

TableS1: Recommended daily intake for macro and micronutrients during the first year of life

	Italian Recommended Dietary Allowances (RDA)		UK British Nutrition Foundation		EFSA (European Food Safety Authority)		US NIH (National Institutes of Health)	
Energy	6 mo	620 kcal/d (M) 570 kcal/d (F)	1-2 mo	574 kcal/d (M) 502 kcal/d (F)	6 mo	597 kcal/d (M) (AR) 549 kcal/d (F) (AR)	-	-
	7 mo	640 kcal/d (M) 580 kcal/d (F)			7 mo	636 kcal/d (M) (AR) 573 kcal/d (F) (AR)		
	8 mo	660 kcal/d (M) 600 kcal/d (F)	3-4 mo	598 kcal/d (M) 550 kcal/d (F)	8 mo	661 kcal/d (M) (AR) 599 kcal/d (F) (AR)		
	9 mo	690 kcal/d (M) 630 kcal/d (F)	5-6 mo	622 kcal/d (M) 574 kcal/d (M)	9 mo	688 kcal/d (M) (AR) 625 kcal/d (F) (AR)		
	10 mo	730 kcal/d (M) 640 kcal/d (F)	7-12 mo	718 kcal/d (M) 646 kcal/d (M)	10 mo	725 kcal/d (M) (AR) 656 kcal/d (F) (AR)		
	11 mo	740 kcal/day (M) 660 kcal/day (F)			11 mo	742 kcal/d (M) (AR) 673 kcal/d (F) (AR)		
	12 mo	790 kcal/day (M) 690 kcal/day (F)			12 mo	777 kcal/d (M) (AR) 712 kcal/d (F) (AR)		
Total water	6-12 mo	0.8 L/d (AI)	-	-	7-11 mo	0.8 L/d (AI)	0-6 mo 6-12 mo	0.7 L/d (AI) 0.8 L/d (AI)
Carbohydrates	All ages	45-60 % E	-	-	7-11 mo	NA	0-6 mo 6-12 mo	60 g/d (AI) 95 g/d (AI)
Soluble sugars	All ages	<15% E	-	-	-	-		-
Dietary fiber	-	-	-	-	7-11 mo	ND	0-6 6-12 mo	ND
Total lipids	0-12 mo	40% E (AI)	-	-	7-11 mo	40 % E (AI)	0-6 mo 6-12 mo	31 g/d (AI) 30 g/d (AI)
Alpha-linolenic acid (ALA)	-	-	-	-	7-11 mo	0.5 % E (AI)	0-6 mo 6-12 mo	0.5 g/d (AI) 0.5 g/d (AI)
Eicosapentaenoic acid, Docosahexaenoic acid (EPA, DHA)	0-12 mo	EPA-DHA 250 mg + DHA 100 mg	-	-	7-11 mo	100 mg/d DHA (AI)	-	-
Linoleic acid (LA)	-	-	-	-	7-11 mo	4 % E	0-6 mo 6-12 mo	4.4 g/d (AI) 4.6 g/d (AI)
Saturated fatty acids (SFA)	0-12 mo	<10% E	-	-	7-11 mo	ALAP (AI)	-	-
Trans-fatty acids (TFA)	0-12 mo	ALAP	-	-	7-11 mo	ALAP (AI)	-	-
Proteins	6-12 mo	1.11 g/kg bw per d (AR) 1.32 g/kg bw per d (PRI)	0-3 mo 4-6 mo 7-9 mo 10-12 mo	12.5 g/d 12.7 g/d 13.7 g/d 14.9 g/d	7-11 mo	1.12 g/kg bw per d (AR) 1.31 g/kg bw per d (PRI)	0-6 mo 6-12 mo	9.1 g/d (AI) 11 g/d (RDA)
Minerals								

Calcium	6-12 mo	260 mg/d (AI)	0-3 mo 4-6 mo 7-9 mo 10-12 mo	525 mg/d 525 mg/d 525 mg/d 525 mg/d	7-11 mo	280 mg/d (AI)	0-6 mo 7-12 mo	200 mg/d (AI) 260 mg/d (AI)
Iron	6 - 12 mo	11 mg/d (PRI)	0-3 mo 4-6 mo 7-9 mo 10-12 mo	1.7 mg/d 4.3 mg/d 7.8 mg/d 7.8 mg/d	7-11 mo	8 mg/d (AR) 11 mg/d (PRI)	0-6 mo 7-12 mo	0.27 mg/d (AI) 11 mg/d (RDA)
Sodium	6 - 12 mo	0.4 g/d (AI)	0-3 mo 4-6 mo 7-9 mo 10-12 mo	210 mg/d 280 mg/d 320 mg/d 350 mg/d	7-11 mo	0.2 g/d (AI)	0-6 mo 7-12 mo	110 mg/d (AI) 370 mg/d (AI)
Zinc	6 - 12 mo	3 mg/d (AI)	0-3 mo 4-6 mo 7-9 mo 10-12 mo	4 mg/d 4 mg/d 5 mg/d 5 mg/d	7-11 mo	2.4 mg/d (AR) 2.9 mg/d (PRI)	0-6 mo 7-12 mo	2 mg/d (AI) 3 mg/d (RDA)
Vitamins								
Cobalamin (vitamin B12)	6 - 12 mo	0.7 µg/d (AI)	0-3 mo 4-6 mo 7-9 mo 10-12 mo	0.3 µg/d 0.3 µg/d 0.4 µg/d 0.4 µg/d	7-11 mo	1.5 µg/d (AI)	0-6 mo 6-12 mo	0.4 µg/d (AI) 0.5 µg/d (AI)
Folate	6 - 12 mo	110 µg/d (AI)	0-3 mo 4-6 mo 7-9 mo 10-12 mo	50 µg/d 50 µg/d 50 µg/d 50 µg/d	7-11 mo	80 µg DFE/d (AI)	0-6 mo 6-12 mo	65 µg/d (AI) 80 µg/d (AI)
Vitamin A	6 - 12 mo	450 µg/d (AI)	0-3 mo 4-6 mo 7-9 mo 10-12 mo	350 µg/d 350 µg/d 350 µg/d 350 µg/d	7-11 mo	190 µg/d RE/d (AR) 250 µg/d RE/d (PRI)	0-6 mo 6-12 mo	400 µg/d (AI) 500 µg/d (AI)
Vitamin D	6-12 mo	10 µg/d (AI)	0-3 mo 4-6 mo 7-9 mo 10-12 mo	8.5 - 10 µg/d 8.5 - 10 µg/d 8.5 - 10 µg/d 8.5 - 10 µg/d	7-11 mo	10 µg/d (AI)	0-6 mo 6-12 mo	10 µg/d (AI) 10 µg/d (AI)

Legend:

ND not determined

NA not available

AI adequate intakes

AR average requirement

RDA recommended dietary allowances

ALAP as low as possible

DFE dietary folate equivalents

NE niacin equivalent

RE retinol equivalent

- not specified