

TSD type	Organisation (year) (reference)	Country/ Region	Infants and young children												Older children								Adolescents							
			Age in months												Age in years															
			0	1	2	3	4	5	6	7	8	9	10	11	12mo/1yr	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
International DRV (≥2 countries)	Food and Agriculture Organisation (FAO) (2010) ⁽²²⁾	Global	AI: 0.1-0.18 %E (0.20-0.36% FA) DHA*						AI: 10-12 mg/kg DHA†						AI: 100-150 mg DHA††		AI: 150-200 mg EPA+ DHA†		AI: 200-250 mg EPA+DHA†				AMDR: 250 mg–2 g/day EPA+DHA (2 g/day is for secondary prevention of CHD)							
	Ministry of Health (2006) ⁽³¹⁾	Australia and New Zealand	No recommendation										AI: 40 mg/day EPA+DPA+DHA		AI: 55 mg/day EPA+DPA+DHA				AI: 70 mg/day EPA+DPA+DHA				AI: M 125 mg/day; F 85 mg/day EPA+DPA+DHA Suggested dietary target M 610 mg/day; F 430 mg/day							
	European Food Safety Authority (EFSA) (2010) ⁽⁴⁶⁾	Europe	No recommendation						AI: 100 mg DHA						The currently available evidence does not permit to define an age specific quantitative estimate of an adequate dietary intake for EPA and DHA for children aged 2 to 18 years. However, dietary advice for children should be consistent with advice for the adult population (i.e., 1 to 2 fatty fish meals per week or ~250 mg of EPA plus DHA per day)															
	Institute of Medicine (IOM) (2005) ⁽²¹⁾	US and Canada	No recommendation										Up to 10% of the AMDR for ALA (0.6-1.2 %E) given can be consumed as EPA and/or DHA§																	
National DRV	Agence Francaise de Securite Sanitaire des Ailments (AFSSA) (2010) ⁽⁴⁰⁾	France	ANC: 0.32 % of total FA DHA. EPA intake must be < DHA						ANC: 70 mg/day DHA, No data to establish requirements for EPA						ANC: 125 mg/day DHA, 250 mg/day EPA+DHA				ANC: 250 mg/day DHA, 500 mg/day EPA+DHA											
	Ministry of Health and Welfare (2022) ⁽⁵⁰⁾	Korea	AI: 200 mg/day DHA						AI: 200 mg/day DHA						The currently available evidence does not permit the definition of an age-specific quantitative estimate of adequate dietary intake for EPA and DHA for children under 6 yrs of age.				AI: 200 mg/day EPA+DHA		AI: M 220 mg/day; F 150 mg/day EPA+DHA [†]		AI: M 230 mg/day; F 210 mg/day EPA+DHA		AI: M 230 mg/day; F 100 mg/day EPA+DHA [†]					
	Federal Food Safety and Veterinary Office (FSVO) (2022) ⁽⁵³⁾	Switzerland	Not within the scope of the TSD						AI: 100 mg/day DHA						AI: 250 mg/day EPA+DHA															
National FBDG scientific review	Scientific Committee of the Food Safety Authority of Ireland (FSAI) (2020) ⁽⁵⁵⁾	Ireland	Not within the scope of the TSD										AI: 100 mg DHA		AI: 250 mg EPA+DHA		Not within the scope of the TSD													
	Ministry of Health (2012) ⁽⁵²⁾	New Zealand	Not within the scope of the TSD										AI: 40 mg/day EPA+DPA+ DHA		AI: 55 mg/day EPA+DPA+DHA				AI: 70 mg/day EPA+DPA+DHA				AI: M 125 mg/day; F 85 mg/day EPA+DPA+DHA Suggested dietary target: M 610 mg/day; F 430 mg/day							
	Department of Health (2013) ⁽⁵⁸⁾	South Africa	Not within the scope of the TSD																		250-500 mg/day EPA+DHA									
	Ministry of Health (2016) ⁽⁴²⁾	Turkey	No recommendation												250 mg/day EPA+DHA															
Expert body	Norwegian Scientific Committee for Food and Environment (2021) ⁽²⁵⁾	Norway	No recommendation												Safe intake: 250 mg/day EPA+DHA [†]															

Different reports used different approaches to age categorisation with some using an inclusive upper age boundary (i.e. where the last value of one category matches the first value of the next e.g. FAO), whilst others used an exclusive upper age boundary (i.e. where the last value of one category is one less than the first value of the next e.g. Korea) or a mixture of both approaches (e.g. France). Increasing colour density denotes increasing recommended intake amounts with increasing age. TSD, technical and scientific document; DRV, dietary reference value; AI, adequate intake; %E, percent energy; FA, fatty acids; DHA, docosahexaenoic acid; EPA, eicosapentaenoic acid; AMDR, acceptable macronutrient distribution range; CHD, coronary heart disease; DPA, docosapentaenoic acid; M, male; F, female; ALA, alpha-linolenic acid; ANC, apports nutritionnels conseillés; FBDG, food based dietary guideline.

*Evidence level: Convincing; †age adjusted for chronic disease prevention; ‡evidence level: Probable; §range of n-3 fatty acid intakes as % energy only given for ages 1 year+; †note reduced Korean AI for F 9-11 years and F 15-18 years compared to younger age category; †considered by report as safe intakes as focus of report was safety.