

Daily and Annual Requirement of an Hypothetical Adult with an average intake of 2100 Kcal/day

	Energy (kcal)	Protein (g)	Fat (g)	Iron (mg)	Iodine (µg)	Vitamin A (µgRE)	Thiamine (mg)	Riboflavine (mg)	Niacine (mg)	Vitamine C (mg)	Vitamine B6 (mg)	Vitamine B9* (µg)	Vitamine B12 (µg)	Zinc (mg)
<b>Daily Requirement</b>	2100	52	40	22	150	500	0.9	1.4	12	28	1.1	160	0.9	12.3
<b>Annual Requirement</b>	766500	18980	14600	8030	54750	182500	328.5	511	4380	10220	401.5	58400	328.5	4489.5

\* Folic Acid

Funded by the European Commission.

