Table 1: Personal intake recommendations for Sysdimet study control cohort with the current intake, recommendation most fitting to model, and 90%-probability range of recommendations.

	Sucrose	Protein	Carboh.	SFA	MUFA	PUFA	Fiber	Vit. D	Linoleic acid	Alpha-linol. acid	Chol.	Folic acid	Vit. C	EPA-fatty acid	DHA-fatty acid
1	8.7→ 8.1 [4.6;9.8]	20.1→ 19.7 [18.8;20.0]	51.3→ 50.8 [46.8;54.6]	11.1→ 9.8 [9.2;10.0]	7.2→ **10.6** [10.0;12.6]	3.6→ **6.7** [5.1;8.8]	26.4→ 26.7 [24.5;29.4]	6.1→ 6.8 [4.8;10.0]	2.7→ **7.2** [4.7;8.9]	0.6→ 0.7 [0.5;1.1]	232→ 222 [183;242]	373→ **134** [101;227]	199→ **14** [10;22]	0.0→ **1.6** [1.3;1.9]	0.1→ **0.0** [0.0;0.1]
5	7.7→ **5.2** [0.8;9.7]	17.1→ 15.3 [11.0;19.4]	53.9→ 50.6 [41.4;59.2]	9.1→ 8.7 [7.3;9.9]	10.0→ 10.7 [10.0;12.5]	4.8→ 6.9 [5.1;9.3]	21.0→ **32.3** [21.6;51.8]	4.8→ **23.4** [3.7;75.9]	3.7→ **6.0** [2.9;8.8]	0.9→ **1.8** [0.5;3.3]	163→ 145 [16;278]	226→ 230 [171;292]	86→ **140** [22;381]	0.0→ **1.9** [1.2;2.5]	0.0→ **0.2** [0.0;0.9]
104	4.4→ 4.0 [0.4;9.7]	17.8→ 16.8 [13.2;19.9]	48.7→ 53.7 [46.2;59.8]	12.0→ **8.8** [7.4;9.9]	10.1→ 11.8 [10.0;15.3]	5.1→ **7.6** [5.5;9.9]	24.0→ **40.0** [24.9;54.4]	8.3→ **93.9** [78.5;99.8]	3.8→ **6.5** [3.7;8.9]	0.5→ **0.9** [0.5;2.0]	346→ **54** [1;162]	282→ 304 [154;500]	161→ **902** [656;997]	0.2→ **2.4** [2.1;2.5]	0.6→ **0.1** [0.0;0.3]
105	4.5→ 5.4 [0.6;9.8]	21.4→ **15.7** [11.3;19.7]	49.6→ 53.7 [45.9;59.8]	10.8→ 9.1 [7.8;10.0]	7.3→ **15.4** [10.7;19.7]	4.9→ **7.6** [5.5;9.9]	19.8→ **51.1** [39.7;54.9]	8.3→ **57.4** [28.9;84.0]	1.7→ **6.9** [4.6;8.9]	0.3→ **0.8** [0.5;1.6]	210→ **89** [3;199]	311→ 349 [117;836]	219→ **41** [11;117]	0.0→ **1.1** [0.8;1.4]	0.1→ 0.1 [0.0;0.3]
107	7.9→ **4.2** [0.4;9.6]	13.7→ 14.5 [10.4;19.0]	40.6→ 49.2 [40.8;58.4]	13.7→ **8.9** [7.6;9.9]	15.5→ 14.4 [10.3;19.0]	6.4→ 7.3 [5.4;9.7]	14.9→ **41.2** [24.4;54.6]	9.9→ **44.8** [12.8;80.0]	3.1→ **6.4** [3.4;8.9]	0.8→ 1.1 [0.5;2.6]	277→ **156** [19;282]	239→ 237 [161;304]	120→ **84** [16;158]	0.1→ **1.3** [0.7;1.7]	0.2→ **0.1** [0.0;0.4]
108	6.3→ 5.2 [1.0;9.6]	17.8→ 15.4 [11.0;19.7]	54.0→ 52.5 [43.4;59.7]	11.4→ 8.9 [7.8;10.0]	8.8→ 11.3 [10.0;14.8]	4.0→ **7.6** [5.5;9.8]	15.2→ **52.5** [46.4;54.9]	5.6→ **79.8** [41.8;99.0]	3.2→ **6.5** [3.8;8.9]	0.6→ **0.9** [0.5;1.8]	222→ **78** [2;188]	203→ **956** [855;999]	61→ **934** [766;998]	0.0→ **1.8** [1.3;2.3]	0.1→ **0.3** [0.0;1.1]
12	3.1→ **1.8** [0.5;3.2]	20.1→ 19.6 [18.7;20.0]	55.3→ 59.0 [56.2;60.0]	7.9→ 10.0 [9.9;10.0]	6.7→ **10.3** [10.0;11.3]	4.7→ 6.5 [5.4;7.7]	31.3→ 30.2 [26.7;32.7]	11.5→ **19.7** [10.7;33.8]	3.8→ **8.9** [8.5;9.0]	0.7→ **0.5** [0.5;0.5]	322→ **9** [1;30]	286→ **144** [102;231]	95→ 85 [57;103]	0.0→ **1.7** [1.6;1.8]	0.1→ **0.0** [0.0;0.0]
121	9.7→ **0.0** [0.0;0.0]	22.5→ **0.0** [0.0;0.0]	48.7→ **0.0** [0.0;0.0]	10.4→ **0.0** [0.0;0.0]	8.3→ **0.0** [0.0;0.0]	4.9→ **0.0** [0.0;0.0]	22.0→ **0.0** [0.0;0.0]	10.0→ **0.0** [0.0;0.0]	3.4→ **0.0** [0.0;0.0]	0.8→ **0.0** [0.0;0.0]	306→ **0** [0;0]	271→ **0** [0;0]	83→ **0** [0;0]	0.2→ **0.0** [0.0;0.0]	0.4→ **0.0** [0.0;0.0]
18	4.2→ 5.2 [2.3;9.3]	20.1→ 19.3 [17.1;20.0]	42.9→ 43.4 [40.6;48.1]	14.0→ **9.7** [8.7;10.0]	9.4→ 10.4 [10.0;11.5]	4.4→ 5.9 [5.0;7.4]	17.0→ **26.5** [20.3;35.4]	4.1→ **36.1** [12.0;63.4]	3.1→ **7.9** [5.5;9.0]	0.9→ **0.6** [0.5;1.0]	229→ 225 [186;254]	203→ 204 [157;248]	48→ **80** [21;193]	0.1→ **1.2** [0.9;1.5]	0.2→ **0.1** [0.0;0.2]
19	5.8→ **3.8** [0.4;9.5]	18.8→ 15.0 [10.6;19.4]	47.4→ 50.0 [41.0;58.9]	13.4→ **8.5** [7.2;9.9]	8.8→ **14.8** [10.4;19.4]	4.7→ **7.3** [5.3;9.7]	18.0→ **35.0** [22.3;53.7]	5.9→ **48.0** [4.1;98.0]	3.3→ **5.8** [2.9;8.7]	1.0→ **2.6** [0.6;4.7]	233→ **147** [16;282]	233→ 276 [130;463]	106→ **602** [118;962]	0.1→ **1.6** [1.0;2.4]	0.2→ **1.0** [0.0;2.0]
44	8.2→ **2.4** [0.2;7.1]	13.9→ 17.4 [14.0;19.9]	44.7→ 47.9 [42.2;53.8]	13.5→ **9.0** [7.7;10.0]	11.4→ 11.5 [10.1;14.8]	4.9→ **7.0** [5.2;9.4]	17.6→ **49.3** [32.7;54.9]	7.6→ **12.1** [5.1;23.9]	3.6→ **6.5** [3.6;8.9]	0.8→ 0.9 [0.5;2.1]	292→ **164** [23;290]	254→ 302 [162;498]	92→ **846** [570;994]	0.1→ **1.0** [0.6;1.4]	0.3→ **0.1** [0.0;0.4]
48	4.0→ 3.9 [0.9;8.9]	16.4→ 15.7 [11.9;19.4]	41.6→ 45.9 [40.3;53.4]	16.4→ **8.6** [7.2;9.9]	12.8→ 13.9 [10.4;17.3]	5.2→ 5.3 [5.0;5.7]	19.4→ **28.3** [20.4;41.0]	11.5→ 12.4 [4.7;22.3]	2.6→ **6.0** [2.9;8.8]	1.2→ **1.9** [0.5;3.5]	224→ 203 [132;268]	217→ 220 [177;269]	68→ **590** [427;743]	0.0→ **0.2** [0.0;1.0]	0.1→ **0.2** [0.0;0.6]
55	2.9→ 2.7 [0.4;6.7]	24.2→ **17.0** [13.0;19.9]	41.9→ 42.7 [40.1;48.8]	9.0→ 9.1 [8.0;10.0]	7.6→ **12.7** [10.1;16.4]	4.2→ **6.7** [5.1;9.1]	14.2→ **50.4** [38.2;54.9]	5.5→ **8.4** [3.7;17.9]	3.0→ **7.1** [4.6;9.0]	0.5→ **0.7** [0.5;1.2]	189→ 163 [83;234]	167→ 202 [114;322]	84→ 86 [36;138]	0.2→ **0.6** [0.3;0.9]	0.5→ **0.1** [0.0;0.5]
64	4.0→ 4.5 [0.6;9.6]	21.4→ **14.7** [10.3;19.3]	45.6→ 48.0 [41.6;53.8]	11.5→ **8.8** [7.4;9.9]	10.3→ 11.3 [10.0;14.5]	4.9→ **7.1** [5.2;9.6]	16.5→ **38.0** [22.6;54.2]	6.1→ **33.3** [4.3;90.8]	3.4→ **6.0** [3.0;8.8]	0.7→ **1.8** [0.5;3.5]	306→ **152** [17;288]	167→ **314** [120;761]	54→ **882** [608;997]	0.1→ **0.2** [0.0;0.7]	0.2→ 0.2 [0.0;0.9]
69	11.5→ 9.0 [6.2;9.9]	18.0→ 18.6 [17.5;19.9]	51.1→ 53.9 [48.5;59.9]	12.2→ 9.9 [9.4;10.0]	9.6→ 10.2 [10.0;10.5]	3.9→ **8.4** [6.5;10.0]	20.8→ **53.7** [50.8;55.0]	9.6→ **37.3** [25.6;49.7]	3.0→ **8.7** [8.0;9.0]	0.6→ 0.5 [0.5;0.6]	411→ **62** [2;150]	346→ **190** [104;315]	264→ **39** [10;116]	0.1→ **1.6** [1.3;1.8]	0.3→ **0.0** [0.0;0.1]
78	3.4→ 3.8 [0.6;9.4]	16.6→ 15.8 [12.1;19.5]	44.8→ 45.0 [43.0;47.6]	10.3→ 8.9 [7.6;9.9]	9.6→ 10.8 [10.0;13.4]	5.0→ 5.9 [5.0;7.5]	23.3→ 24.0 [21.2;28.0]	3.6→ **58.8** [13.9;94.7]	4.0→ **6.3** [3.4;8.8]	0.6→ **1.2** [0.5;2.8]	261→ 235 [149;290]	200→ 206 [115;319]	54→ **142** [20;422]	0.0→ **1.3** [0.8;1.7]	0.1→ 0.1 [0.0;0.4]