

Table S1. The mean carbohydrate intake range, reported from different studies across different age groups compared to EAR, %EI. Green= above and within %EI.

Age	EAR g/day	%E	Mean intake (g/day)	%EI	Ref
0	65 (AI)	-	57.7- 75.3		[1]
0.5	80 (AI)	-	105		[2]
1	120	50-65	154.8- 243+		[2] [3]
4	120	50-65	225-243+		[4] [3]
7	150	50-65	182.42		[5]
11	150	50-65	182.42-282.2g/day	59% ^a	[6][5] [7]
14	150	50-65	182.42-282.2g/day	59% ^a	[6][5] [7]

^a National data ⁺ median

Table S2. The mean protein intake range, reported from different studies across different age groups compared to RNI, EAR and UL. Green= above EAR/RNI.

Age	RNI	EAR	UL	Mean intake (g/day)	Ref
0	9 (AI)	-	-	11-14	[1]
0.5	20	15	-	18.3-24.2	[8][9] [2]
1	25	20	-	26.3-79+	[8][9][9] [3]
4	30	20	-	55.77-79+	[4]
7	30	25	-	48.3-116	[10] [5] [3]
11	30	25	-	48.3-116	[10] [5]
14	35	25	-	48.3-116	[10] [5] [7]

⁺ median

Table S3. The mean phosphorus intake range, reported from different studies across different age groups compared to RNI, EAR and UL. green= above EAR/RNI.

Age	RNI	EAR	UL	Mean intake (mg/day)	% inadequacy	Ref
0	100 (AI)	-	-	158-278		-
0.5	180 (AI)	-	-	441		[2]
1	300	250	-	760-942		[2] [3]
4	350	290	-	698 ^a -942 ^a	10% ^{a,c}	[11] [3]
7	470	400	-	690-698 ^a		[11] [5]
11	640	540	-	698 ^a -1106	13% ^{a,d}	[11][7][5] ^b
14	710	590	-	935 ^a -1106		[11] [7]

^a National data ^b= 690 omitted due to presence of national data ^c age group 3-12 years old ^d age group 13-17 years old.

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