

FIG. 1

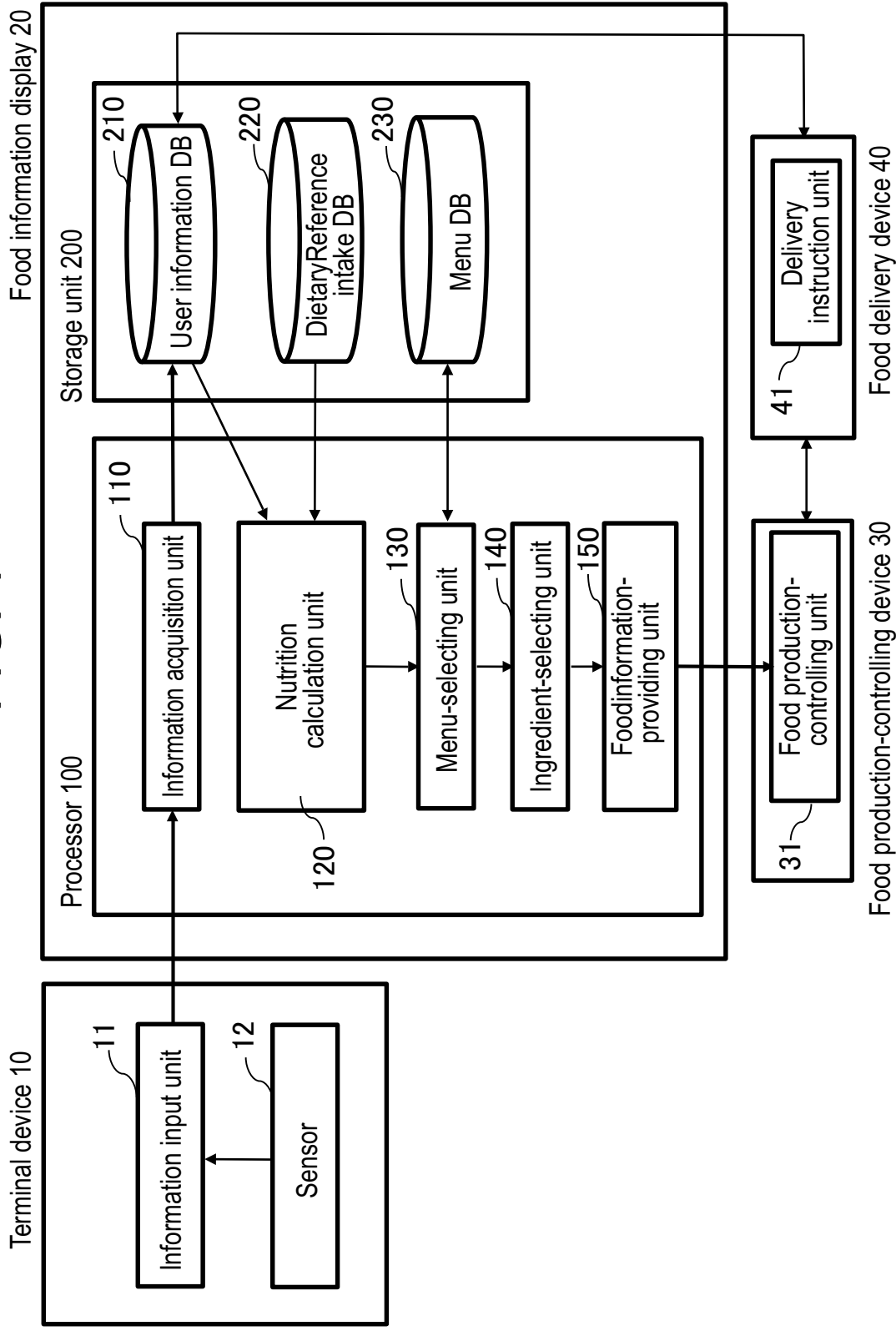


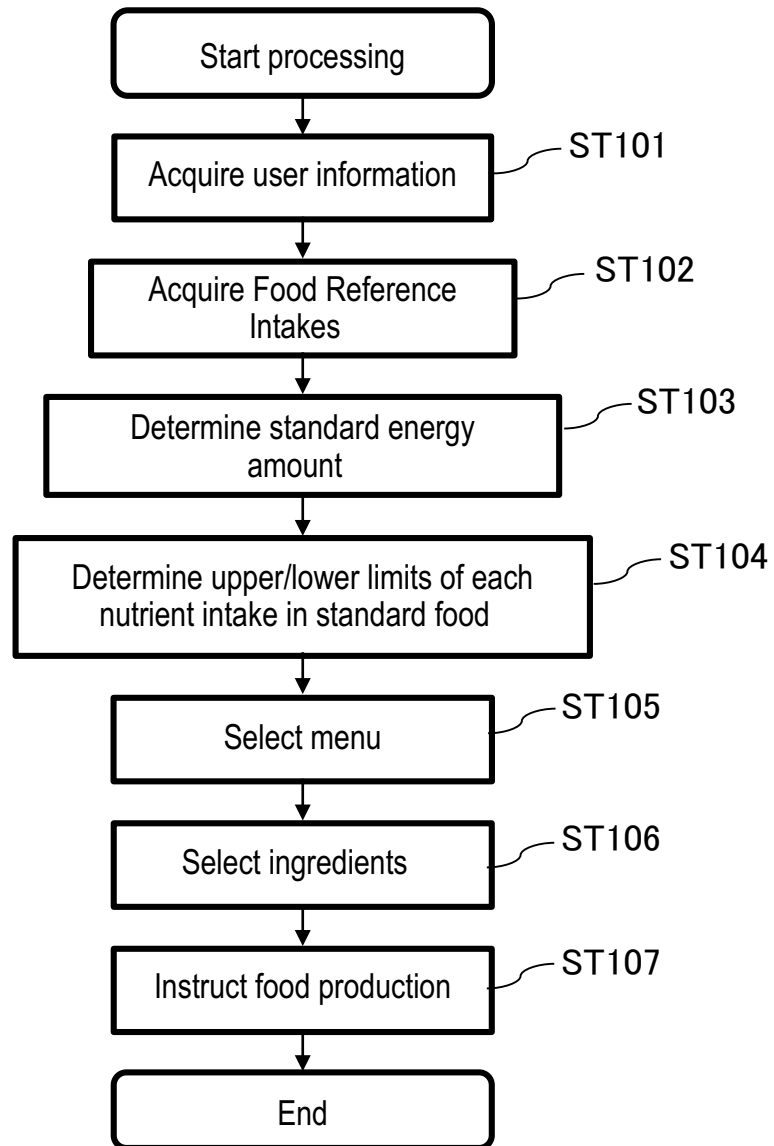
FIG. 2

FIG. 3

(CONT.)

		Males								
		18-29			30-49			50-64		
Physical activity level		I	II	III	I	II	III	I	II	III
Energy (kcal)		2300	2650	3050	2300	2700	3050	2200	2600	2950
Protein (g)	Lower limit of DG	74.8	86.1	99.1	74.8	87.8	99.1	77.0	91.0	103.3
	Upper limit of DG	115.0	132.5	152.5	115.0	135.0	152.5	110.0	130.0	147.5
	RDA	65.0	65.0	65.0	65.0	65.0	65.0	65.0	65.0	65.0
Lipid (g)	Lower limit of DG	51.1	58.9	67.8	51.1	60.0	67.8	48.9	57.8	65.6
	Upper limit of DG	76.7	88.3	101.7	76.7	90.0	101.7	73.3	86.7	98.3
Saturated fatty acid (g)	DG (or less)	17.9	20.6	23.7	17.9	21.0	23.7	17.1	20.2	22.9
n-3 Fatty acid(g)	AI	2	2	2	2	2	2	2.2	2.2	2.2
n-6 Fatty acid(g)	AI	11	11	11	10	10	10	10	10	10
n-6 Fatty acid(g)	Lower limit of DG	287.5	331.3	381.3	287.5	337.5	381.3	275.0	325.0	368.8
	Upper limit of DG	373.8	430.6	495.6	373.8	438.8	495.6	357.5	422.5	
Dietary fiber(g)	DG	21	21	21	21	21	21	21	21	21

(FIG. 3 Continued)

Females										
18-29				30-49			50-64			
I	II	III		I	II	III	I	II	III	
1700	2000	2300		1750	2050	2350	1650	1950	2250	
55.3	65.0	74.8		56.9	66.6	76.4	57.8	68.3	78.8	
85.0	100.0	115.0		87.5	102.5	117.5	82.5	97.5	112.5	
50.0	50.0	50.0		50.0	50.0	50.0	50.0	50.0	50.0	
37.8	44.4	51.1		38.9	45.6	52.2	36.7	43.3	50.0	
56.7	66.7	76.7		58.3	68.3	78.3	55.0	65.0	75.0	
13.2	15.6	17.9		13.6	15.9	18.3	12.8	15.2	17.5	
1.6	1.6	1.6		1.6	1.6	1.6	1.9	1.9	1.9	
8	8	8		8	8	8	8	8	8	
212.5	250.0	287.5		218.8	256.3	293.8	206.3	243.8	281.3	
276.3	325.0	373.8		284.4	333.1	381.9	268.1	316.9	365.6	
18	18	18		18	18	18	18	18	18	

FIG. 4

(CONT.)

		Males											
		18-29			30-49			50-64					
Physical activity level	Energy (kcal)	I	II	III	I	II	III	I	II	III			
		2300	2650	3050	2300	2700	3050	2200	2600	2950			
Sodium Salt equivalent (g)	DG (less than)	7.5	7.5	7.5	7.5	7.5	7.5	7.5	7.5	7.5			
	Maximum intake per 1650 kcal	5.38	4.67	4.06	5.38	4.58	4.06	5.63	4.76	4.19			
Calcium (mg)	RDA	800	800	800	750	750	750	750	750	750			
	UL	2500	2500	2500	2500	2500	2500	2500	2500	2500			
	Maximum intake per 1650 kcal	1793.5	1556.6	1352.5	1793.5	1527.8	1352.5	1875.0	1586.5	1398.3			
Iron (mg)	RDA (menstruation for females)	7	7	7	7.5	7.5	7.5	7.5	7.5	7.5			
	UL	50	50	50	55	55	55	50	50	50			
	Maximum intake per 1650 kcal	35.9	31.1	27.0	39.5	33.6	29.8	37.5	31.7	28.0			
Phosphorous (mg)	AI	1000	1000	1000	1000	1000	1000	1000	1000	1000			
	UL	3000	3000	3000	3000	3000	3000	3000	3000	3000			
	Maximum intake per 1650 kcal	2152.2	1867.9	1623.0	2152.2	1833.3	1623.0	2250.0	1903.8	1678.0			
Magnesium (mg)	RDA	340	340	340	370	370	370	370	370	370			
	UL	350	350	350	350	350	350	350	350	350			
	Maximum intake per 1650 kcal	251.1	217.9	189.3	251.1	213.9	189.3	262.5	222.1	195.8			
Potassium (mg)	AI	2500	2500	2500	2500	2500	2500	2500	2500	2500			
Copper (mg)	RDA	0.9	0.9	0.9	0.9	0.9	0.9	0.9	0.9	0.9			
	UL	7	7	7	7	7	7	7	7	7			
	Maximum intake per 1650 kcal	5.0	4.4	3.8	5.0	4.3	3.8	5.3	4.4	3.9			

(FIG. 4 Continued)

Females									
18-29				30-49			50-64		
I	II	III		I	II	III	I	II	III
1700	2000	2300		1750	2050	2350	1650	1950	2250
6.5	6.5	6.5		6.5	6.5	6.5	6.5	6.5	6.5
6.31	5.36	4.66		6.13	5.23	4.56	6.50	5.50	4.77
650	650	650		650	650	650	650	650	650
2500	2500	2500		2500	2500	2500	2500	2500	2500
2426.5	2062.5	1793.5		2357.1	2012.2	1755.3	2500.0	2115.4	1833.3
10.5	10.5	10.5		10.5	10.5	10.5	10.5	10.5	10.5
40	40	40		40	40	40	40	40	40
38.8	33.0	28.7		37.7	32.2	28.1	40.0	33.8	29.3
800	800	800		800	800	800	800	800	800
3000	3000	3000		3000	3000	3000	3000	3000	3000
2911.8	2475.0	2152.2		2828.6	2414.6	2106.4	3000.0	2538.5	2200.0
270	270	270		290	290	290	290	290	290
350	350	350		350	350	350	350	350	350
339.7	288.8	251.1		330.0	281.7	245.7	350.0	296.2	256.7
2000	2000	2000		2000	2000	2000	2000	2000	2000
0.7	0.7	0.7		0.7	0.7	0.7	0.7	0.7	0.7
7	7	7		7	7	7	7	7	7
6.8	5.8	5.0		6.6	5.6	4.9	7.0	5.9	5.1

FIG. 5

(CONT.)

		Males											
		18-29			30-49			50-64					
Physical activity level		I	II	III	I	II	III	I	II	III			
Energy (kcal)		2300	2650	3050	2300	2700	3050	2200	2600	2950			
Iodine (µg)	RDA	130	130	130	130	130	130	130	130	130			
	UL	3000	3000	3000	3000	3000	3000	3000	3000	3000			
	Maximum intake per 1650 kcal	2152.2	1867.9	1623.0	2152.2	1833.3	1623.0	2250.0	1903.8	1678.0			
Selenium (µg)	RDA	30	30	30	30	30	30	30	30	30			
	UL	450	450	450	450	450	450	450	450	450			
	Maximum intake per 1650 kcal	322.8	280.2	243.4	322.8	275.0	243.4	337.5	285.6	251.7			
Zinc (mg)	RDA	11	11	11	11	11	11	11	11	11			
	UL	40	40	40	45	45	45	45	45	45			
	Maximum intake per 1650 kcal	28.7	24.9	21.6	32.3	27.5	24.3	33.8	28.6	25.2			
Chromium (µg)	AI	10	10	10	10	10	10	10	10	10			
	UL	500	500	500	500	500	500	500	500	500			
	Maximum intake per 1650 kcal	358.7	311.3	270.5	358.7	305.6	270.5	375.0	317.3	279.7			
Manganese (mg)	AI	4	4	4	4	4	4	4	4	4			
	UL	11	11	11	11	11	11	11	11	11			
	Maximum intake per 1650 kcal	7.9	6.8	6.0	7.9	6.7	6.0	8.3	7.0	6.2			
Molybdenum (µg)	RDA	30	30	30	30	30	30	30	30	30			
	UL	600	600	600	600	600	600	600	600	600			
	Maximum intake per 1650 kcal	430.4	373.6	324.6	430.4	366.7	324.6	450.0	380.8	335.6			

(FIG. 5 Continued)

Females									
18-29				30-49			50-64		
I	II	III		I	II	III	I	II	III
1700	2000	2300		1750	2050	2350	1650	1950	2250
130	130	130		130	130	130	130	130	130
3000	3000	3000		3000	3000	3000	3000	3000	3000
2911.8	2475.0	2152.2		2828.6	2414.6	2106.4	3000.0	2538.5	2200.0
25	25	25		25	25	25	25	25	25
350	350	350		350	350	350	350	350	350
339.7	288.8	251.1		330.0	281.7	245.7	350.0	296.2	256.7
8	8	8		8	8	8	8	8	8
35	35	35		35	35	35	35	35	35
34.0	28.9	25.1		33.0	28.2	24.6	35.0	29.6	25.7
10	10	10		10	10	10	10	10	10
500	500	500		500	500	500	500	500	500
485.3	412.5	358.7		471.4	402.4	351.1	500.0	423.1	366.7
3.5	3.5	3.5		3.5	3.5	3.5	3.5	3.5	3.5
11	11	11		11	11	11	11	11	11
10.7	9.1	7.9		10.4	8.9	7.7	11.0	9.3	8.1
25	25	25		25	25	25	25	25	25
500	500	500		500	500	500	500	500	500
485.3	412.5	358.7		471.4	402.4	351.1	500.0	423.1	366.7

FIG. 6

(CONT.)

		Males						
		18-29			30-49			50-64
Physical activity level		I	II	III	I	II	III	I
Energy (kcal)		2300	2650	3050	2300	2700	3050	2200
Vitamin A (µgRE)	RDA	850	850	850	900	900	900	900
	UL	2700	2700	2700	2700	2700	2700	2700
	Maximum intake per 1650 kcal	1937.0	1681.1	1460.7	1937.0	1650.0	1460.7	2025.0
Vitamin D (µg)	AI	8.5	8.5	8.5	8.5	8.5	8.5	8.5
	UL	100	100	100	100	100	100	100
	Maximum intake per 1650 kcal	71.7	62.3	54.1	71.7	61.1	54.1	75.0
Vitamin E (mg)	RDA	6	6	6	6	6	6	7
	UL	850	850	850	900	900	900	850
	Maximum intake per 1650 kcal	609.8	529.2	459.8	645.7	550.0	486.9	637.5
Vitamin K (µg)	AI	150	150	150	150	150	150	150
Vitamin B1 (mg)	RDA	1.4	1.4	1.4	1.4	1.4	1.4	1.3
Vitamin B2 (mg)	RDA	1.6	1.6	1.6	1.6	1.6	1.6	1.5
Niacin (mgNE)	RDA	15	15	15	15	15	15	14
	UL	80	80	80	85	85	85	85
	Maximum intake per 1650 kcal	57.4	49.8	43.3	61.0	51.9	46.0	63.8
Vitamin B6 (mg)	RDA	1.4	1.4	1.4	1.4	1.4	1.4	1.4
	UL	55	55	55	60	60	60	55
	Maximum intake per 1650 kcal	39.46	34.25	29.75	43.04	36.67	32.46	41.25
Folic acid (µg)	RDA	240	240	240	240	240	240	240
	UL	900	900	900	1000	1000	1000	1000
	Maximum intake per 1650 kcal	645.7	560.4	486.9	717.4	611.1	541.0	750.0
Vitamin B12 (µg)	RDA	2.4	2.4	2.4	2.4	2.4	2.4	2.4
Biotin (µg)	AI	50	50	50	50	50	50	50
Pantothenic acid (mg)	AI	5	5	5	5	5	5	6
Vitamin C (mg)	RDA	100	100	100	100	100	100	100

(FIG. 6 Continued)

[illegible]

FIG. 7

(CONT.)

[illegible]

(FIG. 7 Continued)

Females																				
56-60			61-65			21-25			26-30			31-50			51-60			61-65		
S	M	A	S	M	A	S	M	A	S	M	A	S	M	A	S	M	A	S	M	A
2200	2400	2600	2000	2400	2800	2000	2200	2400	1800	2000	2400	1800	2000	2200	1600	1800	2200	1600	1800	2000
55.0	60.0	65.0	50.0	60.0	70.0	50.0	55.0	60.0	45.0	50.0	60.0	45.0	50.0	55.0	40.0	45.0	55.0	40.0	45.0	50.0
193	210	228	175	210	245	175	193	210	158	175	210	158	175	193	140	158	193	140	158	175
56.0	56.0	56.0	56.0	56.0	56.0	46.0	46.0	46.0	46.0	46.0	46.0	46.0	46.0	46.0	46.0	46.0	46.0	46.0	46.0	46.0
48.9	53.3	57.8	44.4	53.3	62.2	44.4	48.9	53.3	40.0	44.4	53.3	40.0	44.4	48.9	35.6	40.0	48.9	35.6	40.0	44.4
85.6	93.3	101.1	77.8	93.3	108.9	77.8	85.6	93.3	70.0	77.8	93.3	70.0	77.8	85.6	62.2	70.0	85.6	62.2	70.0	77.8
1.6	1.6	1.6	1.6	1.6	1.6	1.1	1.1	1.1	1.1	1.1	1.1	1.1	1.1	1.1	1.1	1.1	1.1	1.1	1.1	1.1
14	14	14	14	14	14	12	12	12	12	12	12	12	12	12	11	11	11	11	11	11
248	270	293	225	270	315	225.0	247.5	270.0	202.5	225.0	270.0	202.5	225.0	247.5	180	203	248	180	203	225
130	130	130	130	130	130	130	130	130	130	130	130	130	130	130	130	130	130	130	130	130
358	390	423	325	390	455	325.0	357.5	390.0	292.5	325.0	390.0	292.5	325.0	357.5	260	293	358	260	293	325
30	30	30	30	30	30	25	25	25	25	25	25	25	25	25	21	21	21	21	21	21

FIG. 8 (CONT.)

			Males																		
			Age		21-25			26-35			36-45			46-50			51-55				
			Lower limit	Upper limit	Physical activity level	S	M	A	S	M	A	S	M	A	S	M	A	S	M	A	
Energy (kcal)	1,600	3,000		2400	2800	3000	2400	2600	3000	2400	2800	2800	2200	2400	2800	2200	2400	2800	2200	2400	2800
	1500.0		AI										1500	1500	1500	1500	1500	1500	1500	1500	
	3400		AI	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	
			UL	2500	2500	2500	2500	2500	2500	2500	2500	2500	2500	2500	2500	2500	2500	2500	2500	2500	
		(1143)	Maximum intake per 1600 kcal	1667	1429	1333	1667	1538	1333	1667	1429	1429	1818	1667	1429	1455	1333	1143			
Magnesium	420		AI	400	400	400	400	400	400	420	420	420	420	420	420	420	420	420	420	420	
Phosphorous (mg)	700		AI	700	700	700	700	700	700	700	700	700	700	700	700	700	700	700	700	700	
			RDA	3000	3000	3000	3000	3000	3000	3000	3000	3000	3000	3000	3000	3000	3000	3000	3000	3000	
		1600	Maximum intake per 1600 kcal	2000	1714	1600	2000	1846	1600	2000	1714	2286	2909	2667	2286	2909	2667	2286	2667	2286	
Iron (mg)	18.0		RDA (menstruation 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	
			UL	50	50	50	55	45	45	45	45	45	45	45	45	45	45	45	45	45	
		24.0	Maximum intake per 1600 kcal	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	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	
			UL	40	40	40	45	45	45	45	45	45	40	40	40	40	40	40	40	40	
		21.3	Maximum intake per 1600 kcal	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	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	
			UL	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	
		5.3	Maximum intake per 1600 kcal	6.7	5.7	5.3	6.7	6.2	5.3	6.7	5.7	5.7	7.3	6.7	5.7	7.3	6.7	5.7	6.7	5.7	

(FIG. 8 Continued)

Females														
56-60					61-65					21-25				
S	M	A	S	A	S	M	A	S	A	S	M	A	S	A
2200	2400	2600	2000	2800	2000	2200	2400	1800	2400	1800	2000	2200	1600	2000
1500	1500	1500	1500	1500	1500	1500	1500	1500	1500	1500	1500	1500	1500	1500
3400	3400	3400	3400	3400	2600	2600	2600	2600	2600	2600	2600	2600	2600	2600
1000	1000	1000	1000	1000	1000	1000	1000	1000	1000	1000	1000	1000	1200	1200
2000	2000	2000	2000	2000	2500	2500	2500	2500	2500	2500	2500	2000	2000	2000
1455	1333	1231	1600	1333	2000	1818	1667	2222	1667	2222	2000	1818	2000	1778
420	420	420	420	420	310	310	310	310	310	320	320	320	320	320
700	700	700	700	700	700	700	700	700	700	700	700	700	700	700
4000	4000	4000	3000	3000	4000	4000	4000	4000	4000	4000	4000	4000	3000	3000
2909	2667	2462	2400	2000	3200	2909	2667	3556	2667	3556	3200	2909	3000	2667
8.0	8.0	8.0	8.0	8.0	18.0	18.0	18.0	18.0	18.0	18.0	18.0	18.0	8.0	8.0
45	45	45	45	45	45	45	45	45	45	45	45	45	45	45
32.7	30.0	27.7	36.0	25.7	36.0	32.7	30.0	40.0	36.0	40.0	36.0	32.7	45.0	40.0
11	11	11	11	11	8	8	8	8	8	8	8	8	8	8
40	40	40	40	40	40	40	40	40	40	40	40	40	40	40
29.1	26.7	24.6	32.0	22.9	32.0	29.1	26.7	35.6	32.0	35.6	32.0	29.1	40.0	35.6
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
10	10	10	10	10	10	10	10	10	10	10	10	10	10	10
7.3	6.7	6.2	8.0	5.7	8.0	7.3	6.7	8.9	8.0	8.9	8.0	7.3	10.0	8.9

FIG. 9

(CONT.)

			Age	Males					
				21-25			26-35		
	Lower limit	Upper limit	Physical activity level	S	M	A	S	M	A
Energy (kcal)	1,600	3,000		2400	2800	3000	2400	2600	3000
Manganese (mg)	2.3		AI	2.3	2.3	2.3	2.3	2.3	2.3
			UL	11	11	11	11	11	11
		5.9	Maximum intake per 1600 kcal	7.3	6.3	5.9	7.3	6.8	5.9
Iodine (µg)	150		RDA	150	150	150	150	150	150
			UL	1100	1100	1100	1100	1100	1100
		586.7	Maximum intake per 1600 kcal	733	629	587	733	677	587
Selenium (µg)	55		RDA	55	55	55	55	55	55
			UL	400	400	400	400	400	400
		213	Maximum intake per 1600 kcal	267	229	213	267	246	213
Chromium (µg)	35		AI	35	35	35	35	35	35
Molybdenum	45		RDA	45	45	45	45	45	45
			UL	2000	2000	2000	2000	2000	2000
		1067	Maximum intake per 1600 kcal	1333	1143	1067	1333	1231	1067
Nickel (mg)			UL	1.0	1.0	1.0	1.0	1.0	1.0
		0.53	Maximum intake per 1600 kcal	0.67	0.57	0.53	0.67	0.62	0.53
Vanadium (mg)			UL	1.8	1.8	1.8	1.8	1.8	1.8
		0.96	Maximum intake per 1600 kcal	1.20	1.03	0.96	1.20	1.11	0.96
Boron (mg)			UL	20	20	20	20	20	20
		10.7	Maximum intake per 1600 kcal	13.3	11.4	10.7	13.3	12.3	10.7
Fluoride (mg)	4		AI	4	4	4	4	4	4
			UL	10	10	10	10	10	10
		5.3	Maximum intake per 1600 kcal	6.7	5.7	5.3	6.7	6.2	5.3
Chloride (g)	(2.3)		AI	2.3	2.3	2.3	2.3	2.3	2.3
			UL	3.6	3.6	3.6	3.6	3.6	3.6
		(1.9)	Maximum intake per 1600 kcal	2.4	2.1	1.9	2.4	2.2	1.9

(FIG. 9 Continued)

(CONT.)

36-45			46-50			51-55			56-60			61-65		
S	M	A	S	M	A	S	M	A	S	M	A	S	M	A
2400	2800	2800	2200	2400	2800	2200	2400	2800	2200	2400	2600	2000	2400	2800
2.3	2.3	2.3	2.3	2.3	2.3	2.3	2.3	2.3	2.3	2.3	2.3	2.3	2.3	2.3
11	11	11	11	11	11	11	11	11	11	11	11	11	11	11
7.3	6.3	6.3	8.0	7.3	6.3	8.0	7.3	6.3	8.0	7.3	6.8	8.8	7.3	6.3
150	150	150	150	150	150	150	150	150	150	150	150	150	150	150
1100	1100	1100	1100	1100	1100	1100	1100	1100	1100	1100	1100	1100	1100	1100
733	629	629	800	733	629	800	733	629	800	733	677	880	733	629
55	55	55	55	55	55	55	55	55	55	55	55	55	55	55
400	400	400	400	400	400	400	400	400	400	400	400	400	400	400
267	229	229	291	267	229	291	267	229	291	267	246	320	267	229
35	35	35	35	35	35	30	30	30	30	30	30	30	30	30
45	45	45	45	45	45	45	45	45	45	45	45	45	45	45
2000	2000	2000	2000	2000	2000	2000	2000	2000	2000	2000	2000	2000	2000	2000
1333	1143	1143	1455	1333	1143	1455	1333	1143	1455	1333	1231	1600	1333	1143
1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0
0.67	0.57	0.57	0.73	0.67	0.57	0.73	0.67	0.57	0.73	0.67	0.62	0.80	0.67	0.57
1.8	1.8	1.8	1.8	1.8	1.8	1.8	1.8	1.8	1.8	1.8	1.8	1.8	1.8	1.8
1.20	1.03	1.03	1.31	1.20	1.03	1.31	1.20	1.03	1.31	1.20	1.11	1.44	1.20	1.03
20	20	20	20	20	20	20	20	20	20	20	20	20	20	20
13.3	11.4	11.4	14.5	13.3	11.4	14.5	13.3	11.4	14.5	13.3	12.3	16.0	13.3	11.4
4	4	4	4	4	4	4	4	4	4	4	4	4	4	4
10	10	10	10	10	10	10	10	10	10	10	10	10	10	10
6.7	5.7	5.7	7.3	6.7	5.7	7.3	6.7	5.7	7.3	6.7	6.2	8.0	6.7	5.7
2.3	2.3	2.3	2.3	2.3	2.3	2.3	2.3	2.3	2.3	2.3	2.3	2.3	2.3	2.3
3.6	3.6	3.6	3.6	3.6	3.6	3.6	3.6	3.6	3.6	3.6	3.6	3.6	3.6	3.6
2.4	2.1	2.1	2.6	2.4	2.1	2.6	2.4	2.1	2.6	2.4	2.2	2.9	2.4	2.1

(FIG. 9 Continued)

Females														
21-25			26-30			31-50			51-60			61-65		
S	M	A	S	M	A	S	M	A	S	M	A	S	M	A
2000	2200	2400	1800	2000	2400	1800	2000	2200	1600	1800	2200	1600	1800	2000
1.8	1.8	1.8	1.8	1.8	1.8	1.8	1.8	1.8	1.8	1.8	1.8	1.8	1.8	1.8
11	11	11	11	11	11	11	11	11	11	11	11	11	11	11
8.8	8.0	7.3	9.8	8.8	7.3	9.8	8.8	8.0	11.0	9.8	8.0	11.0	9.8	8.8
150	150	150	150	150	150	150	150	150	150	150	150	150	150	150
1100	1100	1100	1100	1100	1100	1100	1100	1100	1100	1100	1100	1100	1100	1100
880	800	733	978	880	733	978	880	800	1100	978	800	1100	978	880
55	55	55	55	55	55	55	55	55	55	55	55	55	55	55
400	400	400	400	400	400	400	400	400	400	400	400	400	400	400
320	291	267	356	320	267	356	320	291	400	356	291	400	356	320
25	25	25	25	25	25	25	25	25	20	20	20	20	20	20
45	45	45	45	45	45	45	45	45	45	45	45	45	45	45
2000	2000	2000	2000	2000	2000	2000	2000	2000	2000	2000	2000	2000	2000	2000
1600	1455	1333	1778	1600	1333	1778	1600	1455	2000	1778	1455	2000	1778	1600
1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0
0.80	0.73	0.67	0.89	0.80	0.67	0.89	0.80	0.73	1.00	0.89	0.73	1.00	0.89	0.80
1.8	1.8	1.8	1.8	1.8	1.8	1.8	1.8	1.8	1.8	1.8	1.8	1.8	1.8	1.8
1.44	1.31	1.20	1.60	1.44	1.20	1.60	1.44	1.31	1.80	1.60	1.31	1.80	1.60	1.44
20	20	20	20	20	20	20	20	20	20	20	20	20	20	20
16.0	14.5	13.3	17.8	16.0	13.3	17.8	16.0	14.5	20.0	17.8	14.5	20.0	17.8	16.0
3	3	3	3	3	3	3	3	3	3	3	3	3	3	3
10	10	10	10	10	10	10	10	10	10	10	10	10	10	10
8.0	7.3	6.7	8.9	8.0	6.7	8.9	8.0	7.3	10.0	8.9	7.3	10.0	8.9	8.0
2.3	2.3	2.3	2.3	2.3	2.3	2.3	2.3	2.3	2.3	2.3	2.3	2.3	2.3	2.3
3.6	3.6	3.6	3.6	3.6	3.6	3.6	3.6	3.6	3.6	3.6	3.6	3.6	3.6	3.6
2.9	2.6	2.4	3.2	2.9	2.4	3.2	2.9	2.6	3.6	3.2	2.6	3.6	3.2	2.9

FIG. 10

(CONT.)

			Age	Males					
				21-25			26-35		
	Lower limit	Upper limit	Physical activity level	S	M	A	S	M	A
Energy (kcal)	1,600	3,000		2400	2800	3000	2400	2600	3000
Vitamin A (µg)	900		RDA	900	900	900	900	900	900
			UL	3000	3000	3000	3000	3000	3000
		1600	Maximum intake per 1600 kcal	2000	1714	1600	2000	1846	1600
Vitamin D (µg)	15.0		RDA	15	15	15	15	15	15
			UL	100	100	100	100	100	100
		53.3	Maximum intake per 1600 kcal	66.67	57.14	53.33	66.67	61.54	53.33
Vitamin E (mg)	15.0		RDA	15.0	15.0	15.0	15.0	15.0	15.0
Vitamin K (µg)	120		AI	120	120	120	120	120	120
Vitamin B1 (mg)	1.2		RDA	1.2	1.2	1.2	1.2	1.2	1.2
Vitamin B2 (mg)	1.3		RDA	1.3	1.3	1.3	1.3	1.3	1.3
Niacin (mg)	16		RDA	16	16	16	16	16	16
Vitamin B6 (mg)	1.7		RDA	1.3	1.3	1.3	1.3	1.3	1.3
			UL	100	100	100	100	100	100
		53.3	Maximum intake per 1600 kcal	66.7	57.1	53.3	66.7	61.5	53.3
Vitamin B12 (µg)	2.4		RDA	2.4	2.4	2.4	2.4	2.4	2.4
Folic acid (µg)	400		RDA	400	400	400	400	400	400
Pantothenic acid (mg)	5		AI	5	5	5	5	5	5
Biotin (µg)	30		RDA	30	30	30	30	30	30
Vitamin C (mg)	90		RDA	90	90	90	90	90	90
			UL	2000	2000	2000	2000	2000	2000
		1067	Maximum intake per 1600 kcal	1333	1143	1067	1333	1231	1067
Choline (mg)	550		AI	550	550	550	550	550	550
			UL	3500	3500	3500	3500	3500	3500
		1867	Maximum intake per 1600 kcal	2333	2000	1867	2333	2154	1867

(FIG. 10 Continued)

(CONT.)

36-45			46-50			51-55			56-60			61-65		
S	M	A	S	M	A	S	M	A	S	M	A	S	M	A
2400	2800	2800	2200	2400	2800	2200	2400	2800	2200	2400	2600	2000	2400	2800
900	900	900	900	900	900	900	900	900	900	900	900	900	900	900
3000	3000	3000	3000	3000	3000	3000	3000	3000	3000	3000	3000	3000	3000	3000
2000	1714	1714	2182	2000	1714	2182	2000	1714	2182	2000	1846	2400	2000	1714
15	15	15	15	15	15	15	15	15	15	15	15	15	15	15
100	100	100	100	100	100	100	100	100	100	100	100	100	100	100
66.67	57.14	57.14	72.73	66.67	57.14	72.73	66.67	57.14	72.73	66.67	61.54	80	66.67	57.14
15.0	15.0	15.0	15.0	15.0	15.0	15.0	15.0	15.0	15.0	15.0	15.0	15.0	15.0	15.0
120	120	120	120	120	120	120	120	120	120	120	120	120	120	120
1.2	1.2	1.2	1.2	1.2	1.2	1.2	1.2	1.2	1.2	1.2	1.2	1.2	1.2	1.2
1.3	1.3	1.3	1.3	1.3	1.3	1.3	1.3	1.3	1.3	1.3	1.3	1.3	1.3	1.3
16	16	16	16	16	16	16	16	16	16	16	16	16	16	16
1.3	1.3	1.3	1.3	1.3	1.3	1.7	1.7	1.7	1.7	1.7	1.7	1.7	1.7	1.7
100	100	100	100	100	100	100	100	100	100	100	100	100	100	100
66.7	57.1	57.1	72.7	66.7	57.1	72.7	66.7	57.1	72.7	66.7	61.5	80.0	66.7	57.1
2.4	2.4	2.4	2.4	2.4	2.4	2.4	2.4	2.4	2.4	2.4	2.4	2.4	2.4	2.4
400	400	400	400	400	400	400	400	400	400	400	400	400	400	400
5	5	5	5	5	5	5	5	5	5	5	5	5	5	5
30	30	30	30	30	30	30	30	30	30	30	30	30	30	30
90	90	90	90	90	90	90	90	90	90	90	90	90	90	90
2000	2000	2000	2000	2000	2000	2000	2000	2000	2000	2000	2000	2000	2000	2000
1333	1143	1143	1455	1333	1143	1455	1333	1143	1455	1333	1231	1600	1333	1143
550	550	550	550	550	550	550	550	550	550	550	550	550	550	550
3500	3500	3500	3500	3500	3500	3500	3500	3500	3500	3500	3500	3500	3500	3500
2333	2000	2000	2545	2333	2000	2545	2333	2000	2545	2333	2154	2800	2333	2000

(FIG. 10 Continued)

Females														
21-25			26-30			31-50			51-60			61-65		
S	M	A	S	M	A	S	M	A	S	M	A	S	M	A
2000	2200	2400	1800	2000	2400	1800	2000	2200	1600	1800	2200	1600	1800	2000
700	700	700	700	700	700	700	700	700	700	700	700	700	700	700
3000	3000	3000	3000	3000	3000	3000	3000	3000	3000	3000	3000	3000	3000	3000
2400	2182	2000	2667	2400	2000	2667	2400	2182	3000	2667	2182	3000	2667	2400
15	15	15	15	15	15	15	15	15	15	15	15	15	15	15
100	100	100	100	100	100	100	100	100	100	100	100	100	100	100
80	72.73	66.67	88.89	80	66.67	88.89	80	72.73	100	88.89	72.73	100	88.89	80
15.0	15.0	15.0	15.0	15.0	15.0	15.0	15.0	15.0	15.0	15.0	15.0	15.0	15.0	15.0
90	90	90	90	90	90	90	90	90	90	90	90	90	90	90
1.1	1.1	1.1	1.1	1.1	1.1	1.1	1.1	1.1	1.1	1.1	1.1	1.1	1.1	1.1
1.1	1.1	1.1	1.1	1.1	1.1	1.1	1.1	1.1	1.1	1.1	1.1	1.1	1.1	1.1
14	14	14	14	14	14	14	14	14	14	14	14	14	14	14
1.3	1.3	1.3	1.3	1.3	1.3	1.3	1.3	1.3	1.5	1.5	1.5	1.5	1.5	1.5
100	100	100	100	100	100	100	100	100	100	100	100	100	100	100
80.0	72.7	66.7	88.9	80.0	66.7	88.9	80.0	72.7	100.0	88.9	72.7	100.0	88.9	80.0
2.4	2.4	2.4	2.4	2.4	2.4	2.4	2.4	2.4	2.4	2.4	2.4	2.4	2.4	2.4
400	400	400	400	400	400	400	400	400	400	400	400	400	400	400
5	5	5	5	5	5	5	5	5	5	5	5	5	5	5
30	30	30	30	30	30	30	30	30	30	30	30	30	30	30
75	75	75	75	75	75	75	75	75	75	75	75	75	75	75
2000	2000	2000	2000	2000	2000	2000	2000	2000	2000	2000	2000	2000	2000	2000
1600	1455	1333	1778	1600	1333	1778	1600	1455	2000	1778	1455	2000	1778	1600
425	425	425	425	425	425	425	425	425	425	425	425	425	425	425
3500	3500	3500	3500	3500	3500	3500	3500	3500	3500	3500	3500	3500	3500	3500
2800	2545	2333	3111	2800	2333	3111	2800	2545	3500	3111	2545	3500	3111	2800

FIG. 11

		Males									Females								
		Age			18-49			50-64			18-49			50-64					
					I	II	III	I	II	III	I	II	III	I	II	III			
	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

			Males									Females								
			Age			18-49			50-64			18-49			50-64					
						I	II	III	I	II	III	I	II	III	I	II	III			
Energy (kcal)	Lower limit	Upper limit	Physical activity level	2250	2600	3000	2100	2450	2800	1800	2100	2400	1750	2050	2350					
	1,750	3,000																		
	1500.0		RDA	1500	1500	1500	1400	1400	1400	1500	1500	1500	1400	1400	1400					
	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					
	330		RDA	330	330	330	330	330	330	330	330	330	330	330	330					
Magnesium (mg) 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					
	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					
Iron (mg)			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					
	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					
Zinc (mg)		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					
	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

			Males						Females					
			18-49			50-64			18-49			50-64		
			Age		Physical activity level									
	Lower limit	Upper limit	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		4.5	4.5	4.5	4.5	4.5	4.5	4.5	4.5	4.5	4.5	4.5	4.5
			11	11	11	11	11	11	11	11	11	11	11	11
		6.4	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		120	120	120	120	120	120	120	120	120	120	120	120
			600	600	600	600	600	600	600	600	600	600	600	600
		350.0	466.7	403.8	350	500	428.6	375	583.3	500	437.5	600	512.2	446.8
Selenium (µg)	60		60	60	60	60	60	60	60	60	60	60	60	60
			400	400	400	400	400	400	400	400	400	400	400	400
		233	311	269	233	333	286	250	389	333	292	400	341	298
Chromium (µg)	30		30	30	30	30	30	30	30	30	30	30	30	30
Molybdenum (µg)	100		100	100	100	100	100	100	100	100	100	100	100	100
			900	900	900	900	900	900	900	900	900	900	900	900
		525.0	700	605.8	525	750	642.9	562.5	875	750	656.3	900	768.3	670.2
Fluoride (mg)	1.5		1.5	1.5	1.5	1.5	1.5	1.5	1.5	1.5	1.5	1.5	1.5	1.5
			3.5	3.5	3.5	3.5	3.5	3.5	3.5	3.5	3.5	3.5	3.5	3.5
		2.0	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		2300	2300	2300	2200	2200	2200	2300	2300	2300	2200	2200	2200

FIG. 14

(CONT.)

			Age	Males	
				18-49	
	Lower limit	Upper limit	Physical activity level	I	II
Energy (kcal)	1,750	3,000		2250	2600
Vitamin A (µg)	800		RDA	800	800
			UL	3000	3000
		1750	Maximum intake per 1750 kcal	2333	2019
Vitamin D (µg)	10.0		RDA	10	10
			UL	50	50
		29.2	Maximum intake per 1750 kcal	38.9	33.7
Vitamin E (mg)	14.0		RDA	14	14
			UL	700	700
		408.3	Maximum intake per 1750 kcal	544.4	471.2
Vitamin K (µg)	80		RDA	80	80
Vitamin B1 (mg)	1.4		RDA	1.4	1.4
Vitamin B2 (mg)	1.4		RDA	1.4	1.4
Niacin (mg)	15		RDA	15	15
			UL	310	310
		180.8	Maximum intake per 1750 kcal	241.1	
Vitamin B6 (mg)	1.6		RDA	1.4	1.4
			UL	60	60
		35.0	Maximum intake per 1750 kcal	46.7	40.4
Vitamin B12 (µg)	2.4		RDA	2.4	2.4
Folic acid (µg)	400		RDA	400	400
Pantothenic acid (mg)	5		RDA	5	5
Biotin (µg)	40		RDA	40	40
Vitamin C (mg)	100		RDA	100	100
			UL	2000	2000
		1167	Maximum intake per 1750 kcal	1556	1346
Choline (mg)	500		RDA	500	500
			UL	3000	3000
		1750	Maximum intake per 1750 kcal	2333	2019

(FIG. 14 Continued)

				Females					
	50-64			18-49			50-64		
III	I	II	III	I	II	III	I	II	III
3000	2100	2450	2800	1800	2100	2400	1750	2050	2350
800	800	800	800	700	700	700	700	700	700
3000	3000	3000	3000	3000	3000	3000	3000	3000	3000
1750	2500	2143	1875	2917	2500	2188	3000	2561	2234
10	10	10	10	10	10	10	10	10	10
50	50	50	50	50	50	50	50	50	50
29.2	41.7	35.7	31.3	48.6	41.7	36.5	50.0	42.7	37.2
14	14	14	14	14	14	14	14	14	14
700	700	700	700	700	700	700	700	700	700
408.3	583.3	500	437.5	680.6	583.3	510.4	700	597.6	521.3
80	80	80	80	80	80	80	80	80	80
1.4	1.4	1.4	1.4	1.2	1.2	1.2	1.2	1.2	1.2
1.4	1.4	1.4	1.4	1.2	1.2	1.2	1.2	1.2	1.2
15	14	14	14	12	12	12	12	12	12
310	310	310	310	310	310	310	310	310	310
180.8	258.3	221.4	193.8	301.4	258.3	226.0	310.0	264.6	230.9
1.4	1.6	1.6	1.6	1.4	1.4	1.4	1.6	1.6	1.6
60	60	60	60	60	60	60	60	60	60
35.0	50.0	42.9	37.5	58.3	50.0	43.8	60.0	51.2	44.7
2.4	2.4	2.4	2.4	2.4	2.4	2.4	2.4	2.4	2.4
400	400	400	400	400	400	400	400	400	400
5	5	5	5	5	5	5	5	5	5
40	40	40	40	40	40	40	40	40	40
100	100	100	100	100	100	100	100	100	100
2000	2000	2000	2000	2000	2000	2000	2000	2000	2000
1167	1667	1429	1250	1944	1667	1458	2000	1707	1489
500	500	500	500	400	400	400	400	400	400
3000	3000	3000	3000	3000	3000	3000	3000	3000	3000
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/m ²)	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 intakev period	116.8	12.03	
	Diastolic blood pressure (mmHg) (DBP)	Before intake period	69.3	10.92	0.2356
		After intakev 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 intakev period	130.5	6.51	
	Diastolic blood pressure (mmHg) (DBP)	Before intake period	86.7	6.09	0.0040**
		After intakev period	82.0	5.65	

FIG. 19

	Test timing	Average	Standard deviation	P value
Whole (n=75)	Before intake period	2.954	0.3294	0.0768
	After intakev period	3.001	0.3535	
Male (n=62)	Before intake period	2.978	0.3442	0.0385*
	After intakev 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 intakev period	3.4	3.0	
Akkermansia (occupancy %)	Before intake period	0.01	0.02	0.0284*
	After intakev period	0.02	0.05	
Phylum Fusobacteria (occupancy %)	Before intake period	1.0	3.2	0.0672
	After intakev period	0.7	2.3	
Diversity	Before intake period	6.0	0.5	0.0048**
	After intakev period	6.1	0.5	