

Comparison of the suggested protein intakes in successive UN Agency Reports expressed as egg or milk protein (in g/kg/day).

Age Group years	FAO <sup>1</sup> 1957	FAO/WHO <sup>2</sup> 1965	FAO/WHO <sup>3</sup> 1973
1 - 3	1.71	1.06	1.19
4 - 6	1.17	0.97	1.10
7 - 9	1.05	0.92	0.88
10 - 12	1.05(M)	1.18(F) 0.86	0.81
13 - 15	1.14	0.90	0.84
16 - 19	0.80	0.57	0.77
20 - 24	0.56	0.53	0.71
25+	0.53	0.53	0.71
Pregnancy <sup>4</sup>	+ 10 g	+ 6g	+6.5 g
Lactation	+ 30 g	+15g	+17 g

1) Mean + an "arbitrary" 50% allowance for individual variability

2) Mean + 10% for everyday stress + 20% for individual variability

3) Mean + 30% for individual variability (2 s.d.)

4) Referred to last half or last two-thirds of pregnancy