

Abb. 12 Vergleich von Nährstoff-Empfehlungen in verschiedenen Ländern

(aus: Committee 1/5 of the International Union of Nutritional Sciences : Recommended Dietary Intakes around the World. Nutr. Abstr. Rev. 53(11, 12) 939-1015, 1076-1119 (1983))

PROTEIN (g)

| AGE (years) | SEX | | ARGENTINA | AUSTRALIA | BOLIVIA | BULGARIA | CANADA | CARIBBEAN | CHILE | P.R.C. | COLOMBIA | CZECHOSLOVAKIA | FAO/WHO | FINLAND | FRANCE | G.D.R. | F.R.G. | HUNGARY | INCAP | INDIA | INDONESIA | ITALY |
|-------------|-----|--------|-----------|-----------|---------|----------|--------|-----------|--------|--------|----------|----------------|---------|---------|---------|---------|--------|---------|--------|-------|-----------|-------|
| | M | F | | | | | | | | | | | | | | | | | | | | |
| I 1/2-1/12 | M,F | 1.9/kg | 17 | 20-39 | 22 | 24 | 11 | 22 | 2.4/kg | 18 | 3.5/kg | 14 | 2.1/kg | 22-40 | 2.1/kg | 2.5/kg | 30 | 16 | 2.0/kg | 22 | 12 | |
| C 1-2 | M,F | 3.0/kg | 22 | 39 | 39 | 23 | 23 | 24 | 40 | 31 | 50 | 16 | 38 | 22-40 | 2.2/kg | 2.2/kg | 30 | 24 | 2.0/kg | 22 | 29 | |
| G 13-14 | F | 2.0/kg | 47 | 78 | 45 | 52 | 23 | 40 | 80 | 62 | 95 | 31 | 80 | 75 | 1.4/kg | 1.4/kg | 63 | 52 | 2.0/kg | 43 | 59 | |
| Y 16-17 | M | 2.0/kg | 110 | 110 | 54 | 63 | 54 | 63 | 90 | 71 | 135 | 38 | 100 | 92 | 1.2/kg | 1.2/kg | 75 | 65 | 2.0/kg | 51 | 67 | |
| M 26-29 | M | 2.0/kg | 57 | 95 | 56 | 65 | 53 | 65 | 80 | 66 | 105 | 37 | 85 | 81 | 0.9/kg | 0.9/kg | 80 | 60 | 2.0/kg | 55 | 64 | |
| E 65-69 | F | 2.0/kg | 41 | 41 | 50 | 41 | 41 | 50 | 58 | 58 | 75 | 29 | 60 | 60 | 0.9/kg | 0.9/kg | 70 | 55 | 2.0/kg | 40 | 53 | |
| P 23-30 | F | 2.0/kg | 14 | 14 | 20 | 20 | 20 | 20 | +25 | +10 | +25 | +9 | +10 | +10-20 | +0.6/kg | +0.6/kg | -5 | +15 | 2.0/kg | +8 | +13 | |
| L 23-30 | F | 2.0/kg | +18 | +35 | +24 | +24 | +24 | +40 | +25 | +18 | +35 | +17 | +35 | +20 | +0/kg | +0/kg | +5 | +23 | 2.0/kg | +8 | +24 | |

| I | C | G | Y | M | E | P | L | MEAN | |
|--------------|---------------------|--------|--------|---------|---------|--------|--------|---------|---------|
| | | | | | | | | 2.5/kg | 30 |
| JAPAN | 2.2/kg | 35 | 75 | 85 | 80 | 65 | +30 | +25 | 15.7 |
| KOREA | 2.4-1.4/kg | 23 | 45 | 54 | 45 | 37 | +13 | +24 | 2.33/kg |
| MALAYSIA | 2.5/kg | 27 | 67 | 75 | 83 | 71 | +30 | +30 | 28.4 |
| MEXICO | 2.5/kg | 35 | 60 | 80 | 70 | 55 | +5-10 | +15 | 57.9 |
| NETHERLANDS | 2.2/kg | 35 | 53 | 72 | 65 | 50 | +10 | +20 | 70.0 |
| N.Z. | 2.2/kg | 35 | 59 | 67 | 63 | 54 | +14 | +28 | 66.1 |
| PHILIPPINES | | 45 | 85 | 100 | 85 | 65 | +25 | +40 | 51.3 |
| POLAND | | 45 | 75 | 90 | 85 | 65 | +6 | +15 | +13.5 |
| PORTUGAL | 12.5 | 40 | 75 | 90 | 85 | 65 | +6 | +15 | +23.5 |
| SCANDINAVIA | | >23 | 55-83* | 70-105* | 68-101* | 48-71* | +8-11* | +13-19* | +3.5 |
| SINGAPORE | 19 | 20 | 36 | 47 | 45 | 37 | +9 | +24 | +8 |
| SPAIN | 14 | 23 | 45 | 56 | 54 | 41 | +15 | +25 | +3.5 |
| TAIWAN | 2.7/kg | 30 | 65 | 70 | 70 | 55 | +20 | +20 | +28 |
| THAILAND | 14 | 17 | 38 | 45 | 45 | 47 | +20 | +40 | +8 |
| TURKEY | M:18 F:17 M:30 F:27 | 25-27 | 48-52 | 54-70 | 72 | 55 | +6 | +15 | +28 |
| U.K. | | 23 | 45 | 54 | 53 | 41 | +13 | +24 | +28 |
| URUGUAY | 2.2/kg | 23 | 46 | 56 | 56 | 44 | +30 | +20 | +28 |
| U.S.A. | | 48-53 | 96 | 106 | 92-99 | 68-71 | +23-56 | +36-43 | +28 |
| U.S.S.R. | | 31 | 56 | 67 | 63 | 48 | +9 | +28 | +28 |
| VENEZUELA | 17 | 1.2/kg | 32.8 | 39 | 39 | 35 | +3.5 | +3.5 | +28 |
| WEST PACIFIC | 2.3-1.2/kg | 11.7 | 32.8 | 39 | 39 | 35 | +3.5 | +3.5 | +28 |

* Calculated as 10-15% of recommended energy intakes

(1) Breast-fed

(2) Bottle-fed

I—INFANT
C—CHILD
G—GIRL
Y—YOUTH
M—MAN
E—ELDERLY WOMAN
P—PREGNANCY
L—LACTATION

ergänzende Literaturangaben zu Abb.12 - Vergleich von Ernährungs-empfehlungen in verschiedenen Ländern

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