

Tablo 2. Recommended Dietary Allowances (RDA).**

Besin	Gebelik dışı	Gebelik	Artış (%)	Emzirme
Enerji	2200 kkal	2500 kkal	+14	2640 kkal
Protein	50 mg	60 mg	+20	65 g
Vit A	800 µg	800 µg	0	1300 µg
Vit D	5 µg	10 µg	+100	10 µg
Vit E	8 µg	10 µg	+25	12 µg
Vit K	-	65 µg	-	65 µg
Vit C	60 mg	70 mg	+17	95 mg
Tiamin	1.1 mg	1.5 mg	+36	1.6 mg
Riboflavin	1.3 mg	1.6 mg	+23	1.8 mg
Niasin	15 mg	17 mg	+13	20 m
Vit B6	1.6 mg	2.2 mg	+37	2.1 mg
Folat	180 µg	1 g		280 µg
Vit B12	2 µg	2 µg	+10	2.6 µg
Kalsiyum	800 mg	1200 mg	+50	1200 mg
Fosfor	800 mg	1200 mg	+50	1200 mg
Mg	280 mg	320 mg	+14	355 mg
Demir	15 mg	30 mg	+100	15 mg
Çinko	12 mg	15 mg	+25	19 mg
lyot	105 µg	175 µg	+17	200 µg

(**) National Research Council (NRC). Recommended Dietary Allowances, 10th ed. Washington DC: National Academy Press, 1989.