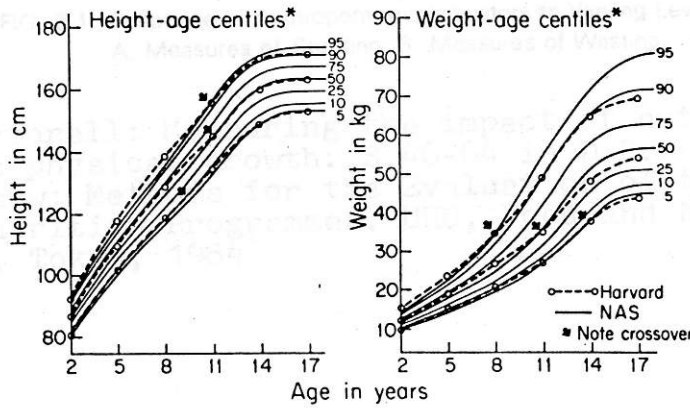


Abb. 94 Beispiele für Klassifizierungen von Ernährungszustands-Indikatoren durch Percentilangaben*

Table 2. Reference Intervals for Vitamin before (A) and after (B) Subject Selection According to Dietary Criteria

		Men						Women					
		N	Mean	SD	Percentiles			N	Mean	SD	Percentiles		
					5	50	95				5	50	95
ETKA ⁻ , U/L of erythrocytes	A*	188	172 ^b	30	122	173	225	172	160	36	114	157	222
	B	15	175	29	127	175	222	15	171	47	97	159	230
α-ETK, %	A	188	113.2 ^d	7.1	101.0	114.2	128.6	172	113.1	8.3	100.7	113.2	129.8
	B	14	114.6	7.4	105.0	114.0	128.2	15	109.0	6.4	100.4	111.0	122.3
Vitamin B2 (α-EGR), %	A	189	97.1 ^b	4.3	92.0	97.4	106.2	173	99.2	4.8	92.5	99.1	108.2
	B	51	97.3 ^d	3.9	91.7	96.7	104.5	62	98.9	4.1	92.1	98.7	107.1
Folate													
Plasma, μg/L	A	189	6.8	2.9	3.2	6.9	13.0	173	6.8	3.1	3.2	6.7	13.2
	B	33	7.2	2.5	2.8	7.3	10.0	28	7.8	3.6	3.3	7.3	13.6
Whole-blood, μg/L	A	189	142 ^b	45	70	135	228	173	119	42	54	115	194
	B	33	142	54	53	147	237	26	126	46	66	120	188
Erythrocyte, μg/L	A	189	299	96	146	282	475	173	282	100	124	265	458
	B	34	305	123	114	290	486	27	298	106	153	287	431
Plasma retinol, μg/L	A	186	606 ^b	115	417	809	820	173	458	90	318	449	611
	B	102	606 ^b	114	405	608	801	129	451	81	327	442	589
Plasma beta-carotene, μg/L	A	186	463 ^c	291	127	407	1057	173	566	293	235	490	1040
	B	104	502 ^d	299	160	433	1090	128	587	250	267	513	1050
Plasma vitamin E, mg/L	A	186	10.0	2.2	6.6	10.0	14.3	173	9.8	2.0	6.5	9.7	13.5
	B	64	10.0	2.7	6.4	10.0	19.1	23	9.7	1.8	7.1	9.9	16.0
Plasma 25-OH-vitamin D, μg/L	A	38	14.7	8.0	3.2	15.4	29.9	36	15.7	7.9	4.6	16.6	27.4

* A, reference group; B, subgroup with intakes exceeding the limits specified in Table 1.
^{a,c,d} Significantly different (^ap < 0.001, ^bp < 0.01, ^cp < 0.05) from the corresponding mean for women.



Comparison of Harvard and NAS growth curves for girls (Zerfas, 1977). *CDC data.

* (aus: Neumann, C.G.: Reference data. p.299-327 in D.B.Jelliffe, E.F.P.Jelliffe: Nutrition and growth. Plenum, New York, London, 1979
 Herbeth, B. et al.: Reference intervals for vitamin B₁, B₂, E, D, retinol, β-carotin and folate in blood: usefulness of dietary selection criteria. Clin.Chem. 32(9) 1756-1759 (1986) Lit.18.035)