

F. No. Stds/SP-05/Orders/FSSAI  
**Food Safety and Standards Authority of India**  
(A Statutory Authority established under the Food Safety & Standards Act, 2006)  
(Science & Standards Division)  
**FDA Bhawan, Kotla Road, New Delhi-110 002**

Dated, the 16<sup>th</sup> July, 2021

**Subject: Direction under Section 16 (5) of Food Safety and Standards Act, 2006 regarding Recommended Dietary Allowances (RDA).**

Reference is drawn to the order dated 07.01.2020 issued vide F. No. Stds/Nutra (DCGI)/FSSAI-2017 regarding Recommended Dietary Allowance (RDA) wherein the RDA values for vitamins, minerals and amino acids are specified (*hereinafter referred to as RDA 2010*).

2. Whereas, the ICMR has revised the nutrient requirements for Indians and has published new RDAs in 2020 and the Food Authority has decided to adopt the same. A collated document (*hereinafter referred to as RDA 2020*) in respect of the new RDA values for vitamins, minerals and amino acids is enclosed as **Annexure I and II** for reference and compliance.

3. The RDA 2020 shall come into force from **1<sup>st</sup> July, 2023** for compliance. Till such time, Food Businesses may comply with **RDA 2010** or **RDA 2020**. However, from 1<sup>st</sup> July, 2023, onwards only RDA 2020 as per para 2 above shall be in force and compliable by Food Businesses.

4. Further, it is also clarified that the report submitted by ICMR regarding 'Tolerable Upper Limits (TUL) of vitamins/minerals' which has been made available to the public on the FSSAI website on 05.09.2018 is 'ONLY FOR INFORMATION' and NOT for use by the Food Businesses.

5. This order supersedes the order dated 07.01.2020 and is issued with the approval of Competent Authority in exercise of the power vested with Food Authority under Section 16(5) of Food Safety and Standards Act, 2006.

  
(Bhaskar N)

Advisor (Science & Standards)  
FSSAI, New Delhi.

Encls:

- i. Annexure IA: ICMR RDA 2020 values for nutrients except amino acids
- ii. Annexure IB: Collated information on RDA for nutrients not listed under Annexure IA
- iii. Annexure II: ICMR RDA 2020 values for amino acids

**To**

1. All Food Safety Commissioners
2. All Authorized Officers, FSSAI
3. All Designated Officers, FSSAI

**Copy to**

1. PPS to Chairperson, FSSAI, New Delhi.
2. Sr. PS to CEO, FSSAI, New Delhi.
3. CITO, FSSAI for necessary action and uploading on FSSAI website.

## SUMMARY OF RDA FOR INDIANS – 2020

Age Group	Category of work	Body Wt	Protein	CHO	Cal cium	Magne sium	Iron	Zinc	Iodine	Thiamine	Ribo flavin	Niacin	Vit B6	Folate	Vit B12	Vit C	Vit A	Vit D
		(kg)	(g/d)	(g/d)	(mg/d)	(mg/d)	(mg/d)	(mg/d)	(mg/d)	(µg/day)	(mg/d)	(mg/d)	(mg/d)	(mg/d)	(µg/d)	(µg/d)	(mg/d)	(µg/d)
Men	Sedentary	65	54.0	130	1000	385	19	17	150	1.4	2.0	14	1.9	300	2.5	80	1000	600
	Moderate									1.8	2.5	18	2.4					
	Heavy									2.3	3.2	23	3.1					
Women	Sedentary	55	45.7	130	1000	325	29	13.2	150	1.4	1.9	11	1.9	220	2.5	65	840	600
	Moderate									1.7	2.4	14	1.9					
	Heavy									2.2	3.1	18	2.4					
	Pregnant woman	55 + 10	+9.5 (2 <sup>nd</sup> trimester) +22.0 (3 <sup>rd</sup> trimester)	175	1000	385	40	14.5	250	2.0	2.7	+2.5	2.3	570	+0.25	+15	900	600
	Lactation 0-6m		+16.9	200	1200	325	23	14	280	2.1	3.0	+5	+0.26	330	+1.0	+50	950	600
	7-12m		+13.2	200						2.1	2.9	+5	+0.17	330				
Infants	0-6 m*	5.8	8.1	55	300	30	-	-	100	0.2	0.4	2	0.1	25	1.2	20	350	400
	6-12m	8.5	10.5	95	300	75	3	2.5	130	0.4	0.6	5	0.6	85	1.2	27	350	400
Children	1-3y	11.7	11.3	130	500	135	8	3.0	90	0.7	0.9	7	0.9	110	1.2	27	390	
	4-6y	18.3	15.9	130	550	155	11	4.5	120	0.9	1.3	9	1.2	135	1.2	32	510	600
	7-9 y	25.3	23.3	130	650	215	15	5.9	120	1.1	1.6	11	1.5	170	2.5	43	630	
Boys	10-12y	34.9	31.8	130	850	270	16	8.5	150	1.5	2.1	15	2.0	220	2.5	54	770	600
Girls	10-12y	36.4	32.8	130	850	255	28	8.5	150	1.4	1.9	14	1.9	225	2.5	52	790	600
Boys	13-15y	50.5	44.9	130	1000	355	22	14.3	150	1.9	2.7	19	2.6	285	2.5	72	930	600
Girls	13-15y	49.6	43.2	130	1000	325	30	12.8	150	1.6	2.2	16	2.2	245	2.5	66	890	600
Boys	16-18y	64.4	55.4	130	1050	405	26	17.6	150	2.2	3.1	22	3.0	340	2.5	82	1000	600
Girls	16-18y	55.7	46.2	130	1050	335	32	14.2	150	1.7	2.3	17	2.3	270	2.5	68	860	600

\* AI

[Ref: Recommended dietary allowances and estimated average requirements: nutrient requirements for Indians - 2020]

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SUMMARY OF RECOMMENDED INTAKES FOR  
OTHER MINERALS AND TRACE ELEMENTS

SNo.	Minerals/Trace Element	Recommended intake
1	Phosphorous	1000 mg/day
2	Sodium	2000 mg/day
3	Potassium	3500 mg/day
4	Copper	2 mg/day
5	Manganese	4 mg/day
6	Chromium	50 µg/day
7	Selenium	40 µg/day

[Ref: Recommended dietary allowances and estimated average requirements: nutrient requirements for Indians - 2020]

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## Collated information on RDA for nutrients not listed under Annexure IA

S. No.	Vitamin	RDA per day
1.	Vitamin E*	7.5-10 mg $\alpha$ -tocopherol
2.	Vitamin K* (K1, K2 )	55 $\mu$ g
3.	Biotin**	30 $\mu$ g
4.	Pantothenic acid**	5 mg

S. No.	Mineral	RDA per day
1.	Chloride#(AI)	<ul style="list-style-type: none"> <li>• Children 1 to 3 y: 1500 mg</li> <li>• Children 4 to 8 y: 1900 mg</li> <li>• Men &amp; Women (9 y and above): 1800 to 2300 mg</li> <li>• Pregnant &amp; Lactating women: 2300 mg</li> </ul>
2.	Molybdenum**	45 $\mu$ g

[\*ICMR (Recommended dietary allowances and estimated average requirements: nutrient requirements for Indians - 2020); \*\*Codex (CAC/GL 2-1985- Guidelines on nutrition labelling (applied only for individuals older than 36 months)); #Food and Nutrition Board, Institute of Medicine, National Academies; AI: Adequate Intake]

**Note 1:** In case age wise RDAs are available, then RDA values for men and women (sedentary work) may be considered as standard reference or else the single value will be applicable across all age groups.

**Note 2:** The FSS (Health Supplements, Nutraceuticals, Food for Special Dietary Use, Food for Special Medical Purpose, Functional Food and Novel Food) Regulations, 2016 shall not be applicable to the infants up to the age of 24 months. Hence, RDAs mentioned in this document for the age group 0 to 24 months will not be applicable for the said regulations.

**Note 3:** Conversion units (referred from report of Expert Committee of ICMR which specifies TUL of micronutrient for Indian population)

- Vitamin A: 1 $\mu$ g = 3.33 IU
- Vitamin D: 1 $\mu$ g = 40 IU
- Vitamin E: 1mg = 1.5 IU d-alpha-tocopherol, or 1.1 IU dl-alpha-tocopherol
- Folic acid: 1 $\mu$ g = 1.7 DFE (Dietary Folate Equivalent)

  
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## Annexure II

### RDA values for amino acids for age group more than 24 months (2 years)

S. No.	Amino acids	RDA (mg/kg body wt./day)
(i)	Histidine	10
(ii)	Isoleucine	20
(iii)	Leucine	39
(iv)	Lysine	30
(v)	Methionine	10
(vi)	Cysteine	4
(vii)	Methionine + Cysteine	15
(viii)	Threonine	15
(ix)	Phenylalanine + Tyrosine	25
(x)	Tryptophan	4
(xi)	Valine	26

[Ref: Recommended dietary allowances and estimated average requirements: nutrient requirements for Indians - 2020]

  
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