
Optimal Phosphorous intake

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

The Phosphorus **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>	100
<i>6-12 months</i>	275
<i>1-3 years</i>	380
<i>4-8 years</i>	500
<i>9-13 years</i>	1250
<i>14-18 years</i>	1250
<i>19-30</i>	700
<i>31-50 years</i>	700
<i>51-70 years</i>	700
<i>>70 years</i>	700
<i>Women Pregnancy or breast feeding</i>	700