

**WEB TABLE I** BASAL IRON LOSS, BLOOD VOLUME EXPANSION AND TISSUE MASS EXPANSION FOR CHILDREN AND ADOLESCENTS

<i>Factor</i>	<i>Age (y)</i>	<i>Sex</i>	<i>Estimated/Reported average</i>	<i>Estimated/Reported dispersion (SD)</i>
Basal loss ( $\mu\text{g}/\text{kg}/\text{d}$ )	1-17	Both	14	4.1
Blood volume expansion ( $\text{mL}/\text{y}$ )	1-9	Both	171	15
	10-17	Boys	279	20
	10-17	Girls	204	11
Tissue mass expansion ( $\text{g}/\text{d}$ )	1-5	Both	6.0	0.01
	6-9	Both	7.3	0.06
	10-17	Boys	11.4	0.12
	10-17	Girls	9.1	0.12

**WEB TABLE II** A COMPARISON OF THE ESTIMATED AVERAGE REQUIREMENT (EAR) AND THE RECOMMENDED DIETARY REQUIREMENT (RDA) BY USING THE 95<sup>TH</sup> PERCENTILE OF THE NNMB BODY WEIGHTS AND 50<sup>TH</sup> PERCENTILE OF THE WHO REFERENCE DATA

Age	Sex	EAR*	EAR <sup>#</sup>	RDA*	RDA <sup>#</sup>
1	Both	6.7	5.6	9.0	7.3
2	Both	7.1	6.5	9.6	8.5
3	Both	7.5	7.1	10.1	9.5
4	Both	7.8	7.6	10.7	10.4
5	Both	8.2	8.2	11.3	11.3
6	Both	8.9	8.9	12.4	12.4
7	Both	9.5	9.5	13.4	13.4
8	Both	10.2	10.2	14.6	14.6
9	Both	11.0	11.0	15.8	16.0
10	Boys	10.2	10.8	14.3	14.6
11	Boys	10.9	11.5	15.3	15.7
12	Boys	11.8	12.6	16.9	17.3
13	Boys	13.0	13.8	18.8	19.2
14	Boys	14.4	15.5	20.8	21.8
15	Boys	15.0	16.8	21.7	23.8
16	Boys	15.5	17.8	22.3	25.3
17	Boys	15.8	18.4	22.7	26.4
10	Girls	15.0	15.4	32.3	32.3
11	Girls	15.3	15.9	32.8	33.0
12	Girls	15.8	16.4	33.5	33.8
13	Girls	16.2	16.9	34.1	34.5
14	Girls	16.7	17.4	34.8	35.3
15	Girls	17.1	17.9	35.3	35.9
16	Girls	17.4	18.2	35.7	36.5
17	Girls	17.6	18.5	36.0	36.9

\*EAR and RDA estimated using the 95<sup>th</sup> percentile of the NNMB data provided in the ICMR RDA chapter on reference weights [1];

<sup>#</sup>EAR and RDA estimated using the 50<sup>th</sup> percentile of the WHO data [5].