**Table S1. Nutrient reference values**

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **Calcium mg/day1** | **Iron mg/day1** | **Zinc mg/day2** | **Selenium ug/d3** | **Iodine ug/day4** | **B12 ug/day1** | **Vitamin A ug/day RE2** | **Vitamin D ug/day1** | **Omega-3 g/d4** |
|  | WHO (RNI)a | WHO (RNI) | EFSA (PRI) | IOM (RDA) | IOM (RDA) | WHO (RNI) | EFSA (PRI)b | WHO (RNI) | WHO (AI)d |
| Children 0.5-5 years (average requirement) | 450.0 | 7.5 | 4.1 | 20.0 | 110.0 | 0.8 | 250.0 | 5.0 | 0.7 |
| Women 15-49 years (average requirement) | 1150.0 | 30.1 | 11.4 | 55.0 | 150.0 | 2.4 | 650.0 | 5.0 | 1.1 |

aRNI = Recommended Nutrient Intake; bPRI = Population Reference Intake; cRDA = Recommended Dietary Allowance; dAI – Adequate intake

1WHO; FAO. (2004). *Vitamin and mineral requirements in human nutrition. Report of a Joint FAO/WHO Expert Consultation*. For iron requirements, we used 10% bioavailability based on diets with moderate phytate concentrations and some meat/fish in the diet.

2European Food Safety Authority (EFSA). Dietary Reference Values for nutrients Summary report. *EFSA Supporting Publications*. 2017;14(12). <https://doi.org/10.2903/sp.efsa.2017.e15121>. Zinc requirements reflect an estimated phytate intake level of 900 mg/day, typical of a semi-unrefined diet.

3Institute of Medicine. Dietary Reference Intakes for vitamin C, vitamin E, selenium and carotenoids. Washington (DC): National Academies Press; 2000

4Institute of Medicine (US) Panel on Micronutrients. 2001. *Dietary Reference Intakes for Vitamin A, Vitamin K, Arsenic, Boron, Chromium, Copper, Iodine, Iron, Manganese, Molybdenum, Nickel, Silicon, Vanadium, and Zinc*. Washington, DC: National Academies Press.

5FAO, & WHO. (2010). Fats and fatty acids in human nutrition. Proceedings of the Joint FAO/WHO Expert Consultation. November 10-14, 2008. Geneva, Switzerland. In *Annals of nutrition & metabolism* (Vol. 55, Issues 1–3). <https://doi.org/10.1159/000228993>