

Appendix 9: Estimated intakes of each nutrient for lower, middle and upper bound mean analytical levels

Table A9.1: Iodine intake ($\mu\text{g}/\text{day}$) for lower, middle and upper bound values for males

Age	Intake level	Lower Bound Intake	Middle Bound Intake	Upper Bound Intake	EAR $\mu\text{g}/\text{day}$	UL $\mu\text{g}/\text{day}$
Infant	Mean	-	57.8	-	110	None set
	95th percentile	-	144.6	-		
2-3 yrs	5th percentile	57.4	61.8	66.8	65	200
	Mean	96.2	101.4	106.6		
	95th percentile	143.9	150.9	156.9		
4-8 yrs	5th percentile	57.4	61.7	66.3	65	300
	Mean	99.4	105.2	111.0		
	95th percentile	154.0	162.1	170.3		
9-13 yrs	5th percentile	61.4	67.4	72.9	75	600
	Mean	110.3	117.4	124.5		
	95th percentile	203.4	212.5	221.5		
14-18 yrs	5th percentile	69.0	79.4	88.1	95	900
	Mean	127.8	138.7	149.5		
	95th percentile	218.9	231.6	250.4		
19-29 yrs	5th percentile	65.9	76.3	86.1	100	1100
	Mean	120.3	133.5	146.6		
	95th percentile	206.6	220.9	235.9		
30-49 yrs	5th percentile	59.7	71.7	83.2	100	1100
	Mean	102.3	116.0	129.7		
	95th percentile	168.4	184.4	199.8		
50-69 yrs	5th percentile	57.4	69.5	81.1	100	1100
	Mean	94.6	108.0	121.4		
	95th percentile	154.9	171.0	186.1		
70+ yrs	5th percentile	57.1	68.7	79.6	100	1100
	Mean	86.0	98.3	110.6		
	95th percentile	130.1	143.5	157.1		

Note: Infant intakes are based on a theoretical diet and are therefore not directly comparable to intake estimates for other groups, which are derived from National Nutrition Survey consumption data. The infant diet did not separate males and females, therefore the results represent infant males and females combined.

Table A9.2: Iodine intake ($\mu\text{g}/\text{day}$) for lower, middle and upper bound for females

Age	Intake level	Lower Bound Intake	Middle Bound Intake	Upper Bound Intake	EAR $\mu\text{g}/\text{day}$	UL $\mu\text{g}/\text{day}$
Infant	Mean	-	57.8	-	110	None set
	95th percentile	-	144.6	-		
2-3 yrs	5th percentile	53.9	57.8	62.3		
	Mean	82.9	88.1	93.2	65	200
	95th percentile	122.0	130.4	139.4		
	5th percentile	51.2	55.0	58.6		
4-8 yrs	Mean	78.1	83.5	88.8	65	300
	95th percentile	120.4	126.3	133.2		
	5th percentile	52.5	57.7	62.1		
	Mean	84.5	90.9	97.3	75	600
9-13 yrs	95th percentile	137.4	146.0	154.7		
	5th percentile	42.4	51.2	58.1		
14-18 yrs	Mean	84.8	93.5	102.3	95	900
	95th percentile	150.6	156.1	168.7		
	5th percentile	44.9	53.7	62.4		
	Mean	85.1	95.4	105.7	100	1100
19-29 yrs	95th percentile	146.9	158.6	170.4		
	5th percentile	52.2	61.9	70.6		
30-49 yrs	Mean	81.4	93.0	104.5	100	1100
	95th percentile	128.3	141.0	154.4		
	5th percentile	54.0	63.6	73.0		
	Mean	78.1	89.7	101.4	100	1100
50-69 yrs	95th percentile	113.1	126.6	142.0		
	5th percentile	53.3	62.1	70.6		
70+ yrs	Mean	74.8	85.6	96.3	100	1100
	95th percentile	104.2	117.2	129.6		

Note: Infant intakes are based on a theoretical diet and are therefore not directly comparable to intake estimates for other groups, which are derived from National Nutrition Survey consumption data. The infant diet did not separate males and females, therefore the results represent infant males and females combined.

Table A9.3: Selenium intake ($\mu\text{g}/\text{day}$) for lower, middle and upper bound for males

Age	Intake level	Lower Bound Intake	Middle Bound Intake	Upper Bound Intake	EAR $\mu\text{g}/\text{day}$	UL $\mu\text{g}/\text{day}$
Infant	Mean	-	14.2	-	15	60
	95th percentile	-	35.6	-		
	5th percentile	13.6	17.6	21.7		
	Mean	31.4	36.8	42.2	20	90
2-3 yrs	95th percentile	62.8	69.8	77.1		
	5th percentile	17.9	22.6	27.0		
4-8 yrs	Mean	42.1	47.6	53.1	25	150
	95th percentile	78.8	83.7	89.9		
	5th percentile	21.4	27.4	31.5		
	Mean	56.0	62.6	69.2	40	280
9-13 yrs	95th percentile	112.6	119.6	129.1		
	5th percentile	49.4	57.8	65.4		
14-18 yrs	Mean	74.5	83.5	92.4	60	400
	95th percentile	113.6	123.7	132.1		
	5th percentile	49.1	58.5	66.7		
	Mean	80.4	90.0	99.6	60	400
19-29 yrs	95th percentile	132.6	142.8	153.1		
	5th percentile	45.1	52.1	58.4		
30-49 yrs	Mean	72.7	81.0	89.3	60	400
	95th percentile	120.5	130.1	139.0		
	5th percentile	43.7	50.2	56.0		
	Mean	67.5	75.0	82.4	60	400
50-69 yrs	95th percentile	108.3	117.2	126.2		
	5th percentile	42.5	48.6	54.2		
70+ yrs	Mean	60.8	67.3	73.8	60	400
	95th percentile	91.2	98.6	104.6		

Note: Infant intakes are based on a theoretical diet and are therefore not directly comparable to intake estimates for other groups, which are derived from National Nutrition Survey consumption data. The infant diet did not separate males and females, therefore the results represent infant males and females combined.

Table A9.4: Selenium intake ($\mu\text{g}/\text{day}$) for lower, middle and upper bound for females

Age	Intake level	Lower Bound Intake	Middle Bound Intake	Upper Bound Intake	EAR $\mu\text{g}/\text{day}$	UL $\mu\text{g}/\text{day}$
Infant	Mean	-	14.2	-	15	60
	95th percentile	-	35.6	-		
2-3 yrs	5th percentile	28.6	31.8	35.0		
	Mean	36.3	41.0	45.7	20	90
4-8 yrs	95th percentile	46.2	51.7	57.7		
	5th percentile	30.9	34.7	38.3		
9-13 yrs	Mean	38.8	43.8	48.8	25	150
	95th percentile	50.8	57.0	63.0		
14-18 yrs	5th percentile	32.3	36.4	40.3		
	Mean	42.4	48.1	53.7	40	280
19-29 yrs	95th percentile	61.2	69.5	78.2		
	5th percentile	31.9	36.8	42.2		
30-49 yrs	Mean	49.6	55.5	61.3	50	400
	95th percentile	81.9	88.2	94.0		
50-69 yrs	5th percentile	31.3	36.5	41.7		
	Mean	51.1	57.0	62.9	50	400
70+ yrs	95th percentile	82.5	89.1	96.1		
	5th percentile	36.2	41.0	45.3		
70+ yrs	Mean	50.0	55.4	60.8	50	400
	95th percentile	72.8	79.8	86.3		
70+ yrs	5th percentile	37.9	42.0	45.9		
	Mean	48.5	53.6	58.7	50	400
70+ yrs	95th percentile	67.0	73.6	80.0		
	5th percentile	38.1	42.0	45.6		
70+ yrs	Mean	46.7	51.5	56.2	50	400
	95th percentile	62.1	68.5	74.4		

Note: Infant intakes are based on a theoretical diet and are therefore not directly comparable to intake estimates for other groups, which are derived from National Nutrition Survey consumption data. The infant diet did not separate males and females, therefore the results represent infant males and females combined.

Table A9.5: Molybdenum intake ($\mu\text{g}/\text{day}$) for lower, middle and upper bound for males

Age	Intake level	Lower Bound Intake	Middle Bound Intake	Upper Bound Intake	EAR $\mu\text{g}/\text{day}$	UL $\mu\text{g}/\text{day}$
Infant	Mean	-	22.1	-	3 [†]	None set
	95th percentile	-	55.3	-		
2-3 yrs	5th percentile	27.1	30.1	31.0		
	Mean	76.2	79.1	82.0	13	300
4-8 yrs	95th percentile	185.9	195.9	198.7		
	5th percentile	32.2	34.7	37.2		
9-13 yrs	Mean	76.0	79.3	82.6	17	600
	95th percentile	157.5	162.4	165.1		
14-18 yrs	5th percentile	35.9	41.1	46.4		
	Mean	96.7	100.8	104.9	26	1100
19-29 yrs	95th percentile	203.8	207.0	210.4		
	5th percentile	76.3	84.0	89.0		
30-49 yrs	Mean	108.5	114.7	120.9	33	1700
	95th percentile	161.7	167.4	171.5		
50-69 yrs	5th percentile	75.0	81.6	88.4		
	Mean	110.9	117.8	124.6	34	2000
70+ yrs	95th percentile	179.8	186.0	193.4		
	5th percentile	54.9	61.1	66.5		
70+ yrs	Mean	103.8	109.8	115.7	34	2000
	95th percentile	186.5	190.6	196.1		
70+ yrs	5th percentile	51.6	57.3	61.8		
	Mean	94.6	99.5	104.4	34	2000
70+ yrs	95th percentile	166.6	170.4	175.8		
	5th percentile	50.6	53.9	57.7		
70+ yrs	Mean	86.1	90.2	94.3	34	2000
	95th percentile	139.5	144.0	148.2		

Note: Infant intakes are based on a theoretical diet and are therefore not directly comparable to intake estimates for other groups, which are derived from National Nutrition Survey consumption data. The infant diet did not separate males and females, therefore the results represent infant males and females combined.

[†] AI only set for infants

Table A9.6: Molybdenum intake ($\mu\text{g/day}$) for lower, middle and upper bound for females

Age	Intake level	Lower Bound Intake	Middle Bound Intake	Upper Bound Intake	EAR $\mu\text{g/day}$	UL $\mu\text{g/day}$
Infant	Mean	-	22.1	-	3 [†]	None set
	95th percentile	-	55.3	-		
2-3 yrs	5th percentile	33.6	36.0	37.8		
	Mean	64.1	66.8	69.5	13	300
	95th percentile	117.7	119.4	121.2		
	5th percentile	39.5	42.2	45.7		
4-8 yrs	Mean	65.3	68.5	71.6	17	600
	95th percentile	110.6	114.2	118.5		
9-13 yrs	5th percentile	40.1	44.3	47.3		
	Mean	71.8	75.4	78.9	26	1100
	95th percentile	118.7	122.0	126.3		
	5th percentile	50.2	54.8	57.6		
14-18 yrs	Mean	75.0	78.9	82.9	33	1700
	95th percentile	123.9	126.1	128.3		
19-29 yrs	5th percentile	48.3	52.5	56.0		
	Mean	78.1	81.9	85.8	34	2000
	95th percentile	131.4	134.7	138.0		
	5th percentile	49.8	53.3	56.2		
30-49 yrs	Mean	77.3	80.6	83.9	34	2000
	95th percentile	127.3	130.9	135.2		
50-69 yrs	5th percentile	51.4	54.2	56.4		
	Mean	74.2	77.1	80.1	34	2000
	95th percentile	114.9	118.5	121.7		
	5th percentile	51.4	53.8	55.8		
70+ yrs	Mean	70.4	73.1	75.7	34	2000
	95th percentile	100.3	103.7	106.9		

Note: Infant intakes are based on a theoretical diet and are therefore not directly comparable to intake estimates for other groups, which are derived from National Nutrition Survey consumption data. The infant diet did not separate males and females, therefore the results represent infant males and females combined.

[†] AI only set for infants

Table A9.7: Chromium intake ($\mu\text{g/day}$) for lower, middle and upper bound for males

Age	Intake level	Lower Bound Intake	Middle Bound Intake	Upper Bound Intake	AI $\mu\text{g/day}$
Infant	Mean	-	17.6	-	5.5
	95th percentile	-	43.4	-	
2-3 yrs	5th percentile	9.9	13.9	17.6	
	Mean	14.1	19.7	25.4	11
	95th percentile	20.3	27.7	36.2	
	5th percentile	10.7	14.9	18.7	
4-8 yrs	Mean	16.1	22.1	28.1	15
	95th percentile	24.9	33.2	42.4	
9-13 yrs	5th percentile	11.2	16.0	20.3	
	Mean	18.7	26.0	33.2	25
	95th percentile	30.4	40.8	53.3	
	5th percentile	16.6	23.0	28.7	
14-18 yrs	Mean	24.8	34.0	43.1	35
	95th percentile	38.6	50.5	64.4	
19-29 yrs	5th percentile	17.2	23.9	29.9	
	Mean	26.2	35.6	45.1	35
	95th percentile	40.7	52.9	67.3	
	5th percentile	15.4	20.7	25.4	
30-49 yrs	Mean	24.8	32.5	40.2	35
	95th percentile	38.0	49.2	59.8	
50-69 yrs	5th percentile	15.1	19.7	24.0	
	Mean	23.3	29.9	36.6	35
	95th percentile	35.2	44.3	53.9	
	5th percentile	14.6	18.9	22.7	
70+ yrs	Mean	21.0	26.9	32.7	35
	95th percentile	32.0	39.4	47.0	

Note: Infant intakes are based on a theoretical diet and are therefore not directly comparable to intake estimates for other groups, which are derived from National Nutrition Survey consumption data. The infant diet did not separate males and females, therefore the results represent infant males and females combined.

Table A9.8: Chromium intake ($\mu\text{g}/\text{day}$) for lower, middle and upper bound for females

Age	Intake level	Lower Bound Intake	Middle Bound Intake	Upper Bound Intake	AI $\mu\text{g}/\text{day}$
Infant	Mean	-	17.6	-	5.5
	95th percentile	-	43.4	-	
2-3 yrs	5th percentile	8.9	12.6	16.1	11
	Mean	13.2	18.3	23.5	
	95th percentile	19.3	26.2	33.6	
4-8 yrs	5th percentile	9.8	13.4	17.0	15
	Mean	14.0	19.3	24.6	
	95th percentile	21.3	28.2	34.6	
9-13 yrs	5th percentile	10.1	14.5	18.4	21
	Mean	15.3	21.2	27.2	
	95th percentile	23.1	30.4	39.2	
14-18 yrs	5th percentile	11.9	16.1	20.3	24
	Mean	16.3	22.5	28.6	
	95th percentile	22.5	30.9	39.1	
19-29 yrs	5th percentile	11.9	16.5	20.4	25
	Mean	16.7	22.8	28.8	
	95th percentile	23.9	31.9	40.6	
30-49 yrs	5th percentile	11.4	14.9	18.3	25
	Mean	16.8	22.2	27.5	
	95th percentile	25.3	32.3	39.7	
50-69 yrs	5th percentile	11.0	14.3	17.5	25
	Mean	16.6	21.6	26.5	
	95th percentile	25.7	32.3	38.8	
70+ yrs	5th percentile	10.6	13.7	16.5	25
	Mean	15.9	20.4	24.9	
	95th percentile	26.0	31.1	36.7	

Note: Infant intakes are based on a theoretical diet and are therefore not directly comparable to intake estimates for other groups, which are derived from National Nutrition Survey consumption data. The infant diet did not separate males and females, therefore the results represent infant males and females combined.

Table A9.9: Nickel intake ($\mu\text{g}/\text{day}$) for lower, middle and upper bound for males

Age	Intake level	Lower Bound Intake	Middle Bound Intake	Upper Bound Intake
Infant	Mean	-	0.3	-
	95th percentile	-	0.7	-
2-3 yrs	5th percentile	50.5	53.3	56.4
	Mean	87.7	91.3	95.0
	95th percentile	167.3	170.4	173.4
4-8 yrs	5th percentile	58.7	61.6	64.4
	Mean	95.6	99.5	103.4
	95th percentile	164.6	168.4	174.9
9-13 yrs	5th percentile	64.6	68.4	72.7
	Mean	112.0	116.8	121.5
	95th percentile	187.2	192.0	198.4
14-18 yrs	5th percentile	108.7	114.2	120.4
	Mean	145.9	152.2	158.5
	95th percentile	202.6	210.7	218.4
19-29 yrs	5th percentile	111.4	117.0	122.7
	Mean	150.0	156.5	162.9
	95th percentile	221.6	228.1	235.0
30-49 yrs	5th percentile	93.2	97.4	102.0
	Mean	149.0	154.1	159.2
	95th percentile	249.6	254.4	260.1
50-69 yrs	5th percentile	88.3	91.8	95.4
	Mean	145.1	149.3	153.5
	95th percentile	242.1	246.9	249.8
70+ yrs	5th percentile	85.6	89.6	92.5
	Mean	139.6	143.2	146.9
	95th percentile	256.0	259.4	261.1

Note: Infant intakes are based on a theoretical diet and are therefore not directly comparable to intake estimates for other groups, which are derived from National Nutrition Survey consumption data. The infant diet did not separate males and females, therefore the results represent infant males and females combined.

Table A9.10: Nickel intake ($\mu\text{g}/\text{day}$) for lower, middle and upper bound for females

Age	Intake level	Lower Bound Intake	Middle Bound Intake	Upper Bound Intake
Infant	Mean	-	0.3	-
	95th percentile	-	0.7	-
2-3 yrs	5th percentile	60.1	63.0	65.1
	Mean	80.2	83.4	86.7
	95th percentile	110.3	114.2	119.1
	5th percentile	65.0	67.8	70.8
4-8 yrs	Mean	85.3	88.6	91.9
	95th percentile	123.7	128.1	131.6
	5th percentile	66.3	69.1	73.1
	Mean	89.8	93.5	97.2
9-13 yrs	95th percentile	125.2	129.5	133.2
	5th percentile	69.7	73.3	75.8
14-18 yrs	Mean	102.9	106.8	110.6
	95th percentile	170.8	174.8	180.0
	5th percentile	73.6	77.2	80.2
	Mean	108.2	112.1	115.9
19-29 yrs	95th percentile	169.8	174.4	179.0
	5th percentile	71.6	74.7	77.5
30-49 yrs	Mean	113.3	116.5	119.8
	95th percentile	186.2	190.0	193.6
	5th percentile	71.3	74.1	76.8
	Mean	114.7	117.6	120.5
50-69 yrs	95th percentile	190.8	193.5	197.7
	5th percentile	70.4	73.1	75.7
70+ yrs	Mean	110.5	113.1	115.8
	95th percentile	186.4	188.0	189.7

Note: Infant intakes are based on a theoretical diet and are therefore not directly comparable to intake estimates for other groups, which are derived from National Nutrition Survey consumption data. The infant diet did not separate males and females, therefore the results represent infant males and females combined.