Recommended Dietary Allowances for Japanese, Revised 1979

Ministry of Health and Welfare

Table 1 Recommended dietary allowances for

Age range (years)	Height (cm)		Weight (kg)		Energy (kcal)		Protein (g)		Fat (Energy) (%)	Calcium (g)	
	Males	Females	Males	Females	Males	Females	Males	Females		Males	Females
0~(Months)					120/kg		3.3g/kg		45	0.4	
0~2~(Months)					110/kg		2.5g/kg		45	0.4	
6~(Months)					100/kg		3.0g/kg		30~40	0.4	
1~	81.8	80.3	11.25	10.77	970	930	30	30	25~30	0.4	0.4
2~	91.3	89.9	13.51	13.09	1,240	1,200	40	35			
3~	98.5	97.1	15.30	14.77	1,400	1,350	40	40			
4~	104.7	103.4	16.98	16.45	1,500	1,400	45	45			
5~	110.6	109.4	18.84	18.23	1,600	1,500	50	50			
6~	116.3	115.3	20.96	20.30	1,700	1,600	55	50	25~30	0.5	0.5
7~	121.9	121.1	23.39	22.78	1,800	1,600	60	55			
8~	127.5	126.8	26.12	25.60	1,850	1,700	65	60			
9~	132.7	132.7	29.11	28.85	1,900	1,800	65	65			
10~	138.0	139.1	32.40	32.84	2,000	1,900	70	70			
11~	143.9	145.5	36.38	37.53	2,100	2,100	75	75	25~30	0.6	0.6
12~	150.8	150.9	41.29	42.41	2,300	2,200	80	80			
13~	158.1	154.6	46.97	46.68	2,400	2,300	85	80			
14~	164.2	156.6	52.50	49.81	2,600	2,300	85	75			
15~	168.1	157.5	56.78	51.78	2,650	2,200	85	70			
16~	170.0	157.7	59.41	52.75	2,700	2,200	85	70	25~30	0.7	0.7
17~	170.9	157.8	60.86	53.00	2,700	2,100	80	70			
18~	171.3	157.8	61.41	52.59	2,650	2,100	80	65			
19~	171.6	157.7	61.39	52.02	2,600	2,050	75	65			
20~	170.0	156.6	62.01	51.33	2,500	2,000	70	60			
30~	166.6	154.5	62.74	53.02	2,400	1,950	70	60	20~25	0.6	0.6
40~	164.0	152.5	60.80	53.70	2,300	1,900	70	60			
50~	161.7	150.3	58.58	52.62	2,200	1,800	70	60			
60~	159.4	147.5	56.15	50.11	2,000	1,700	70	60			
70~	157.0	144.1	53.04	46.61	1,800	1,500	65	55			
80~	154.7	140.5	50.46	43.37	1,600	1,400	65	55			
Pregnancy											
the first half						+150*		+10	25~30		+0.4
the latter half						+350*		+20			+0.4
Lactating						+720*		+20			+0.5

Table 2 Addition by physical activity

Age · Sex (year)	Energy (kcal)				Thiamin (mg)			
	A	B	C	D	A	B	C	D
15~ { Males	- 300	0	+ 600	+ 1,100	- 0.1	0	+ 0.2	+ 0.4
15~ { Females	- 200	0	+ 500	+ 900	- 0.1	0	+ 0.2	+ 0.3
20~ { Males	- 300	0	+ 500	+ 1,000	- 0.1	0	+ 0.2	+ 0.4
20~ { Females	- 200	0	+ 400	+ 800	- 0.1	0	+ 0.2	+ 0.3
40~ { Males	- 300	0	+ 400	+ 900	- 0.1	0	+ 0.2	+ 0.4
40~ { Females	- 200	0	+ 400	+ 700	- 0.1	0	+ 0.2	+ 0.3
60~ { Males	- 300	0	+ 400	+ 700	- 0.1	0	+ 0.2	+ 0.3
60~ { Females	- 200	0	+ 300	+ 600	- 0.1	0	+ 0.1	+ 0.3

1) *Recommended allowances by pregnant and by lactating women represent an addition to the non-lactating women with moderately physical activity.

2) The intensity of physical activity has been classified as four groups. However, it may be leisure.

3) It is desirable that 40% of protein in the diet come from animal protein.

person with moderately physical activity

Iron (mg)		Niacin (mg)		Vitamin A (IU)		Thiamin (mg)		Riboflavin (mg)		Ascorbic acid (mg)	Vitamin D (IU)
Males	Females	Males	Females	Males	Females	Males	Females	Males	Females		
6		1,300		0.2		0.3		4		35	400
6		1,300		0.3		0.4		6		35	400
6		1,000		0.4		0.5		6		35	400
} 7	} 7	} 1,000	} 1,000	0.4	0.4	0.5	0.5	6	6	} 40	} 400
				0.5	0.5	0.7	0.7	8	7		
				0.6	0.5	0.8	0.7	9	9		
} 8	} 8	} 1,000	} 1,000	0.6	0.6	0.8	0.8	10	9	} 40	} 400
				0.6	0.6	0.9	0.8	11	10		
				0.7	0.6	0.9	0.9	11	11		
} 9	} 9	} 1,200	} 1,200	0.7	0.6	1.0	0.9	12	11	} 40	} 100
				0.7	0.7	1.0	0.9	12	11		
				0.8	0.7	1.0	1.0	13	12		
} 10	} 10	} 1,500	} 1,500	0.8	0.8	1.1	1.0	13	13	} 50	} 100
				0.8	0.8	1.2	1.2	14	14		
				0.9	0.9	1.3	1.2	15	15		
} 12	} 12	} 1,500	} 1,500	1.0	0.9	1.3	1.3	16	15	} 50	} 100
				1.0	0.9	1.4	1.3	17	15		
				1.1	0.9	1.5	1.2	17	15		
} 12	} 12	} 2,000	} 1,800	1.1	0.9	1.5	1.2	18	15	} 50	} 100
				1.1	0.8	1.5	1.2	18	14		
				1.1	0.8	1.5	1.2	17	14		
} 10	} 10	} 2,000	} 1,800	1.0	0.8	1.5	1.1	17	14	} 50	} 100
				1.0	0.8	1.4	1.1	17	13		
				1.0	0.8	1.3	1.1	16	13		
} 10	} 10	} 2,000	} 1,800	0.9	0.8	1.3	1.0	15	13	} 50	} 100
				0.9	0.7	1.2	1.0	15	12		
				0.8	0.7	1.1	0.9	13	11		
} 10	} 10	} 2,000	} 1,800	0.7	0.6	1.0	0.8	12	10	} 50	} 100
				0.6	0.6	0.9	0.8	11	9		
				0.6	0.6	0.9	0.8	11	9		
	+3		0		+0.1		+0.1		+1	} +10	} +300
	+8		+ 200		+0.1		+0.2		+2		
	+8		+1,400		+0.3		+0.4		+5		

(A: Light B: Moderate C:Active D: Hard)

Riboflavin (mg)				Niacin (mg)			
A	B	C	D	A	B	C	D
- 0.2	0	+ 0.3	+ 0.5	- 2	0	+ 3	+ 7
- 0.2	0	+ 0.2	+ 0.4	- 2	0	+ 3	+ 5
- 0.2	0	+ 0.3	+ 0.5	- 2	0	+ 3	+ 7
- 0.1	0	+ 0.2	+ 0.4	- 1	0	+ 3	+ 5
- 0.2	0	+ 0.3	+ 0.5	- 2	0	+ 3	+ 6
- 0.1	0	+ 0.2	+ 0.4	- 1	0	+ 3	+ 5
- 0.1	0	+ 0.2	+ 0.4	- 1	0	+ 3	+ 5
- 0.1	0	+ 0.2	+ 0.4	- 1	0	+ 2	+ 5

recommended intakes, respectively, for non-pregnant women with light physical activity and for desirable for light physical activity to increase their energy expenditure by taking exercise at

4) Less than 10g of sodium chloride per person per day is recommended.

Table 3 Average nutrients requirement per one Japanese per day

Energy	2,000 kcal
Protein	65 g
Calcium	0.7 g
Iron	11 mg
Vitamin A	1,800 IU
Vitamin B ₁	0.8 mg
Vitamin B ₂	1.1 mg
Niacin	13 mg
Vitamin C	50 mg
Vitamin D	150 IU

These values are calculated as follows: the sum of individual nutrients requirement in all Japanese is divided by the number of estimated total Japanese population at 1985. Therefore, this is not the index of recommended intakes for individuals.

Table 4 Energy requirement per kg body weight for persons with moderately physical activity (kcal/kg/day)

Age	Males	Females	Age	Males	Females
0 { 0 ~ (months)	120±20	120±20	13 ~	51	49
	110±20	110±20	14 ~	49	46
	100±20	100±20	15 ~	47	42
1 ~ (years)	86	86	16 ~	45	42
2 ~	92	92	17 ~	44	40
3 ~	92	91	18 ~	43	40
4 ~	88	85	19 ~	42	39
5 ~	85	82	20 ~	40	39
6 ~	81	78	30 ~	38	37
7 ~	77	70	40 ~	38	35
8 ~	71	66	50 ~	37	34
9 ~	65	62	60 ~	36	34
10 ~	62	58	70 ~	34	32
11 ~	58	56	80 ~	42	32
12 ~	56	52			

These values are applied on persons with normal body weight.

(編集委員会訳)