

**Table 3: The nutrient content of modelled diets expressed as a percentage of Recommended Nutrient Intakes<sup>1</sup> when different combinations of individual food based recommendation from the NCFg and no recommendations are modelled<sup>2,3</sup>**

FBRs tested <sup>4</sup>	Prot	Ca	Vit C	Vit B1	Vit B2	Vit B3	Vit B6	Fol	Vit B12	Vit A	Fe	Zn	N <sup>5</sup>
CL1 - CG1 - F7 - V7 - L2 - E7 - D14	248	75	118	45	160	40	70	64	579	181	48	75	7
E7 - D14	235	74	99	40	124	34	58	41	170	94	36	71	6
RM3 - F7 - V7 - L2 - E7 - D14	243	75	115	43	127	37	63	47	215	95	43	73	6
RM3 - CL1 - CG1 - E7 - D14	240	74	102	42	157	38	65	49	579	180	44	72	6
RM3 - CL1 - CG1 - F7 - V7 - L2 - E7	189	38	110	34	114	39	58	59	514	170	45	61	4
RM3 - CL1 - CG1 - F7 - V7 - L2 - D14	183	69	118	39	130	40	60	48	511	171	30	57	4
RM3 - CL1 - CG1	117	32	95	24	83	36	44	37	445	160	25	41	4
CL1	115	32	92	24	77	35	44	27	383	128	21	40	4
E7	177	38	92	29	79	33	47	36	104	84	34	57	4
D14	170	68	99	33	94	34	48	25	101	84	18	53	4
CG1	115	32	95	22	55	33	37	29	82	106	19	40	3
RM3	112	32	92	22	49	32	37	19	80	74	19	41	3
No recommendation	112	32	92	22	49	32	37	19	36	74	16	39	2

<sup>1</sup> Assuming an average breast milk intake of 483g/d

<sup>2</sup> Nutrient content of each modelled diet expressed as a percentage of the FAO/WHO 2004 RNI (minimised nutrient content of modelled diets for each nutrient; Optifood Module III – *worst case scenario analyses*)

<sup>3</sup> The definitions used in the table are: NCFg: New Complementary Feeding Guidelines, FBRs: food-based recommendations, Vit: vitamin, Prot: protein, Fol: folate, RM3: 3 servings/w of red meat, CL1: 1 serving/w of cows' liver, CG1: 1 serving/w of chicken giblets, F7: 7 servings/w of fruits, V7: 7 servings/w of vegetables, L2: 2 servings/w of legumes, E7: 7 servings/w of eggs; D14: 14 servings/w of dairy products.

<sup>4</sup> Simulate diets that sequentially minimize each micronutrient

<sup>5</sup> Number of nutrients that achieve at least 70%RNIs. These nutrients and their values are highlighted in the shaded boxes