Estimated Nutrient Requirements for Maintenance, Growth, and Reproduction of Rats				
Amount, per kg diet				
Nutrient	**Unit**	**Maintenance**	**Growth**	**Reproduction (Female)**
Fat	g	50	50	50
Linoleic acid (n-6)	g	a	6.0*a*	3.0*a*
Linolenic acid (n-3)	g	R	R	R
Protein	g	50.0*b*	150.0*b*	150
Amino Acids*c*				
Arginine	g	ND	4.3	4.3
Aromatic AAs*d*	g	1.9	10.2	10.2
Histidine	g	0.8	2.8	2.8
Isoleucine	g	3.1	6.2	6.2
Leucine	g	1.8	10.7	10.7
Lysine	g	1.1	9.2	9.2
Methionine + cystine*e*	g	2.3	9.8	9.8
Threonine	g	1.8	6.2	6.2
Tryptophan	g	0.5	2	2
Valine	g	2.3	7.4	7.4
Other (including nonessentials)	g	*f*	66	66
Minerals				
Calcium	g	*g*	5	6.3
Chloride*h*	g	*g*	0.5	0.5
Magnesium	g	*g*	0.5	0.6
Phosphorus	g	*g*	3	3.7
Potassium*h*	g	*g*	3.6	3.6
Sodium	g	*g*	0.5	0.5
Copper	mg	*g*	5	8
Iron	mg	*g*	35	75
Manganese	mg	*g*	10	10
Zinc*i*	mg	*g*	12	25
Iodine	µg	*g*	150	150
Molybdenum	µg	*g*	150	150
Selenium	µg	*g*	150	400
Vitamins				
A (retinol)*j*	mg	*g*	0.7	0.7
D (cholecalciferol)*k*	mg	*g*	0.025	0.025
E (RRR-α-tocopherol)*l*	mg	*g*	18	18
K (phylloquinone)	mg	*g*	1	1
Biotin (d-biotin)	mg	*g*	0.2	0.2
Choline (free base)	mg	*g*	750	750
Folic acid	mg	*g*	1	1
Niacin (nicotinic acid)	mg	*g*	15	15
Pantothenate (Ca-d-pantothenate)	mg	*g*	10	10
Riboflavin	mg	*g*	3	4
Thiamin (thiamin-HCl)*m*	mg	*g*	4	4
B6 (pyridoxine)*n*	mg	*g*	6	6
B12	µg	*g*	50	50