

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

	Sacrose	Protein	Carboh.	SFA	MUFA	PUFA	Fiber	Vit. D	Calcium	Potassium	Salt	Phosp.	Water
1	6.33 <small>[0.61;9.89]</small>	16.6 <small>[13.6;19.7]</small>	50.9 <small>[44.1;58.6]</small>	9.0 <small>[7.2;10.8]</small>	16.3 <small>[12.7;19.8]</small>	7.4 <small>[5.4;9.8]</small>	26.4 <small>[20.3;37.4]</small>	24.09 <small>[18.21;30.94]</small>	610 <small>[407;1045]</small>	2059.86 <small>[1626.53;3097.87]</small>	7961 <small>[4444;10768]</small>	767.56 <small>[398.09;1345.04]</small>	1555.84 <small>[852.72;2236.86]</small>
2	5.63 <small>[0.39;9.86]</small>	16.3 <small>[13.2;19.6]</small>	55.3 <small>[49.0;59.6]</small>	8.9 <small>[7.1;9.9]</small>	12.7 <small>[10.3;16.7]</small>	6.8 <small>[5.2;9.4]</small>	23.6 <small>[20.1;32.7]</small>	8.29 <small>[6.34;14.62]</small>	628 <small>[415;1094]</small>	2576.89 <small>[1693.75;3552.64]</small>	5926 <small>[3155;8697]</small>	958.33 <small>[442.39;1422.72]</small>	1839.98 <small>[1126.28;2373.03]</small>
3	5.71 <small>[0.39;9.87]</small>	18.3 <small>[15.2;19.9]</small>	43.0 <small>[40.1;49.4]</small>	8.9 <small>[7.2;10.8]</small>	16.8 <small>[13.2;19.6]</small>	8.5 <small>[6.8;9.9]</small>	23.6 <small>[20.2;30.8]</small>	4.84 <small>[2.61;10.25]</small>	596 <small>[414;987]</small>	3180.36 <small>[2031.91;3677.83]</small>	8719 <small>[4645;12794]</small>	1122.92 <small>[590.74;1668.07]</small>	1668.69 <small>[912.31;2312.97]</small>
4	6.18 <small>[0.56;9.86]</small>	15.7 <small>[12.6;19.3]</small>	42.7 <small>[40.1;48.9]</small>	8.8 <small>[7.2;10.8]</small>	18.8 <small>[15.7;20.8]</small>	8.9 <small>[6.7;9.9]</small>	26.9 <small>[20.3;38.9]</small>	12.55 <small>[8.11;18.95]</small>	705 <small>[471;1188]</small>	2783.72 <small>[1741.06;3596.04]</small>	7904 <small>[5359;10515]</small>	1017.13 <small>[484.29;1471.48]</small>	2000.13 <small>[1029.48;2457.54]</small>
5	6.18 <small>[0.57;9.86]</small>	18.1 <small>[18.1;19.7]</small>	55.1 <small>[49.6;6.6]</small>	9.2 <small>[7.5;10.6]</small>	14.3 <small>[13.1;18.0]</small>	6.1 <small>[5.8;6.6]</small>	21.5 <small>[20.1;25.2]</small>	9.30 <small>[7.21;22.64]</small>	473 <small>[403;636]</small>	2196.30 <small>[1643.32;3242.80]</small>	3675 <small>[1684;6742]</small>	967.20 <small>[531.75;1551.62]</small>	1187.77 <small>[595.29;2041.25]</small>
6	5.84 <small>[0.40;9.85]</small>	14.3 <small>[10.8;19.1]</small>	49.6 <small>[42.8;57.2]</small>	8.9 <small>[7.2;10.6]</small>	13.0 <small>[10.3;17.7]</small>	6.6 <small>[5.1;9.6]</small>	27.3 <small>[21.3;36.1]</small>	18.46 <small>[12.72;25.52]</small>	1117 <small>[729;1751]</small>	2752.22 <small>[1701.02;3645.65]</small>	13958 <small>[10817;17049]</small>	1651.65 <small>[1160.33;2323.87]</small>	1882.87 <small>[833.27;2469.68]</small>
7	6.12 <small>[0.46;9.85]</small>	16.3 <small>[13.0;19.8]</small>	56.8 <small>[50.9;59.9]</small>	9.2 <small>[7.4;10.9]</small>	18.6 <small>[16.5;19.9]</small>	8.1 <small>[6.6;8.8]</small>	27.2 <small>[24.3;33.2]</small>	8.82 <small>[8.82;16.26]</small>	520 <small>[405;749]</small>	2468.94 <small>[1665.99;3313.94]</small>	7459 <small>[3469;11638]</small>	1104.51 <small>[630.38;1588.24]</small>	1682.34 <small>[1015.03;2347.32]</small>
8	5.79 <small>[0.46;9.81]</small>	15.2 <small>[12.4;18.8]</small>	55.0 <small>[48.7;59.4]</small>	8.2 <small>[7.0;9.9]</small>	12.1 <small>[10.1;15.9]</small>	24.4 <small>[6.4;9.9]</small>	23.6 <small>[20.1;32.3]</small>	5.16 <small>[2.59;11.95]</small>	525 <small>[404;845]</small>	1932.80 <small>[1608.97;2749.58]</small>	3398 <small>[1600;7703]</small>	470.39 <small>[305.81;872.46]</small>	1371.82 <small>[688.42;1951.53]</small>
9	5.83 <small>[0.40;9.88]</small>	17.3 <small>[14.4;19.8]</small>	56.1 <small>[50.7;59.8]</small>	9.0 <small>[7.2;10.6]</small>	14.0 <small>[10.3;18.9]</small>	6.0 <small>[5.8;6.6]</small>	24.1 <small>[20.1;31.7]</small>	6.25 <small>[2.74;13.87]</small>	534 <small>[404;849]</small>	1978.17 <small>[1617.15;2766.88]</small>	5742 <small>[2252;11541]</small>	654.53 <small>[328.40;1122.49]</small>	1333.25 <small>[680.58;2075.83]</small>
10	6.48 <small>[0.74;9.88]</small>	15.1 <small>[18.8;19.6]</small>	45.7 <small>[40.6;51.7]</small>	8.8 <small>[7.1;10.6]</small>	15.3 <small>[16.9;19.3]</small>	6.7 <small>[5.1;9.5]</small>	25.0 <small>[20.2;35.0]</small>	17.60 <small>[11.91;24.24]</small>	634 <small>[416;1034]</small>	2459.83 <small>[1646.99;3324.24]</small>	4596 <small>[2296;7692]</small>	834.55 <small>[430.14;1255.29]</small>	1509.73 <small>[683.67;2155.74]</small>
11	6.61 <small>[0.65;9.90]</small>	16.9 <small>[13.4;19.6]</small>	46.9 <small>[40.8;53.8]</small>	8.6 <small>[7.1;9.9]</small>	12.6 <small>[10.2;17.2]</small>	6.7 <small>[5.1;9.5]</small>	23.2 <small>[20.1;30.5]</small>	27.60 <small>[20.20;35.69]</small>	929 <small>[613;1250]</small>	2747.69 <small>[1738.26;3541.72]</small>	7972 <small>[4887;12561]</small>	1082.28 <small>[451.18;1539.85]</small>	1699.36 <small>[795.51;2355.24]</small>
12	5.85 <small>[0.43;9.85]</small>	15.1 <small>[13.2;19.2]</small>	51.0 <small>[44.6;58.2]</small>	9.1 <small>[7.3;10.6]</small>	16.5 <small>[13.0;19.6]</small>	6.8 <small>[5.2;9.2]</small>	22.0 <small>[20.2;27.2]</small>	7.12 <small>[2.82;16.79]</small>	491 <small>[403;728]</small>	2106.37 <small>[1629.12;2991.08]</small>	8796 <small>[5476;12479]</small>	916.99 <small>[517.38;1538.37]</small>	2111.38 <small>[1606.18;2472.61]</small>
13	5.81 <small>[0.51;9.81]</small>	15.0 <small>[18.8;18.5]</small>	50.0 <small>[41.4;58.9]</small>	9.0 <small>[7.3;10.6]</small>	16.8 <small>[13.0;19.7]</small>	8.0 <small>[6.8;9.9]</small>	22.2 <small>[20.1;27.4]</small>	8.75 <small>[3.69;16.18]</small>	762 <small>[449;1337]</small>	2325.56 <small>[1626.08;3310.42]</small>	6629 <small>[4015;9379]</small>	1105.69 <small>[635.34;1608.11]</small>	1343.95 <small>[726.08;1897.31]</small>
14	5.81 <small>[0.36;9.82]</small>	16.6 <small>[14.0;19.6]</small>	49.2 <small>[42.4;57.4]</small>	9.0 <small>[7.3;10.6]</small>	15.3 <small>[18.8;19.6]</small>	7.3 <small>[5.4;9.7]</small>	22.3 <small>[20.1;27.7]</small>	10.31 <small>[4.46;20.87]</small>	674 <small>[416;984]</small>	2885.03 <small>[1898.40;3619.55]</small>	11143 <small>[6722;14703]</small>	1576.37 <small>[1109.30;2135.38]</small>	1907.85 <small>[1281.70;2445.64]</small>
15	6.17 <small>[0.59;9.84]</small>	18.5 <small>[16.3;19.9]</small>	45.8 <small>[40.5;52.5]</small>	9.0 <small>[7.2;10.6]</small>	15.2 <small>[11.7;19.2]</small>	8.8 <small>[7.1;9.9]</small>	24.0 <small>[20.1;32.1]</small>	8.54 <small>[3.57;17.30]</small>	492 <small>[404;720]</small>	2019.92 <small>[1618.42;2883.55]</small>	5285 <small>[214;9726]</small>	769.12 <small>[380.94;1270.97]</small>	1418.45 <small>[795.01;2233.08]</small>
16	5.80 <small>[0.40;9.84]</small>	13.3 <small>[10.2;18.3]</small>	49.7 <small>[45.5;56.6]</small>	8.5 <small>[7.1;9.9]</small>	11.4 <small>[10.0;15.0]</small>	6.3 <small>[5.1;9.1]</small>	26.3 <small>[20.2;39.6]</small>	7.78 <small>[3.27;15.20]</small>	568 <small>[405;1001]</small>	2343.40 <small>[1669.33;3437.48]</small>	5226 <small>[2470;8700]</small>	664.26 <small>[323.92;1056.47]</small>	1114.28 <small>[536.26;1731.73]</small>
17	5.85 <small>[0.43;9.86]</small>	15.9 <small>[12.9;19.2]</small>	45.6 <small>[40.5;54.2]</small>	8.9 <small>[7.2;10.6]</small>	17.4 <small>[14.0;19.8]</small>	9.0 <small>[6.7;10.6]</small>	23.4 <small>[20.1;31.6]</small>	7.77 <small>[3.45;13.93]</small>	578 <small>[405;1033]</small>	1892.81 <small>[1608.90;2612.92]</small>	4466 <small>[2811;7382]</small>	637.33 <small>[331.69;1050.03]</small>	2152.28 <small>[1453.64;2485.12]</small>
18	5.93 <small>[0.34;9.84]</small>	19.3 <small>[18.0;20.0]</small>	50.4 <small>[40.5;54.1]</small>	9.0 <small>[7.2;10.6]</small>	16.2 <small>[12.8;19.7]</small>	6.9 <small>[5.2;9.4]</small>	24.2 <small>[20.2;31.1]</small>	7.22 <small>[2.88;15.57]</small>	492 <small>[402;701]</small>	2142.33 <small>[1634.41;2914.83]</small>	5423 <small>[2339;9768]</small>	728.26 <small>[376.32;1169.90]</small>	1441.82 <small>[682.71;2189.16]</small>
19	5.91 <small>[0.42;9.83]</small>	18.0 <small>[15.4;19.9]</small>	55.7 <small>[49.2;59.7]</small>	9.1 <small>[7.4;10.6]</small>	17.4 <small>[14.0;19.8]</small>	8.0 <small>[5.7;9.8]</small>	23.5 <small>[20.1;28.2]</small>	19.31 <small>[12.34;28.48]</small>	504 <small>[405;741]</small>	2272.63 <small>[1660.00;3228.98]</small>	6577 <small>[3106;10667]</small>	1103.41 <small>[673.07;1822.26]</small>	1410.18 <small>[750.23;2337.50]</small>
20	5.74 <small>[0.31;9.82]</small>	18.5 <small>[15.7;19.9]</small>	46.1 <small>[40.4;55.6]</small>	9.0 <small>[7.3;10.6]</small>	18.4 <small>[15.6;19.9]</small>	7.6 <small>[5.4;9.6]</small>	22.6 <small>[20.1;28.2]</small>	9.56 <small>[3.95;16.64]</small>	1077 <small>[682;1417]</small>	3268.46 <small>[2220.94;3685.91]</small>	8620 <small>[4156;13566]</small>	1570.74 <small>[1070.81;2131.12]</small>	2216.44 <small>[1520.55;2487.82]</small>
21	5.69 <small>[0.39;9.82]</small>	19.1 <small>[16.9;20.0]</small>	49.2 <small>[43.1;55.3]</small>	8.3 <small>[7.1;9.8]</small>	12.0 <small>[10.1;16.6]</small>	7.6 <small>[5.4;9.6]</small>	25.5 <small>[20.3;35.5]</small>	4.93 <small>[2.57;11.07]</small>	609 <small>[410;1067]</small>	2523.62 <small>[1686.97;3350.46]</small>	8161 <small>[4356;13517]</small>	1091.76 <small>[507.97;1524.43]</small>	1570.26 <small>[737.88;2207.74]</small>
22	5.72 <small>[0.44;9.84]</small>	17.3 <small>[14.1;19.6]</small>	46.2 <small>[40.6;54.3]</small>	8.8 <small>[7.2;10.6]</small>	14.6 <small>[11.2;18.5]</small>	7.8 <small>[6.6;9.7]</small>	33.7 <small>[26.4;22.9]</small>	11.98 <small>[5.36;18.92]</small>	633 <small>[412;1066]</small>	3174.78 <small>[2109.95;3679.91]</small>	7622 <small>[4731;110768]</small>	1420.26 <small>[871.11;1862.95]</small>	2178.64 <small>[1480.61;2490.77]</small>
23	6.41 <small>[0.57;9.90]</small>	15.9 <small>[12.5;19.3]</small>	57.1 <small>[50.5;59.9]</small>	9.3 <small>[7.3;10.6]</small>	16.4 <small>[13.1;19.8]</small>	5.8 <small>[5.0;7.8]</small>	23.2 <small>[20.1;31.0]</small>	9.65 <small>[4.50;17.59]</small>	672 <small>[412;967]</small>	2290.18 <small>[1651.43;3293.54]</small>	3737 <small>[1677;7873]</small>	1575.28 <small>[1023.55;2326.73]</small>	1579.86 <small>[905.05;2389.13]</small>
24	5.60 <small>[0.40;9.80]</small>	18.1 <small>[15.5;19.9]</small>	42.6 <small>[40.1;48.4]</small>	8.8 <small>[7.2;10.6]</small>	18.5 <small>[14.9;19.9]</small>	8.9 <small>[6.9;9.9]</small>	26.1 <small>[20.3;36.0]</small>	17.10 <small>[10.54;25.56]</small>	672 <small>[436;1049]</small>	2591.06 <small>[1733.16;3416.30]</small>	3420 <small>[1649;7372]</small>	950.37 <small>[622.12;1430.07]</small>	1646.98 <small>[1002.98;2370.19]</small>
25	5.81 <small>[0.34;9.87]</small>	12.5 <small>[10.3;16.0]</small>	45.1 <small>[40.2;56.1]</small>	9.0 <small>[7.2;10.6]</small>	16.4 <small>[12.9;19.7]</small>	6.3 <small>[5.1;9.4]</small>	23.3 <small>[20.1;31.6]</small>	8.88 <small>[3.31;14.31]</small>	635 <small>[421;979]</small>	2780.47 <small>[1858.18;3566.22]</small>	8404 <small>[5692;12538]</small>	1070.98 <small>[609.85;1506.64]</small>	1567.16 <small>[1006.76;2199.15]</small>
26	5.76 <small>[0.45;9.83]</small>	18.5 <small>[15.2;20.0]</small>	46.8 <small>[41.8;51.3]</small>	8.9 <small>[7.2;10.6]</small>	11.5 <small>[10.1;14.3]</small>	7.6 <small>[5.1;9.8]</small>	24.4 <small>[20.2;32.8]</small>	15.68 <small>[7.33;30.64]</small>	798 <small>[473;1115]</small>	2035.68 <small>[1622.07;2661.05]</small>	4370 <small>[1795;9646]</small>	1061.34 <small>[599.21;1618.94]</small>	1298.04 <small>[656.06;2084.79]</small>
27	5.75 <small>[0.41;9.88]</small>	14.1 <small>[11.0;17.9]</small>	48.4 <small>[40.9;57.6]</small>	9.1 <small>[7.2;10.6]</small>	15.9 <small>[12.5;19.5]</small>	6.6 <small>[5.1;9.2]</small>	22.4 <small>[20.1;28.3]</small>	12.03 <small>[6.21;19.90]</small>	549 <small>[411;835]</small>	2107.68 <small>[1631.40;3000.57]</small>	5971 <small>[2507;11029]</small>	1031.84 <small>[620.26;1600.43]</small>	2257.22 <small>[1732.02;2486.85]</small>
28	6.27 <small>[0.52;9.88]</small>	17.4 <small>[14.3;19.8]</small>	43.4 <small>[40.1;50.5]</small>	8.9 <small>[7.2;10.6]</small>	16.6 <small>[13.1;19.7]</small>	7.4 <small>[5.4;9.6]</small>	29.4 <small>[20.6;44.6]</small>	20.50 <small>[14.89;26.62]</small>	825 <small>[438;1439]</small>	2987.20 <small>[1817.62;3674.17]</small>	7399 <small>[4607;12560]</small>	1043.06 <small>[550.51;1515.25]</small>	1978.40 <small>[1013.73;2466.21]</small>
29	5.90 <small>[0.50;9.82]</small>	17.0 <small>[13.7;17.7]</small>	42.2 <small>[40.1;47.5]</small>	8.8 <small>[7.2;10.6]</small>	15.6 <small>[11.9;19.1]</small>	8.1 <small>[5.7;9.8]</small>	26.1 <small>[20.3;38.1]</small>	16.69 <small>[12.49;22.24]</small>	799 <small>[458;1270]</small>	2606.25 <small>[1658.83;3497.85]</small>	7519 <small>[4898;10233]</small>	1165.97 <small>[627.31;1608.70]</small>	1971.67 <small>[1003.02;2456.39]</small>
30	5.96 <small>[0.66;9.86]</small>	18.7 <small>[15.5;19.9]</small>	51.2 <small>[43.3;58.5]</small>	9.0 <small>[7.3;10.6]</small>	18.1 <small>[15.4;19.9]</small>	8.3 <small>[5.8;9.8]</small>	29.5 <small>[20.6;42.8]</small>	9.41 <small>[3.45;20.18]</small>	652 <small>[428;975]</small>	2165.04 <small>[1624.01;3327.26]</small>	11557 <small>[6835;15665]</small>	1027.43 <small>[393.82;1551.26]</small>	1779.22 <small>[932.48;2338.47]</small>
31	5.83 <small>[0.48;9.83]</small>	17.1 <small>[14.2;19.7]</small>	48.5 <small>[41.3;58.2]</small>	8.9 <small>[7.2;10.6]</small>	13.8 <small>[10.4;18.9]</small>	6.1 <small>[5.8;8.8]</small>	23.6 <small>[20.1;33.1]</small>	5.44 <small>[2.69;11.07]</small>	975 <small>[628;1368]</small>	2938.22 <small>[1898.95;3615.44]</small>	7312 <small>[3921;12028]</small>	1074.35 <small>[548.46;1505.29]</small>	1914.87 <small>[1282.53;2474.80]</small>
32	5.58 <small>[0.37;9.78]</small>	16.3 <small>[13.5;19.3]</small>	43.2 <small>[40.1;49.8]</small>	8.8 <small>[7.2;10.6]</small>	18.6 <small>[15.6;20.0]</small>	9.0 <small>[6.7;10.6]</small>	23.4 <small>[20.1;31.8]</small>	19.68 <small>[12.60;36.59]</small>	578 <small>[417;837]</small>	2914.06 <small>[1869.09;3610.92]</small>	8775 <small>[4905;13101]</small>	1080.38 <small>[579.29;1523.48]</small>	1560.68 <small>[807.41;2258.92]</small>
33	5.90 <small>[0.45;9.84]</small>	18.1 <small>[15.2;19.9]</small>	44.3 <small>[40.2;50.2]</small>	8.9 <small>[7.2;10.6]</small>	18.5 <small>[15.4;19.9]</small>	8.8 <small>[6.4;9.9]</small>	24.4 <small>[20.1;32.9]</small>	10.73 <small>[5.04;19.93]</small>	517 <small>[405;739]</small>	2294.10 <small>[1653.33;3072.36]</small>	7698 <small>[3877;11594]</small>	862.29 <small>[464.62;1270.35]</small>	1262.84 <small>[618.60;1967.16]</small>
34	6.26 <small>[0.58;9.90]</small>	12.5 <small>[10.1;17.8]</small>	45.5 <small>[40.5;51.4]</small>	8.8 <small>[7.1;10.6]</small>	15.0 <small>[11.3;19.3]</small>	9.2 <small>[7.1;10.6]</small>	24.6 <small>[20.1;34.0]</small>	18.63 <small>[12.54;25.58]</small>	611 <small>[417;951]</small>	2221.38 <small>[1637.46;3028.21]</small>	5197 <small>[2619;8156]</small>		