



Folic Acid Requirements

Dietary Reference Intakes (DRI's) are comprised of a set of the following four nutrition based reference values used for planning and assessing diets for individuals and groups:

Recommended Dietary Allowances (RDA)

Average daily dietary intake level that is sufficient to meet the nutrient requirement of nearly all healthy persons in a particular life stage. The RDA is intended for use primarily as a goal for intake of individuals.

Upper Limits (UL)

Highest level of daily nutrient intake that is likely to pose no risks of adverse health effects to most individuals in the general population.

Adequate Intake (AI)

Provided instead of an RDA when sufficient scientific evidence is not available to calculate EAR.

Estimated Average Requirement (EAR)

Nutrient intake value that is estimated to meet the requirement of half of the healthy individuals in a group.

Dietary Reference Intakes(DRI) for folate

The table below reflect the folate (also known as folic acid, folacin, and pteroylpolyglutamates) RDA and UL . Given as dietary folate equivalents (DFE's)

1 DFE =	1 mcg. food folate
1 DFE =	.6 mcg. of folate from fortified food or as consumed as a supplement consumed with food.
1 DFE =	.5 mcg of a supplement on an empty stomach

Life Stage Group	RDA (Recommended Dietary Allowances) mcg.	UL (Upper limit) mcg.
Children		
1-3 years	150	300
4-8 years	200	400
Males		
9-13 years	300	600
14-18 years	400	800
19-30 years	400	1,000
31-50 years	400	1,000
50-70 years	400	1,000



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>70 years	400	1,000
Females		
9-13 years	300	600
14-18 years	400	800
19-30 years	400	1000
31-50 years	400	1000
50-70 years	400	1000
>70 years	400	1000
Pregnancy		
<18 years	600	800
19-30	600	1000
31-50	600	1000
Lactation		
<18 years	500	800
19-30	500	1000
31-50	500	1000

For additional information:

The National Academies Press: Dietary Reference Intakes for Thiamin, Riboflavin, Niacin, Vitamin B6, Folate, Vitamin B12, Pantothenic Acid, Biotin, and Choline (2000) Institute of Medicine (IOM)
(<http://books.nap.edu/books/0309065542/html/196.html#pagetop>)

Food and Nutrition Information Center: Dietary Reference Intakes (DRI) and Recommended Dietary Allowances.
(<http://books.nap.edu/books/0309065542/html/196.html#pagetop>)