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|  | | | **Rural Females** | | | | **Rural Males** | | | | **Urban Females** | | | | **Urban Males** | | | |
|  | | | **Summer** | | **Winter** | | **Summer** | | **Winter** | | **Summer** | | **Winter** | | **Summer** | | **Winter** | |
| **Nutrient (Vehicle)** | **Fortification Level** | **Overage Guideline** | **%< EAR** | **%> UL** | **%< EAR** | **%> UL** | **%< EAR** | **%> UL** | **%< EAR** | **%> UL** | **%< EAR** | **%> UL** | **%< EAR** | **%> UL** | **%< EAR** | **%> UL** | **%< EAR** | **%> UL** |
| Iron (Flour) | 0 | None | 18.7 | 0.0 | 10.6 | 0.0 | 0.5 | 0.0 | 0.0 | 0.0 | 16.8 | 0.0 | 22.2 | 0.0 | 0.2 | 0.0 | 0.0 | 0.3 |
| 1 | None | 7.5 | 0.0 | 3.6 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 7.8 | 0.0 | 11.5 | 0.0 | 0.0 | 0.0 | 0.0 | 0.3 |
| PS | 7.3 | 0.0 | 3.5 | 0.0 | 0.0 | 1.3 | 0.0 | 0.3 | 7.5 | 0.1 | 11.1 | 0.0 | 0.0 | 0.0 | 0.0 | 1.2 |
| 2 | None | 6.3 | 0.0 | 3.0 | 0.0 | 0.0 | 1.4 | 0.0 | 0.4 | 6.9 | 0.1 | 10.3 | 0.1 | 0.0 | 0.0 | 0.0 | 1.3 |
| PS | 5.7 | 0.0 | 2.9 | 0.0 | 0.0 | 1.8 | 0.0 | 0.5 | 6.8 | 0.2 | 9.8 | 0.1 | 0.0 | 0.1 | 0.0 | 1.5 |
| 3 | None | 5.1 | 0.0 | 2.3 | 0.0 | 0.0 | 2.0 | 0.0 | 0.6 | 6.2 | 0.2 | 9.5 | 0.1 | 0.0 | 0.1 | 0.0 | 1.6 |
| PS | 4.7 | 0.0 | 2.1 | 0.0 | 0.0 | 2.5 | 0.0 | 0.8 | 6.0 | 0.2 | 8.5 | 0.2 | 0.0 | 0.2 | 0.0 | 1.9 |
| 4 | None | 4.1 | 0.0 | 2.0 | 0.0 | 0.0 | 2.7 | 0.0 | 0.9 | 5.6 | 0.3 | 8.2 | 0.2 | 0.0 | 0.2 | 0.0 | 2.3 |
| PS | 3.9 | 0.0 | 1.9 | 0.0 | 0.0 | 3.2 | 0.0 | 1.2 | 5.1 | 0.3 | 8.0 | 0.2 | 0.0 | 0.3 | 0.0 | 2.7 |
| Zinc (Flour) | 0 | None | 1.4 | 0.0 | 1.9 | 0.0 | 0.8 | 3.7 | 0.5 | 1.6 | 2.1 | 0.4 | 0.3 | 0.3 | 0.5 | 0.4 | 0.8 | 2.9 |
| 1 | None | 0.0 | 0.0 | 0.1 | 1.1 | 0.1 | 14.2 | 0.0 | 23.2 | 0.2 | 3.3 | 0.0 | 0.4 | 0.0 | 7.9 | 0.0 | 14.2 |
| PS | 0.0 | 0.0 | 0.1 | 1.3 | 0.0 | 15.6 | 0.0 | 25.4 | 0.2 | 3.8 | 0.0 | 0.5 | 0.0 | 9.0 | 0.0 | 15.5 |
| 2 | None | 0.0 | 0.0 | 0.0 | 1.6 | 0.0 | 17.1 | 0.0 | 27.9 | 0.2 | 4.3 | 0.0 | 0.6 | 0.0 | 10.4 | 0.0 | 17.0 |
| PS | 0.0 | 0.0 | 0.0 | 2.0 | 0.0 | 18.8 | 0.0 | 30.6 | 0.1 | 4.9 | 0.0 | 0.8 | 0.0 | 11.9 | 0.0 | 18.4 |
| 3 | None | 0.0 | 0.0 | 0.0 | 2.4 | 0.0 | 20.6 | 0.0 | 33.2 | 0.1 | 5.5 | 0.0 | 1.0 | 0.0 | 13.5 | 0.0 | 20.0 |
| PS | 0.0 | 0.0 | 0.0 | 2.9 | 0.0 | 22.4 | 0.0 | 36.2 | 0.1 | 6.3 | 0.0 | 1.3 | 0.0 | 15.3 | 0.0 | 21.9 |
| 4 | None | 0.0 | 0.0 | 0.0 | 3.3 | 0.0 | 24.0 | 0.0 | 38.5 | 0.1 | 6.8 | 0.0 | 1.5 | 0.0 | 16.8 | 0.0 | 23.2 |
| PS | 0.0 | 0.0 | 0.0 | 3.9 | 0.0 | 26.4 | 0.0 | 42.0 | 0.1 | 7.8 | 0.0 | 1.8 | 0.0 | 19.1 | 0.0 | 25.4 |
| Vitamin E (Oil) | 0 | None | 100.0 | 0.0 | 99.7 | 0.0 | 98.8 | 0.0 | 99.8 | 0.0 | 98.8 | 0.0 | 99.0 | 0.0 | 100.0 | 0.0 | 99.5 | 0.0 |
| 1 | None | 100.0 | 0.0 | 99.2 | 0.0 | 96.3 | 0.0 | 98.6 | 0.0 | 97.8 | 0.0 | 98.0 | 0.0 | 99.0 | 0.0 | 98.1 | 0.0 |
| PS | 100.0 | 0.0 | 99.1 | 0.0 | 95.8 | 0.0 | 98.2 | 0.0 | 97.5 | 0.0 | 97.8 | 0.0 | 98.4 | 0.0 | 97.7 | 0.0 |
| PSC | 100.0 | 0.0 | 99.0 | 0.0 | 95.2 | 0.0 | 97.8 | 0.0 | 97.2 | 0.0 | 97.6 | 0.0 | 98.0 | 0.0 | 97.4 | 0.0 |
| 2 | None | 100.0 | 0.0 | 98.7 | 0.0 | 94.0 | 0.0 | 96.6 | 0.0 | 96.4 | 0.0 | 97.0 | 0.0 | 96.6 | 0.0 | 96.5 | 0.0 |
| PS | 100.0 | 0.0 | 98.4 | 0.0 | 92.9 | 0.0 | 95.2 | 0.0 | 95.7 | 0.0 | 96.5 | 0.0 | 94.9 | 0.0 | 95.6 | 0.0 |
| PSC | 100.0 | 0.0 | 98.1 | 0.0 | 91.8 | 0.0 | 93.6 | 0.0 | 95.0 | 0.0 | 96.1 | 0.0 | 93.8 | 0.0 | 94.7 | 0.0 |
| 3 | None | 100.0 | 0.0 | 98.0 | 0.0 | 91.1 | 0.0 | 92.8 | 0.0 | 94.7 | 0.0 | 95.9 | 0.0 | 93.0 | 0.0 | 94.2 | 0.0 |
| PS | 99.9 | 0.0 | 97.4 | 0.0 | 89.1 | 0.0 | 89.9 | 0.0 | 93.1 | 0.0 | 95.0 | 0.0 | 89.2 | 0.0 | 91.9 | 0.0 |
| PSC | 99.8 | 0.0 | 96.9 | 0.0 | 87.1 | 0.0 | 86.8 | 0.0 | 91.5 | 0.0 | 94.2 | 0.0 | 85.4 | 0.0 | 90.0 | 0.0 |
| 4 | None | 99.8 | 0.0 | 97.0 | 0.0 | 87.7 | 0.0 | 87.7 | 0.0 | 91.9 | 0.0 | 94.5 | 0.0 | 86.5 | 0.0 | 90.5 | 0.0 |
| PS | 99.7 | 0.0 | 96.1 | 0.0 | 84.6 | 0.0 | 82.8 | 0.0 | 89.2 | 0.0 | 93.2 | 0.0 | 79.8 | 0.0 | 87.6 | 0.0 |
| PSC | 99.4 | 0.0 | 95.1 | 0.0 | 81.4 | 0.0 | 77.9 | 0.0 | 86.7 | 0.0 | 92.0 | 0.0 | 72.5 | 0.0 | 84.8 | 0.0 |
| Niacin (Flour) | 0 | None | 11.6 | 0.0 | 13.0 | 0.1 | 3.4 | 6.1 | 0.5 | 15.4 | 10.9 | 1.2 | 13.4 | 0.2 | 2.2 | 6.8 | 2.0 | 12.7 |
| 1 | None | 3.9 | 0.0 | 4.9 | 0.5 | 1.6 | 14.8 | 0.0 | 28.0 | 5.6 | 3.0 | 7.6 | 0.6 | 0.7 | 13.7 | 0.7 | 20.0 |
| PS | 3.0 | 0.0 | 3.9 | 0.6 | 1.4 | 17.4 | 0.0 | 31.6 | 4.7 | 3.7 | 6.7 | 0.8 | 0.5 | 15.4 | 0.5 | 21.9 |
| PSC | 2.8 | 0.0 | 3.5 | 0.6 | 1.3 | 18.4 | 0.0 | 33.2 | 4.5 | 4.0 | 6.4 | 0.9 | 0.5 | 16.3 | 0.5 | 22.8 |
| 2 | None | 1.0 | 0.0 | 1.4 | 1.2 | 0.8 | 26.5 | 0.0 | 45.4 | 3.1 | 6.6 | 4.4 | 2.0 | 0.2 | 23.2 | 0.3 | 29.1 |
| PS | 0.6 | 0.2 | 0.9 | 2.1 | 0.6 | 32.4 | 0.0 | 53.8 | 2.3 | 9.0 | 3.5 | 3.2 | 0.1 | 29.4 | 0.2 | 34.1 |
| PSC | 0.5 | 0.2 | 0.8 | 2.8 | 0.6 | 34.4 | 0.0 | 57.2 | 2.0 | 9.9 | 3.2 | 3.8 | 0.1 | 31.9 | 0.1 | 36.2 |
| 3 | None | 0.3 | 0.3 | 0.6 | 4.3 | 0.5 | 38.9 | 0.0 | 64.0 | 1.7 | 11.9 | 2.7 | 4.9 | 0.1 | 36.1 | 0.1 | 39.6 |
| PS | 0.0 | 0.6 | 0.5 | 8.6 | 0.3 | 46.8 | 0.0 | 74.7 | 1.1 | 17.0 | 2.0 | 8.1 | 0.0 | 46.3 | 0.0 | 47.8 |
| PSC | 0.0 | 0.9 | 0.5 | 10.7 | 0.3 | 49.7 | 0.0 | 78.7 | 1.0 | 19.1 | 1.8 | 9.6 | 0.0 | 50.2 | 0.0 | 51.2 |
| 4 | None | 0.0 | 0.9 | 0.4 | 11.2 | 0.3 | 50.3 | 0.0 | 79.5 | 1.0 | 18.9 | 1.8 | 9.6 | 0.0 | 49.8 | 0.0 | 50.9 |
| PS | 0.0 | 2.9 | 0.2 | 19.1 | 0.2 | 60.4 | 0.0 | 88.4 | 0.6 | 27.1 | 1.3 | 15.5 | 0.0 | 62.5 | 0.0 | 61.4 |
| PSC | 0.0 | 3.8 | 0.2 | 22.9 | 0.2 | 63.7 | 0.0 | 90.9 | 0.5 | 30.1 | 1.1 | 18.2 | 0.0 | 67.0 | 0.0 | 65.4 |