Table 4: The nutrient content of modelled diets expressed as a percentage of Recommended Nutrient Intakes for different scenarios of food-based recommendations[1] with the greatest nutritional impact with and without fortified food[2,3]

FBRs tested[4]	Prot	Ca	Vit C	Vit B1	Vit B2	Vit B3	Vit B6	Fol	Vit B12	Vit A	Iron	Zinc	N[5]
Best modelled diets without fortified food													
VitAv14 - L7 - D14 - M7 – CG3	210	76	122	47	121	41	74	74	307	242	40	70	8
V21 - VitA14 - VitCf7 - L7 - D14 - M7 - OM4 - CG3	227	77	162	51	132	54	85	88	308	256	52	77	8
Best modelled diets with fortified food													
L7 - D14 - OM4 - VitAv14 – FFood7	240	87	135	83	136	70	91	83	281	225	76	88	11
NCFg													
CL1 - CG1 - F7 - V7 - L2 - E7 - D14	248	75	118	45	160	40	70	64	579	181	48	75	7
NCFg with fortified food													
CL1 - CG1 - F7 - V7 - L2 - E7 - D14 – FFood7	283	89	132	83	177	62	89	77	585	189	79	101	10
No recommendation	110	32	92	22	49	22	34	19	36	74	16	34	2

[1] The selection of these food-based recommendations was based on the food patterns of the Optifood Module II – *nutritionally best diet*

[2] Nutrient contents expressed as a percentage of the FAO/WHO 2004 RNIs for the Optifood Module III – *worst case scenario analyses.* An average BM intake of 483g/d was used

[3] The definitions used in the table are: FBRs: food-based recommendations, NCFg: New Complementary Feeding Guidelines, Vit: vitamin, Prot: protein, Fol: folate, D: Dairy, M7: 7 servings/w of milk, L7: 7 servings/w of legumes, V21: 21 servings/w of vegetables, vitAv14: 14 servings/w of vitamin A-rich vegetables, vitCf7: 7 servings/w of vitamin C rich fruits, OM4: 4 servings/w of organ meat, CG3: 3 servings/w of chicken giblets, FFood7: 7 servings/w of fortified foods (infant cereals or fortified flour)

[4] Simulate diets that sequentially minimize each micronutrient

[5] Number of nutrients that achieve at least 70%RNIs. These nutrients and their values are highlighted in the shaded boxes