

Table 2 Comparison of energy and nutrient intake of female high-school students with the dietary reference intake (DRI)

Nutrient	Mean (SD)	DRI	P-value
Energy (kcal/d)	1920 (565.15)	2200	0.001
Protein (g/d)	50.1 (20.3)	46	0.06
Carbohydrates (g/d)	308.38 (90.3)	130	0.0001
Fat (g/d)	30.3 (60.8)	25-30%	0.15
Fibre (g/d)	5.25 (4.10)	26	0.0001
Vitamin A (Iu/d)	1100.1 (955.2)	2300	0.0001
Vitamin D (Iu/d)	110.5 (80.85)	200	0.0001
Vitamin E (mg/d)	5.45 (4.35)	15	0.0001
Vitamin C (mg/d)	30.5 (42.3)	65	0.0001
Vitamin B1 (mg/d)	0.9 (0.5)	1	0.15
Vitamin B2 (mg/d)	1.0 (0.3)	1	0.98
Vitamin B3(mg/d)	13.2 (1.2)	14	0.17
Vitamin B6 (mg/d)	1.12 (0.63)	1.2	0.21
Vitamin B9 (folate) (μ g/d)	284.22(140.10)	400	0.0001
Vitamin B12 (μ g/d)	2.5 (1.5)	2.4	0.83
Calcium (mg/d)	345.5 (575.15)	1300	0.0001
Iron (mg/d)	9.5 (15.5)	15	0.01
Zinc (mg/d)	3.2 (6.0)	9	0.01

SD = standard deviation; d = day.