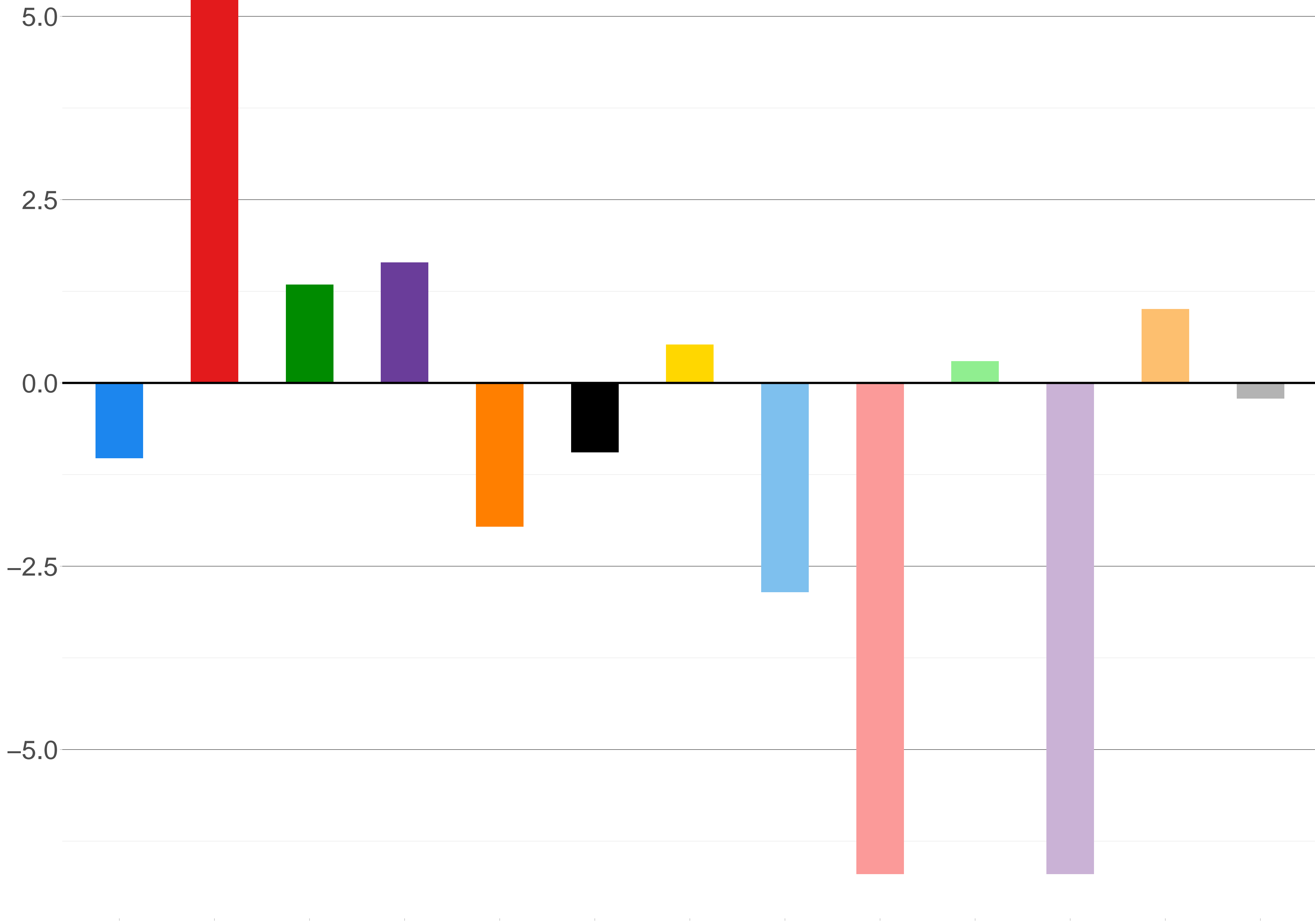


Percentual difference between intake in BC and Ref in 2030

Percentual difference between intake and RNI



- | | | | | |
|--------------------|----------------------|------------------------|----------------------|-----------------|
| <div>calcium</div> | <div>magnesium</div> | <div>thiamin</div> | <div>vitamin c</div> | <div>zinc</div> |
| <div>folate</div> | <div>selenium</div> | <div>vitamin a</div> | <div>vitamin d</div> | |
| <div>iron</div> | <div>sodium</div> | <div>vitamin b12</div> | <div>vitamin k</div> | |