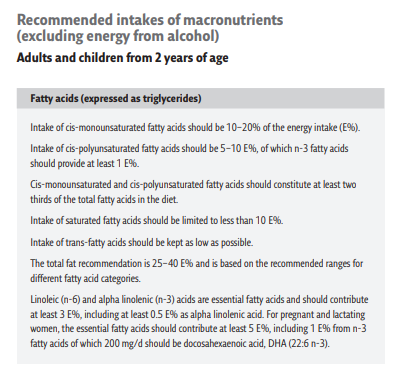
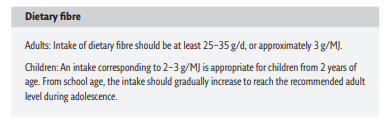
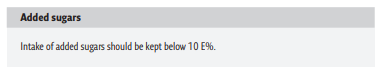
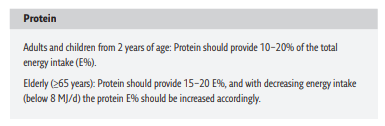
Source: <http://norden.diva-portal.org/smash/get/diva2:704251/FULLTEXT01.pdf>

**# Recommended intakes of macronutrients**

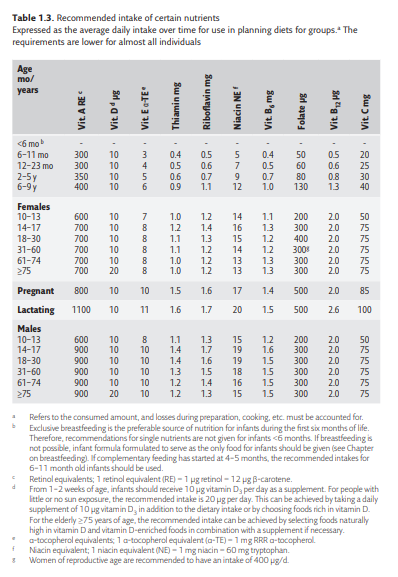


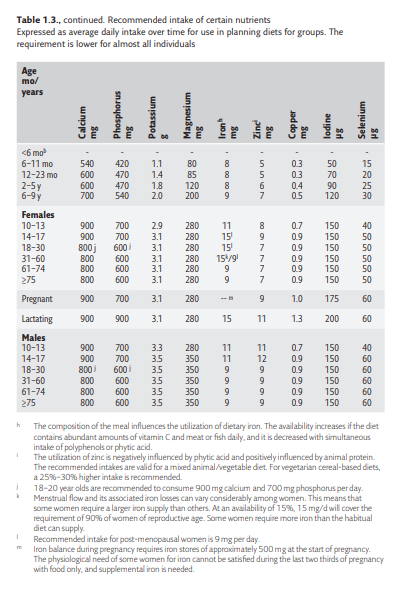




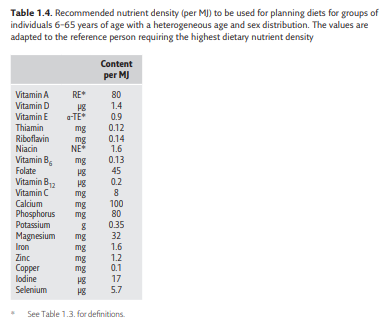


**# Recommended intake of vitamins and minerals**

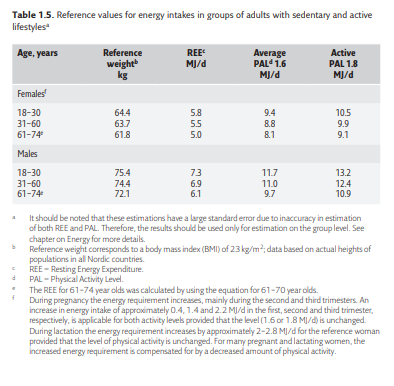




**# Recommendations for planning diets for heterogeneous groups**

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**# Reference values for energy intake**

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**# Reference values for assessing nutrient intakes**