

Recommended Dietary Allowances for Pakistani People

Group	Particulars	Body Wt. (Kg)	Calories (Kcal)	Protein(g) (NPU 66)	Calcium (mg)	Iron (mg)	Vitamin A Retinol(ug)	Thiamin (mg)	Riboflavin (mg)	Nicotinic Acid(mg)	Folic Acid (ug)	Vitamin B-12(ug)	Vitamin C(mg)	
Man	Sedentary work		2300					1.2	1.4	16				
	Moderate work	55	2750	55	400	28	600	1.4	1.6	19	100	1	40	
	Heavy work		3600					1.6	1.9	22				
Woman	Sedentary work		1800					1.0	1.1	12				
	Moderate work	46	2100	46	400	30	600	1.1	1.3	14	100	1	40	
	Heavy work		2800					1.2	1.5	16				
	Pregnancy (second half of pregnancy)	46	+300	+15	1000	40	600	+0.2	+0.2	+2	400		1	40
	Lactation	46												
	0-6 months		+550	+25	1000	30	1000	+0.3	+0.3	+4	150	1.5	80	
	6-12 months		+400	+18				+0.2	+0.2	+3				
Infants	0-6 months	6.2	100/kg	2.1/kg	500	1.0mg/kg	350	55ug/kg	65ug/kg	900ug/kg	25	0.2	35	
	6-12 months	8.7	100/kg	1.6/kg				50ug/kg	60ug/kg	650ug/kg				
Children	1-3 years	10.5	1250	23		14	400	0.6	0.7	8	30	0.2-1.0	40	
	4-6 years	18.0	1700	32	400	20	400	0.9	1.0	11	40			
	7-9 years	25.0	2000	42		25	550	1.0	1.2	13	60			
Boys	10-12 years	35.0	2194	53	600	30	600	1.1	1.3	15	75	0.2-1.0	40	
Girls	10-12 years	34.0	1965	51		20		1.0	1.2	13				
Boys	13-15 years	48.0	2447	72	600	35	600	1.2	1.5	16	100	0.2-1.0	40	
Girls	13-15 years	42.0	2056	64		30		1.0	1.2	14				
Boys	16-18 years	58.0	2642	79	500	45	600	1.3	1.6	16	100	0.2-1.0	40	
Girls	16-18 years	49.0	2064	58		30		1.0	1.2	14				

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