

Recommended Nutrient Intakes for Malaysia 2005: Summary Table

	Age	Energy kcal	Protein g	Calcium mg	Iron mg		Iodine µg	Zinc mg	Selenium µg
					Bioavailability				
					10%	15%			
Infants (boys)	0 – 5 months	560	11	300 (bf) 400 (ff)	<i>b</i>	<i>b</i>	90	1.1 (bf) 2.8 (ff)	6
	6 – 11 months	640	12	400	9	6	120	3.7	9
Infants (girls)	0 – 5 months	550	11	300 (bf) 400 (ff)	<i>b</i>	<i>b</i>	90	1.1 (bf) 2.8 (ff)	6
	6 – 11 months	630	12	400	9	6	120	3.7	9
Children (boys)	1 – 3 years	980	17	500	6	4	72	4.1	17
	4 – 6 years	1340	23	600	6	4	108	5.1	21
	7 – 9 years	1780	32	700	9	6	104	5.8	22
Children (girls)	1 – 3 years	910	17	500	6	4	72	4.1	17
	4 – 6 years	1290	23	600	6	4	108	5.1	21
	7 – 9 years	1590	32	700	9	6	104	5.8	22
Adolescent (boys)	10 – 12 years	2180	45	1000	15	10	144	9.0	28
	13 – 14 years	2690	63	1000	15	10	106	9.0	28
	15 years	2690	63	1000	19	12	106	9.0	28
	16 – 18 years	2840	65	1000	19	12	118	9.0	28
Adolescent (girls)	10 – 12 years	1990	46	1000	14 (nm) 33 (m)	9 (nm) 22 (m)	148	7.5	23
	13 – 14 years	2180	55	1000	14 (nm) 33 (m)	9 (nm) 22 (m)	98	7.5	23
	15 years	2180	55	1000	31	21	98	7.5	23
	16 – 18 years	2050	54	1000	31	21	104	7.5	23
Men	19 – 29 years	2440	62	800	14	9	124	6.7	33
	30 – 50 years	2460	62	800	14	9	124	6.7	33
	51 – 59 years	2460	62	800	14	9	124	6.7	33
	60 – 65 years	2010	59	800	14	9	124	6.7	33
	> 65 years	2010	59	1000	14	9	114	6.2	29
Women	19 – 29 years	2000	55	800	29	20	110	4.9	25
	30 – 50 years	2180	55	800	29	20	110	4.9	25
	51 – 59 years	2180	55	1000	11	8	110	4.9	25
	60 – 65 years	1780	51	1000	11	8	110	4.9	25
	> 65 years	1780	51	1000	11	8	98	4.3	23
Pregnancy	1 st trimester	+ 0	+ 7.5	1000	29	20	200	5.5	25
	2 nd trimester	+ 360	+ 7.5	1000	<i>c</i>	<i>c</i>	200	7.0	27
	3 rd trimester	+ 470	+ 7.5	1000	<i>c</i>	<i>c</i>	200	10.0	29
Lactation	1 st 6 months	+ 500	+ 20	1000	15	10	200	9.5 (1-3 mths) 8.8 (4-6 mths)	34
	2 nd 6 months	<i>a</i>	+ 15	1000	15 (nm) 32 (m)	10 (nm) 21 (m)	200	7.2	39

- Note: (1) All RNI's are for daily intakes
(2) For all age categories, the ending age extends till just before the beginning age of the subsequent category. For example, for the category 0-5 months, 5 months include up to 5.9 months
- a* – no recommendations. Energy requirement depends on amount of breastmilk produced
b – no recommendations. Neonatal iron stores are sufficient to meet iron requirement for first 6 months in full-term infants. Premature infants and low birth weight infants require additional iron
c – iron supplements in table form recommended for all pregnant women. In the non-anaemic pregnant woman, daily supplements of 100 mg iron given during second half of pregnancy are adequate. In anaemic women, higher doses are usually required.
bf – breast fed, ff – formula fed
nm – non-menstruating, m - menstruating

Recommended Nutrient Intakes for Malaysia 2005: Summary Table (continued)

	Age	Thiamin mg	Riboflavin mg	Niacin mg NE	Folate µg	Vitamin C mg	Vitamin A µg	Vitamin D µg	Vitamin E mg
Infants (boys)	0 – 5 months	0.2	0.3	2	80	25	375	5	3
	6 – 11 months	0.3	0.4	4	80	30	400	5	3
Infants (girls)	0 – 5 months	0.2	0.3	2	80	25	375	5	3
	6 – 11 months	0.3	0.4	4	80	30	400	5	3
Children (boys)	1 – 3 years	0.5	0.5	6	160	30	400	5	5
	4 – 6 years	0.6	0.6	8	200	30	450	5	5
	7 – 9 years	0.9	0.9	12	300	35	500	5	7
Children (girls)	1 – 3 years	0.5	0.5	6	160	30	400	5	5
	4 – 6 years	0.6	0.6	8	200	30	450	5	5
	7 – 9 years	0.9	0.9	12	300	35	500	5	7
Adolescent (boys)	10 – 12 years	1.2	1.3	16	400	65	600	5	10
	13 – 14 years	1.2	1.3	16	400	65	600	5	10
	15 years	1.2	1.3	16	400	65	600	5	10
	16 – 18 years	1.2	1.3	16	400	65	600	5	10
Adolescent (girls)	10 – 12 years	1.1	1.0	16	400	65	600	5	7.5
	13 – 14 years	1.1	1.0	16	400	65	600	5	7.5
	15 years	1.1	1.0	16	400	65	600	5	7.5
	16 – 18 years	1.1	1.0	16	400	65	600	5	7.5
Men	19 – 29 years	1.2	1.3	16	400	70	600	5	10
	30 – 50 years	1.2	1.3	16	400	70	600	5	10
	51 – 59 years	1.2	1.3	16	400	70	600	10	10
	60 – 65 years	1.2	1.3	16	400	70	600	10	10
	> 65 years	1.2	1.3	16	400	70	600	15	10
Women	19 – 29 years	1.1	1.1	14	400	70	500	5	7.5
	30 – 50 years	1.1	1.1	14	400	70	500	5	7.5
	51 – 59 years	1.1	1.1	14	400	70	500	10	7.5
	60 – 65 years	1.1	1.1	14	400	70	500	10	7.5
	> 65 years	1.1	1.1	14	400	70	600	15	7.5
Pregnancy	1 st trimester	1.4	1.4	18	600	80	800	5	7.5
	2 nd trimester	1.4	1.4	18	600	80	800	5	7.5
	3 rd trimester	1.4	1.4	18	600	80	800	5	7.5
Lactation	1 st 6 months	1.5	1.6	17	500	95	850	5	7.5
	2 nd 6 months	1.5	1.6	17	500	95	850	5	7.5