

**Table S1.** Korean Dietary Reference Intakes (2020) for energy [21]

Variable	Infant (mo)		Child (yr)		Male (yr)				Female (yr)			
	0–5	6–11	1–2	3–5	6–8	9–11	12–14	15–18	6–8	9–11	12–14	15–18
EER (kcal/day)	500	600	900	1,400	1,700	2,000	2,500	2,700	1,500	1,800	2,000	2,000

EER, estimated energy requirement.