

Fig. 1

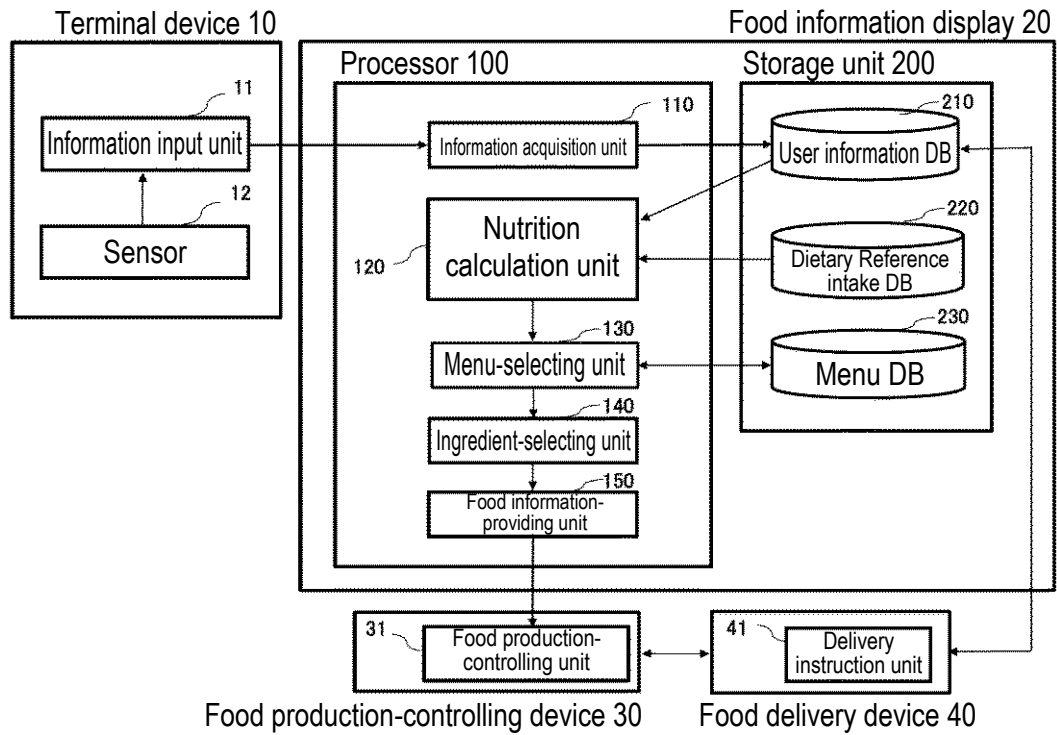


Fig. 2

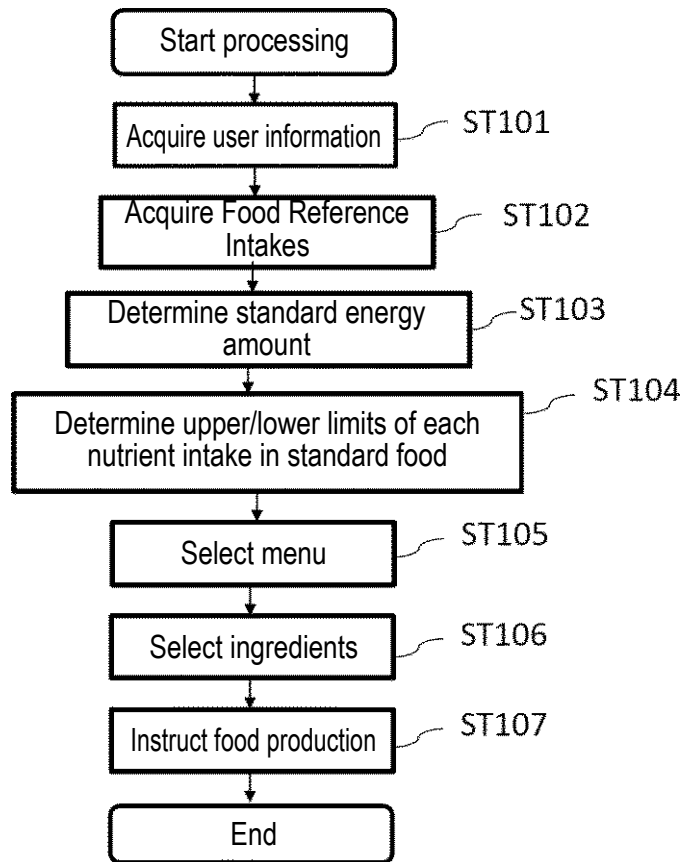


Fig. 3

[illegible]

Fig. 4

	Males						Females											
	18-29			30-49			50-64			18-29			30-49			50-64		
	I	II	III	I	II	III	I	II	III	I	II	III	I	II	III	I	II	III
Physical activity level																		
Energy (kcal)	2340	2640	3050	2300	2700	3050	2200	2600	2950	1700	2300	2300	1750	2050	2350	1650	1950	2250
Sodium	7.5	7.5	7.5	7.5	7.5	7.5	7.5	7.5	7.5	6.5	6.5	6.5	6.5	6.5	6.5	6.5	6.5	6.5
DG (less than)	5.38	4.67	4.06	5.38	4.58	4.06	5.63	4.76	4.19	6.31	5.36	4.66	6.13	5.23	4.56	6.50	5.50	4.77
Salt equivalent (g)																		
1650 kcal																		
Calcium (mg)	800	800	800	750	750	750	750	750	750	650	650	650	650	650	650	650	650	650
UL	2500	2500	2500	2500	2500	2500	2500	2500	2500	2500	2500	2500	2500	2500	2500	2500	2500	2500
Maximum intake per	1793.5	1556.6	1352.5	1793.5	1527.8	1352.5	1875.0	1586.5	1398.3	2426.5	2062.5	1793.5	2357.1	2012.2	1755.3	2500.0	2115.4	1833.3
1650 kcal																		
Iron (mg)	7	7	7	7.5	7.5	7.5	7.5	7.5	7.5	10.5	10.5	10.5	10.5	10.5	10.5	10.5	10.5	10.5
RDA (menstruation for females)																		
UL	50	50	50	55	55	55	50	50	50	40	40	40	40	40	40	40	40	40
Maximum intake per	35.9	31.1	27.0	39.5	33.6	29.8	37.5	31.7	28.0	38.8	33.0	28.7	37.7	32.2	28.1	40.0	33.8	29.3
1650 kcal																		
Phosphorous (mg)	1000	1000	1000	1000	1000	1000	1000	1000	1000	800	800	800	800	800	800	800	800	800
UL	3000	3000	3000	3000	3000	3000	3000	3000	3000	3000	3000	3000	3000	3000	3000	3000	3000	3000
Maximum intake per	2152.2	1867.9	1623.0	2152.2	1833.3	1623.0	2250.0	1903.8	1678.0	2911.8	2475.0	2152.2	2828.6	2414.6	2106.4	3000.0	2538.5	2200.0
1650 kcal																		
Magnesium (mg)	340	340	340	370	370	370	370	370	370	270	270	270	290	290	290	290	290	290
RDA																		
UL	350	350	350	350	350	350	350	350	350	350	350	350	350	350	350	350	350	350
Maximum intake per	251.1	217.9	189.3	251.1	213.9	189.3	262.5	222.1	195.8	339.7	288.8	251.1	330.0	281.7	245.7	350.0	294.2	256.7
1650 kcal																		
Potassium (mg)	2500	2500	2500	2500	2500	2500	2500	2500	2500	2000	2000	2000	2000	2000	2000	2000	2000	2000
AI																		
Copper (mg)	0.9	0.9	0.9	0.9	0.9	0.9	0.9	0.9	0.9	0.7	0.7	0.7	0.7	0.7	0.7	0.7	0.7	0.7
RDA																		
UL	7	7	7	7	7	7	7	7	7	7	7	7	7	7	7	7	7	7
Maximum intake per	5.0	4.4	3.8	5.0	4.3	3.8	5.3	4.4	3.9	6.8	5.8	5.0	6.6	5.6	4.9	7.0	5.9	5.1
1650 kcal																		

Fig. 6

[illegible]

Fig. 7

[illegible]

Fig. 8

	Lower limit	Upper limit	Age	Males										Females										61-65
				21-25					36-45					46-50					51-55					61-65
				S	M	A	S	M	A	S	M	A	S	M	A	S	M	A	S	M	A	S	M	
Energy (kcal)	1 600	3 000	Physical activity level	2400	2600	3000	2400	2600	3000	2400	2600	3000	2400	2600	3000	2400	2600	3000	2400	2600	3000	2400	2600	3000
Sodium (mg)	1500.0		AI																					
Potassium (mg)	3400		AI	3400	3400	3400	3400	3400	3400	3400	3400	3400	3400	3400	3400	3400	3400	3400	3400	3400	3400	3400	3400	3400
Calcium (mg)	1200		RDA	1000	1000	1000	1000	1000	1000	1000	1000	1000	1000	1000	1000	1000	1000	1000	1000	1000	1000	1000	1000	1000
		1143	UL	2500	2500	2500	2500	2500	2500	2500	2500	2500	2500	2500	2500	2500	2500	2500	2500	2500	2500	2500	2500	2500
				1667	1429	1333	1667	1429	1333	1667	1429	1333	1667	1429	1333	1667	1429	1333	1667	1429	1333	1667	1429	1333
Magnesium	420		AI	400	400	400	400	400	400	400	400	400	400	400	400	400	400	400	400	400	400	400	400	400
Phosphorus (mg)	700		AI	700	700	700	700	700	700	700	700	700	700	700	700	700	700	700	700	700	700	700	700	700
		1600	Maximum intake per 1600 kcal	3000	3000	3000	3000	3000	3000	3000	3000	3000	3000	3000	3000	3000	3000	3000	3000	3000	3000	3000	3000	3000
				2600	1714	1600	2000	1846	1600	2000	1714	2286	2909	2667	2286	2909	2667	2286	2909	2667	2286	2909	2667	2286
Iron (mg)	18.0		RDA (restriction for some females)	8.0	8.0	8.0	8.0	8.0	8.0	8.0	8.0	8.0	8.0	8.0	8.0	8.0	8.0	8.0	8.0	8.0	8.0	8.0	8.0	8.0
		24.0	UL	50	50	55	45	45	45	45	45	45	45	45	45	45	45	45	45	45	45	45	45	45
				33.3	28.6	26.7	36.7	27.7	24.0	30.0	25.7	25.7	32.7	30.0	25.7	32.7	30.0	25.7	32.7	30.0	25.7	32.7	30.0	25.7
Zinc (mg)	11		RDA	11	11	11	11	11	11	11	11	11	11	11	11	11	11	11	11	11	11	11	11	11
		21.3	UL	40	40	45	45	45	45	45	45	45	45	45	45	45	45	45	45	45	45	45	45	45
				26.7	22.9	21.3	30.0	27.7	24.0	30.0	25.7	25.7	29.1	26.7	22.9	29.1	26.7	22.9	29.1	26.7	22.9	29.1	26.7	22.9
Copper (mg)	0.9		RDA	0.9	0.9	0.9	0.9	0.9	0.9	0.9	0.9	0.9	0.9	0.9	0.9	0.9	0.9	0.9	0.9	0.9	0.9	0.9	0.9	0.9
		5.3	UL	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10
				6.7	5.3	6.7	6.7	6.2	5.3	6.7	5.7	5.7	7.3	6.7	5.7	7.3	6.7	5.7	7.3	6.7	5.7	7.3	6.7	5.7

Fig. 9

			Males										Females																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																									</
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[illegible]

Fig. 11

			Age	Males						Females					
				18-49			50-64			18-49			50-64		
	Lower limit	Upper limit	Physical activity level	I	II	III	I	II	III	I	II	III	I	II	III
Energy (kcal)	1,750	3,000		2250	2600	3000	2100	2450	2800	1800	2100	2400	1750	2050	2350
Protein (g)	65.0		RDA	65.0	65.0	65.0	65.0	65.0	65.0	55.0	55.0	55.0	55.0	55.0	55.0
Lipid (g)	38.9		Lower limit of DG	50.0	57.8	66.7	46.7	54.4	62.2	40.0	46.7	53.3	38.9	45.6	52.2
		58.3	Upper limit of DG	75.0	86.7	100.0	70.0	81.7	93.3	60.0	70.0	80.0	58.3	68.3	78.3
Saturated fatty acid (g)		19.4	DG (or less)	25.0	28.9	33.3	23.3	27.2	31.1	20.0	23.3	26.7	19.4	22.8	26.1
α -Linolenic acid	2.0		RDA	1.5	1.7	2.0	1.4	1.6	1.9	1.2	1.4	1.6	1.2	1.4	1.6
Linoleic acid	13.3		RDA	10.0	11.6	13.3	9.3	10.9	12.4	8.0	9.3	10.7	7.8	9.1	10.4
Carbohydrate (g)	218.8		Lower limit of DG	281.3	325.0	375.0	262.5	306.3	350.0	225.0	262.5	300.0	218.8	256.3	293.8
		284.4	Upper limit of DG	365.6	422.5	487.5	341.3	398.1	455.0	292.5	341.3	390.0	284.4	333.1	381.9
Added sugar (g)	75	43.75	DG	56.3	65.0	75.0	52.5	61.3	70.0	45.0	52.5	60.0	43.8	51.3	58.8

Fig. 12

			Age	Males						Females					
				18-49			50-64			18-49			50-64		
	Lower limit	Upper limit	Physical activity level	I	II	III	I	II	III	I	II	III	I	II	III
Energy (kcal)	1,750	3,000		2250	2600	3000	2100	2450	2800	1800	2100	2400	1750	2050	2350
Sodium (mg)	1500.0		RDA	1500	1500	1500	1400	1400	1400	1500	1500	1500	1400	1400	1400
Potassium (mg)	2000		RDA	2000	2000	2000	2000	2000	2000	2000	2000	2000	2000	2000	2000
Calcium (mg)	1000		RDA	800	800	800	1000	1000	1000	800	800	800	1000	1000	1000
			UL	2000	2000	2000	2000	2000	2000	2000	2000	2000	2000	2000	2000
		1167	Maximum intake per 1750 kcal	1556	1346	1167	1667	1429	1250	1944	1667	1458	2000	1707	1489
Magnesium (mg)	330		RDA	330	330	330	330	330	330	330	330	330	330	330	330
Phosphorus (mg)	720		RDA	720	720	720	720	720	720	720	720	720	720	720	720
			UL	3500	3500	3500	3500	3500	3500	3500	3500	3500	3500	3500	3500
		2042	Maximum intake per 1750 kcal	2722	2356	2042	2917	2500	2188	3403	2917	2552	3500	2988	2606
Iron (mg)	20.0		RDA (menstruation for some females)	12.0	12.0	12.0	12.0	12.0	12.0	20.0	20.0	20.0	12.0	12.0	12.0
			UL	42	42	42	42	42	42	42	42	42	42	42	42
		24.5	Maximum intake per 1750 kcal	32.7	28.3	24.5	35.0	30.0	26.3	40.8	35.0	30.6	42.0	35.9	31.3
Zinc (mg)	12.5		RDA	12.5	12.5	12.5	12.5	12.5	12.5	7.5	7.5	7.5	7.5	7.5	7.5
			UL	40	40	40	40	40	40	40	40	40	40	40	40
		23.3	Maximum intake per 1750 kcal	31.1	26.9	23.3	33.3	28.6	25.0	38.9	33.3	29.2	40.0	34.1	29.8
Copper (mg)	0.8		RDA	0.8	0.8	0.8	0.8	0.8	0.8	0.8	0.8	0.8	0.8	0.8	0.8
			UL	8	8	8	8	8	8	8	8	8	8	8	8
		4.7	Maximum intake per 1750 kcal	6.2	5.4	4.7	6.7	5.7	5.0	7.8	6.7	5.8	8.0	6.8	6.0

Fig. 13

			Age	Males						Females					
				18-49			50-64			18-49			50-64		
	Lower limit	Upper limit	Physical activity level	I	II	III	I	II	III	I	II	III	I	II	III
Energy (kcal)	1,750	3,000		2250	2600	3000	2100	2450	2800	1800	2100	2400	1750	2050	2350
Manganese (mg)	4.5		RDA	4.5	4.5	4.5	4.5	4.5	4.5	4.5	4.5	4.5	4.5	4.5	4.5
		6.4	Maximum intake per 1750 kcal	8.6	7.4	6.4	9.2	7.9	6.9	10.7	9.2	8.0	11.0	9.4	8.2
Iodine (µg)	120		RDA	120	120	120	120	120	120	120	120	120	120	120	120
		350.0	Maximum intake per 1750 kcal	466.7	403.8	350	500	428.6	375	583.3	500	437.5	600	512.2	446.8
Selenium (µg)	60		RDA	60	60	60	60	60	60	60	60	60	60	60	60
		233	Maximum intake per 1750 kcal	311	269	233	333	286	250	389	333	292	400	341	298
Chromium (µg)	30		RDA	30	30	30	30	30	30	30	30	30	30	30	30
Molybdenum (µg)	100		RDA	100	100	100	100	100	100	100	100	100	100	100	100
		525.0	Maximum intake per 1750 kcal	900	900	900	900	900	900	900	900	900	900	900	900
Fluoride (mg)	1.5		RDA	1.5	1.5	1.5	1.5	1.5	1.5	1.5	1.5	1.5	1.5	1.5	1.5
		2.0	Maximum intake per 1750 kcal	2.72	2.36	2.04	2.92	2.50	2.19	3.40	2.92	2.55	3.50	2.99	2.61
Chloride (mg)	2300		RDA	2300	2300	2300	2200	2200	2200	2300	2300	2300	2200	2200	2200

Fig. 14

			Age	Males						Females					
				18-49			50-64			18-49			50-64		
	Lower limit	Upper limit	Physical activity level	I	II	III	I	II	III	I	II	III	I	II	III
Energy (kcal)	1,750	3,000		2250	2600	3000	2100	2450	2800	1800	2100	2400	1750	2050	2350
Vitamin A (µg)	800		RDA	800	800	800	800	800	800	700	700	700	700	700	700
		1750	Maximum intake per 1750 kcal	3000	3000	3000	3000	3000	3000	3000	3000	3000	3000	3000	3000
Vitamin D (µg)	10.0		RDA	10	10	10	10	10	10	10	10	10	10	10	10
		29.2	Maximum intake per 1750 kcal	38.9	33.7	29.2	41.7	35.7	31.3	48.6	41.7	36.5	50.0	42.7	37.2
Vitamin E (mg)	14.0		RDA	14	14	14	14	14	14	14	14	14	14	14	14
		408.3	Maximum intake per 1750 kcal	544.4	471.2	408.3	583.3	500	437.5	680.6	583.3	510.4	700	597.6	521.3
Vitamin K (µg)	80		RDA	80	80	80	80	80	80	80	80	80	80	80	80
Vitamin B1(mg)	1.4		RDA	1.4	1.4	1.4	1.4	1.4	1.4	1.2	1.2	1.2	1.2	1.2	1.2
Vitamin B2(mg)	1.4		RDA	1.4	1.4	1.4	1.4	1.4	1.4	1.2	1.2	1.2	1.2	1.2	1.2
Niacin (mg)	15		RDA	15	15	15	14	14	14	12	12	12	12	12	12
		180.8	Maximum intake per 1750 kcal	310	310	310	310	310	310	310	310	310	310	310	310
Vitamin B6 (mg)	1.6		RDA	1.4	1.4	1.4	1.6	1.6	1.6	1.4	1.4	1.4	1.6	1.6	1.6
		35.0	Maximum intake per 1750 kcal	46.7	40.4	35.0	50.0	42.9	37.5	58.3	50.0	43.8	60.0	51.2	44.7
Vitamin B12 (µg)	2.4		RDA	2.4	2.4	2.4	2.4	2.4	2.4	2.4	2.4	2.4	2.4	2.4	2.4
Folic acid (µg)	400		RDA	400	400	400	400	400	400	400	400	400	400	400	400
Pantothenic acid (mg)	5		RDA	5	5	5	5	5	5	5	5	5	5	5	5
Biotin (µg)	40		RDA	40	40	40	40	40	40	40	40	40	40	40	40
Vitamin C (mg)	100		RDA	100	100	100	100	100	100	100	100	100	100	100	100
		1167	Maximum intake per 1750 kcal	1556	1346	1167	1667	1429	1250	1944	1667	1458	2000	1707	1489
Choline (mg)	500		RDA	500	500	500	500	500	500	400	400	400	400	400	400
		1750	Maximum intake per 1750 kcal	2333	2019	1750	2500	2143	1875	2917	2500	2188	3000	2561	2234

Fig. 15

Whole (n=75)	Test timing	Average	Standard deviation	P value
Weight (kg)	Before intake period	66.7	11.83	<0.001**
	After intake period	66.0	11.48	
BMI(kg/m²)	Before intake period	22.7	2.79	<0.001**
	After intake period	22.4	2.71	
Body fat percentage (%)	Before intake period	21.6	6.20	0.0017**
	After intake period	21.2	6.00	

Fig. 16

	Test timing	Average	Standard deviation	P value
Whole (mg/dL) (n=75)	Before intake period	102.5	76.8	0.0169*
	After intake period	90.2	61.5	
150 or higher (mg/dL) (n=15)	Before intake period	234.6	68.9	0.0326*
	After intake period	186.5	66.0	
120 or higher (mg/dL) (n=19)	Before intake period	212.3	75.3	0.0220*
	After intake period	171.2	66.5	

Fig. 17

Test timing	Average	Standard deviation	P value
Before intake period	0.00006	0.00002	<0.001**
After intake period	0.00005	0.00001	

Fig. 18

		Test timing	Average	Standard deviation	P value
Whole (n=75)	Systolic blood pressure (mmHg) (SBP)	Before intake period	115.8	12.36	0.2565
		After intake period	116.8	12.03	
	Diastolic blood pressure (mmHg) (DBP)	Before intake period	69.3	10.92	0.2356
		After intake period	70.1	9.15	
High blood pressure or higher (SBP 130 or higher and/or DBP 80 or higher) (n=13)	Systolic blood pressure (mmHg) (SBP)	Before intake period	134.8	8.48	0.0772
		After intake period	130.5	6.51	
	Diastolic blood pressure (mmHg) (DBP)	Before intake period	86.7	6.09	0.0040**
		After intake period	82.0	5.64	

Fig. 19

	Test timing	Average	Standard deviation	P value
Whole (n=75)	Before intake period	2.954	0.3294	0.0768
	After intake period	3.001	0.3535	
Male (n=62)	Before intake period	2.978	0.3442	0.0385*
	After intake period	3.041	0.3653	

Fig. 20

Whole (n=75)	Test timing	Average	Standard deviation	P value
Bifidobacterium (occupancy %)	Before intake period	2.7	2.5	0.0112*
	After intake period	3.4	3.0	
Akkermansia (occupancy %)	Before intake period	0.01	0.02	0.0284*
	After intake period	0.02	0.05	
Phylum Fusobacteria (occupancy %)	Before intake period	1.0	3.2	0.0672
	After intake period	0.7	2.3	
Diversity	Before intake period	6.0	0.5	0.0048**
	After intake period	6.1	0.5	