

Table S2. Korean Dietary Reference Intakes (2020) for protein [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 |
| RI (g/day) | - | 15 | 20 | 25 | 35 | 50 | 60 | 65 | 35 | 45 | 55 | 55 |
| AI (g/day) | 10 | - | - | - | - | - | - | - | - | - | - | - |

RI, recommended intake; AI, adequate intake.