**Table S1.** Korean school-aged children and adolescents’ usual intake of energy and protein

|  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | Gender | Age (yrs) | n  (3,091) | m | SD | Percentiles | | | | | | |
| 5th | 10th | 25th | 50th | 75th | 90th | 95th |
| Energy (kcal) | Male | 6-8 | 399 | 1,912.2 | 520.7 | 1,223.1 | 1,325.7 | 1,561.6 | 1,845.9 | 2,162.8 | 2,567.1 | 2,843.5 |
|  | 9-11 | 444 | 2,169.2 | 566.5 | 1,382.7 | 1,519.3 | 1,774.4 | 2,089.1 | 2,501.8 | 2,870.5 | 3,179.6 |
|  | 12-14 | 407 | 2,463.8 | 591.6 | 1,563.5 | 1,762.1 | 2,033.0 | 2,417.1 | 2,793.0 | 3,314.4 | 3,487.7 |
|  | 15-17 | 367 | 2,592.1 | 817.6 | 1,486.4 | 1,650.9 | 2,010.8 | 2,478.3 | 3,041.9 | 3,683.7 | 4,136.5 |
| Female | 6-8 | 383 | 1,592.2 | 336.9 | 1,073.9 | 1,172.5 | 1,360.6 | 1,556.1 | 1,815.6 | 2,039.0 | 2,224.8 |
|  | 9-11 | 370 | 1,942.1 | 506.1 | 1,232.8 | 1,358.1 | 1,581.6 | 1,854.0 | 2,255.7 | 2,649.4 | 2,867.5 |
|  | 12-14 | 373 | 1,995.3 | 632.5 | 1,174.8 | 1,332.9 | 1,581.0 | 1,890.9 | 2,291.0 | 2,820.1 | 3,268.8 |
|  | 15-17 | 348 | 1,922.2 | 569.0 | 1,120.9 | 1,235.4 | 1,525.9 | 1,857.0 | 2,282.9 | 2,663.2 | 2,938.0 |
| Protein (g) | Male | 6-8 | 399 | 66.4 | 20.0 | 40.5 | 44.7 | 52.4 | 62.9 | 77.0 | 91.8 | 104.5 |
| 9-11 | 444 | 78.0 | 25.1 | 45.5 | 50.4 | 60.5 | 75.0 | 90.3 | 112.0 | 122.0 |
| 12-14 | 407 | 90.4 | 28.3 | 51.5 | 57.7 | 71.4 | 86.5 | 105.7 | 125.7 | 139.8 |
| 15-17 | 367 | 96.8 | 39.6 | 48.5 | 54.6 | 69.9 | 89.9 | 116.0 | 147.6 | 167.8 |
| Female | 6-8 | 383 | 52.9 | 13.7 | 32.0 | 36.2 | 43.6 | 51.4 | 61.3 | 70.5 | 76.5 |
| 9-11 | 370 | 72.3 | 24.8 | 41.3 | 46.5 | 55.5 | 66.4 | 84.2 | 105.8 | 117.5 |
| 12-14 | 373 | 73.1 | 32.6 | 38.6 | 43.6 | 53.0 | 65.3 | 84.4 | 109.0 | 134.8 |
| 15-17 | 348 | 68.4 | 21.5 | 40.0 | 44.7 | 53.5 | 64.3 | 80.2 | 97.4 | 108.4 |

**Table S2.** Korean school-aged children and adolescents’ usual intake of the percentages of energy from carbohydrates, protein, and fat

|  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | Gender | Age (yrs) | n  (3,091) | m | SD | Percentiles | | | | | | |
| 5th | 10th | 25th | 50th | 75th | 90th | 95th |
| Carbohydrates  (% energy) | Male | 6-8 | 399 | 61.1 | 5.8 | 51.0 | 53.4 | 57.4 | 61.6 | 65.6 | 68.4 | 70.0 |
| 9-11 | 444 | 61.2 | 4.0 | 54.2 | 55.8 | 58.7 | 61.4 | 63.8 | 66.2 | 67.9 |
| 12-14 | 407 | 60.4 | 5.7 | 50.2 | 52.8 | 56.9 | 60.4 | 64.4 | 67.3 | 69.5 |
| 15-17 | 367 | 59.5 | 5.6 | 49.7 | 51.9 | 56.1 | 59.8 | 63.2 | 66.7 | 68.8 |
| Female | 6-8 | 383 | 63.6 | 4.7 | 55.5 | 57.3 | 60.5 | 63.4 | 67.0 | 69.3 | 71.6 |
| 9-11 | 370 | 61.8 | 3.0 | 56.9 | 57.9 | 59.9 | 61.8 | 63.9 | 65.4 | 66.5 |
| 12-14 | 373 | 61.4 | 4.9 | 53.9 | 55.3 | 58.1 | 61.4 | 64.8 | 67.6 | 69.0 |
| 15-17 | 348 | 60.6 | 3.5 | 54.8 | 56.1 | 58.5 | 60.6 | 63.0 | 65.2 | 66.4 |
| Protein  (% energy) | Male | 6-8 | 399 | 13.9 | 1.9 | 11.1 | 11.7 | 12.5 | 13.7 | 15.2 | 16.6 | 17.2 |
| 9-11 | 444 | 14.2 | 1.9 | 11.4 | 11.9 | 12.9 | 14.1 | 15.3 | 16.6 | 17.7 |
| 12-14 | 407 | 14.4 | 1.9 | 11.6 | 12.1 | 13.1 | 14.3 | 15.4 | 17.0 | 17.8 |
| 15-17 | 367 | 14.5 | 1.8 | 11.8 | 12.2 | 13.2 | 14.4 | 15.5 | 17.0 | 17.5 |
| Female | 6-8 | 383 | 13.3 | 1.6 | 10.9 | 11.3 | 12.2 | 13.2 | 14.3 | 15.4 | 16.1 |
| 9-11 | 370 | 13.9 | 1.9 | 11.2 | 11.6 | 12.6 | 13.8 | 15.0 | 16.4 | 17.2 |
| 12-14 | 373 | 13.9 | 1.7 | 11.4 | 11.8 | 12.8 | 13.7 | 15.0 | 16.2 | 16.9 |
| 15-17 | 348 | 14.2 | 0.6 | 13.3 | 13.5 | 13.8 | 14.2 | 14.5 | 14.9 | 15.1 |
| Fat  (% energy) | Male | 6-8 | 399 | 24.1 | 4.9 | 16.1 | 17.8 | 20.8 | 23.9 | 27.2 | 30.8 | 32.8 |
| 9-11 | 444 | 23.5 | 2.5 | 19.5 | 20.2 | 21.8 | 23.4 | 25.2 | 26.8 | 27.6 |
| 12-14 | 407 | 23.8 | 4.0 | 17.2 | 18.9 | 21.1 | 23.8 | 26.5 | 29.3 | 30.4 |
| 15-17 | 367 | 24.6 | 4.8 | 16.9 | 18.1 | 21.2 | 24.4 | 27.6 | 30.7 | 32.8 |
| Female | 6-8 | 383 | 22.5 | 3.9 | 16.4 | 17.6 | 19.9 | 22.6 | 25.1 | 27.6 | 29.5 |
| 9-11 | 370 | 23.6 | 2.6 | 19.5 | 20.3 | 21.9 | 23.5 | 25.3 | 26.9 | 27.9 |
| 12-14 | 373 | 23.9 | 4.3 | 17.1 | 18.7 | 20.9 | 24.2 | 26.6 | 29.7 | 31.1 |
| 15-17 | 348 | 24.0 | 4.3 | 16.9 | 18.8 | 21.0 | 23.9 | 26.6 | 29.8 | 31.5 |

**Table S3.** Korean school-aged children and adolescents’ usual intake of vitamin A, thiamin, and riboflavin

|  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | Gender | Age (yrs) | n  (3,091) | m | SD | Percentiles | | | | | | |
| 5th | 10th | 25th | 50th | 75th | 90th | 95th |
| Vitamin A (㎍ RAE) | Male | 6-8 | 399 | 456.0 | 470.4 | 156.0 | 178.7 | 240.0 | 327.7 | 488.8 | 825.2 | 1,085.7 |
| 9-11 | 444 | 473.7 | 275.4 | 186.7 | 220.7 | 281.2 | 397.1 | 575.6 | 864.3 | 985.4 |
| 12-14 | 407 | 564.9 | 484.5 | 186.5 | 221.0 | 292.2 | 422.2 | 682.3 | 1,010.8 | 1,321.7 |
| 15-17 | 367 | 423.2 | 230.8 | 169.5 | 199.4 | 263.6 | 369.4 | 532.1 | 737.6 | 843.6 |
| Female | 6-8 | 383 | 389.9 | 267.8 | 165.1 | 186.9 | 234.3 | 316.9 | 455.9 | 670.3 | 799.4 |
| 9-11 | 370 | 548.9 | 409.0 | 167.3 | 200.7 | 257.5 | 440.1 | 679.6 | 1,051.4 | 1,313.6 |
| 12-14 | 373 | 442.1 | 390.9 | 136.9 | 160.0 | 221.9 | 330.3 | 506.3 | 906.0 | 1,162.4 |
| 15-17 | 348 | 353.5 | 144.5 | 179.8 | 203.0 | 250.9 | 324.6 | 427.3 | 548.0 | 617.2 |
| Thiamin (㎎) | Male | 6-8 | 399 | 1.74 | 0.52 | 1.03 | 1.16 | 1.38 | 1.67 | 2.01 | 2.38 | 2.68 |
| 9-11 | 444 | 1.98 | 0.47 | 1.30 | 1.40 | 1.62 | 1.94 | 2.25 | 2.59 | 2.84 |
| 12-14 | 407 | 2.29 | 0.61 | 1.46 | 1.59 | 1.85 | 2.20 | 2.61 | 3.09 | 3.40 |
| 15-17 | 367 | 2.45 | 0.73 | 1.39 | 1.61 | 1.95 | 2.32 | 2.88 | 3.42 | 3.78 |
| Female | 6-8 | 383 | 1.43 | 0.35 | 0.92 | 0.99 | 1.18 | 1.39 | 1.65 | 1.85 | 2.08 |
| 9-11 | 370 | 1.77 | 0.48 | 1.07 | 1.24 | 1.40 | 1.69 | 2.03 | 2.43 | 2.64 |
| 12-14 | 373 | 1.80 | 0.50 | 1.14 | 1.24 | 1.45 | 1.71 | 2.07 | 2.45 | 2.70 |
| 15-17 | 348 | 1.79 | 0.57 | 1.01 | 1.12 | 1.41 | 1.70 | 2.09 | 2.54 | 2.80 |
| Riboflavin (㎎) | Male | 6-8 | 399 | 1.37 | 0.47 | 0.75 | 0.83 | 1.06 | 1.28 | 1.63 | 1.97 | 2.27 |
| 9-11 | 444 | 1.54 | 0.51 | 0.86 | 0.93 | 1.18 | 1.46 | 1.85 | 2.22 | 2.42 |
| 12-14 | 407 | 1.72 | 0.60 | 0.90 | 1.05 | 1.29 | 1.63 | 2.09 | 2.46 | 2.74 |
| 15-17 | 367 | 1.65 | 0.64 | 0.76 | 0.91 | 1.19 | 1.55 | 2.01 | 2.47 | 2.81 |
| Female | 6-8 | 383 | 1.12 | 0.33 | 0.63 | 0.74 | 0.87 | 1.09 | 1.32 | 1.58 | 1.68 |
| 9-11 | 370 | 1.41 | 0.49 | 0.76 | 0.86 | 1.08 | 1.33 | 1.68 | 2.05 | 2.28 |
| 12-14 | 373 | 1.36 | 0.56 | 0.71 | 0.79 | 0.97 | 1.25 | 1.60 | 2.03 | 2.39 |
| 15-17 | 348 | 1.28 | 0.45 | 0.64 | 0.76 | 0.97 | 1.20 | 1.53 | 1.86 | 2.16 |

**Table S4.** Korean school-aged children and adolescents’ usual intake of niacin and vitamin C

|  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | Gender | Age (yrs) | n  (3,091) | m | SD | Percentiles | | | | | | |
| 5th | 10th | 25th | 50th | 75th | 90th | 95th |
| Niacin (㎎ NE) | Male | 6-8 | 399 | 13.4 | 4.7 | 7.4 | 8.6 | 10.0 | 12.7 | 15.7 | 19.4 | 22.0 |
| 9-11 | 444 | 15.3 | 5.0 | 8.6 | 9.7 | 11.8 | 14.6 | 18.1 | 22.0 | 25.3 |
| 12-14 | 407 | 18.0 | 5.4 | 10.4 | 11.8 | 14.4 | 17.2 | 20.8 | 25.5 | 28.8 |
| 15-17 | 367 | 19.7 | 7.4 | 9.6 | 11.3 | 14.7 | 18.3 | 23.6 | 29.8 | 33.6 |
| Female | 6-8 | 383 | 10.8 | 3.1 | 6.2 | 7.2 | 8.6 | 10.4 | 12.9 | 14.9 | 16.5 |
| 9-11 | 370 | 13.6 | 4.0 | 8.2 | 9.0 | 10.6 | 13.1 | 15.9 | 19.0 | 20.9 |
| 12-14 | 373 | 14.1 | 5.0 | 7.7 | 8.8 | 10.8 | 13.1 | 16.8 | 19.9 | 23.2 |
| 15-17 | 348 | 13.9 | 4.9 | 7.2 | 8.3 | 10.2 | 13.1 | 16.3 | 20.7 | 22.9 |
| Vitamin C (㎎) | Male | 6-8 | 399 | 67.4 | 37.5 | 23.7 | 29.5 | 42.5 | 57.8 | 87.2 | 114.7 | 131.0 |
| 9-11 | 444 | 77.7 | 35.7 | 32.3 | 37.0 | 51.3 | 72.4 | 97.2 | 126.9 | 139.1 |
| 12-14 | 407 | 86.4 | 56.9 | 23.2 | 30.6 | 47.1 | 73.6 | 108.7 | 161.6 | 198.3 |
| 15-17 | 367 | 91.9 | 75.1 | 23.0 | 28.9 | 45.7 | 70.4 | 113.5 | 183.9 | 238.4 |
| Female | 6-8 | 383 | 83.0 | 58.2 | 21.0 | 27.0 | 42.7 | 66.8 | 110.2 | 159.0 | 208.0 |
| 9-11 | 370 | 83.9 | 63.0 | 23.2 | 27.6 | 42.6 | 66.0 | 108.7 | 155.1 | 188.6 |
| 12-14 | 373 | 76.3 | 51.1 | 20.9 | 26.5 | 42.4 | 64.2 | 99.8 | 143.2 | 170.5 |
| 15-17 | 348 | 67.7 | 45.4 | 19.3 | 24.0 | 36.4 | 56.7 | 87.1 | 128.9 | 153.6 |

**Table S5.** Korean school-aged children and adolescents’ usual intake of calcium and phosphorus

|  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | Gender | Age (yrs) | n  (3,091) | m | SD | Percentiles | | | | | | |
| 5th | 10th | 25th | 50th | 75th | 90th | 95th |
| Calcium (㎎) | Male | 6-8 | 399 | 543.7 | 255.5 | 221.9 | 280.3 | 374.4 | 494.6 | 650.6 | 858.6 | 993.3 |
| 9-11 | 444 | 554.5 | 214.9 | 261.7 | 299.9 | 405.6 | 519.6 | 688.9 | 848.2 | 969.2 |
| 12-14 | 407 | 577.1 | 237.4 | 265.0 | 308.6 | 419.3 | 543.7 | 699.8 | 875.8 | 1005.1 |
| 15-17 | 367 | 565.7 | 269.9 | 244.7 | 293.4 | 373.5 | 521.0 | 681.9 | 908.5 | 1051.7 |
| Female | 6-8 | 383 | 423.1 | 160.8 | 195.5 | 232.8 | 303.9 | 403.5 | 526.8 | 626.1 | 702.3 |
| 9-11 | 370 | 562.5 | 338.5 | 243.5 | 277.5 | 366.2 | 488.3 | 656.8 | 917.3 | 1218.9 |
| 12-14 | 373 | 466.4 | 207.2 | 214.1 | 246.3 | 322.9 | 425.2 | 562.2 | 737.8 | 903.8 |
| 15-17 | 348 | 434.5 | 173.3 | 192.0 | 225.3 | 313.1 | 418.0 | 536.3 | 687.3 | 745.0 |
| Phosphorus (㎎) | Male | 6-8 | 399 | 1,040.5 | 323.2 | 617.2 | 671.3 | 812.5 | 1,010.3 | 1,185.7 | 1,452.8 | 1,596.4 |
| 9-11 | 444 | 1,137.9 | 335.5 | 639.8 | 749.9 | 905.7 | 1,104.5 | 1,321.4 | 1,603.6 | 1,767.7 |
| 12-14 | 407 | 2,463.7 | 622.0 | 1,526.6 | 1,732.9 | 2,012.2 | 2,408.7 | 2,804.7 | 3,361.0 | 3,546.4 |
| 15-17 | 367 | 1,289.0 | 463.1 | 633.4 | 725.9 | 966.2 | 1,221.2 | 1,538.7 | 1,889.8 | 2,130.6 |
| Female | 6-8 | 383 | 828.4 | 215.9 | 492.2 | 568.6 | 687.6 | 807.3 | 969.4 | 1,127.6 | 1,209.2 |
| 9-11 | 370 | 1,167.0 | 689.8 | 615.0 | 690.6 | 814.3 | 979.1 | 1,282.7 | 1,714.3 | 2,620.7 |
| 12-14 | 373 | 1,004.8 | 343.1 | 554.7 | 630.8 | 776.3 | 942.5 | 1,178.6 | 1,410.9 | 1,627.1 |
| 15-17 | 348 | 973.3 | 325.8 | 508.0 | 593.4 | 747.7 | 927.3 | 1,157.7 | 1,408.8 | 1,545.8 |

**Table S6.** Korean school-aged children and adolescents’ usual intake of sodium, potassium, and iron

|  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | Gender | Age (yrs) | n  (3,091) | m | SD | Percentiles | | | | | | |
| 5th | 10th | 25th | 50th | 75th | 90th | 95th |
| Sodium (㎎) | Male | 6-8 | 399 | 2,744.7 | 1,106.9 | 1,284.1 | 1,582.7 | 1,954.4 | 2,591.9 | 3,269.6 | 4,123.2 | 4,812.4 |
| 9-11 | 444 | 3,343.2 | 1,024.7 | 1,948.0 | 2,151.2 | 2,632.7 | 3,208.2 | 3,879.4 | 4,731.3 | 5,199.4 |
| 12-14 | 407 | 3,997.6 | 1,268.7 | 2,360.9 | 2,576.3 | 3,139.2 | 3,778.1 | 4,671.6 | 5,610.4 | 6,332.5 |
| 15-17 | 367 | 4,373.9 | 1,812.3 | 1,947.8 | 2,377.2 | 3,024.6 | 4,135.1 | 5,264.5 | 6,894.6 | 7,678.2 |
| Female | 6-8 | 383 | 2,295.2 | 753.2 | 1,324.0 | 1,483.9 | 1,775.0 | 2,150.3 | 2,677.8 | 3,221.1 | 3,597.5 |
| 9-11 | 370 | 3,029.0 | 1,255.7 | 1,505.5 | 1,738.6 | 2,154.7 | 2,790.8 | 3,677.9 | 4,600.0 | 5,262.2 |
| 12-14 | 373 | 3,163.0 | 1,309.3 | 1,641.2 | 1,843.8 | 2,279.4 | 2,924.6 | 3,692.1 | 4,834.8 | 5,749.4 |
| 15-17 | 348 | 3,157.2 | 1,160.7 | 1,661.5 | 1,913.6 | 2,315.0 | 3,010.3 | 3,752.3 | 4,575.9 | 5,583.9 |
| Potassium (㎎) | Male | 6-8 | 399 | 2,414.3 | 815.7 | 1,376.3 | 1,557.2 | 1,861.2 | 2,292.8 | 2,792.4 | 3,497.5 | 3,846.5 |
| 9-11 | 444 | 2,654.2 | 818.7 | 1,488.2 | 1,727.0 | 2,046.8 | 2,544.9 | 3,173.5 | 3,713.0 | 4,224.2 |
| 12-14 | 407 | 3,080.5 | 1,187.0 | 1,568.5 | 1,826.6 | 2,276.5 | 2,827.3 | 3,687.9 | 4,621.5 | 5,100.3 |
| 15-17 | 367 | 3,018.1 | 1,122.6 | 1,449.9 | 1,730.5 | 2,220.0 | 2,908.0 | 3,604.3 | 4,534.9 | 5,140.4 |
| Female | 6-8 | 383 | 2,102.2 | 657.2 | 1,196.9 | 1,372.5 | 1,610.4 | 2,042.6 | 2,467.5 | 2,953.4 | 3,313.7 |
| 9-11 | 370 | 2,475.2 | 760.8 | 1,403.6 | 1,629.3 | 1,924.2 | 2,385.4 | 2,933.1 | 3,531.7 | 3,857.8 |
| 12-14 | 373 | 2,428.4 | 872.0 | 1,274.8 | 1,469.9 | 1,830.0 | 2,306.6 | 2,843.0 | 3,544.7 | 4,099.3 |
| 15-17 | 348 | 2,341.8 | 842.1 | 1,196.2 | 1,418.3 | 1,755.9 | 2,197.4 | 2,842.3 | 3,410.4 | 3,889.1 |
| Iron (㎎) | Male | 6-8 | 399 | 13.0 | 5.0 | 7.3 | 8.2 | 9.8 | 11.9 | 15.2 | 19.1 | 21.4 |
| 9-11 | 444 | 15.3 | 5.8 | 8.3 | 9.1 | 11.2 | 14.0 | 18.2 | 22.7 | 26.0 |
| 12-14 | 407 | 20.9 | 17.4 | 9.7 | 11.0 | 13.0 | 16.7 | 22.7 | 33.3 | 49.1 |
| 15-17 | 367 | 19.3 | 8.9 | 9.0 | 10.0 | 12.9 | 17.8 | 23.2 | 30.1 | 35.6 |
| Female | 6-8 | 383 | 11.5 | 4.6 | 6.2 | 7.0 | 8.5 | 10.6 | 13.5 | 16.9 | 19.1 |
| 9-11 | 370 | 13.6 | 5.1 | 7.5 | 8.4 | 10.2 | 12.7 | 15.6 | 19.4 | 22.5 |
| 12-14 | 373 | 13.5 | 5.3 | 7.2 | 8.0 | 9.9 | 12.5 | 15.8 | 20.2 | 23.7 |
| 15-17 | 348 | 14.4 | 6.6 | 6.8 | 8.0 | 9.9 | 12.9 | 17.3 | 21.8 | 27.0 |