

		Energy/Kcals				Protein			
Age group	Gender	RDA	Case (M±SD)	Control (M±SD)	p-value	RDA	Case (M±SD)	Control (M±SD)	p-value
6-9	M	1775	1546.5±212.3	1580.17±462.1	0.456	35	42.70±6.21	42.89±7.80	0.881
	F	1725	1567.3±499.6	1921.63±598.4	0.183	34	44.73±11.83	62.60±22.81	0.062
10-11	M	2225	1949.2±291.5	1612.83±55.1	0.055	48	58.06±10.96	46.03±6.16	0.136
	F	2100	2229.1±858.6	1789.52±313.9	0.372	50	66.01±30.85	52.33±7.06	0.570
12-15	M	2875	2730.4±1240.1	2013.87±418.2	0.378	69	75.64±33.43	58.07±13.53	0.378
	F	2400	1857.1±455.43	1765.08±434.8	0.372	65	55.64±15.24	49.59±11.61	0.071
16-18	M	3375	2567.1±812.5	2772.13±652.2	0.477	85	71.32±16.98	78.25±15.50	0.256
	F	2500	1931.5±497.2	1710.92±357.3	0.231	69	49.02±12.49	51.76±12.74	0.673
>18	M	2925	2683.4±640.0	2873.63±620.9	0.610	57	74.19±17.33	83.02±22.72	0.734
	F	2375	1816.7±478.9	1941.70±538.2	0.451	52	54.41±12.60	55.75±16.62	0.751

RDA ; Recommended dietary allowance¹⁶