

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.