

**Table 1 Comparison of energy and nutrient intake of male high-school students with the dietary reference intake (DRI)**

<b>Nutrient</b>	<b>Mean (SD)</b>	<b>DRI</b>	<b>P-value</b>
Energy (Kcal/d)	2160(675.7)	2400	0.001
Protein (g/d)	55.5(25.21)	52	0.16
Carbohydrates (g/d)	308.38(90.3)	130	0.0001
Fat (g/d)	34.10 (68.5)	25–30%	0.07
Fibre (g/d)	5.23 (4.25)	38	0.0001
Vitamin A (IU/d)	920.1 (875.2)	3000	0.0001
Vitamin D (IU/d)	150.15 (90.85)	200	0.0001
Vitamin E (mg/d)	6.35 (6.45)	15	0.0001
Vitamin C (mg/d)	30.5 (42.3)	75	0.0001
Vitamin B1 (mg/d)	1.0 (0.5)	1.2	0.12
Vitamin B2 (mg/d)	1.1 (0.6)	1.3	0.14
Vitamin B3(mg/d)	14.7 (6.9)	16	0.21
Vitamin B6 (mg/d)	1.2 (0.7)	1.3	0.75
Vitamin B9 (folate (µg/d)	228 (125.72)	400	0.0001
Vitamin B12 (µg/d)	2.6 (1.6)	2.4	0.18
Calcium (mg/d)	345.5 (575.15)	1300	0.0001
Iron (mg/d)	17.3 (8.5)	11	0.01
Zinc (mg/d)	4.5 (8.0)	11	0.01

SD = standard deviation; d = day.