

Table 1: Personally recommended intake (RI) for Sysdimet study subjects with lower and upper limits 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	7.9 [3.8;9.8]	19.2 [17.1;20.0]	51.8 [44.0;59.0]	9.5 [8.3;10.0]	10.8 [10.0;13.0]	6.4 [5.0;9.3]	27.5 [20.8;39.1]	16.0 [4.8;42.3]	7.5 [4.1;9.0]	0.7 [0.5;1.3]	32 [1;109]	164 [102;306]	15 [10;29]	1.6 [1.2;2.0]	0.1 [0.0;0.2]
11	5.1 [1.9;9.1]	18.7 [16.4;19.9]	55.5 [47.8;59.9]	9.6 [8.4;10.0]	10.4 [10.0;11.5]	6.6 [5.1;9.2]	46.3 [28.0;54.7]	83.1 [58.0;99.0]	7.8 [4.9;9.0]	0.7 [0.5;1.2]	26 [1;92]	296 [216;389]	241 [130;497]	2.0 [1.6;2.3]	0.1 [0.0;0.3]
15	7.4 [4.6;9.8]	17.1 [12.8;19.6]	56.0 [50.4;59.9]	9.7 [8.7;10.0]	10.4 [10.0;11.4]	6.4 [5.0;9.3]	53.5 [49.7;55.0]	12.7 [3.8;31.8]	8.1 [5.8;9.0]	0.6 [0.5;1.0]	33 [1;124]	832 [682;972]	905 [710;997]	1.8 [1.5;2.1]	0.1 [0.0;0.2]
44	7.8 [4.8;9.9]	16.7 [11.5;19.6]	43.7 [40.1;52.3]	9.3 [7.6;10.0]	12.0 [10.2;15.3]	6.3 [5.0;9.2]	28.5 [20.3;48.8]	8.8 [3.1;22.8]	7.2 [3.4;9.0]	0.8 [0.5;1.6]	133 [5;288]	229 [118;330]	220 [73;500]	1.0 [0.6;1.4]	0.1 [0.0;0.2]
61	6.4 [1.3;9.5]	16.5 [12.7;19.8]	49.1 [41.3;58.9]	9.5 [8.2;10.0]	10.9 [10.0;12.5]	6.2 [5.0;8.9]	46.2 [28.2;54.6]	80.8 [50.0;99.0]	7.5 [3.9;9.0]	0.7 [0.5;1.4]	237 [80;298]	252 [140;371]	223 [71;568]	0.6 [0.2;0.9]	0.1 [0.0;0.3]
64	4.5 [1.2;8.6]	16.0 [11.7;19.4]	43.4 [40.1;51.1]	9.0 [7.3;10.0]	12.7 [10.3;15.9]	6.0 [5.0;8.7]	27.8 [20.2;46.6]	13.1 [5.6;24.0]	6.2 [2.7;8.9]	1.4 [0.5;3.4]	202 [55;292]	209 [117;309]	748 [582;923]	0.3 [0.0;0.7]	0.1 [0.0;0.3]
104	8.6 [6.1;9.9]	16.5 [12.0;19.5]	48.4 [41.5;57.3]	9.4 [8.0;10.0]	10.8 [10.0;12.7]	6.5 [5.0;9.5]	34.2 [21.5;52.8]	11.1 [3.6;28.8]	7.0 [3.3;8.9]	0.9 [0.5;1.7]	83 [3;251]	297 [193;393]	92 [16;179]	1.0 [0.6;1.4]	0.1 [0.0;0.3]