

Nutrients		Daily requirement
Sodium	Children (1 to 3 years)	590 mg /day
	Children (4 to 6 years)	1010 mg/day
	Men	2100 mg /day
	Women	1900 mg /day
Potassium	Children (1 to 3 years)	1100 mg/day
	Children (4 to 6 years)	1550 mg/day
	Men	3750 mg/day
	Women	3225 mg/day
Phosphorus	Children (1 to 9 years)	600 mg/day
	Boys & Girls (10 to 17years)	800 mg/day
	Men & Women	600 mg/day
	Pregnant & Lactating women	1200 mg/day
Calcium	Men	600 mg/day
	Women	600 mg /day
	Pregnant & Lactating women	1200 mg/day
	Infants (0-12 months)	500 mg/day
	Children (1 to 9 years)	600 mg/day
	Boys & Girls (10 to 17years)	800 mg/day
Iron	Men	17 mg/day
	Women	21 mg/day
	Pregnant	31 mg/day
	Lactating women	21 mg/day
	Infants (6-12 months)	5 mg/day
	Children (1 to 9 years)	9-16 mg/day
	Boys & Girls (10 to 17years)	21-32 mg/day
Iodine	Children (1 to 5years)	90 µg/day
	Children (6 to 12 years)	120 µg/day
	Adolescents and adults (≥13 y)	150 µg/day
	Pregnant & Lactating women	250 µg/day
Chloride	Children 1 to 3 years	1500 mg/day
	Children 4 to 8 years	1900 mg/day
	Men & Women (9 years and above)	1800 - 2300 mg/day
	Pregnant & Lactating women	2300 mg/day
Zinc	10-12 mg/day	
Magnesium	310-340 mg/day	
Copper	1.7 mg/day	
Manganese (Mn ⁺⁺)	4 mg/day	
Molybdenum	45 µg/day	
Selenium	40 µg/day	
Chromium	50 µg/day	