Table 1: Personally recommended intake (RI) for renal patients with lower and upper limits of recommendations.

	Sucrose	Protein	Carboh.	SFA	MUFA	PUFA	Fiber	Vit. D	Calcium	Potass.	Salt	Phosp.	Water
382	12.1→ **9.2** [7.0;10.0]	15.0→ 15.0 [14.8;15.2]	48.9→ 47.7 [40.9;52.3]	10.6→ 8.9 [7.6;9.9]	14.2→ 14.3 [13.7;15.2]	6.8→ 6.9 [6.5;7.4]	12.3→ **32.1** [26.0;39.9]	5.4→ **23.4** [18.5;27.8]	367→ **633** [412;1000]	1838→ 1987 [1617;2983]	9275→ **6008** [2089;10912]	694→ **1375** [710;2199]	1585→ 1550 [1274;1781]
480	12.3→ **3.4** [0.3;9.3]	15.3→ 15.1 [10.7;19.4]	55.0→ 50.3 [41.5;59.0]	8.1→ 8.5 [7.2;9.8]	11.7→ 15.7 [11.5;19.7]	6.0→ 7.3 [5.3;9.7]	18.2→ **30.9** [20.8;48.4]	7.7→ 7.6 [4.0;11.3]	514→ **1184** [477;2401]	2919→ 2398 [1633;3353]	5640→ 4518 [1845;7852]	1025→ **1810** [521;2921]	2031→ **1385** [603;2175]
1184	4.9→ **7.4** [2.8;9.9]	14.8→ 14.9 [14.2;15.7]	34.0→ 43.9 [40.1;50.9]	13.3→ **9.7** [8.8;10.0]	21.7→ 17.2 [13.9;19.9]	9.4→ 9.0 [6.8;10.0]	20.2→ **34.3** [26.8;43.5]	9.1→ 10.2 [7.9;13.8]	440→ 563 [409;862]	3392→ 2742 [1674;3474]	7932→ 7228 [5277;9013]	1100→ 1103 [982;1232]	2245→ 1802 [1115;2426]
1439	15.2→ **8.7** [5.2;10.0]	11.2→ 14.2 [11.5;16.3]	46.3→ 47.5 [45.1;50.7]	16.2→ **9.1** [7.9;10.0]	13.8→ 14.1 [13.3;15.3]	4.6→ 5.5 [5.0;6.7]	12.2→ **20.7** [20.0;22.5]	1.8→ **11.0** [3.9;19.4]	446→ 448 [402;527]	1954→ 1892 [1611;2345]	3798→ 3810 [2137;5588]	700→ **1019** [679;1500]	1057→ **1607** [1069;2354]
1581	16.4→ **9.4** [8.0;10.0]	12.1→ 12.3 [11.3;13.6]	47.8→ 47.9 [46.5;49.4]	15.0→ **9.9** [9.5;10.0]	11.4→ 11.9 [10.8;13.9]	4.2→ 5.4 [5.0;6.6]	26.4→ 26.6 [24.2;29.0]	17.6→ 17.3 [14.5;20.0]	903→ **909** [814;1008]	5546→ **1929** [1611;2563]	13800→ 13849 [12068;15536]	2076→ 2051 [1708;2356]	3100→ **2019** [1535;2448]
1882	8.8→ 8.7 [6.9;9.8]	13.6→ 15.2 [11.9;19.1]	41.1→ 45.1 [40.1;51.9]	13.4→ **9.0** [7.8;10.0]	17.4→ 18.5 [15.2;20.0]	8.6→ 7.6 [5.7;9.8]	27.6→ 24.2 [20.2;30.4]	8.2→ 8.8 [6.7;12.0]	492→ 502 [405;683]	3015→ 2530 [1666;3209]	7582→ 7469 [4123;12067]	939→ **1796** [943;2624]	1571→ 1833 [1340;2457]
1960	9.2→ 9.2 [8.9;9.4]	14.1→ 15.3 [12.5;19.0]	55.5→ 49.3 [41.4;56.1]	6.4→ 8.4 [7.1;9.7]	11.1→ 15.2 [11.3;19.3]	8.5→ 7.7 [5.8;9.8]	6.9→ **33.2** [22.0;50.6]	3.0→ **13.9** [4.3;26.5]	160→ **761** [434;1289]	1119→ **2380** [1621;3359]	2239→ **8091** [2213;18442]	320→ **766** [328;1635]	1488→ 1398 [661;1987]
1983	10.6→ 9.5 [8.1;10.0]	15.8→ 15.9 [15.1;16.8]	55.4→ 52.5 [46.6;59.0]	10.2→ 8.7 [7.3;9.9]	8.9→ **17.5** [14.4;19.9]	4.1→ **6.7** [5.1;9.1]	14.6→ **22.7** [20.1;26.8]	4.3→ 5.0 [2.7;8.9]	315→ **563** [407;849]	1854→ 1831 [1608;2286]	4674→ 5604 [3625;8934]	642→ 743 [425;1213]	1331→ 1322 [841;1668]
2303	14.5→ **8.7** [4.9;10.0]	14.1→ 15.4 [13.4;19.0]	47.0→ 46.8 [40.8;52.1]	15.1→ **8.8** [7.5;9.9]	14.5→ 14.5 [14.0;15.1]	5.9→ 7.2 [5.5;9.6]	12.6→ **37.3** [30.1;45.4]	6.4→ **14.6** [11.3;18.3]	476→ 599 [418;911]	2921→ 2917 [2559;3210]	3554→ 4314 [1989;6723]	938→ 923 [676;1183]	1766→ 1755 [1653;1844]
2440	12.3→ **9.3** [7.8;10.0]	16.8→ 18.0 [14.8;19.9]	48.8→ 47.8 [40.7;54.3]	11.8→ **8.4** [7.1;9.8]	11.9→ 16.0 [12.2;19.8]	5.9→ 7.6 [5.7;9.9]	14.7→ **28.6** [21.0;35.5]	7.2→ **15.2** [10.1;19.7]	922→ 784 [442;1205]	3168→ 2629 [1654;3386]	5476→ **8635** [4625;17353]	1236→ 1037 [440;2199]	1821→ 1815 [1734;1888]
2638	4.9→ 4.9 [0.7;9.8]	14.7→ 15.0 [10.7;19.4]	39.4→ 50.4 [41.5;58.9]	18.8→ **8.5** [7.1;9.8]	16.0→ 16.7 [13.2;19.9]	7.2→ 7.4 [5.6;9.7]	16.7→ 21.0 [20.0;23.5]	7.0→ **11.6** [3.2;23.0]	590→ **1078** [536;2083]	3192→ **2174** [1616;3240]	6554→ 6539 [6012;7046]	1091→ 1433 [487;2709]	1427→ 1348 [559;2050]
2714	12.0→ **3.6** [0.2;9.4]	14.8→ 15.0 [10.6;19.3]	43.7→ 50.7 [41.4;59.2]	13.3→ **8.5** [7.1;9.8]	14.7→ 15.3 [10.6;19.6]	6.7→ 7.2 [5.2;9.7]	20.4→ **30.3** [21.4;42.7]	7.2→ **48.3** [19.5;77.7]	935→ 972 [434;2277]	3043→ 2863 [1702;3604]	11763→ **5980** [1956;14191]	1520→ 1321 [391;2752]	1804→ 1801 [1744;1862]
2884	6.8→ 7.4 [5.2;9.7]	16.8→ 18.6 [16.6;19.9]	40.1→ 41.7 [40.1;46.2]	12.8→ **9.1** [8.0;10.0]	13.8→ 14.3 [13.4;15.9]	8.7→ 7.8 [6.2;9.5]	10.9→ **24.5** [20.4;30.1]	4.9→ **9.1** [4.8;15.3]	416→ 459 [402;609]	1824→ 1762 [1605;2096]	4648→ 5071 [3442;7311]	738→ **1263** [738;1869]	1246→ 1616 [1200;2349]
2928	15.6→ **3.5** [0.4;9.3]	10.0→ **17.0** [13.2;19.9]	60.4→ 47.7 [40.6;54.9]	11.7→ **8.5** [7.2;9.9]	6.9→ 14.0 [10.2;18.2]	5.3→ 7.4 [5.3;9.8]	16.6→ 20.3 [20.0;21.0]	6.5→ 8.3 [3.3;16.2]	440→ **702** [414;1187]	1862→ **3105** [2213;3651]	4622→ **8843** [4698;14402]	775→ 622 [317;1098]	1427→ 1186 [549;1744]
4025	9.7→ 9.0 [6.5;10.0]	15.1→ 15.0 [14.5;15.6]	42.3→ 47.1 [40.8;53.5]	10.5→ 8.6 [7.3;9.9]	17.1→ 16.8 [13.4;19.8]	9.8→ **7.5** [5.3;9.9]	14.1→ **25.3** [20.2;33.1]	7.1→ 7.0 [3.7;10.0]	338→ **796** [434;1427]	1485→ **2319** [1631;3293]	3568→ 4907 [2155;8030]	637→ **1116** [394;2443]	2451→ **1638** [979;2401]
4710	14.3→ **5.9** [0.9;9.9]	19.4→ 19.3 [17.4;20.0]	44.0→ 43.9 [42.4;45.3]	10.7→ 8.3 [7.1;9.7]	14.6→ 14.6 [14.3;14.9]	6.5→ 6.7 [5.7;7.8]	9.9→ **27.6** [22.5;32.3]	5.1→ **16.3** [6.7;26.9]	258→ **530** [404;824]	2160→ 1868 [1609;2405]	4908→ 5715 [3112;10008]	736→ **1054** [668;1568]	1487→ 1599 [1142;2319]
4741	6.8→ 6.4 [1.7;9.6]	16.0→ 16.7 [15.2;19.6]	36.7→ 44.2 [40.1;51.1]	14.9→ **8.7** [7.2;9.9]	17.7→ 15.1 [11.2;18.2]	8.2→ 7.4 [5.7;9.2]	12.4→ **22.6** [20.1;28.3]	9.0→ 11.5 [8.2;18.0]	447→ 562 [411;840]	2232→ 2134 [1642;2961]	6264→ 6290 [5722;6931]	888→ **2251** [1615;2811]	1095→ **1919** [1295;2481]
4903	5.2→ 4.7 [1.0;9.4]	18.8→ 16.6 [13.3;19.7]	31.2→ **50.5** [42.1;58.6]	16.9→ **8.8** [7.5;10.0]	18.4→ 17.1 [13.8;19.9]	7.8→ 7.5 [6.5;8.6]	19.4→ 22.9 [20.1;28.3]	9.1→ 9.0 [6.5;11.4]	1111→ 922 [490;1435]	3630→ 3161 [2251;3659]	8468→ 8025 [5149;11134]	1518→ 1474 [721;2171]	2403→ **1837** [1178;2462]
4962	7.4→ 7.3 [3.0;9.8]	20.6→ 19.3 [17.9;20.0]	49.0→ 47.7 [40.7;52.4]	8.1→ 8.2 [7.1;9.5]	9.9→ 12.2 [10.1;15.6]	7.7→ 7.6 [6.5;9.0]	21.0→ **31.1** [26.6;36.0]	1.4→ **7.0** [2.7;16.3]	451→ 566 [412;839]	2822→ 2823 [2731;2921]	7221→ 7235 [5816;8847]	1220→ **904** [435;1326]	1718→ 1679 [1471;1843]
4999	10.7→ **7.1** [1.7;9.9]	17.2→ 15.4 [11.5;19.1]	44.5→ 46.2 [41.4;51.2]	10.7→ 8.6 [7.2;9.9]	14.0→ 14.5 [12.2;16.8]	7.8→ 7.4 [5.8;9.3]	32.8→ 31.3 [21.0;48.5]	12.0→ 11.0 [3.4;20.0]	553→ 557 [495;625]	4211→ **3052** [2227;3591]	7176→ 6709 [4449;8817]	1476→ 1430 [510;2518]	2513→ **1762** [1083;2451]
5181	14.7→ **5.6** [0.8;9.8]	13.4→ 15.2 [12.0;19.0]	48.9→ 57.0 [50.5;59.9]	16.3→ **8.9** [7.7;10.0]	10.9→ **19.0** [16.1;20.0]	4.0→ **6.0** [5.0;7.5]	9.2→ **25.1** [20.3;31.5]	8.1→ 9.1 [6.2;13.0]	873→ **554** [406;842]	2190→ 2873 [1856;3545]	2914→ **4370** [1739;8329]	1029→ 1093 [964;1273]	1275→ **2318** [1807;2494]
5751	2.6→ **4.1** [0.4;9.7]	16.6→ 16.1 [11.5;19.8]	34.6→ **50.1** [41.4;58.9]	15.5→ **8.5** [7.1;9.8]	20.5→ **15.4** [10.7;19.6]	8.9→ 7.2 [5.2;9.7]	8.8→ **36.1** [24.0;52.9]	9.6→ **29.0** [16.7;42.7]	627→ 829 [439;1629]	2786→ 2788 [2747;2831]	2701→ **8841** [2295;19111]	984→ 1137 [418;2476]	1494→ 1576 [639;2432]
5775	8.5→ 8.3 [5.4;9.9]	12.2→ 14.1 [10.5;18.3]	40.0→ 51.9 [43.0;59.4]	18.9→ **8.7** [7.3;9.9]	14.9→ 15.1 [14.0;16.3]	6.2→ 6.9 [5.2;9.1]	14.9→ **23.3** [20.1;29.7]	10.3→ **6.3** [2.6;12.0]	608→ 609 [455;757]	2882→ 2983 [2669;3366]	5460→ 7579 [4844;12001]	1064→ 1064 [955;1171]	1496→ 1747 [1305;2392]
5981	14.7→ **4.4** [0.5;9.7]	13.4→ 18.3 [14.6;20.0]	48.9→ 42.8 [40.1;49.1]	16.3→ **8.1** [7.1;9.4]	10.9→ 15.5 [11.8;19.4]	4.0→ **6.8** [5.1;9.1]	9.2→ **24.3** [20.2;30.9]	8.1→ 11.1 [7.3;16.8]	873→ 844 [466;1364]	2190→ 1962 [1611;2879]	2914→ **10888** [3406;19200]	1029→ 1036 [920;1164]	1275→ **2221** [1530;2494]
6428	6.5→ 7.9 [4.1;9.9]	16.5→ 17.6 [15.3;19.9]	40.9→ 43.0 [40.1;49.7]	12.6→ **9.1** [7.9;10.0]	15.4→ 15.5 [14.3;17.2]	7.0→ 7.0 [6.8;7.3]	21.2→ **41.5** [29.1;53.4]	5.7→ **18.8** [15.3;22.7]	480→ 522 [416;712]	4105→ **2662** [1645;3537]	7748→ **5406** [3446;7488]	1085→ 1101 [1005;1232]	2273→ **1705** [828;2432]
6591	6.5→ 7.0 [4.4;9.6]	17.0→ 18.1 [16.3;19.9]	37.6→ 40.7 [40.0;42.6]	14.3→ **9.8** [9.3;10.0]	15.6→ 15.3 [14.2;16.0]	8.4→ 8.4 [7.1;9.6]	18.5→ **28.9** [22.8;35.5]	15.4→ **11.7** [8.6;14.9]	496→ 576 [475;787]	3218→ **2209** [1619;3174]	7367→ 7360 [6487;8255]	1237→ 1184 [997;1326]	2268→ **1585** [750;2270]
6770	8.8→ 8.9 [8.1;9.7]	12.2→ **19.5** [18.3;20.0]	43.3→ 43.3 [42.7;44.0]	14.2→ **9.3** [8.0;10.0]	17.0→ 17.9 [15.0;19.9]	8.7→ **6.7** [5.1;8.3]	21.2→ **32.3** [25.9;41.6]	4.9→ **16.4** [10.9;23.1]	640→ 611 [443;744]	4194→ **1712** [1603;2004]	12065→ **6355** [2232;13798]	1334→ **1000** [471;1489]	1850→ 1837 [1705;1946]
7086	11.4→ 8.9 [6.3;10.0]	16.8→ 16.2 [14.0;18.9]	44.0→ 44.2 [43.0;45.5]	17.6→ **8.8** [7.4;9.9]	11.3→ **16.2** [13.4;19.7]	3.5→ **7.2** [5.2;9.7]	18.5→ 21.5 [20.0;25.4]	4.7→ 4.6 [2.6;8.1]	950→ 821 [475;1168]	3362→ 3124 [2508;3576]	4878→ 6753 [4478;10095]	1160→ 1141 [884;1377]	2134→ 1863 [1379;2341]
7370	8.6→ 8.4 [5.9;9.8]	15.8→ 16.2 [14.4;19.3]	35.5→ 44.5 [40.2;51.1]	14.3→ **8.6** [7.3;9.9]	19.8→ **15.0** [11.2;18.5]	9.6→ 8.2 [6.2;9.9]	17.0→ 20.7 [20.0;22.4]	19.9→ 15.3 [3.6;31.5]	554→ 559 [489;635]	3224→ **2425** [1642;3210]	8465→ 9403 [4781;15652]	1137→ 917 [472;1282]	1609→ 1488 [932;1888]
8080	4.5→ **7.0** [2.0;9.9]	13.7→ 19.4 [18.0;20.0]	38.9→ 42.0 [40.1;47.0]	13.2→ **8.5** [7.2;9.8]	19.5→ 15.4 [12.8;18.2]	9.4→ **6.8** [5.1;8.9]	18.0→ 22.2 [20.1;26.5]	8.7→ 11.0 [7.7;16.6]	484→ 476 [404;604]	2631→ **1949** [1613;2554]	7678→ 7769 [5442;10745]	1006→ 995 [872;1101]	1276→ 1442 [847;2030]
9093	9.9→ 9.7 [8.9;10.0]	10.4→ **16.6** [13.5;19.9]	46.1→ 46.1 [41.1;49.9]	13.3→ **9.8** [9.0;10.0]	13.8→ 14.1 [13.0;15.6]	12.6→ **9.0** [6.8;10.0]	12.6→ **28.9** [22.1;35.1]	9.4→ 12.3 [9.7;15.2]	470→ 517 [412;706]	2355→ 2239 [1674;2912]	4958→ 5225 [3676;6949]	768→ 758 [506;1006]	1178→ 1258 [663;1733]
9464	10.0→ 9.6 [8.5;10.0]	15.2→ 15.3 [15.1;15.5]	36.1→ 46.9 [40.4;53.8]	23.6→ **8.5** [7.2;9.9]	15.3→ 15.3 [14.3;16.4]	4.5→ **6.5** [5.1;8.5]	20.9→ 29.0 [21.6;36.5]	11.4→ 11.2 [6.4;16.0]	1504→ **827** [462;1380]	3424→ 2801 [1724;3466]	11639→ 15854 [10450;19838]	1927→ 1843 [913;2564]	2495→ **1619** [856;2408]