

	Recommended Dietary Intake	Upper Limit
Calcium (mg)		
Children 4-8 years	700	2500
Children 9-11 years	1000	2500
Adults 31-50 years	1000	2500
Pregnancy 19-30 years	1000	2500
Iron (mg)		
Children 4-8 years	10	40
Children 9-13 years	8	40
Men 31-50 years	8	45
Women 31-50 years	18	45
Pregnancy 19-30 years	27	45
Folate (mcg)		
Children 4-8 years	200	400
Children 9-13 years	300	600
Adults 31-50 years	400	1000
Pregnancy 19-30 years	600	1000

GUIDE TO THE TABLE SOURCE Nutrient Reference Values for Australia and New Zealand.