
Optimal Iron intake

Optimal Iron intake refers to the levels of consumption that are necessary for an individual to achieve the required amount needed in the body.

The Iron **R**ecommended **D**ietary **A**llowances (RDA) is shown in the following table:

| <i>Age</i> | <i>RDA mg/day</i> |
|--|-------------------|
| <i>Less than 6 months</i> | 0.27 (AI) |
| <i>7-12 months</i> | 11 |
| <i>1-3 years</i> | 7 |
| <i>4-8 years</i> | 10 |
| <i>9-13 years</i> | 8 |
| <i>14-18 years</i> | 11 |
| <i>Men Above 19 years</i> | 8 |
| <i>Women 19-50 years</i> | 18 |
| <i>Women Above 50 years</i> | 8 |
| <i>Women Pregnancy or breast feeding</i> | 27 |