

Dietary Reference Intakes (DRIs): Chronic Disease Risk Reduction Intakes

Food and Nutrition Board, National Academies of Sciences, Engineering, and Medicine

Nutrient	Population Group	Recommendation
Sodium	Children, 1–3 y	Reduce intakes if above 1,200 mg/day ^a
	Children, 4–8 y	Reduce intakes if above 1,500 mg/day ^a
	Children, 9–13 y	Reduce intakes if above 1,800 mg/day ^a
	Children, 14–18 y	Reduce intakes if above 2,300 mg/day ^a
	Adults, 19+ y	Reduce intakes if above 2,300 mg/day

^aExtrapolated from the adult Chronic Disease Risk Reduction Intake (CDRR) based on sedentary Estimated Energy Requirements (EER).

SOURCE: *Dietary Reference Intakes for Sodium and Potassium* (2019). The report may be accessed via www.nap.edu.