Schneider, K. & Herforth, A. "Software tools for practical application of human nutrient requirements in food-based social science research."

Supplement 6
Harmonized nutrient requirements defined by Allen et al (2020)

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Notes:
Supplement 6 contains the harmonized nutrient requirements proposed by Allen et al (2020).
Supplement 6 contains 4 datasets and this notes document.

File Name	Description
6_HarmonizedNutrientRequirementsAllenEtAl2020_Notes	Notes
6_HarmonizedNutrientRequirementsAllenEtAl2020_UnitsNotes	Units and other notes
6_HarmonizedNutrientRequirementsAllenEtAl2020_AgeSexGroups	Age-sex groups reference values
6_HarmonizedNutrientRequirementsAllenEtAl2020_H-AR	Harmonized average requirements (H-ARs)
6_HarmonizedNutrientRequirementsAllenEtAl2020_H-UL	Harmonized upper levels (H-ULs)

Sources:
Allen, L.H., A.L. Carriquiry, and S.P. Murphy. 2020. “Perspective: Proposed Harmonized Nutrient Reference Values for Populations.” Advances in Nutrition, nmz096.

Specific Notes:

Age and sex groups	The harmonized requirements disaggregate age and sex groups to align the IOM and EFSA age and sex group definitions. H_age_sex_grp is used for the disaggregated groups. The disaggregation does not align with the IOM's estimated energy requirement (EER) formulas for many age-sex groups.