

# Schedule 1 RDIs and ESADDIs

**Note 1** This instrument is a standard under the *Food Standards Australia New Zealand Act 1991* (Cth). The standards together make up the *Australia New Zealand Food Standards Code*. See also section 1.1.1—3.

Standard 1.1.1 relates to introductory matters and standards that apply to all foods. This Standard specifies RDIs and ESADDIs for section 1.1.2—10.

**Note 2** The provisions of the Code that apply in New Zealand are incorporated in, or adopted under, the *Food Act 2014* (NZ). See also section 1.1.1—3.

## S1—1 Name

This Standard is *Australia New Zealand Food Standards Code – Schedule 1 – RDIs and ESADDIs*.

**Note** Commencement:  
This Standard commences on 1 March 2016, being the date specified as the commencement date in notices in the *Gazette* and the *New Zealand Gazette* under section 92 of the *Food Standards Australia New Zealand Act 1991* (Cth). See also section 93 of that Act.

## S1—2 RDIs and ESADDIs for vitamins

For section 1.1.2—10, the table of RDIs and ESADDIs for vitamins is:

RDIs and ESADDIs for vitamins				
Column 1	Column 2	Column 3	Column 4	Column 5
<i>Vitamin</i>	<i>RDI or ESADDI</i>		<i>For children aged 1–3 years</i>	<i>For infants</i>
Vitamin A	RDI	750 µg retinol equivalents <sup>1</sup>	300 µg retinol equivalents <sup>1</sup>	300 µg retinol equivalents <sup>1</sup>
Thiamin (Vitamin B <sub>1</sub> )	RDI	1.1 mg thiamin	0.5 mg thiamin	0.35 mg thiamin
Riboflavin (Vitamin B <sub>2</sub> )	RDI	1.7 mg riboflavin	0.8 mg riboflavin	0.6 mg riboflavin
Niacin	RDI	10 mg niacin <sup>2</sup>	5 mg niacin <sup>2</sup>	3 mg niacin <sup>2</sup>
Folate	RDI	200 µg	100 µg	75 µg
Vitamin B <sub>6</sub>	RDI	1.6 mg pyridoxine	0.7 mg pyridoxine	0.45 mg pyridoxine
Vitamin B <sub>12</sub>	RDI	2.0 µg cyanocobalamin	1.0 µg cyanocobalamin	0.7 µg cyanocobalamin
Biotin	ESADDI	30 µg biotin	8 µg biotin	6 µg biotin
Pantothenic acid	ESADDI	5.0 mg pantothenic acid	2.0 mg pantothenic acid	1.8 mg pantothenic acid
Vitamin C	RDI	40 mg total of L-ascorbic and dehydro-ascorbic acid	30 mg total of L-ascorbic and dehydro-ascorbic acid	30 mg total of L-ascorbic and dehydro-ascorbic acid
Vitamin D	RDI	10 µg cholecalciferol	5 µg cholecalciferol	5 µg cholecalciferol
Vitamin E	RDI	10 mg alpha-tocopherol equivalents <sup>3</sup>	5 mg alpha-tocopherol equivalents <sup>3</sup>	4 mg alpha-tocopherol equivalents <sup>3</sup>
Vitamin K	ESADDI	80 µg phyloquinone	15 µg phyloquinone	10 µg phyloquinone

**Note 1** See paragraph 1.1.2—14(3)(a).

**Note 2** See paragraph 1.1.2—14(3)(b).

**Note 3** See paragraph 1.1.2—14(3)(c).

### S1—3 RDI and ESADDI for minerals

For section 1.1.2—10, the table of ESADDI and RDI for minerals is:

RDI and ESADDI for minerals				
Column 1	Column 2	Column 3	Column 4	Column 5
Mineral	RDI or ESADDI		For children aged 1–3 years	For infants
Calcium	RDI	800 mg	700 mg	550 mg
Chromium	ESADDI	200 µg	60 µg	40 µg
Copper	ESADDI	3.0 mg	0.8 mg	0.65 mg
Iodine	RDI	150 µg	70 µg	60 µg
Iron	RDI	12 mg	6 mg	(a) 9 mg, for infants from 6 months (b) 3 mg, for infants under 6 months
Magnesium	RDI	320 mg	80 mg	60 mg
Manganese	ESADDI	5.0 mg	1.5 mg	0.8 mg
Molybdenum	ESADDI	250 µg	50 µg	30 µg
Phosphorus	RDI	1 000 mg	500 mg	300 mg
Selenium	RDI	70 µg	25 µg	15 µg
Zinc	RDI	12 mg	4.5 mg	4.5 mg

### S1—4 Calculation of retinol equivalents for provitamin A forms of vitamin A

For paragraph 1.1.2—14(a), the conversion factors are:

Conversion factors—vitamin A	
Provitamin A form	Conversion factor (µg/1 µg retinol equivalents)
beta-apo-8'-carotenol	12
beta-carotene-synthetic	6
Carotenes-natural	12
beta-apo-8'-carotenoic acid ethyl ester	12

**Note** Natural forms of provitamin A may have conversion factors that are not provided in this table.

### S1—5 Calculation of alpha-tocopherol equivalents for vitamin E

- (1) For paragraph 1.1.2—14(d), the conversion factors are:
  - (a) if, for a particular form of Vitamin E, the table to subsection (2) specifies a conversion factor—that conversion factor; or
  - (b) if, for a particular form of Vitamin E, the table to subsection (2) does not specify a conversion factor—a conversion factor determined by the composition of the form of Vitamin E.
- (2) The table to this subsection is:

Conversion factors—vitamin E	
Vitamin E form	Conversion factor (µg/1 µg alpha-tocopherol equivalents)
dl-alpha-tocopherol	1.36

<b>Vitamin E form</b>	<b>Conversion factor (<math>\mu\text{g}/1 \mu\text{g}</math> alpha-tocopherol equivalents)</b>
d-alpha-tocopherol concentrate	(see paragraph (1)(b))
Tocopherols concentrate, mixed	(see paragraph (1)(b))
d-alpha-tocopheryl acetate	1.10
dl-alpha-tocopheryl acetate	1.49
d-alpha-tocopheryl acetate concentrate	(see paragraph (1)(b))
d-alpha-tocopheryl acid succinate	1.23

**Note** Natural forms of vitamin E may have conversion factors that are not provided in this table.

## Amendment History

The Amendment History provides information about each amendment to the Schedule. The information includes commencement or cessation information for relevant amendments.

These amendments are made under section 92 of the *Food Standards Australia New Zealand Act 1991* unless otherwise indicated. Amendments do not have a specific date for cessation unless indicated as such.

### About this compilation

This is compilation No. 2 of Schedule 1 as in force on **13 April 2017** (up to Amendment No. 168). It includes any commenced amendment affecting the compilation to that date.

Prepared by Food Standards Australia New Zealand on **13 April 2017**.

### Uncommenced amendments or provisions ceasing to have effect

To assist stakeholders, the effect of any uncommenced amendments or provisions which will cease to have effect, may be reflected in the Schedule as shaded boxed text with the relevant commencement or cessation date. These amendments will be reflected in a compilation registered on the Federal Register of Legislation including or omitting those amendments and provided in the Amendment History once the date is passed.

The following abbreviations may be used in the table below:

ad = added or inserted  
exp = expired or ceased to have effect  
rs = repealed and substituted  
am = amended  
rep = repealed

**Schedule 1** was published in the Food Standards Gazette No. FSC96 on 10 April 2015 as part of Amendment 154 (F2015L00491 — 2 April 2015) and has since been amended as follows:

Section affected	A'ment No.	FRL registration Gazette	Commencement (Cessation)	How affected	Description of amendment
table to S1—2	161	F2016L00120 18 Feb 2016 FSC103 22 Feb 2016	1 March 2016	am, rs	Amend entry for vitamin E. Replace Notes to table to correct cross-references.
table to S1—2	168	F2017L00414 11 April 2017 FSC110 13 April 2017	13 April 2017	am	Entry for Vitamin C replaced to correct typographical errors.
S1—(5)2	168	F2017L00414 11 April 2017 FSC110 13 April 2017	13 April 2017	rs	Subsection, table and related note to update tocopherol compounds.