

20 November 2019

The following notes outline how certain data was extracted from the NHMRC reference material:

- The following nutrients have Adequate Intake (AI) data in place of RDI% data in the NHMRC reference material.
 - Pantothenic acid
 - Biotin
 - Copper
 - Chromium
 - Vitamin D3 equivalents
 - Vitamin E
 - Manganese
 - Sodium
 - Potassium
 - Linoleic Acid (C18:2 n-6)
 - Alpha-Linoleic Acid (C18:2 n-3).

- Daily Energy requirements in ages 19 to 70+ were taken as the highest basal metabolic rate (BMR), which represents approximately 45-70% of daily energy needs.

- Energy (kJ) for males and females aged 1 to 3 years was an average of the NHMRC data for 12, 18, 24 months, and 3 years.

- Energy (kJ) for males and females aged 4 to 8 years was taken as the BMR for age 8 in the NHMRC reference material.

- Energy (kJ) for males and females aged 9 to 13 years was taken as the BMR for age 13 in the NHMRC reference material.

- Energy (kJ) for males and females aged 14 to 18 years was taken as the BMR for age 18 in the NHMRC reference material

- Molybdenum age brackets in the NHMRC reference material are, '19-50', '51-70' and '>70'. Data for age brackets '19-30' and '31-50' in 'RDI-export' spreadsheet has been extrapolated from the '19-50' age bracket in the NHMRC reference material.

- In the NHMRC reference material, Sodium and Calcium for all ages above 18 have been grouped into 1 bracket, and so data has been given as a range in the 'RDI-export' spreadsheet.

- Total folates in the 'RDI-export' spreadsheet was recorded as 'Dietary Folate Equivalents' from the NHMRC reference material.
