

Tab.1 Tavola dei LARN (versione del 1996)

		Lattanti	Bambini				Maschi					Femmine					Gestanti
Età	(anni)	0,5-1	1-3	4-6	7-10	11-14	15-17	18-29	30-59	60+	11-14	15-17	18-29	30-49	50+		
Peso	(kg)	7-10	9-16	16-22	23-33	35-53	55-66	65	65	65	35-51	52-55	56	56	56		
Proteine	(g)	15-19	13-	21-28	29-42	44-65	64-72	62	62	62	43-58	56-57	53	53	53	59	
A.grassi essenziali	_3 (g)	4	4	4	4	5	6	6	6	6	4	5	0	0	0	5	
	_6 (g)	0	0	1	1	1	0	0	0	0	1	1	1	1	1	1	
Calcio	(mg)	600	800	800	1000	1200	1200	1000	800	1000	1200	1200	1000	800	1200-1500	1200	
Fosforo	(mg)	500	800	800	1000	1200	1200	1000	800	1000	1200	1200	1000	800	1000	1200	
Potassio	(mg)	800	800	1100	2000	3100	3100	3100	3100	3100	3100	3100	3100	3100	3100	3100	
Ferro	(mg)	7	7	9	9	12	12	10	10	10	12-18	18	18	18	10	30	
Zinco	(mg)	4	4	6	7	9	9	10	10	10	9	7	7	7	7	7	
Rame	(mg)	0	0	0	0	0	1	0	0	0	0	1	0	0	0	0	
Selenio	(mg)	8	10	15	25	35	45	55	55	55	35	45	55	55	55	55	
Iodio	(mg)	50	70	90	120	150	150	150	150	150	150	150	150	150	150	175	
Tiamina	(mg)	0	0	0	0	0	0	0	0	0	0	0	0	0	0	1	
Riboflavi	(mg)	0	0	1	0	0	0	0	0	0	0	0	0	0	0	0	
Niacina	(mg)	5	9	11	13	15	18	18	18	18	14	14	14	14	14	14	
Vit.B6	(mg)	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
Vit.B12	(mg)	0	0	1	0	2	2	2	2	2	2	2	2	2	2	0	
Vit.C	(mg)	35	40	45	45	50	60	60	60	60	50	60	60	60	60	70	
Folati	(mg)	50	100	130	150	180	200	200	200	200	180	200	200	200	200	400	
Vit.A .E.)	(mg)	350	400	400	500	600	700	700	700	700	600	600	600	600	600	700	
Vit.D	(mg)	10-25	10	0-10	0-10	0-15	0-15	0-10	0-10	10	0-15	0-15	0-10	0-10	10	10	