

## Appendix 2

### Normal daily requirements of macronutrient and micronutrients for adult subjects

In cases of malnourished subjects or when special nutrient depletions or nutritional support are suggested, the supervision by dietician is required.

#### Macronutrients

Total energy		
<b>2000-2700 kcal/day</b>		
Macronutrients	As a percentage of energy intake	As an absolute value (g/day)
<b>Carbohydrates</b>	55–60	250-460 (>130)
Sugars		30-40
Complex carbohydrates (starches)		210-420
<b>Lipids</b>	20–35	40-60
Polyunsaturated fatty acids	6-11	10-20
Linoleic acid	3–5	11-17
Alpha-linolenic acid	0.5–2	1.1-1.6
<b>Proteins</b>	10–15	0.6–0.8 g/kg body weight*

\*1.5-1.8 g/kg body weight-regeneration and wound healing

#### Trace elements

	Units	
Zinc	mg	11
Iron	mg	8.0 -18
Copper	mg	0.9
Selenium	µg	55
Manganese	µg	1.8-2.3
Chromium	µg	35
Molybdenum	µg	45
Iodide	µg	200-300
Fluoride	mg	4

#### Vitamins

	Units	
A	µg	900
D	µg	15 5-10
E	mg	15
K	µg	120 75
B1(thiamine)	mg	1.2
B2 (riboflavin)	mg	1.3
B6(pyridoxin)	mg	1.3 – 1.7
Niacin	mg	16
B12	µg	2.4
Folate	µg	400
Biotin	µg	30
C (ascorbic acid)	mg	90

#### These recommendations are given with reference to:

- Institute of Medicine (US) Panel on Micronutrients. *Dietary Reference Intakes for Vitamin A, Vitamin K, Arsenic, Boron, Chromium, Copper, Iodine, Iron, Manganese, Molybdenum, Nickel, Silicon, Vanadium, and Zinc*. Washington (DC): National Academies Press (US);2001
- Genton L, van Gemert W, Soeters PB, Thibault R. Macronutrients, in: Luboš Sobotka (editor), *Basics in Clinical Nutrition, Praha, Galen;2019*
- Shenkin A, Thibault R. Micronutrients, in: Luboš Sobotka (editor): *Basics in Clinical Nutrition, Praha, Galen;2019*