

Intake Recommendations for Selected Nutrients In the Post-partum Period

The Dietary Reference Intakes include recommendations for intake during lactation. Separate recommendations are not included for women who are not breastfeeding; the DRIs for healthy women are included in this table.

Nutrient	Recommended intake for lactating women	Recommended intake for non-lactating women	Comments
Energy	? 1 st 6 months – additional 330 calories per day ? 2 nd 6 months – additional 400 calories per day	EER, based on weight, height, physical activity level, and age	Example
Protein	All age groups: 1.3 g protein per kilogram per day or + 25 grams protein per day	0.8 g protein per kilogram per day	Example
Carbohydrate	All age groups: 210 g per day	All age groups: 130 g per day (45-60% of total energy intake)	
Calcium	? 14-18 years – 1300 mg per day ? 19-30 years – 1000 mg per day ? 31-50 years – 1000 mg per day	? 14-18 years – 1300 mg per day ? 19-30 years – 1000 mg per day ? 31-50 years – 1000 mg per day	Food sources
Iron	? 14-18 years – 10 mg per day ? 19-30 years – 9 mg per day ? 31-50 years – 9 mg per day	? 14-18 years – 15 mg per day ? 19-30 years – 18 mg per day ? 31-50 years – 18 mg per day	Food sources
Zinc	? 14-18 years – 13 mg per day ? 19-30 years – 12 mg per day ? 31-50 years – 12 mg per day	? 14-18 years – 8 mg per day ? 19-30 years – 8 mg per day ? 31-50 years – 8 mg per day	Recommendations during lactation are increased above pregnancy and non-pregnancy levels
Vitamin D	All age groups: 5.0 µg (200 IU) per day	All age groups: 5.0 µg (200 IU) per day	
Vitamin A	? 14-18 years – 1200 µg per day ? 19-30 years – 1300 µg per day ? 31-50 years – 1300 µg per day	All age groups: 700 µg per day	

Vitamin B6	All age groups: 2.0 mg per day	? 14-18 years – 1.2 mg per day ? 19-30 years – 1.3 mg per day ? 31-50 years – 1.3 mg per day	Food sources
Vitamin B12	All age groups: 2.8 µg per day	All age groups: 2.4 µg per day	