

NNR 2012 – Errata

Preface

p. 13, Physical activity, peer reviewers. Ulf Ekelund, Sweden.

Ch. 1 Nordic Nutrition Recommendations 2012 – A summary

p.28, The total intake of cis-PUFA for children 6-23 months should be 5-10 E%.

n-3 fatty acids should contribute at least 1 E%, including DHA, for children 6-23 months.

For children 6-23 months, as for older children and adults, the intake of saturated fat should be less than 10 E% and the intake of trans fatty acids should be kept as low as possible.

p.33 new data for table 1.4 inserted below.

Table 1.4. Recommended nutrient density (per MJ) to be used for planning diets for groups of individuals 6–65 years of age with a heterogeneous age and sex distribution. The values are adapted to the reference person requiring the highest dietary nutrient density

		Content per MJ
Vitamin A	RE*	95
Vitamin D	µg	1.2
Vitamin E	α-TE*	1
Thiamin	mg	0.12
Riboflavin	mg	0.15
Niacin	NE*	1.6
Vitamin B ₆	mg	0.16
Folate	µg	45
Vitamin B ₁₂	µg	0.2
Vitamin C	mg	9
Calcium	mg	105
Phosphorus	mg	80
Potassium	g	0.38
Magnesium	mg	36
Iron	mg	1.7
Zinc	mg	0,9
Copper	mg	0.1
Iodine	µg	18
Selenium	µg	6,2

* See Table 1.3. for definitions.

Ch. 8 Energy

Table 8.2. p. 166, showing the prevalence of adult obesity. Correct references are:

	Women	Men	Reference
Denmark	14.8	15.6	^a
Finland	19.3	18.2	^b
Iceland	19.4	22.7	(88)
Norway	22.1	21.0	(?)
Sweden	14	13	(89)

^a Danish National Institute of Public health. The public health report 2010.

<http://sundhedsstyrelsen.dk/publ/Publ2010/CFF/Sundhedsprofiler/DenNationaleSHP.pdf>

^b THL. Finriski 2012. Kansallinen FINRISKI 2012 -terveystutkimus - Osa 2: Tutkimuksen taulukkoliite. <http://www.julkari.fi/handle/10024/114942>

Table 8.4. Equations for adults in right column for estimating REE based on weight and height should be shifted one row up, as shown in the table.

Age Year	REE MJ/d based on weight	REE MJ/d based on weight and height
Girls		
<3	0.246 W – 0.0965	0.127 W + 2.94 H – 1.20
3–10	0.0842 W + 2.12	0.0666 W + 0.878 H + 1.46
11–18	0.0465 W + 3.18	0.0393 W + 1.04 H + 1.93
Women		
19–30	0.0546 W + 2.33	0.0433 W + 2.57 H – 1.180
31–60	0.0407 W + 2.90	0.0342W + 2.10 H – 0.0486
61–70	0.0429 W + 2.39	0.0356 W + 1.76 H + 0.0448^a
>70	0.0417 W + 2.41	
Boys		
<3	0.255 W – 0.141	0.118 W + 3.59 H – 1.55
3–10	0.0937 W + 2.15	0.0632 W + 1.31 H + 1.28
11–18	0.0769 W + 2.43	0.0651 W + 1.11 H + 1.25
Men		
19–30	0.0669 W + 2.28	0.0600 W + 1.31 H + 0.473
31–60	0.0592 W + 2.48	0.0476 W + 2.26 H – 0.574
61–70	0.0543 W + 2.37	0.0478 W 0+ 2.26 H – 1.070^a
>70	0.0573 W + 2.01	

^a This equation covers all ages above 60 years.

Ch. 21 Niacin

p. 419, Table: UL should be 10 mg.

Ch. 23 Folate

p. 435: Table: Footnote 2 should read:

² There is no evidence ... natural sources. UL for synthetic folic acid is 1000 µg/d.

Also, an additional superscript in table: Upper intake level: UL²

Ch. 31 Sodium as salt

p. 515: Table should read:

Population goal	Adults and children > 10 y	Children 2-9 y
Sodium	2.4 g/d	0.2 g/Mj
Salt	6 g/d	0.5 g/Mj

Ch. 33 Iron

p. 543, Table: UL should be 25 for men and women. Add a foot note:

² 60 mg/d is the lowest intake associated with acute symptoms, e.g. gastrointestinal. An UL of 25 mg/d (habitual daily intake + 10 mg non-heme iron) is the long-term intake in order to avoid iron overload among adults.

Ch. 35 Iodine

p. 583: The values for children 5-9 and 10-13 y are swapped.

Correct is 5-9 y: 120; 10-13 y: 150.