[Recommended Intake]	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5
	005	[Recommended Intake]	5-10	5-10	5-10	5-10	5-10	5-10	5-10	5-10	5-10	5-10	5-10	5-10	5-10	5-10	5-10	5-10	5-10	5-10	5-10
	002	[Recommended Nutrient Intake]	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10
	011	[Recommended Daily Allowance]	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10
	029	[Adequate Intakes]	5, 10	5, 10	5, 10	5, 10	5, 10	5, 10	5, 10	5, 10	5, 10	5, 10	5, 10	5, 10	5, 10	5, 10	5, 10	5, 10	5, 10	5, 10	5, 10
	031	[Reference Nutrient Intakes]	7	7	7	7	7	7	7	7	7	7	7	7	7	7	7	7	7	7	7
Institutions & Other Countries																					
	001	[Population Reference Intake]	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10
	034	[Adequate Intakes]	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5
	048	[Recommended Nutrient Intake]	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5
	010	[Lower Limit of Intake*]																			
Upper Limit of Intake																					
	010	[Upper Limit of Intake]																			
	004	[Tolerable Upper Intake Level (adults only)]																			
	029	[Tolerable Upper Intake Level]	50	50	50	50	50	50	50	50	50	50	50	50	50	50	50	50	50	50	50
	034	[Tolerable Upper Intake Level]	50	50	50	50	50	50	50	50	50	50	50	50	50	50	50	50	50	50	50

US/Canada AI: to cover the needs of all persons regardless of exposure to sunlight
 § 150 µg/d is also set as the prudent upper intake level by Belgium and EU
 § Intakes may require dietary Vitamin D and for those >4y an RNI is set of 10 µg/d
 § Nordic AI: first intake is for non-exposed skin, who goes out of doors for >15min a day with hands and face uncovered; second figure is for those with no exposure to sunlight
 *Primarily for individuals > 60 years of age
 **Comments in Italy needing to be translated