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|  | | | | **Area and Season: Rural Summer** | | | **Area and Season: Rural Winter** | | | | |
| **Nutrient** | **Published Levels (per 100g of flour)** | **Modeled Optimum** | **Overage Guideline** | **Optimal Level (per 100g of vehicle)** | **%<EAR, Females** | **%<EAR, Males** | **Optimal Level (per 100g of flour)** | **%<EAR, Females** | | **%<EAR, Males** | |
| Thiamine | 0.4 mg | Female Optimum | None | 0.3 mg | 18.3 | 10.9 | 0.4 mg | 18.7 | | 1.5 | |
| PS | 7.8 | 6.6 | 7.9 | | 0.3 | |
| PSC | 4.8 | 5.2 | 4.8 | | 0.1 | |
| Male Optimum | None | 0.3 mg | 17.2 | 10.5 | 0.2 mg | 51.4 | | 14.1 | |
| PS | 7.0 | 6.2 | 38.3 | | 6.9 | |
| PSC | 4.3 | 4.9 | 31.8 | | 4.4 | |
| Riboflavin | 0.4 mg | Female Optimum | None | 0.0 mg | 3.4 | 5.3 | 0.1 mg | 6.1 | | 0.2 | |
| PS | 3.4 | 5.3 | 5.0 | | 0.1 | |
| PSC | 3.4 | 5.3 | 4.7 | | 0.0 | |
| Male Optimum | None | 0.0 mg | 3.1 | 5.0 | 0.0 mg | 10.9 | | 0.6 | |
| PS | 3.1 | 4.9 | 10.9 | | 0.6 | |
| PSC | 3.1 | 4.9 | 10.9 | | 0.6 | |
| Folate | 100 μg, 130 μg,  150 μg | Female Optimum | None | 187.0 μg | 73.2 | 25.2 | 210.7 μg | 36.4 | | 3.6 | |
| PS | 25.4 | 10.2 | 15.6 | | 0.6 | |
| PSC | 4.9 | 4.7 | 5.0 | | 0.0 | |
| Male Optimum | None | 183.2 μg | 75.3 | 26.3 | 104.1 μg | 82.7 | | 42.3 | |
| PS | 28.0 | 10.8 | 65.0 | | 18.9 | |
| PSC | 6.1 | 5.0 | 42.1 | | 5.0 | |
| Vitamin B12 | 0.80 μg, 1.00 μg | Female Optimum | None | 0.0 μg | 0.0 | 0.0 | 0.0 μg | 0.0 | | 0.0 | |
| PS | 0.0 | 0.0 | 0.0 | | 0.0 | |
| Male Optimum | None | 0.0 μg | 0.0 | 0.0 | 0.0 μg | 0.0 | | 0.0 | |
| PS | 0.0 | 0.0 | 0.0 | | 0.0 | |
|  | | | | **Area and Season: Urban Summer** | | | **Area and Season: Urban Winter** | | | | |
| **Nutrient** | **Published Levels (per 100g of flour)** | **Modeled Optimum** | **Overage Guideline** | **Optimal Level (per 100g of vehicle)** | **%<EAR, Females** | **%<EAR, Males** | **Optimal Level (per 100g of flour)** | **%<EAR, Females** | **%<EAR, Males** | |
| Thiamine | 0.4 mg | Female Optimum | None | 0.4 mg | 14.3 | 5.9 | 0.7 mg | 14.9 | 2.2 | |
| PS | 6.9 | 1.4 | 7.0 | 0.3 | |
| PSC | 5.0 | 0.7 | 4.9 | 0.1 | |
| Male Optimum | None | 0.3 mg | 25.9 | 15.8 | 0.3 mg | 36.8 | 18.3 | |
| PS | 16.4 | 7.5 | 25.1 | 7.6 | |
| PSC | 13.3 | 4.9 | 20.4 | 4.7 | |
| Riboflavin | 0.4 mg | Female Optimum | None | 0.1 mg | 5.5 | 6.9 | 0.2 mg | 6.1 | 1.4 | |
| PS | 5.0 | 5.9 | 5.1 | 0.9 | |
| PSC | 4.8 | 5.6 | 4.8 | 0.7 | |
| Male Optimum | None | 0.1 mg | 5.1 | 6.2 | 0.0 mg | 11.4 | 4.8 | |
| PS | 4.4 | 5.0 | 11.4 | 4.8 | |
| PSC | 4.2 | 4.7 | 11.4 | 4.8 | |
| Folate | 100 μg, 130 μg,  150 μg | Female Optimum | None | 260.7 μg | 28.0 | 3.6 | 336.7 μg | 26.1 | 1.0 | |
| PS | 10.9 | 0.2 | 10.8 | 0.1 | |
| PSC | 5.0 | 0.0 | 5.0 | 0.0 | |
| Male Optimum | None | 129.2 μg | 69.9 | 44.6 | 133.6 μg | 77.5 | 42.9 | |
| PS | 46.6 | 15.7 | 59.6 | 15.7 | |
| PSC | 31.7 | 5.0 | 42.9 | 5.0 | |
| Vitamin B12 | 0.80 μg, 1.00 μg | Female Optimum | None | 0.0 μg | 0.5 | 0.0 | 0.0 μg | 0.0 | 0.0 | |
| PS | 0.5 | 0.0 | 0.0 | 0.0 | |
| Male Optimum | None | 0.0 μg | 0.5 | 0.0 | 0.0 μg | 0.0 | 0.0 | |
| PS | 0.5 | 0.0 | 0.0 | 0.0 | |