**Supplementary Material: TÜBİTAK 1002-C Project: Observation Notes for the Assessment of the Nutritional Needs of the Aid Provided for the Victims of the Disaster and Food Distribution Sites**

Note taker(s): ....

Date and time of observation: ....

Meal Point: ....

| **Nutritional Related Conditions** | **Yes** | **No** | **Notes** |
| --- | --- | --- | --- |
| 1) Given food type |  |  |  |
| 2) Is there an official from whom information can be obtained? |  |  |  |
| 3) Is there a hot meal? (content, suitability of the region to the food culture) |  |  |  |
| 4) Is there food rations? (content) |  |  |  |
| 5) Is there a box or box with the food? (content) |  |  |  |
| 6) Is there a beverage distribution? (Tea, coffee) |  |  |  |
| 7) Are there any healthy drinks? (water, soda, mineral water, buttermilk, turnip juice, milk, kefir) |  |  |  |
| 8) SSB (ready-made (100%) fruit juice, energy drink, cola, fanta, fruit nectar, soda, sports drink, sprite, instant coffees, tonic, lemonade) |  |  |  |
| 9) Are there functional/enriched foods or beverages distributed? (High protein milk, mineral fortified water, galaktogog, special products of companies, light products, kambucha) |  |  |  |
| 10) Is there a distribution of fresh & dry & canned vegetables and fruits? |  |  |  |
| 11) Fast-food products / junk food products (hamburgers, cakes, chocolate, regular biscuits, halley, instant soups, noodles, etc.) |  |  |  |
| 12) Is there a distribution of food supplements? (Probiotics, vitamin-minerals, etc.) |  |  |  |
| 13) Is there support for healthy child nutrition? (Food, additional food) |  |  |  |
| 14) In general, can nutrition be provided in accordance with the needs according to different child age groups? |  |  |  |
| 15) Is there an area where breastfeeding can be done? |  |  |  |
| 16) Is there a suitable environment for the preparation of food? (Is there a bottle, scale, boiling water and is it possible to access boiling water, can drinking water be provided) |  |  |  |
| 17) Can proper nutrition be provided for those with chronic diseases? (3 meals of nutrition, salt-free option, for those diagnosed with diabetes) |  |  |  |
| 18) Are there enteral products, special foods and other starch that need to be added for nutrition in special cases, etc.? (Metabolic diseases) |  |  |  |
| 19) Can proper nutrition be provided for nutrition in special cases? (Celiac products, food allergies/intolerance, etc.) – special product, e.g. Like lactose-free milk- blenderized nutrients for the elderly |  |  |  |
| 20) Is there running water for cooking? (Is it clean if there is running water) |  |  |  |
| 21) Is there clean water for cooking or preparation? |  |  |  |
| 22) Is cooking equipment available for cooking? (mobile kitchen service) |  |  |  |
| 23) Are the storage conditions of high-risk foods appropriate? (Cheese, milk, meat, eggs, cooked foods) |  |  |  |
| 24) Are the storage conditions of dry foods appropriate? (Pest control, locker, labeling, status of packages, sack/package, SKT information?) |  |  |  |
| 25) Are the sources of food arrival sustainable? – Can continuity be ensured? |  |  |  |
| 26) Can food distribution be done fairly? – Is portioning balanced? |  |  |  |
| 27) Is there irregular food distribution? (Optional individual food delivery) |  |  |  |
| 28) Are the staff distributing food adequate? (quantity and quality – do they have previous experience? (if preparation is being done, information will also be given about this) |  |  |  |
| 29) Is food sent from the distribution point to other regions? |  |  |  |
| 30) Is there any waste / waste at the distribution point? |  |  |  |
| 31) Are there forks – spoons – knives for eating? How is the material? Can it be washed if it is a metal material? If it is plastic, how is waste management done? |  |  |  |
| 32) Is there a disaster dietitian or food engineer in the organization of the aid? (is there anyone else with a food-related degree) |  |  |  |
| 33) Can a photo be taken? – places and foods that can be photographed. (1. Food, 2. Food distribution, 3. Preparation of food/food, 4. Hygiene conditions, 5. Other) |  |  |  |
| 34) Is there a nutrition declaration on foods? (Such as "energy reduced", "fiber source", "low fat") |  |  |  |
| 35) Is there a health declaration on foods? ("This food contains low sodium. Low sodium helps reduce the risk of high blood pressure and protect cardiovascular health.") |  |  |  |
| 36) Is there a shortage of any food group at the distribution point? |  |  |  |
| 37) Is there a family kitchen set distribution? (as a requirement of long-term nutrition services) |  |  |  |

| **Hygiene Conditions** | **Yes** | **No** | **Notes** |
| --- | --- | --- | --- |
| 38) Is food distribution carried out outdoors? (Tent, tarpaulin, basketball court, etc.) |  |  |  |
| 39) Are the ventilation conditions appropriate? (bad smell, dust/smoke, etc.) |  |  |  |
| 40) Is the distance between the food distribution point and the toilet appropriate?  *(According to the hygienic risks under normal conditions in buildings, toilets should be planned at least 10 m away from the production area.)* |  |  |  |
| 41) Is staff hygiene adequate in food distribution? (gloves, bonnets, hand washing / hand cleaning gel, soap, paper towels) – notes can also be taken regarding general living conditions. |  |  |  |
| 42) Is there an area to eat? (Are there tables, chairs, stools, a blanket/plastic spread if eaten on the floor, or do people take the food and consume it outside or in other places?) |  |  |  |
| 43) Is the risk of cross-contamination very high? (Cross-contamination during cooking and serving should be evaluated, are gluten-free products in a separate package, can raw foods such as serving spoons, gloves, chopping boards, meat, other ready-to-eat foods be kept away?) |  |  |  |
| 44) Can the hygiene of the cooking equipment be ensured? (Dishwashing, sterilization conditions) |  |  |  |
| 45) Are there any toilet conditions where the fluid requirement can be met? |  |  |  |

**Distribution of food (food and/or food) groups according to the groups used in TÜBER 2022:**

|  |  |
| --- | --- |
| 1.Milk and its products (including vegetable dairy products) |  |
| 2. Nuts with meat, chicken, fish, eggs, dried legumes, oilseeds |  |
| 3.Fresh vegetables and fruits (dry ones should also be added) |  |
| 4.Bread and cereals |  |
| 5.Oils |  |
| 6.Candies |  |
| 7.Water & Beverages |  |

**Distribution of Foods Distributed on a Meal Basis**

|  |  |
| --- | --- |
| Breakfast |  |
| Mid-morning Snack |  |
| Lunch |  |
| Afternoon Snack |  |
| Dinner |  |
| Night Snack |  |

**Additional Notes**

| **Table 3.** The distribution of total daily energy and nutrients of the foods/ meals served at the observed food distribution centers and the percentages of meeting TDG recommendations/tresholds according to sex and different age groups | | | | | | | | | | | | | | | | | | | | | | | | |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | AG[[1]](#footnote-1) |  | Total energy  (kcal, %) | | CHO[[2]](#footnote-2) (g, %) | | Protein  (g, %) | | Fat (g, %) | | Fiber (g, %) | | Sucrose  (g, %) | | SAFA[[3]](#footnote-3)  (g, %) | | Total Chol. (mg) | Vitamin C (mg, %) | | Sodium (mg, %) | | Calcium (mg, %) | | Iron (mg, %) | |
| Center 1 | 10-13 y | W[[4]](#footnote-4) | 1170.7 | 62.5 | 162.5 | 125 | 37.6 | 79.8 | 40.3 | 65 | 14.4 | 75.8 | 23.0 | 7.8 | 17.6 | 13.5 | 109.8 | 38.5 | 55 | 2999.0 | 150 | 396.9 | 34.5 | 7.9 | 60.7 |
|  | M[[5]](#footnote-5) | 1170.7 | 55.9 | 162.5 | 125 | 37.6 | 83.6 | 40.3 | 58.1 | 14.4 | 75.8 | 23.0 | 7.8 | 17.6 | 13.5 | 109.8 | 38.5 | 55 | 2999.0 | 150 | 396.9 | 34.5 | 7.9 | 60.7 |
| 14-18 y | W | 1170.7 | 52.7 | 162.5 | 125 | 37.6 | 63.7 | 40.3 | 553 | 14.4 | 68.6 | 23.0 | 7.8 | 17.6 | 13.5 | 109.8 | 38.5 | 42.8 | 2999.0 | 150 | 396.9 | 34.5 | 7.9 | 60.7 |
| M | 1170.7 | 42.5 | 162.5 | 125 | 37.6 | 54.9 | 40.3 | 44 | 14.4 | 68.6 | 23.0 | 7.8 | 17.6 | 13.5 | 109.8 | 38.5 | 38.5 | 2999.0 | 150 | 396.9 | 34.5 | 7.9 | 71.8 |
| 19-70 y | W | 1170.7 | 60.5 | 162.5 | 125 | 37.6 | 47.5 | 40.3 | 62.8 | 14.4 | 57.6 | 23.0 | 7.8 | 17.6 | 13.5 | 109.8 | 38.5 | 40.5 | 2999.0 | 150 | 396.9 | 41.8 | 7.9 | 52.6 |
| M | 1170.7 | 48.2 | 162.5 | 125 | 37.6 | 44.5 | 40.3 | 50 | 14.4 | 57.6 | 23.0 | 7.8 | 17.6 | 13.5 | 109.8 | 38.5 | 35 | 2999.0 | 150 | 396.9 | 41.8 | 7.9 | 71.8 |
| 70+ y | W | 1170.7 | 70.1 | 162.5 | 125 | 37.6 | 53.9 | 40.3 | 72.8 | 14.4 | 57.6 | 23.0 | 7.8 | 17.6 | 13.5 | 109.8 | 38.5 | 40.5 | 2999.0 | 150 | 396.9 | 41.8 | 7.9 | 71.8 |
| M | 1170.7 | 55.4 | 162.5 | 125 | 37.6 | 47.5 | 40.3 | 57.5 | 14.4 | 57.6 | 23.0 | 7.8 | 17.6 | 13.5 | 109.8 | 38.5 | 35 | 2999.0 | 150 | 396.9 | 41.8 | 7.9 | 71.8 |
| Center 2 | 10-13 y | W | 1170.1 | 59.4 | 178.9 | 137.6 | 47.7 | 104.1 | 27.9 | 64.7 | 16.8 | 88.4 | 23.9 | 8.2 | 10.0 | 7.8 | 96.0 | 45.0 | 64.2 | 3342.9 | 167.1 | 230.7 | 20.1 | 7.5 | 57.7 |
|  | M | 1170.1 | 55.9 | 178.9 | 137.6 | 47.7 | 108.9 | 27.9 | 57.8 | 16.8 | 88.4 | 23.9 | 8.2 | 10.0 | 7.8 | 96.0 | 45.0 | 64.2 | 3342.9 | 167.1 | 230.7 | 20.1 | 7.5 | 68.2 |
| 14-18 y | W | 1170.1 | 52.7 | 178.9 | 137.6 | 47.7 | 83.1 | 27.9 | 55 | 16.8 | 80 | 23.9 | 8.2 | 10.0 | 7.8 | 96.0 | 45.0 | 50 | 3342.9 | 167.1 | 230.7 | 20.1 | 7.5 | 57.7 |
| M | 1170.1 | 42.5 | 178.9 | 137.6 | 47.7 | 71.6 | 27.9 | 43.8 | 16.8 | 80 | 23.9 | 8.2 | 10.0 | 7.8 | 96.0 | 45.0 | 45 | 3342.9 | 167.1 | 230.7 | 20.1 | 7.5 | 68.2 |
| 19-70 y | W | 1170.1 | 69.1 | 178.9 | 137.6 | 47.7 | 61.9 | 27.9 | 62.5 | 16.8 | 67.2 | 23.9 | 8.2 | 10.0 | 7.8 | 96.0 | 45.0 | 47.4 | 3342.9 | 167.1 | 230.7 | 24.3 | 7.5 | 50 |
| M | 1170.1 | 48.2 | 178.9 | 137.6 | 47.7 | 58.0 | 27.9 | 49.7 | 16.8 | 67.2 | 23.9 | 8.2 | 10.0 | 7.8 | 96.0 | 45.0 | 40.9 | 3342.9 | 167.1 | 230.7 | 24.3 | 7.5 | 68.2 |
| 70+ y | W | 1170.1 | 70.1 | 178.9 | 137.6 | 47.7 | 70.2 | 27.9 | 72.5 | 16.8 | 67.2 | 23.9 | 8.2 | 10.0 | 7.8 | 96.0 | 45.0 | 47.4 | 3342.9 | 167.1 | 230.7 | 24.3 | 7.5 | 68.2 |
| M | 1170.1 | 55.4 | 178.9 | 137.6 | 47.7 | 61.9 | 27.9 | 57.2 | 16.8 | 67.2 | 23.9 | 8.2 | 10.0 | 7.8 | 96.0 | 45.0 | 40.9 | 3342.9 | 167.1 | 230.7 | 24.3 | 7.5 | 68.2 |
| Center 3 | 10-13 y | W | 1924.3 | 97.6 | 252.0 | 193.8 | 60.7 | 132.5 | 72.3 | 116.0 | 20.4 | 107.4 | 70.5 | 14.6 | 25.2 | 11.8 | 127.6 | 71.4 | 102 | 5368.3 | 268.4 | 714.0 | 62.8 | 10.8 | 83.1 |
|  | M | 1924.3 | 91.9 | 252.0 | 193.8 | 60.7 | 138.6 | 72.3 | 103.8 | 20.4 | 107.4 | 70.5 | 14.6 | 25.2 | 11.8 | 127.6 | 71.4 | 102 | 5368.3 | 268.4 | 714.0 | 62.8 | 10.8 | 98.2 |
| 14-18 y | W | 1924.3 | 86.7 | 252.0 | 193.8 | 60.7 | 105.6 | 72.3 | 98.6 | 20.4 | 97.1 | 70.5 | 14.6 | 25.2 | 11.8 | 127.6 | 71.4 | 79.3 | 5368.3 | 268.4 | 714.0 | 62.8 | 10.8 | 83.1 |
| M | 1924.3 | 69.8 | 252.0 | 193.8 | 60.7 | 91.1 | 72.3 | 78.6 | 20.4 | 97.181.6 | 70.5 | 14.6 | 25.2 | 11.8 | 127.6 | 71.4 | 71.4 | 5368.3 | 268.4 | 714.0 | 62.8 | 10.8 | 98.2 |
| 19-70 y | W | 1924.3 | 113.7 | 252.0 | 193.8 | 60.7 | 78.8 | 72.3 | 112.1 | 20.4 | 81.6 | 70.5 | 14.6 | 25.2 | 11.8 | 127.6 | 71.4 | 75.1 | 5368.3 | 268.4 | 714.0 | 75.1 | 10.8 | 72 |
| M | 1924.3 | 79.2 | 252.0 | 193.8 | 60.7 | 73.8 | 72.3 | 89.2 | 20.4 | 81.6 | 70.5 | 14.6 | 25.2 | 11.8 | 127.6 | 71.4 | 64.9 | 5368.3 | 268.4 | 714.0 | 75.1 | 10.8 | 98.2 |
| 70+ y | W | 1924.3 | 115.4 | 252.0 | 193.8 | 60.7 | 89.4 | 72.3 | 130 | 20.4 | 81.6 | 70.5 | 14.6 | 25.2 | 11.8 | 127.6 | 71.4 | 75.1 | 5368.3 | 268.4 | 714.0 | 75.1 | 10.8 | 98.2 |
| M | 1924.3 | 91.2 | 252.0 | 193.8 | 60.7 | 78.7 | 72.3 | 132.7 | 20.4 | 81.6 | 70.5 | 14.6 | 25.2 | 11.8 | 127.6 | 71.4 | 64.9 | 5368.3 | 268.4 | 714.0 | 75.1 | 10.8 | 98.2 |
| Center 4 | 10-13 y | W | 1696.9 | 86.1 | 306.2 | 235.5 | 53.8 | 117.5 | 36.3 | 58.3 | 26.3 | 138.4 | 6.5 | 1.5 | 9.4 | 5.0 | 32.2 | 9.7 | 13.8 | 3564.2 | 178.2 | 366.2 | 31.8 | 8.5 | 65.4 |
|  | M | 1696.9 | 81.1 | 306.2 | 235.5 | 53.8 | 122.8 | 36.3 | 52. | 26.3 | 138.4 | 6.5 | 1.5 | 9.4 | 5.0 | 32.2 | 9.7 | 13.8 | 3564.2 | 178.2 | 366.2 | 31.8 | 8.5 | 77.3 |
| 14-18 y | W | 1696.9 | 76.4 | 306.2 | 235.5 | 53.8 | 93.7 | 36.3 | 49.5 | 26.3 | 125.2 | 6.5 | 1.5 | 9.4 | 5.0 | 32.2 | 9.7 | 10.7 | 3564.2 | 178.2 | 366.2 | 31.8 | 8.5 | 65.4 |
| M | 1696.9 | 61.6 | 306.2 | 235.5 | 53.8 | 80.8 | 36.3 | 39.4 | 26.3 | 125.2 | 6.5 | 1.5 | 9.4 | 5.0 | 32.2 | 9.7 | 9.7 | 3564.2 | 178.2 | 366.2 | 31.8 | 8.5 | 77.3 |
| 19-70 y | W | 1696.9 | 100.3 | 306.2 | 235.5 | 53.8 | 69.8 | 36.3 | 56.3 | 26.3 | 105.2 | 6.5 | 1.5 | 9.4 | 5.0 | 32.2 | 9.7 | 10.2 | 3564.2 | 178.2 | 366.2 | 38.5 | 8.5 | 56.7 |
| M | 1696.9 | 69.8 | 306.2 | 235.5 | 53.8 | 65.4 | 36.3 | 44.8 | 26.3 | 105.2 | 6.5 | 1.5 | 9.4 | 5.0 | 32.2 | 9.7 | 8.8 | 3564.2 | 178.2 | 366.2 | 38.5 | 8.5 | 77.3 |
| 70+ y | W | 1696.9 | 101.7 | 306.2 | 235.5 | 53.8 | 79.2 | 36.3 | 65.3 | 26.3 | 105.2 | 6.5 | 1.5 | 9.4 | 5.0 | 32.2 | 9.7 | 10.2 | 3564.2 | 178.2 | 366.2 | 38.5 | 8.5 | 77.3 |
| M | 1696.9 | 80.3 | 306.2 | 235.5 | 53.8 | 69.8 | 36.3 | 51.5 | 26.3 | 105.2 | 6.5 | 1.5 | 9.4 | 5.0 | 32.2 | 9.7 | 8.8 | 3564.2 | 178.2 | 366.2 | 38.5 | 8.5 | 77.3 |
| Center 5 | 10-13 y | W | 914.8 | 46.4 | 134.5 | 103.5 | 26.9 | 58.7 | 28.8 | 46.2 | 17.4 | 91.6 | 21.3 | 9.3 | 8.4 | 8.3 | 25.5 | 32.4 | 46.3 | 1327.6 | 66.4 | 235.1 | 20.4 | 4.9 | 37.7 |
|  | M | 914.8 | 43.7 | 134.5 | 103.5 | 26.9 | 61.4 | 28.8 | 41.3 | 17.4 | 91.6 | 21.3 | 9.3 | 8.4 | 8.3 | 25.5 | 32.4 | 46.3 | 1327.6 | 66.4 | 235.1 | 20.4 | 4.9 | 44.5 |
| 14-18 y | W | 914.8 | 41.2 | 134.5 | 103.5 | 26.9 | 46.9 | 28.8 | 39.3 | 17.4 | 82.8 | 21.3 | 9.3 | 8.4 | 8.3 | 25.5 | 32.4 | 36 | 1327.6 | 66.4 | 235.1 | 20.4 | 4.9 | 37.7 |
| M | 914.8 | 33.2 | 134.5 | 103.5 | 26.9 | 40.4 | 28.8 | 31.3 | 17.4 | 82.8 | 21.3 | 9.3 | 8.4 | 8.3 | 25.5 | 32.4 | 32.4 | 1327.6 | 66.4 | 235.1 | 20.4 | 4.9 | 44.5 |
| 19-70 y | W | 914.8 | 54.0 | 134.5 | 103.5 | 26.9 | 34.9 | 28.8 | 44.6 | 17.4 | 69.6 | 21.3 | 9.3 | 8.4 | 8.3 | 25.5 | 32.4 | 34.1 | 1327.6 | 66.4 | 235.1 | 24.7 | 4.9 | 32.7 |
| M | 914.8 | 37.7 | 134.5 | 103.5 | 26.9 | 32.7 | 28.8 | 35.5 | 17.4 | 69.6 | 21.3 | 9.3 | 8.4 | 8.3 | 25.5 | 32.4 | 29.4 | 1327.6 | 66.4 | 235.1 | 24.7 | 4.9 | 44.5 |
| 70+ y | W | 914.8 | 54.8 | 134.5 | 103.5 | 26.9 | 39.6 | 28.8 | 51.8 | 17.4 | 69.6 | 21.3 | 9.3 | 8.4 | 8.3 | 25.5 | 32.4 | 34.1 | 1327.6 | 66.4 | 235.1 | 24.7 | 4.9 | 44.5 |
| M | 914.8 | 43.3 | 134.5 | 103.5 | 26.9 | 34.9 | 28.8 | 40.9 | 17.4 | 69.6 | 21.3 | 9.3 | 8.4 | 8.3 | 25.5 | 32.4 | 29.4 | 1327.6 | 66.4 | 235.1 | 24.7 | 4.9 | 44.5 |
| Center 6 | 10-13 y | W | 1562.3 | 79.3 | 222.3 | 171 | 47.7 | 104.1 | 52.3 | 83.9 | 19.3 | 101.6 | 38.2 | 9.8 | 13.3 | 7.7 | 35.6 | 13.0 | 18.6 | 2460.4 | 123.0 | 385.7 | 33.5 | 9.5 | 73.0 |
|  | M | 1562.3 | 74.6 | 222.3 | 171 | 47.7 | 108.9 | 52.3 | 75.0 | 19.3 | 101.6 | 38.2 | 9.8 | 13.3 | 7.7 | 35.6 | 13.0 | 18.6 | 2460.4 | 123.0 | 385.7 | 33.5 | 9.5 | 86.3 |
| 14-18 y | W | 1562.3 | 70.4 | 222.3 | 171 | 47.7 | 83.1 | 52.3 | 71.3 | 19.3 | 91.9 | 38.2 | 9.8 | 13.3 | 7.7 | 35.6 | 13.0 | 14.4 | 2460.4 | 123.0 | 385.7 | 33.5 | 9.5 | 70.0 |
| M | 1562.3 | 56.7 | 222.3 | 171 | 47.7 | 71.6 | 52.3 | 56.8 | 19.3 | 91.6 | 38.2 | 9.8 | 13.3 | 7.7 | 35.6 | 13.0 | 13.0 | 2460.4 | 123.0 | 385.7 | 33.5 | 9.5 | 73.1 |
| 19-70 y | W | 1562.3 | 92.3 | 222.3 | 171 | 47.7 | 61.9 | 52.3 | 81.1 | 19.3 | 77.2 | 38.2 | 9.8 | 13.3 | 7.7 | 35.6 | 13.0 | 13.7 | 2460.4 | 123.0 | 385.7 | 40.6 | 9.5 | 70.2 |
| M | 1562.3 | 64.3 | 222.3 | 171 | 47.7 | 58.0 | 52.3 | 64.6 | 19.3 | 77.2 | 38.2 | 9.8 | 13.3 | 7.7 | 35.6 | 13.0 | 11.8 | 2460.4 | 123.0 | 385.7 | 40.6 | 9.5 | 86.3 |
| 70+ y | W | 1562.3 | 93.6 | 222.3 | 171 | 47.7 | 70.2 | 52.3 | 94.1 | 19.3 | 77.2 | 38.2 | 9.8 | 13.3 | 7.7 | 35.6 | 13.0 | 13.7 | 2460.4 | 123.0 | 385.7 | 40.6 | 9.5 | 86.3 |
| M | 1562.3 | 73.9 | 222.3 | 171 | 47.7 | 61.9 | 52.3 | 74.3 | 19.3 | 77.2 | 38.2 | 9.8 | 13.3 | 7.7 | 35.6 | 13.0 | 11.8 | 2460.4 | 123.0 | 385.7 | 40.6 | 9.5 | 86.3 |
| Center 7 | 10-13 y | W | 1252.5 | 63.6 | 160.0 | 123.1 | 52.4 | 114.4 | 43.4 | 69.7 | 18.9 | 99.5 | 5.2 | 1.7 | 17.6 | 12.6 | 91.7 | 73.8 | 106.0 | 2479.8 | 123.9 | 246.0 | 21.4 | 8.9 | 68.5 |
|  | M | 1252.5 | 59.8 | 160.0 | 123.1 | 52.4 | 119.6 | 43.4 | 62.3 | 18.9 | 99.5 | 5.2 | 1.7 | 17.6 | 12.6 | 91.7 | 73.8 | 106.0 | 2479.8 | 123.9 | 246.0 | 21.4 | 8.9 | 80.9 |
| 14-18 y | W | 1252.5 | 56.4 | 160.0 | 123.1 | 52.4 | 91.3 | 43.4 | 59.2 | 18.9 | 90.0 | 5.2 | 1.7 | 17.6 | 12.6 | 91.7 | 73.8 | 82.0 | 2479.8 | 123.9 | 246.0 | 21.4 | 8.9 | 68.5 |
| M | 1252.5 | 45.5 | 160.0 | 123.1 | 52.4 | 78.7 | 43.4 | 47.2 | 18.9 | 90.0 | 5.2 | 1.7 | 17.6 | 12.6 | 91.7 | 73.8 | 73.8 | 2479.8 | 123.9 | 246.0 | 21.4 | 8.9 | 80.9 |
| 19-70 y | W | 1252.5 | 73.9 | 160.0 | 123.1 | 52.4 | 68.0 | 43.4 | 67.3 | 18.9 | 75.6 | 5.2 | 1.7 | 17.6 | 12.6 | 91.7 | 73.8 | 77.6 | 2479.8 | 123.9 | 246.0 | 25.9 | 8.9 | 59.5 |
| M | 1252.5 | 51.7 | 160.0 | 123.1 | 52.4 | 63.7 | 43.4 | 53.6 | 18.9 | 75.6 | 5.2 | 1.7 | 17.6 | 12.6 | 91.7 | 73.8 | 67.1 | 2479.8 | 123.9 | 246.0 | 25.9 | 8.9 | 80.9 |
| 70+ y | W | 1252.5 | 75.1 | 160.0 | 123.1 | 52.4 | 77.2 | 43.4 | 78.0 | 18.9 | 75.6 | 5.2 | 1.7 | 17.6 | 12.6 | 91.7 | 73.8 | 77.6 | 2479.8 | 123.9 | 246.0 | 25.9 | 8.9 | 59.5 |
| M | 1252.5 | 59.3 | 160.0 | 123.1 | 52.4 | 68.0 | 43.4 | 61.6 | 18.9 | 75.6 | 5.2 | 1.7 | 17.6 | 12.6 | 91.7 | 73.8 | 67.1 | 2479.8 | 123.9 | 246.0 | 25.9 | 8.9 | 80.9 |
| Center 8 | 10-13 y | W | 1471.9 | 74.7 | 193.5 | 148.8 | 45.2 | 98.7 | 55.8 | 89.5 | 18.3 | 96.3 | 29.9 | 8.1 | 14.8 |  | 260.3 | 61.7 | 88.0 | 3631.0 | 181.5 | 406.3 | 35.3 | 8.0 | 61.5 |
|  | M | 1471.9 | 70.3 | 193.5 | 148.8 | 45.2 | 103.2 | 55.8 | 80.0 | 18.3 | 96.3 | 29.9 | 8.1 | 14.8 |  | 260.3 | 61.7 | 88.0 | 3631.0 | 181.5 | 406.3 | 35.3 | 8.0 | 72.7 |
| 14-18 y | W | 1471.9 | 66.9 | 193.5 | 148.8 | 45.2 | 78.7 | 55.8 | 76.1 | 18.3 | 87.1 | 29.9 | 8.1 | 14.8 | 9.0 | 260.3 | 61.7 | 68.5 | 3631.0 | 181.5 | 406.3 | 35.3 | 8.0 | 61.5 |
| M | 1471.9 | 53.4 | 193.5 | 148.8 | 45.2 | 67.9 | 55.8 | 60.6 | 18.3 | 87.1 | 29.9 | 8.1 | 14.8 | 9.0 | 260.3 | 61.7 | 61.7 | 3631.0 | 181.5 | 406.3 | 35.3 | 8.0 | 72.7 |
| 19-70 y | W | 1471.9 | 86.9 | 193.5 | 148.8 | 45.2 | 58.7 | 55.8 | 86.5 | 18.3 | 73.2 | 29.9 | 8.1 | 14.8 | 9.0 | 260.3 | 61.7 | 64.9 | 3631.0 | 181.5 | 406.3 | 42.8 | 8.0 | 53.3 |
| M | 1471.9 | 60.6 | 193.5 | 148.8 | 45.2 | 54.9 | 55.8 | 68.9 | 18.3 | 73.2 | 29.9 | 8.1 | 14.8 | 9.0 | 260.3 | 61.7 | 56.1 | 3631.0 | 181.5 | 406.3 | 42.8 | 8.0 | 72.7 |
| 70+ y | W | 1471.9 | 88.2 | 193.5 | 148.8 | 45.2 | 66.6 | 55.8 | 100.3 | 18.3 | 73.2 | 29.9 | 8.1 | 14.8 | 9.0 | 260.3 | 61.7 | 64.9 | 3631.0 | 181.5 | 406.3 | 42.8 | 8.0 | 72.7 |
| M | 1471.9 | 69.7 | 193.5 | 148.8 | 45.2 | 64.2 | 55.8 | 79.3 | 18.3 | 73.2 | 29.9 | 8.1 | 14.8 | 9.0 | 260.3 | 61.7 | 56.1 | 3631.0 | 181.5 | 406.3 | 42.8 | 8.0 | 72.7 |
| Center 9 | 10-13 y | W | 850.1 | 43.1 | 121.0 | 93.1 | 29.1 | 63.5 | 27.0 | 43.3 | 19.7 | 103.7 | 3.4 | 1.6 | 6.2 | 6.6 | 14.5 | 7.1 | 10.1 | 1406.2 | 70.3 | 178.2 | 15.5 | 5.9 | 45.4 |
|  | M | 850.1 | 40.6 | 121.0 | 93.1 | 29.1 | 66.4 | 27.0 | 38.7 | 19.7 | 103.7 | 3.4 | 1.6 | 6.2 | 6.6 | 14.5 | 7.1 | 10.1 | 1406.2 | 70.3 | 178.2 | 15.5 | 5.9 | 53.6 |
| 14-18 y | W | 850.1 | 38.3 | 121.0 | 93.1 | 29.1 | 50.7 | 27.0 | 36.8 | 19.7 | 93.8 | 3.4 | 1.6 | 6.2 | 6.6 | 14.5 | 7.1 | 7.8 | 1406.2 | 70.3 | 178.2 | 15.5 | 5.9 | 45.4 |
| M | 850.1 | 30.8 | 121.0 | 93.1 | 29.1 | 43.7 | 27.0 | 29.4 | 19.7 | 93.8 | 3.4 | 1.6 | 6.2 | 6.6 | 14.5 | 7.1 | 7.1 | 1406.2 | 70.3 | 178.2 | 15.5 | 5.9 | 53.6 |
| 19-70 y | W | 850.1 | 50.2 | 121.0 | 93.1 | 29.1 | 37.8 | 27.0 | 41.8 | 19.7 | 78.8 | 3.4 | 1.6 | 6.2 | 6.6 | 14.5 | 7.1 | 7.5 | 1406.2 | 70.3 | 178.2 | 18.7 | 5.9 | 39.3 |
| M | 850.1 | 35.0 | 121.0 | 93.1 | 29.1 | 35.4 | 27.0 | 33.3 | 19.7 | 78.8 | 3.4 | 1.6 | 6.2 | 6.6 | 14.5 | 7.1 | 6.4 | 1406.2 | 70.3 | 178.2 | 18.7 | 5.9 | 53.6 |
| 70+ y | W | 850.1 | 51.0 | 121.0 | 93.1 | 29.1 | 42.8 | 27.0 | 48.6 | 19.7 | 78.8 | 3.4 | 1.6 | 6.2 | 6.6 | 14.5 | 7.1 | 7.5 | 1406.2 | 70.3 | 178.2 | 18.7 | 5.9 | 53.6 |
| M | 850.1 | 40.2 | 121.0 | 93.1 | 29.1 | 37.7 | 27.0 | 38.3 | 19.7 | 78.8 | 3.4 | 1.6 | 6.2 | 6.6 | 14.5 | 7.1 | 6.4 | 1406.2 | 70.3 | 178.2 | 18.7 | 5.9 | 53.6 |
| Center 10 | 10-13 y | W | 959.8 | 48.7 | 136.1 | 104.7 | 36.3 | 78.6 | 29.1 | 46.7 | 14.3 | 75.2 | 3.2 | 1.3 | 10.0 | 9.4 | 49.0 | 8.0 | 11.4 | 2148.7 | 107.4 | 183.1 | 15.9 | 6.6 | 50.8 |
|  | M | 959.8 | 45.8 | 136.1 | 104.7 | 36.3 | 88.2 | 29.1 | 41.7 | 14.3 | 75.2 | 3.2 | 1.3 | 10.0 | 9.4 | 49.0 | 8.0 | 11.4 | 2148.7 | 107.4 | 183.1 | 15.9 | 6.6 | 60.0 |
| 14-18 y | W | 959.8 | 43.2 | 136.1 | 104.7 | 36.3 | 62.7 | 29.1 | 39.7 | 14.3 | 68.0 | 3.2 | 1.3 | 10.0 | 9.4 | 49.0 | 8.0 | 8.9 | 2148.7 | 107.4 | 183.1 | 15.9 | 6.6 | 50.8 |
| M | 959.8 | 34.8 | 136.1 | 104.7 | 36.3 | 54.0 | 29.1 | 31.6 | 14.3 | 68.0 | 3.2 | 1.3 | 10.0 | 9.4 | 49.0 | 8.0 | 8.0 | 2148.7 | 107.4 | 183.1 | 15.9 | 6.6 | 60.0 |
| 19-70 y | W | 959.8 | 56.7 | 136.1 | 104.7 | 36.3 | 46.7 | 29.1 | 45.1 | 14.3 | 57.2 | 3.2 | 1.3 | 10.0 | 9.4 | 49.0 | 8.0 | 8.4 | 2148.7 | 107.4 | 183.1 | 19.3 | 6.6 | 44.0 |
| M | 959.8 | 39.5 | 136.1 | 104.7 | 36.3 | 43.8 | 29.1 | 35.9 | 14.3 | 57.2 | 3.2 | 1.3 | 10.0 | 9.4 | 49.0 | 8.0 | 7.3 | 2148.7 | 107.4 | 183.1 | 19.3 | 6.6 | 60.0 |
| 70+ y | W | 959.8 | 57.5 | 136.1 | 104.7 | 36.3 | 53.0 | 29.1 | 54.3 | 14.3 | 57.2 | 3.2 | 1.3 | 10.0 | 9.4 | 49.0 | 8.0 | 8.4 | 2148.7 | 107.4 | 183.1 | 19.3 | 6.6 | 60.0 |
| M | 959.8 | 45.4 | 136.1 | 104.7 | 36.3 | 46.7 | 29.1 | 41.3 | 14.3 | 57.2 | 3.2 | 1.3 | 10.0 | 9.4 | 49.0 | 8.0 | 7.3 | 2148.7 | 107.4 | 183.1 | 19.3 | 6.6 | 60.0 |
| Center 11[[6]](#footnote-6) | 10-13 y | W | 1369.4 | 69.5 | 190.6 | 146.7 | 17.5 | 38.2 | 62.2 | 99.8 | 8.1 | 42.6 | 52.7 | 15.2 | 14.8 | 9.7 | - | - | - | 480 | 24.0 | - | - | - | - |
|  | M | 1369.4 | 65.4 | 190.6 | 146.7 | 17.5 | 40.0 | 62.2 | 89.2 | 8.1 | 42.6 | 52.7 | 15.2 | 14.8 | 9.7 | - | - | - | 480 | 24.0 | - | - | - | - |
| 14-18 y | W | 1369.4 | 61.7 | 190.6 | 146.7 | 17.5 | 30.5 | 62.2 | 84.8 | 8.1 | 38.6 | 52.7 | 15.2 | 14.8 | 9.7 | - | - | - | 480 | 24.0 | - | - | - | - |
| M | 1369.4 | 49.7 | 190.6 | 146.7 | 17.5 | 26.3 | 62.2 | 67.6 | 8.1 | 38.6 | 52.7 | 15.2 | 14.8 | 9.7 | - | - | - | 480 | 24.0 | - | - | - | - |
| 19-70 y | W | 1369.4 | 80.8 | 190.6 | 146.7 | 17.5 | 22.7 | 62.2 | 96.4 | 8.1 | 32.4 | 52.7 | 15.2 | 14.8 | 9.7 | - | - | - | 480 | 24.0 | - | - | - | - |
| M | 1369.4 | 56.4 | 190.6 | 146.7 | 17.5 | 21.3 | 62.2 | 76.8 | 8.1 | 32.4 | 52.7 | 15.2 | 14.8 | 9.7 | - | - | - | 480 | 24.0 | - | - | - | - |
| 70+ y | W | 1369.4 | 82.1 | 190.6 | 146.7 | 17.5 | 25.8 | 62.2 | 11.8 | 8.1 | 32.4 | 52.7 | 15.2 | 14.8 | 9.7 | - | - | - | 480 | 24.0 | - | - | - | - |
| M | 1369.4 | 64.8 | 190.6 | 146.7 | 17.5 | 22.7 | 62.2 | 88.3 | 8.1 | 32.4 | 52.7 | 15.2 | 14.8 | 9.7 | - | - | - | 480 | 24.0 | - | - | - | - |
| Center 12 | 10-13 y | W | 1118.0 | 56.7 | 171.7 | 132.1 | 35.8 | 78.2 | 31.0 | 49.7 | 13.1 | 68.9 | 23.5 | 8.4 | 10.3 | 8.3 | 40.1 | 5.5 | 7.8 | 2057.8 | 102.9 | 199.1 | 17.3 | 6.0 | 46.1 |
|  | M | 1118.0 | 53.4 | 171.7 | 132.1 | 35.8 | 81.7 | 31.0 | 44.4 | 13.1 | 68.9 | 23.5 | 8.4 | 10.3 | 8.3 | 40.1 | 5.5 | 7.8 | 2057.8 | 102.9 | 199.1 | 17.3 | 6.0 | 54.5 |
| 14-18 y | W | 1118.0 | 50.3 | 171.7 | 132.1 | 35.8 | 62.4 | 31.0 | 42.3 | 13.1 | 62.4 | 23.5 | 8.4 | 10.3 | 8.3 | 40.1 | 5.5 | 6.11 | 2057.8 | 102.9 | 199.1 | 17.3 | 6.0 | 46.1 |
| M | 1118.0 | 40.6 | 171.7 | 132.1 | 35.8 | 53.7 | 31.0 | 33.7 | 13.1 | 62.4 | 23.5 | 8.4 | 10.3 | 8.3 | 40.1 | 5.5 | 5.5 | 2057.8 | 102.9 | 199.1 | 17.3 | 6.0 | 54.5 |
| 19-70 y | W | 1118.0 | 66.0 | 171.7 | 132.1 | 35.8 | 46.5 | 31.0 | 48.0 | 13.1 | 52.4 | 23.5 | 8.4 | 10.3 | 8.3 | 40.1 | 5.5 | 5.8 | 2057.8 | 102.9 | 199.1 | 20.9 | 6.0 | 40.0 |
| M | 1118.0 | 46.0 | 171.7 | 132.1 | 35.8 | 43.5 | 31.0 | 38.3 | 13.1 | 52.4 | 23.5 | 8.4 | 10.3 | 8.3 | 40.1 | 5.5 | 5.0 | 2057.8 | 102.9 | 199.1 | 20.9 | 6.0 | 54.5 |
| 70+ y | W | 1118.0 | 67.0 | 171.7 | 132.1 | 35.8 | 52.7 | 31.0 | 55.7 | 13.1 | 52.4 | 23.5 | 8.4 | 10.3 | 8.3 | 40.1 | 5.5 | 5.8 | 2057.8 | 102.9 | 199.1 | 20.9 | 6.0 | 54.5 |
| M | 1118.0 | 52.9 | 171.7 | 132.1 | 35.8 | 44.5 | 31.0 | 44.0 | 13.1 | 52.4 | 23.5 | 8.4 | 10.3 | 8.3 | 40.1 | 5.5 | 5.0 | 2057.8 | 102.9 | 199.1 | 20.9 | 6.0 | 54.5 |
| Center 13 | 10-13 y | W | 964.4 | 48.9 | 137.8 | 106.0 | 29.8 | 65.0 | 31.4 | 50.4 | 10.3 | 54.2 | 10.1 | 4.2 | 9.5 | 8.9 | 46.0 | 11.8 | 16.8 | 2238.6 | 111.9 | 362.1 | 31.4 | 4.3 | 35.8 |
|  | M | 964.4 | 46.1 | 137.8 | 106.0 | 29.8 | 68.0 | 31.4 | 44.6 | 10.3 | 54.2 | 10.1 | 4.2 | 9.5 | 8.9 | 46.0 | 11.8 | 16.8 | 2238.6 | 111.9 | 362.1 | 31.4 | 4.3 | 42.3 |
| 14-18 y | W | 964.4 | 43.4 | 137.8 | 106.0 | 29.8 | 51.9 | 31.4 | 42.8 | 10.3 | 49.0 | 10.1 | 4.2 | 9.5 | 8.9 | 46.0 | 11.8 | 13.1 | 2238.6 | 111.9 | 362.1 | 31.4 | 4.3 | 35.8 |
|  | M | 964.4 | 35.0 | 137.8 | 106.0 | 29.8 | 44.7 | 31.4 | 34.1 | 10.3 | 49.0 | 10.1 | 4.2 | 9.5 | 8.9 | 46.0 | 11.8 | 11.8 | 2238.6 | 111.9 | 362.1 | 31.4 | 4.3 | 41.3 |
| 19-70 y | W | 964.4 | 56.9 | 137.8 | 106.0 | 29.8 | 38.7 | 31.4 | 48.7 | 10.3 | 41.2 | 10.1 | 4.2 | 9.5 | 8.9 | 46.0 | 11.8 | 12.4 | 2238.6 | 111.9 | 362.1 | 38.1 | 4.3 | 1.0 |
| M | 964.4 | 39.7 | 137.8 | 106.0 | 29.8 | 36.2 | 31.4 | 38.8 | 10.3 | 41.2 | 10.1 | 4.2 | 9.5 | 8.9 | 46.0 | 11.8 | 10.7 | 2238.6 | 111.9 | 362.1 | 38.1 | 4.3 | 42.3 |
| 70+ y | W | 964.4 | 57.8 | 137.8 | 106.0 | 29.8 | 43.9 | 31.4 | 56.5 | 10.3 | 41.2 | 10.1 | 4.2 | 9.5 | 8.9 | 46.0 | 11.8 | 12.4 | 2238.6 | 111.9 | 362.1 | 38.1 | 4.3 | 42.3 |
| M | 964.4 | 45.7 | 137.8 | 106.0 | 29.8 | 38.6 | 31.4 | 44.6 | 10.3 | 41.2 | 10.1 | 4.2 | 9.5 | 8.9 | 46.0 | 11.8 | 10.7 | 2238.6 | 111.9 | 362.1 | 38.1 | 4.3 | 42.3 |

1. AG: Age Groups, [↑](#footnote-ref-1)
2. CHO: Carbohydrate [↑](#footnote-ref-2)
3. SAFA: Saturated fatty acids [↑](#footnote-ref-3)
4. W: Women [↑](#footnote-ref-4)
5. M: Men [↑](#footnote-ref-5)
6. Some nutrient information of the gluten-free products that were used in Center 11 were missing, hence the values for total cholesterol, vitamin C, sodium, calcium, and iron could not be calculated. [↑](#footnote-ref-6)