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**INDUSTRY STANDARD OF THE
PEOPLE'S REPUBLIC OF CHINA**

WS/T 578.2-2018

**Chinese dietary reference intakes - Part 2: Macroelement
(English Translation)**

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Foreword

WS/T 578 "Chinese Dietary Nutrient Reference Intake" is divided into five parts.

- Part 1. Macronutrients;
- Part 2. Constant elements;
- Part 3. Trace elements;
- Part 4. Fat-soluble vitamins;
- Part 5. Water-soluble vitamins.

This part is the second part of WS/T 578.

This part is drafted in accordance with the rules given in GB/T 1.1-2009.

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1 Scope

This section of WS/T 578 specifies the dietary reference intake of the major elements calcium, phosphorus, potassium, sodium, magnesium and chlorine in healthy people.

This section is applicable to the evaluation and guidance of dietary intake of dietary macroelements in healthy populations or individuals in China.

2 Normative references

The following documents are indispensable for the application of this document. For dated references, only the dated version applies to this document.

For undated references, the latest edition (including all amendments) applies to this

document.

WS/T 476-2015 terminology

3 Terms and definitions

The following terms and definitions as defined by WS/T 476-2015 apply to this document. For ease of use, WS/T 476 is repeated below.

- Some terms and definitions in 2015.

Dietary reference intakes; DRIs Evaluate whether dietary nutrient supply can meet human needs, whether there is a risk of excessive intake, and help prevent certain chronic non-infections A set of reference values for sexually transmitted diseases, including. average required, recommended intake, appropriate intake, tolerable maximum intake, and recommended intake the amount of macronutrients acceptable.

[WS/T 476-2015, definition 5.3.1] 3.2 Average requirement; estimated average requirement; EAR the average amount of nutrient requirements for each individual in the population.

[WS/T 476-2015, definition 5.3.4] 3.3 Recommended intake of recommended nutrient intake; RNI it can meet the nutrient intake levels required by most individuals in a particular gender, age, and physiological condition group.

[WS/T 476-2015, definition 5.3.5] 3.4 Appropriate intake A safe intake level of nutrients. It is the intake of certain nutrients in healthy people obtained through observation or experiment.

[WS/T 476-2015, definition 5.3.6] 3.5 Tolerable upper intake level; UL the average daily intake of nutrients is the highest. This amount does not cause damage to almost all individuals in the general population.

[WS/T 476-2015, definition 5.3.7] 3.6 Constant element macroelement Macro element Minerals in the human body in an amount greater than 0.01% by weight. Including potassium, sodium, calcium, magnesium, sulfur, phosphorus, chlorine, etc., are essential for the human body.

Micronutrients.

[WS/T 476-2015, definition 3.5.1] 3.7 Calcium One of the essential elements of the human body. The main constituents of bones and teeth. Maintain normal excitability of the neuromuscular; participate in regulation and dimension Hold cell function, body fluid acid-base balance; participate in blood coagulation, hormone secretion. Long-term calcium deficiency can cause rickets in children; bone softening in middle-aged and elderly people disease. Long-term overdose can increase the risk of kidney stones.

[WS/T 476-2015, definition 3.5.1.1] 3.8 Phosphorus One of the essential elements of the

human body. Combines with calcium to form bones and teeth; participates in substance metabolism and maintains the body's acid-base balance. Normal drink Eat enough phosphorus.

[WS/T 476-2015, definition 3.5.1.2] 3.9 Magnesium One of the essential elements of the human body. It is an activator of various enzymes. It regulates the distribution of potassium and sodium in cells, maintains bone growth and neuromuscular Excitability and other functions.

[WS/T 476-2015, definition 3.5.1.3] 3.10 Potassium One of the essential elements of the human body. Participate in the metabolism of sugar and protein, maintain normal osmotic pressure and acid-base balance, neuromuscular excitability Wait. Potassium deficiency can cause functional or pathological changes in the neuromuscular, cardiovascular, and central nervous systems.

[WS/T 476-2015, definition 3.5.1.4] 3.11 Sodium One of the essential elements of the human body. Regulate the volume and osmotic pressure of extracellular fluid, maintain acid-base balance and maintain neuromuscular excitability. Photo Excessive sodium is one of the causes of high blood pressure.

[WS/T 476-2015, definition 3.5.1.5] 3.12 Chlorine chloride One of the essential elements of the human body. Regulate the volume and osmotic pressure of extracellular fluid, maintain acid-base balance, and participate in blood CO₂ transport.

4 Chinese residents' dietary constant element reference intake

The reference intake of dietary macroelements in Chinese residents is shown in Table 1.

Table 1 Reference intake of dietary macroelements in Chinese residents

The unit is milligrams per day age) /physiological condition Calcium phosphorus magnesium potassium sodium chloride EAR RNI UL EAR RNI UL EAR RNI AI AI AI 0 to -200a 1000 - 100 - - 20 a 350 170 260 0.5 to - 250 a 1500 - 180 - - 65 a 550 350 550 1 to 500 600 1500 250 300 - 110 140 900 700 1100 4 to 650 800.2000 290 350 - 130 160 1200 900 1400 7~ 800 1000.2000 400 470 - 180 220 1500 1200 1900 11~ 1000 1200.2000 540 640 - 250 300 1900 1400 2200 14~ 800 1000.2000 590 710 - 270 320 2200 1600 2500 18~ 650 800.2000 600 720 3500 280 330.2000 1500 2300 50~ 800 1000.2000 600 720 3500 280 330.2000 1400 2200 65~ 800 1000.2000 590 700 3000 270 320.2000 1400 2200 80~ 800 1000.2000 560 670 3000 260 310.2000 1300.2000 Pregnant women (1 to 12 weeks) 650 800.2000 600 720 3500 310 370.2000 1500 2300 Pregnant women (13 to 27 weeks) 810 1000.2000 600 720 3500 310 370.2000 1500 2300 Pregnant women (>=28 weeks) 810 1000.2000 600 720 3500 310 370.2000 1500 2300 Breast mother 810 1000.2000 600 720 3500 280 330 2400 1500 2300 Note. "-" means not established.

AI value.