

Supplementary Table S1: WHO/FAO (2004) recommended nutrient intakes (RNI) for iron, calcium and zinc.	
Calcium RNI for 6-12 months of age ¹	400 mg/day
Calcium RNI for 12-36 months of age ¹	500 mg/day
Iron RNI for 6-12 months of age	9.3 mg/day
Iron RNI for 12-36 months of age	5.8 mg/day
Zinc RNI for 12-36 months of age ²	4.1 mg/day
¹ 10% bioavailability ² Moderate bioavailability	