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|  | **Area and Season: Rural Summer** | **Area and Season: Rural Winter** |
| **Nutrient** | **Published Levels (per 100g of flour)** | **Modeled Guideline** | **Overage Guideline** | **Optimal Level (per 100g of flour)** | **%<EAR, Females** | **%>UL, Females** | **%<EAR, Males** | **%>UL, Males** | **Optimal Level (per 100g of flour)** | **%<EAR, Females** | **%>UL, Females** | **%<EAR, Males** | **%>UL, Males** |
| Iron | 2.0 mg, 3.0 mg | Female | None | 2.6 mg | 5.4 | 0 | 0 | 2.3 | 1.3 mg | 5.2 | 0 | 0 | 0 |
| Optimum | PS | 5.1 | 0 | 0 | 2.4 | 5 | 0 | 0 | 0 |
| Male | None | 0.0 mg | 18.7 | 0 | 0.5 | 0 | 0.0 mg | 10.6 | 0 | 0 | 0 |
| Optimum | PS | 18.7 | 0 | 0.5 | 0 | 10.6 | 0 | 0 | 0 |
| Zinc | 3.0 mg, 4.0 mg | Female | None | 0.0 mg | 1.4 | 0 | 0.8 | 0.2 | 0.0 mg | 1.9 | 0 | 0.5 | 2.5 |
| Optimum | PS | 1.4 | 0 | 0.8 | 0.2 | 1.9 | 0 | 0.5 | 2.5 |
| Male | None | 0.0 mg | 1.4 | 0 | 0.8 | 0.2 | 0.0 mg | 1.9 | 0 | 0.5 | 2.5 |
| Optimum | PS | 1.4 | 0 | 0.8 | 0.2 | 1.9 | 0 | 0.5 | 2.5 |
| Vitamin A | 100 μg, 150 μg | Female | None | 151.8 μg | 13.3 | 1.5 | 22.4 | 4.6 | 267.0 μg | 16.5 | 1.8 | 0 | 0 |
| Optimum | PS | 5.9 | 0.3 | 14.3 | 5.1 | 6.2 | 2 | 0 | 0 |
|   | PSC | 5 | 0.3 | 12.7 | 5.2 | 5 | 2.1 | 0 | 0 |
| Male | None | 210.5 μg | 5.8 | 0.3 | 13.8 | 5.1 | 105.5 μg | 50.6 | 1.2 | 14 | 1.7 |
| Optimum | PS | 1.3 | 0.3 | 5.9 | 5.8 | 42.7 | 1.4 | 6.6 | 0.7 |
|   | PSC | 1 | 0.3 | 5 | 6 | 40.6 | 1.4 | 5 | 0.6 |
| Vitamin D | 55 IU | Female | None | 209.4 IU | 96.3 | 0 | 27 | 0 | 168.7 IU | 77.6 | 0 | 28.4 | 0 |
| Optimum | PS | 50 | 0 | 11.6 | 0 | 50 | 0 | 7.6 | 0 |
|   | PSC | 50 | 0 | 11.6 | 0 | 50 | 0 | 7.6 | 0 |
| Male | None | 125.7 IU | 100 | 0 | 71.4 | 0 | 117.8 IU | 98.3 | 0 | 86.7 | 0 |
| Optimum | PS | 100 | 0 | 50 | 0 | 89.1 | 0 | 50 | 0 |
|   | PSC | 100 | 0 | 50 | 0 | 89.1 | 0 | 50 | 0 |
| Niacin | 3.0 mg | Female | None | 0.9 mg | 6.2 | 0 | 2 | 11.1 | 1.1 mg | 6.1 | 0.3 | 0.1 | 24.1 |
| Optimum | PS | 5.3 | 0 | 1.9 | 12.5 | 5.2 | 0.4 | 0.1 | 26.9 |
|   | PSC | 5 | 0 | 1.8 | 12.9 | 5 | 0.5 | 0 | 28 |
| Male | None | 0.0 mg | 11.6 | 0 | 3.4 | 6.1 | 0.0 mg | 13 | 0.1 | 0.5 | 15.4 |
| Optimum | PS | 11.6 | 0 | 3.4 | 6.1 | 13 | 0.1 | 0.5 | 15.4 |
|   | PSC | 11.6 | 0 | 3.4 | 6.1 | 13 | 0.1 | 0.5 | 15.4 |
|  | **Area and Season: Urban Summer** | **Area and Season: Urban Winter** |
| **Nutrient** | **Published Levels (per 100g of flour)** | **Modeled Guideline** | **Overage Guideline** | **Optimal Level (per 100g of flour)** | **%<EAR, Females** | **%>UL, Females** | **%<EAR, Males** | **%>UL, Males** | **Optimal Level (per 100g of flour)** | **%<EAR, Females** | **%>UL, Females** | **%<EAR, Males** | **%>UL, Males** |
| Iron | 2.0 mg, 3.0 mg | Female | None | 3.1 mg | 5.4 | 0.3 | 0 | 0.3 | 4.6 mg | 5.3 | 1 | 0 | 6.9 |
| Optimum | PS | 5 | 0.4 | 0 | 0.4 | 5 | 1.2 | 0 | 7.8 |
| Male | None | 0.0 mg | 16.8 | 0 | 0.2 | 0 | 0.0 mg | 22.2 | 0 | 0 | 0.3 |
| Optimum | PS | 16.8 | 0 | 0.2 | 0 | 22.2 | 0 | 0 | 0.3 |
| Zinc | 3.0 mg, 4.0 mg | Female | None | 0.0 mg | 2.1 | 0.1 | 0.5 | 0.2 | 0.0 mg | 0.3 | 0 | 0.8 | 1 |
| Optimum | PS | 2.1 | 0.1 | 0.5 | 0.2 | 0.3 | 0 | 0.8 | 1 |
| Male | None | 0.0 mg | 2.1 | 0.1 | 0.5 | 0.2 | 0.0 mg | 0.3 | 0 | 0.8 | 1 |
| Optimum | PS | 2.1 | 0.1 | 0.5 | 0.2 | 0.3 | 0 | 0.8 | 1 |
| Vitamin A | 100 μg, 150 μg | Female | None | 220.6 μg | 12.5 | 0.8 | 17.9 | 4.4 | 395.3 μg | 11.5 | 0.5 | 0.3 | 7.6 |
| Optimum | PS | 5.6 | 1.2 | 7.9 | 5.2 | 5.6 | 1 | 0 | 10 |
|   | PSC | 5 | 1.2 | 6.8 | 5.3 | 5 | 1.1 | 0 | 10.5 |
| Male | None | 240.5 μg | 10.5 | 0.8 | 14.8 | 4.6 | 176.0 μg | 36.7 | 0.2 | 11.7 | 9.7 |
| Optimum | PS | 4.4 | 1.3 | 5.8 | 5.5 | 26 | 0.3 | 6.1 | 9.1 |
|   | PSC | 3.8 | 1.3 | 5 | 5.7 | 24.6 | 0.3 | 5 | 9.1 |
| Vitamin D | 55 IU | Female | None | 178.8 IU | 73.4 | 0 | 38.8 | 0 | 207.1 IU | 72.5 | 0 | 26.4 | 0 |
| Optimum | PS | 50 | 0 | 9.7 | 0 | 50 | 0 | 8 | 0 |
|   | PSC | 50 | 0 | 9.7 | 0 | 50 | 0 | 8 | 0 |
| Male | None | 129.4 IU | 92.7 | 0 | 85.3 | 0 | 135.0 IU | 95.1 | 0 | 22.6 | 0 |
| Optimum | PS | 78.6 | 0 | 50 | 0 | 85.6 | 0 | 50 | 0 |
|   | PSC | 78.6 | 0 | 50 | 0 | 85.6 | 0 | 50 | 0 |
| Niacin | 3.0 mg | Female | None | 1.3 mg | 6.1 | 2.7 | 0.9 | 12.6 | 2.0 mg | 6.4 | 0.9 | 0.5 | 22.6 |
| Optimum | PS | 5.3 | 3.2 | 0.6 | 13.9 | 5.3 | 1.4 | 0.4 | 25.6 |
|   | PSC | 5 | 3.4 | 0.5 | 14.6 | 5 | 1.6 | 0.3 | 26.9 |
| Male | None | 0.0 mg | 10.9 | 1.2 | 2.2 | 6.8 | 0.0 mg | 13.4 | 0.2 | 2 | 12.7 |
| Optimum | PS | 10.9 | 1.2 | 2.2 | 6.8 | 13.4 | 0.2 | 2 | 12.7 |
|  | PSC | 10.9 | 1.2 | 2.2 | 6.8 | 13.4 | 0.2 | 2 | 12.7 |