
Optimal Folic acid intake

The Folic acid (as folate) **R**ecommended **D**ietary **A**llowances (RDA) is shown in the following table:

<i>Age</i>	<i>RDA mcg/day</i>
<i>Less than 6 months</i>	65 (AI)
<i>7-12 months</i>	80 (AI)
<i>1-3 years</i>	150
<i>4-8 years</i>	200
<i>9-13 years</i>	300
<i>Above 14 years</i>	400
<i>Women Pregnancy</i>	600