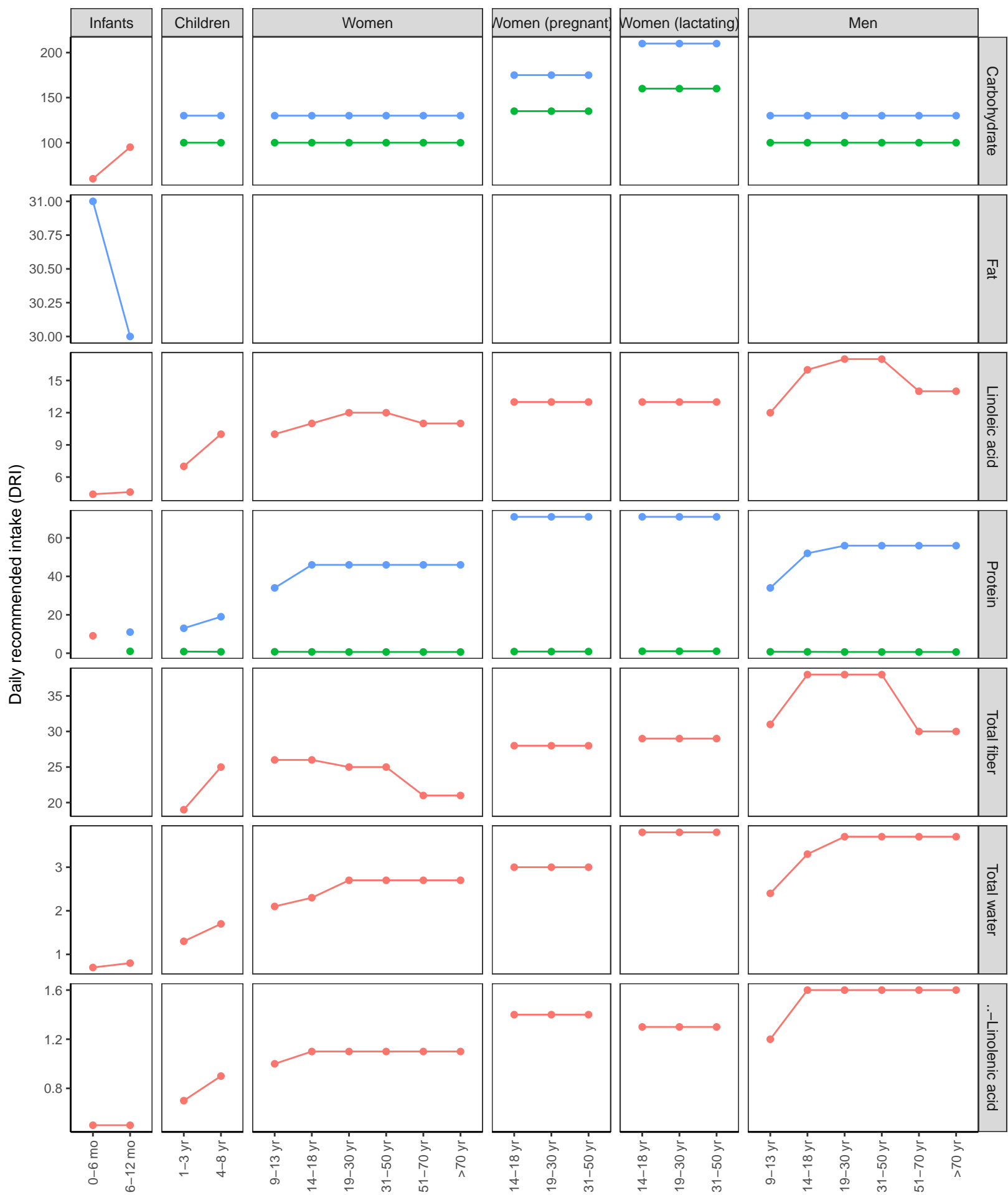


Macronutrient



● Adequate Intake (AI) ● Estimated Average Requirement (EAR) ● Recommended Dietary Allowance (RDA)