**Supplementary Table S3A-B**

**Macronutrient & micronutrient recommendations**

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Supplementary Table S3B: Micronutrient recommendations......………………...…........Page A-3

**Supplementary Table S3A: Macronutrient recommendations**

|  |  |
| --- | --- |
| **Macronutrient** | **AMDRa (% Energy)** |
| Carbohydrate | 45-65% |
| Protein | 10-30% |
| Fat | 25-35% |
| **Other** |  |
| Sugar | <10%b |
| Saturated Fat | <10%c |
| MUFAd | <14%c |
| PUFAe | 3-10%c |
| **Age** | **Calorie Range (kcals)** |
| ≤6  | 1200-1500  |
| 7-13 | 1500-1800 |
| ≥14 | 2000-2300 |

a AMDR, Acceptable macronutrient distribution range. Based on guidelines from Health Canada(16)

b Based on guidelines from the World Health Organization(56)

c Based on guidelines from the Food and Agriculture Organization of the United Nations(47)

d MUFA, monounsaturated fatty acids

e PUFA, polyunsaturated fatty acids

**Supplementary Table S3B: Micronutrient recommendations**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Nutrient DRIa** | **Male & Female Age 4-8a** | **Female** **Age 9-13** | **Male** **Age 9-13** | **Female** **Age 14-18** | **Male** **Age 14-18** |
| Folate EARb (DFE)c | 160 | 250 | 250 | 330 | 330 |
| Folate RDAd (DFE) | 200 | 300 | 300 | 400 | 400 |
| Vitamin D EAR (IU)e | 400 | 400 | 400 | 400 | 400 |
| Vitamin D RDA (IU) | 600 | 600 | 600 | 600 | 600 |
| Vitamin B12 EAR (μg) | 1.0 | 1.5 | 1.5 | 2.0 | 2.0 |
| Vitamin B12 RDA (μg) | 1.2 | 1.8 | 1.8 | 2.4 | 2.4 |
| Calcium EAR (mg) | 800 | 1100 | 1100 | 1100 | 1100 |
| Calcium RDA (mg) | 1000 | 1300 | 1300 | 1300 | 1300 |
| Iron EAR (mg) | 4.1 | 5.7 | 5.9 | 7.9 | 7.7 |
| Iron RDA (mg) | 10 | 8 | 8 | 15 | 11 |
| Sodium AIf (mg)  | 1200 | 1500 | 1500 | 1500 | 1500 |
| Fibre AI (g) | 25 | 26 | 31 | 26 | 38 |
| Zinc EAR (mg) | 4.0 | 7.0 | 7.0 | 7.3 | 8.5 |
| Zinc RDA (mg) | 5.0 | 8.0 | 8.0 | 9.0 | 11 |

a DRI, dietary reference intake; micronutrient recommendations were based on Health Canada’s DRI reference values(16)

b EAR, estimated average requirement

c DFE, dietary folate equivalents

d RDA, recommended daily allowance

e IU, international unit

f AI, adequate intake