



NORDIC NUTRITION RECOMMENDATIONS 2023

Updates 25.9.2023 to NORDIC NUTRITION RECOMMENDATIONS 2023

- Spelling errors is corrected through the NNR2023 report
- Table 8
 - footnote 1 in "pregnancy" deleted and replaced with footnote 3
 - footnote 3 in "lactation" deleted and replaced with footnote 4
- Box 2: Included a footnote after "carbohydrates". The footnote states "Including energy from dietary fibre".
- Table 11: deleted row ">18 y" for both males and females.
- Table 12
 - Riboflavin females 15-17 y: corrected value from "1.5" to "1.6"
 - Thiamin lactating females: corrected value "0.-1" to "0.1"
 - For footnote 1,5 and 7 included a new sentence at the end stating "These values represent an AI."
- Table 13
 - Vitamin K: deleted " μ^g " and replace with " μg " and included footnote 5 as superscript
 - Vitamin B₁₂ males 11-14 y: Deleted "3.0" and replaced with "3".
- Table 14: added sentence at the end of footnote 3 stating "These values represents an AI."
- Table 15:
 - Selenium females 18-24 y: Deleted "80" and replaced with "75".
 - In footnote 5 "RI is replaced with "AI".
- Table 17: "6" in vitamin B₆ changed to subscript.
- Table 20:
 - footnote number 1 included at the end of table heading
 - footnote number "6" changed to number "5" and footnote number "7" changed to number "6" throughout the whole table.
- Table 21:
 - deleted footnote number 1 for iron
 - UL for vitamin B₆ corrected to "12" from "25".
 - Row for vitamin C is deleted
- Table 22:
 - "RI" changed to "RI and AI"
 - Potassium males NNR 2012 corrected from "3.4" to "3.5"
- Table 23:
 - Changed "AR" to "AR and provisional AR" in column NNR2023
 - Vitamin A, Calcium and Phosphorus: ", " is deleted in numbers.