

Table S1. The classification criteria for inadequate intake

<i>Recommended Dietary Allowance</i>		
Nutrition	Measurement:	Deficiency
Vitamin_A	µg RAEa/day	
Gender	Age	
Males	All	<900
Females	All	<700
Vitamin_B1 (Thiamin)	mg/day	
Gender	Age	
Males	All	<1.2
Females	All	<1.1
Vitamin_B2 (Riboflavin)	mg/day	
Gender	Age	
Males	All	<1.3
Females	All	<1.1
Vitamin_B3 (Niacin)	mg/day	
Gender	Age	
Males	All	<16
Females	All	<14
Vitamin_B6	mg/day	
Gender	Age	
Males	≤50	<1.3
	>50	<1.7
Females	≤50	<1.3
	>50	<1.5
Vitamin_B9 (Total_folate)	µg/day	
Gender	Age	
All	All	<400
Vitamin_B12	µg/day	
Gender	Age	
All	All	<2.4
Vitamin_C	mg/day	
Gender	Age	
Males	All	<90
Females	All	<75

Vitamin_E	mg/day	
Gender	Age	
All	All	<15
Copper	mg/day	
Gender	Age	
All	All	<0.9
Iron	mg/day	
Gender	Age	
Males	≤50	<8
	>50	<8
Females	≤50	<18
	>50	<8
Magnesium	mg/day	
Gender	Age	
Males	All	<420
Females	All	<320
Phosphorus	mg/day	
Gender	Age	
All	All	<700
Selenium	µg/day	
Gender	Age	
All	All	<55
Zinc	mg/day	
Gender	Age	
Males	All	<11
Females	All	<8
Carbohydrate	g/day	
Gender	Age	
All	All	<130
Protein	g/day	
Gender	Age	
Males	All	<56
Females	All	<46
<i>Adequate Intake</i>		
Nutrition	Measurement:	Deficiency

Vitamin_D	µg/day	
Gender	Age	
All	≤50	<5
All	50-70	<10
All	>70	<15
Vitamin_K	µg/day	
Gender	Age	
Males	All	<120
Females	All	<90
Calcium	µg/day	
Gender	Age	
All	≤50	<1000
All	>50	<1200
Potassium	mg/day	
Gender	Age	
All	All	<4700
Sodium	mg/day	
Gender	Age	
All	≤50	<1500
All	50-70	<1300
All	>70	<1200
Dietary_fiber	g/day	
Gender	Age	
Males	≤50	<25
	>50	<38
Females	≤50	<21
	>50	<30
Total_choline	mg/day	
Gender	Age	
Males	All	<550
Females	All	<425