

Table S6. Korean Dietary Reference Intakes (2020) for potassium [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 |
| AI (mg/day) | 400 | 700 | 1,900 | 2,400 | 2,900 | 3,400 | 3,500 | 3,500 | 2,900 | 3,400 | 3,500 | 3,500 |

AI, adequate intake.