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→ 8.4 [6.4;9.8]	20.1→ 19.7 [19.1;20.0]	51.3→ 50.8 [47.4;53.9]	11.1→ 9.9 [9.5;10.0]	7.2→ **10.5** [10.0;11.7]	3.6→ **6.4** [5.1;8.1]	26.4→ 26.6 [24.9;28.7]	6.1→ 6.5 [5.0;9.0]	2.7→ **7.6** [5.2;9.0]	0.6→ 0.6 [0.5;1.0]	232→ 226 [201;241]	373→ **125** [101;188]	199→ **13** [10;21]	0.0→ **1.4** [1.2;1.7]	0.1→ **0.0** [0.0;0.1]
5	7.7→ 7.4 [2.9;9.8]	17.1→ 15.8 [12.1;19.2]	53.9→ 51.7 [43.6;59.2]	9.1→ 8.8 [7.5;9.9]	10.0→ 10.2 [10.0;10.7]	4.8→ 6.0 [5.0;7.5]	21.0→ 27.4 [20.6;37.3]	4.8→ **10.0** [3.0;24.3]	3.7→ **6.3** [3.5;8.9]	0.9→ 1.1 [0.5;2.6]	163→ 143 [28;244]	226→ 226 [206;246]	86→ 102 [48;179]	0.0→ **1.8** [1.3;2.4]	0.0→ **0.1** [0.0;0.3]
104	4.4→ 5.3 [0.6;9.9]	17.8→ 19.0 [16.1;20.0]	48.7→ 58.0 [52.0;59.9]	12.0→ 9.6 [8.5;10.0]	10.1→ 10.2 [10.0;10.8]	5.1→ **8.2** [6.1;9.9]	24.0→ 24.2 [23.2;25.5]	8.3→ 10.5 [7.3;15.3]	3.8→ **8.3** [6.1;9.0]	0.5→ 0.6 [0.5;0.9]	346→ **10** [0;39]	282→ **179** [106;282]	161→ **969** [890;999]	0.2→ **2.5** [2.4;2.5]	0.6→ **0.0** [0.0;0.1]
105	4.5→ **6.7** [1.2;9.9]	21.4→ **16.1** [11.9;19.9]	49.6→ 55.8 [48.2;59.9]	10.8→ 9.4 [8.3;10.0]	7.3→ **15.5** [10.9;19.7]	4.9→ **7.9** [5.8;9.9]	19.8→ **52.9** [47.7;54.9]	8.3→ 9.5 [6.5;14.1]	1.7→ **7.7** [5.3;9.0]	0.3→ **0.6** [0.5;1.0]	210→ **55** [1;165]	311→ 288 [113;617]	219→ **27** [10;70]	0.0→ **1.2** [1.0;1.5]	0.1→ **0.1** [0.0;0.2]
107	7.9→ 6.3 [1.3;9.7]	13.7→ 13.8 [10.2;17.4]	40.6→ 46.2 [40.3;53.2]	13.7→ **9.4** [8.3;10.0]	15.5→ 13.6 [10.2;16.8]	6.4→ 7.2 [5.8;9.6]	14.9→ **48.2** [31.0;54.8]	9.9→ 13.3 [8.2;22.4]	3.1→ **7.4** [4.8;9.0]	0.8→ 0.7 [0.5;1.1]	277→ **206** [83;292]	239→ 238 [216;257]	120→ 105 [51;135]	0.1→ **1.2** [0.9;1.5]	0.2→ **0.1** [0.0;0.2]
108	6.3→ 6.3 [6.1;6.4]	17.8→ 15.4 [10.8;19.6]	54.0→ 52.5 [43.8;59.7]	11.4→ 9.0 [7.8;10.0]	8.8→ 11.3 [10.0;14.7]	4.0→ **7.5** [5.5;9.8]	15.2→ **52.5** [46.0;54.9]	5.6→ **76.2** [34.6;99.0]	3.2→ **6.5** [3.8;8.9]	0.6→ **0.9** [0.5;1.8]	222→ **84** [3;189]	203→ **953** [850;999]	61→ **931** [762;998]	0.0→ **1.8** [1.3;2.3]	0.1→ **0.3** [0.0;1.0]
12	3.1→ **2.4** [0.2;7.2]	20.1→ 19.2 [16.6;20.0]	55.3→ 58.1 [52.3;60.0]	7.9→ 9.8 [9.2;10.0]	6.7→ **10.5** [10.0;11.9]	4.7→ **8.3** [6.3;10.0]	31.3→ 30.8 [21.4;47.3]	11.5→ **69.6** [40.2;94.9]	3.8→ **8.5** [7.1;9.0]	0.7→ 0.6 [0.5;0.7]	322→ **16** [0;57]	286→ **215** [106;343]	95→ **32** [11;83]	0.0→ **1.5** [1.3;1.7]	0.1→ **0.0** [0.0;0.1]
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→ 4.8 [2.8;7.9]	20.1→ 19.6 [18.5;20.0]	42.9→ 42.9 [40.6;45.6]	14.0→ **9.8** [9.3;10.0]	9.4→ 10.2 [10.0;10.9]	4.4→ 5.5 [5.0;6.8]	17.0→ **24.7** [20.2;32.9]	4.1→ **17.8** [5.2;36.5]	3.1→ **8.4** [6.4;9.0]	0.9→ **0.6** [0.5;0.8]	229→ 227 [202;247]	203→ 202 [172;230]	48→ 67 [20;147]	0.1→ **1.2** [1.0;1.4]	0.2→ **0.0** [0.0;0.2]
19	5.8→ 5.8 [1.3;9.7]	18.8→ 17.8 [14.6;19.9]	47.4→ 50.1 [41.8;58.7]	13.4→ **8.6** [7.3;9.9]	8.8→ **13.4** [10.1;17.7]	4.7→ **7.2** [5.3;9.7]	18.0→ **42.0** [24.6;54.7]	5.9→ **39.0** [5.0;93.8]	3.3→ **6.2** [3.3;8.8]	1.0→ **1.6** [0.5;3.2]	233→ **162** [34;276]	233→ 234 [219;250]	106→ 117 [75;178]	0.1→ **2.0** [1.2;2.5]	0.2→ 0.2 [0.0;0.7]
44	8.2→ **1.9** [0.2;4.9]	13.9→ 19.2 [16.8;20.0]	44.7→ 45.1 [43.8;47.5]	13.5→ **9.7** [8.8;10.0]	11.4→ 10.5 [10.0;11.5]	4.9→ 6.0 [5.0;7.5]	17.6→ **53.5** [49.6;55.0]	7.6→ 8.5 [6.7;11.7]	3.6→ **8.2** [5.9;9.0]	0.8→ **0.6** [0.5;0.9]	292→ 230 [116;298]	254→ 257 [204;315]	92→ **222** [93;463]	0.1→ **0.9** [0.5;1.1]	0.3→ **0.0** [0.0;0.2]
48	4.0→ 4.1 [1.4;8.3]	16.4→ 16.0 [13.5;19.1]	41.6→ 43.5 [40.2;50.4]	16.4→ **8.8** [7.5;9.9]	12.8→ 13.3 [10.5;16.1]	5.2→ 5.2 [5.0;5.4]	19.4→ 26.2 [20.3;34.9]	11.5→ 12.1 [7.5;17.2]	2.6→ **6.2** [3.3;8.8]	1.2→ 1.3 [0.5;2.8]	224→ 216 [166;256]	217→ 217 [191;244]	68→ **557** [462;662]	0.0→ **0.1** [0.0;0.4]	0.1→ 0.1 [0.0;0.3]
55	2.9→ 2.6 [0.5;5.4]	24.2→ **17.4** [13.7;19.9]	41.9→ 42.0 [40.1;45.5]	9.0→ 9.2 [8.2;10.0]	7.6→ **11.6** [10.0;15.2]	4.2→ **6.5** [5.1;8.3]	14.2→ **51.6** [42.8;54.9]	5.5→ 7.5 [4.0;13.9]	3.0→ **7.6** [5.2;9.0]	0.5→ 0.6 [0.5;1.0]	189→ 168 [110;220]	167→ 183 [116;276]	84→ 85 [52;119]	0.2→ **0.4** [0.2;0.7]	0.5→ **0.1** [0.0;0.4]
64	4.0→ 4.6 [0.8;9.7]	21.4→ **15.3** [10.8;19.6]	45.6→ 45.9 [43.9;48.3]	11.5→ 9.5 [8.4;10.0]	10.3→ 10.3 [10.0;10.8]	4.9→ 6.1 [5.0;7.6]	16.5→ **37.0** [23.4;54.0]	6.1→ 8.6 [3.1;18.8]	3.4→ **6.3** [3.4;8.8]	0.7→ **1.1** [0.5;2.6]	306→ **180** [43;295]	167→ 220 [112;382]	54→ **893** [697;995]	0.1→ 0.1 [0.1;0.2]	0.2→ **0.2** [0.0;0.4]
69	11.5→ **7.8** [1.7;10.0]	18.0→ 18.4 [16.0;19.9]	51.1→ 52.6 [47.1;59.5]	12.2→ 9.8 [9.0;10.0]	9.6→ 10.3 [10.0;11.0]	3.9→ **8.1** [5.9;9.9]	20.8→ **52.6** [45.9;54.9]	9.6→ **65.3** [43.5;87.2]	3.0→ **8.3** [6.3;9.0]	0.6→ 0.6 [0.5;0.8]	411→ **93** [3;214]	346→ **217** [105;366]	264→ **62** [12;178]	0.1→ **1.4** [1.1;1.8]	0.3→ **0.0** [0.0;0.1]
78	3.4→ 3.8 [0.9;8.9]	16.6→ 16.4 [13.7;19.6]	44.8→ 44.8 [44.1;45.6]	10.3→ 9.3 [8.2;10.0]	9.6→ 10.3 [10.0;11.1]	5.0→ 5.3 [5.0;6.1]	23.3→ 23.4 [22.3;25.0]	3.6→ **25.6** [5.3;57.0]	4.0→ **7.0** [4.5;9.0]	0.6→ 0.7 [0.5;1.3]	261→ 255 [216;279]	200→ 191 [122;247]	54→ **114** [24;319]	0.0→ **1.4** [1.0;1.8]	0.1→ **0.1** [0.0;0.2]