

## S2 Table

**Table. Dietary consumption units according to age and sex**

Category	Consumption Unit
Adult male (Sedentary worker)	1.0
Adult male (Moderate worker)	1.2
Adult male (Heavy worker)	1.6
Adult female (Sedentary)	0.8
Adult female (Moderate)	0.9
Adult female (Heavy)	1.2
Adolescent (12–21 years)	1.0
Children (9–12 years)	0.8
Children (7–9 years)	0.7
Children (5–7 years)	0.6
Children (3–5 years)	0.5
Children (1–3 years)	0.4

Note: One consumption unit represents calorie consumption of an average adult man, weighing 60 kg, doing sedentary type of work, Source: [43]