**Supplementary Table S1 Dietary Reference Intakes for Koreans 2010**

|  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Gender | Age (year) | Protein  (g) | Calcium  (mg) | Phosphorus  (mg) | Iron  (mg) | Vitamin A  (μg RE) | Thiamine  (mg) | Riboflavin  (mg) | Niacin  (mg NE) | Vitamin C  (mg) | Energy  (kcal) |
| Male |  |  |  |  |  |  |  |  |  |  |  |
|  | 0 to <0.5 |  |  |  |  |  |  |  |  |  | 550 |
|  | 0.5 to <1 | 13.5 |  |  | 6 |  |  |  |  |  | 700 |
|  | 1–2 | 15 | 500 | 500 | 6 | 300 | 0.5 | 0.6 | 6 | 40 | 1,000 |
|  | 3–5 | 20 | 600 | 500 | 7 | 300 | 0.5 | 0.7 | 7 | 40 | 1,400 |
|  | 6–8 | 25 | 700 | 700 | 8 | 400 | 0.7 | 0.9 | 9 | 60 | 1,600 |
|  | 9–11 | 35 | 800 | 1,000 | 11 | 550 | 0.9 | 1.1 | 11 | 70 | 1,900 |
|  | 12–14 | 50 | 1,000 | 1,000 | 14 | 700 | 1.1 | 1.5 | 15 | 100 | 2,400 |
|  | 15–18 | 55 | 900 | 1,000 | 15 | 850 | 1.3 | 1.7 | 17 | 110 | 2,700 |
|  | 19–29 | 55 | 750 | 700 | 10 | 750 | 1.2 | 1.5 | 16 | 100 | 2,600 |
|  | 30–49 | 55 | 750 | 700 | 10 | 750 | 1.2 | 1.5 | 16 | 100 | 2,400 |
|  | 50–64 | 50 | 700 | 700 | 9 | 700 | 1.2 | 1.5 | 16 | 100 | 2,200 |
|  | 65–74 | 50 | 700 | 700 | 9 | 700 | 1.2 | 1.5 | 16 | 100 | 2,000 |
|  | ≥75 | 50 | 700 | 700 | 9 | 700 | 1.2 | 1.5 | 16 | 100 | 2,000 |
| Female |  |  |  |  |  |  |  |  |  |  |  |
|  | 0 to <0.5 |  |  |  |  |  |  |  |  |  | 550 |
|  | 0.5 to <1 | 13.5 |  |  | 6 |  |  |  |  |  | 700 |
|  | 1–2 | 15 | 500 | 500 | 6 | 300 | 0.5 | 0.6 | 6 | 40 | 1,000 |
|  | 3–5 | 20 | 600 | 500 | 7 | 300 | 0.5 | 0.7 | 7 | 40 | 1,400 |
|  | 6–8 | 25 | 700 | 600 | 8 | 400 | 0.7 | 0.7 | 9 | 60 | 1,500 |
|  | 9–11 | 35 | 800 | 900 | 10 | 500 | 0.9 | 0.9 | 11 | 80 | 1,700 |
|  | 12–14 | 45 | 900 | 900 | 13 | 650 | 1.1 | 1.2 | 14 | 100 | 2,000 |
|  | 15–18 | 45 | 800 | 800 | 17 | 600 | 1 | 1.2 | 14 | 100 | 2,000 |
|  | 19–29 | 50 | 650 | 700 | 14 | 650 | 1.1 | 1.2 | 14 | 100 | 2,100 |
|  | 30–49 | 45 | 650 | 700 | 14 | 650 | 1.1 | 1.2 | 14 | 100 | 1,900 |
|  | 50–64 | 45 | 700 | 700 | 8 | 600 | 1.1 | 1.2 | 14 | 100 | 1,800 |
|  | 65–74 | 45 | 700 | 700 | 8 | 600 | 1.1 | 1.2 | 14 | 100 | 1,600 |
|  | ≥75 | 45 | 700 | 700 | 8 | 600 | 1.1 | 1.2 | 14 | 100 | 1,600 |