Table S1. Dietary Reference Values according to the European Food Safety Authority

Category	Nutrient parameter	Parameter	Age	Sex	AI	PRI	UL
Minerals	Calcium	Ca result (g/day)	18-24 years	M/F	NA	1000 mg/day	2500 mg/day
Minerals	Calcium	Ca result (g/day)	≥ 25 years	M/F	NA	950 mg/day	2500 mg/day
Minerals	Copper	Copper result (mg/day)	≥ 18 years	M	1.6 mg/day	NA	5 mg/day
Minerals	Copper	Copper result (mg/day)	≥ 18 years	F	1.3 mg/day	NA	5 mg/day
Minerals	Iron	Ferritin result (mg/day)	≥ 18 years	F	NA	16 mg/day	ND
Minerals	Iron	Ferritin result (mg/day)	≥ 40 years	F	NA	11 mg/day	ND
Minerals	Iron	Ferritin result (mg/day)	≥ 18 years	M	NA	11 mg/day	ND
Minerals	Magnesium	Magnesium (mg/day)	≥ 18 years	M	350 mg/day	NA	250 mg/day
Minerals	Magnesium	Magnesium (mg/day)	≥ 18 years	F	300 mg/day	NA	250 mg/day
Minerals	Phosphorus	Phosphorus (g/day)	≥ 18 years	M/F	550 mg/day	NA	ND
Minerals	Selenium	Selenium result (µg/day)	≥ 18 years	M/F	70 µg/day	NA	300 µg/day
Minerals	Zinc	Zinc result (mg/day)	≥ 18 years	M	NA	11.7 mg/day	25 mg/day
Minerals	Zinc	Zinc result (mg/day)	≥ 18 years	F	NA	9.3 mg/day	25 mg/day
Vitamins	Vitamin B12	Vitamin B12 result (µg/day)	≥ 18 years	M/F	4 µg/day	NA	ND
Vitamins	Pantothenic acid	Pantothenic acid (Vitamin B5) (mg/day)	≥ 18 years	M/F	5 mg/day	NA	ND
Vitamins	Riboflavin	Riboflavin (Vitamin B2) (mg/day)	≥ 18 years	M/F	NA	1.6 mg/day	ND
Vitamins	Vitamin B6	Vitamin (B6) result (mg/day)	≥ 18 years	M	NA	1.7 mg/day	25 mg/day
Vitamins	Vitamin B6	Vitamin (B6) result (mg/day)	≥ 18 years	F	NA	1.6 mg/day	25 mg/day
Vitamins	Vitamin C	Vitamin C, total ascorbic acid (mg/day)	≥ 18 years	M	NA	110 mg/day	ND
Vitamins	Vitamin C	Vitamin C, total ascorbic acid (mg/day)	≥ 18 years	F	NA	95 mg/day	ND
Vitamins	Vitamin D	Vitamin D (D2 + D3) (µg/day)	≥ 18 years	M	15 µg/day	NA	100 µg/day
Vitamins	Vitamin D	Vitamin D (D2 + D3) (µg/day)	≥ 18 years	F	15 µg/day	NA	100 µg/day

Note: either the AI or PRI was used as daily recommended intakes, whichever was available.

AI = adequate intakes; F = female; M = male; NA = not available; ND = not defined; PRI = population reference intakes; UL = tolerable upper intake level