

Abb. 97 Klassifizierungs-Beispiel für Nährstoff-Aufnahme Indikatoren\*

1. SUGGESTED GUIDE TO INTERPRETATION OF NUTRIENT INTAKE DATA

	Deficient	Low	Acceptable	High
Niacin, mg/day.....	<5	5-9	10-15	>15
Riboflavin, mg/day.....	<0.7	0.7-1.1	1.2-1.5	>1.5
Thiamine, mg/1000 Cal.....	<0.2	0.20-0.29	0.3-0.5	>0.5
Ascorbic Acid, mg/day.....	<10	10-29	30-50	>50
Vitamin A, I.U./day.....	<2000	2000-3499	3500-5000	>5000
Calcium, gm/day.....	<0.3	0.30-0.39	0.4-0.8	>0.8
Iron, mg/day.....	<6.0	6-8	9-12	>12
Protein, gm/kg.....	<0.5	0.5-0.9	1.0-1.5	>1.5

\* (ICNND: Manual for Nutrition Surveys. Government Printers, Washington, DC, 1957)