

Table 2 Estimated daily intake of energy and nutrients for Iranian adults (n = 102) using 24-hour recall, the Diet History Questionnaire (DHQ) and the Food Frequency Questionnaire (FFQ)

Nutrient	Method								
	24-hour recall			DHQ			FFQ		
	Mean	SD	Median	Mean	SD	Median	Mean	SD	Median
Energy (kcal)	2761.9	771.8	2784.9	2026.4	587.7	1926.7	2942.5	1502.7	2610.1
Carbohydrate (g)	448.6	218.6	402.5	320.3	127.5	289.4	367.2	162.1	331.4
Protein (g)	151.2	65.5	145.3	75.2	31.0	71.0	111.2	67.3	90.4
Fat (g)	105.9	48.4	97.2	60.9	24.0	57.9	129.5	145.9	86.7
Fibre (g)	27.1	11.9	24.3	15.9	5.56	15.3	23.8	7.6	22.6
Sucrose (g)	47.6	25.5	41.2	39.85	28.3	34.7	62.6	43.1	50.5
Cholesterol (mg)	419.2	242.4	374.9	200.3	141.5	166.7	207.6	287.3	123.0
Vitamin A (RE)	1121.6	553.7	1020.8	650.4	337.8	574.6	8995.2	5770.2	7991.6
Carotene (µg)	4689.0	2608.0	4119.9	3071.7	2636.1	2449.2	4114.5	2067.0	3864.9
Thiamine (mg)	0.2	0.3	0.10	0.7	0.1	0.74	0.2	0.3	0.1
Riboflavin (mg)	0.1	0.3	0.04	1.4	0.8	1.22	0.2	0.2	0.2
Niacin	27.4	15.5	23.76	18.4	9.9	16.71	23.8	12.7	20.9
Vitamin B ₆	0.3	0.30	0.20	1.3	0.5	1.24	0.3	0.3	0.2
Folate (µg)	520.4	213.6	487.9	263.4	119.7	236.3	422.4	225.6	375.5
Vitamin B ₁₂	3.5	2.4	2.92	3.3	5.2	1.8	3.86	5.6	2.4
Biotin	71.5	35.9	66.5	30.2	16.30	26.0	43.6	19.1	39.4
Vitamin C (mg)	256.4	116.2	237.7	137.2	87.5	121.3	225.1	121.3	196.3
Sodium (mg)	3251.7	1668.3	2949.0	2107.7	831.1	1960.3	4670.4	2303.1	4023.9
Potassium (mg)	6992.3	2983.4	6644.8	2990.6	1176.2	2697.0	4813.8	1676.3	4623.2
Calcium (mg)	2295.0	1280.2	2201.4	752.0	263.7	717.3	948.3	541.7	802.9
Magnesium (mg)	521.3	237.2	477.8	245.2	107.1	221.6	369.0	155.0	328.4
Iron (mg)	24.7	16.4	20.8	19.9	7.8	18.9	25.2	14.7	21.2
Zinc (mg)	17.7	8.4	17.5	8.0	3.2	7.35	9.4	5.5	7.8
Selenium (mg)	123.0	73.8	103.5	89.1	43.5	79.9	110.2	69.3	92.4

SD = standard deviation; RE = retinol equivalent.