

## **QA 56 – RDA for Phosphorus**

### **QUESTION:**

I have found conflicting RDA's for Phosphorus, can you explain it? Is it 800 mg or 460 mg for 1-3 year olds?

### **ANSWER:**

The 1989 RDAs for 1-3 year old children was 800 mg phosphorus per day. However, the newer Dietary Reference Intakes (DRI) for phosphorus is 460 mg for this age range. This is in line with the lower calcium DRI of 500 mg instead of the old 800 mg.

Reference:

- 1) Institute of Medicine: Dietary Reference Intakes - for Calcium, Phosphorus, Magnesium, Vitamin D, and Fluoride. National Academy Press, Washington, DC. 1997.