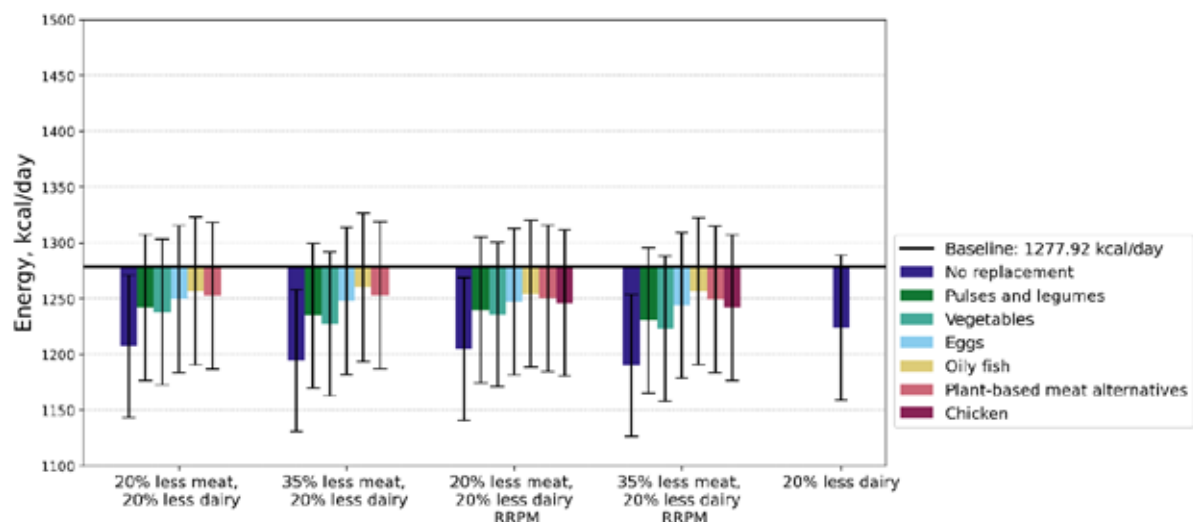


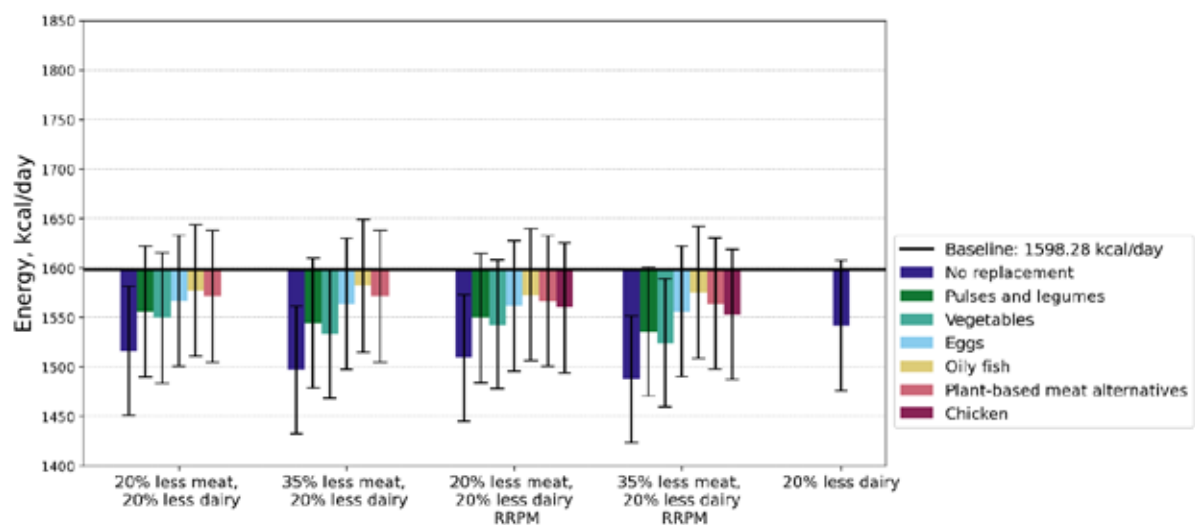
Annexe 1. Simulation Results: Energy and Nutrient Intake, Figures

Figure 1. Impact of reducing meat and dairy on energy intake (kcal/day) by age group among children and young people aged 2 to 15 years living in Scotland, 2024.

2-4 years



5-10 years



11-15 years

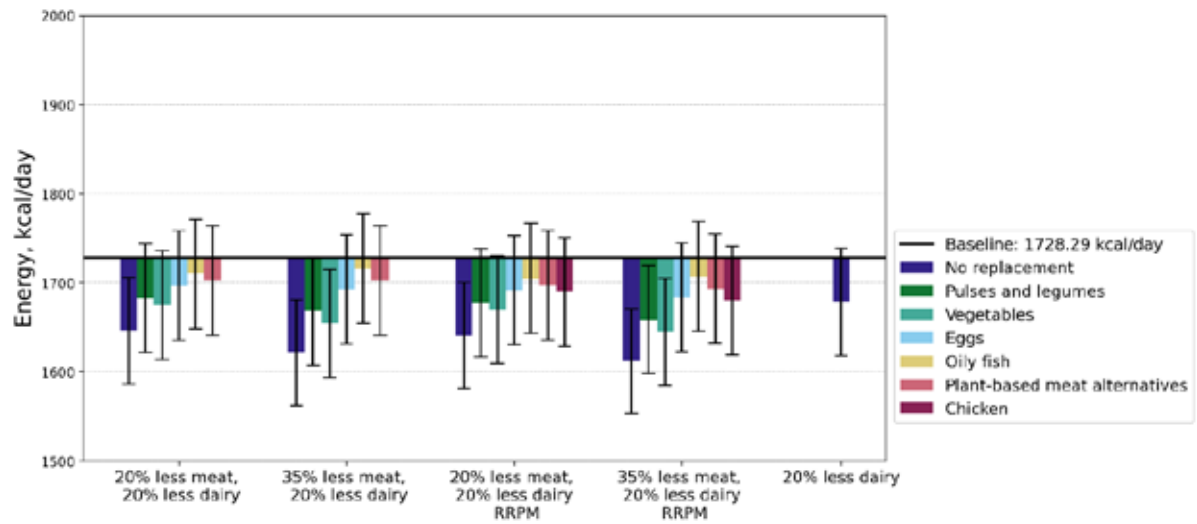
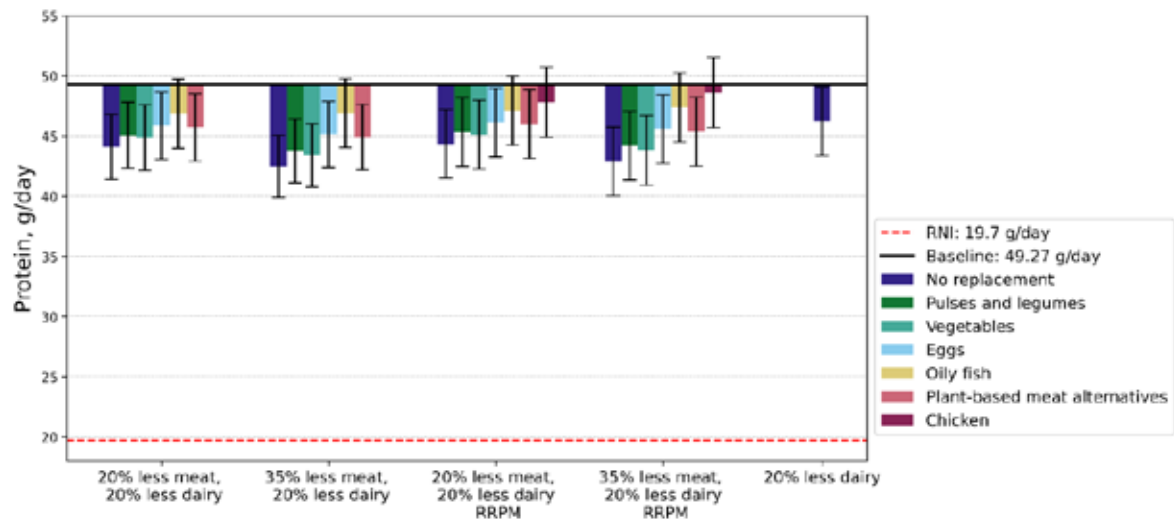
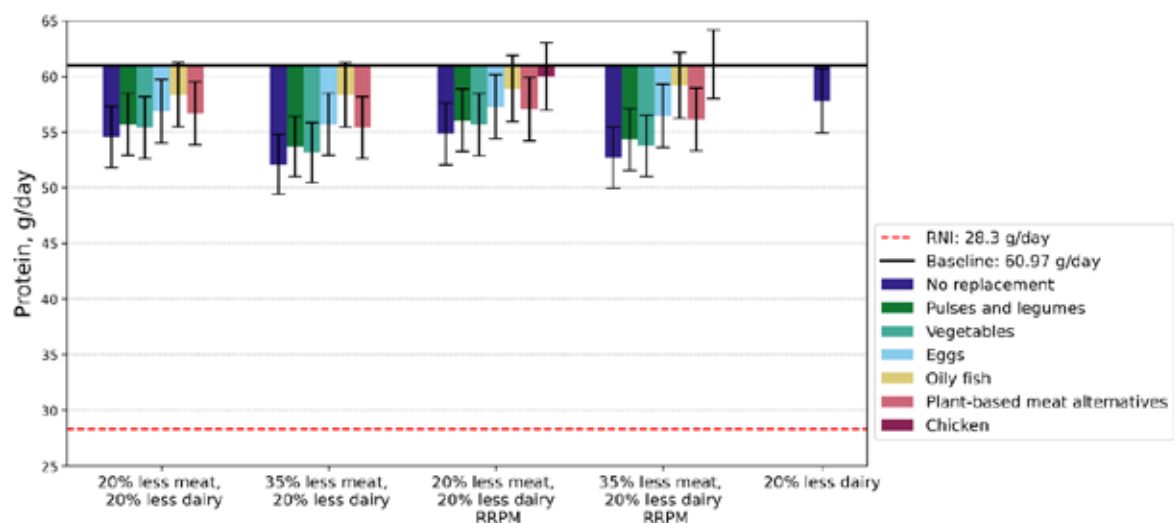


Figure 2. Impact of reducing meat and dairy on protein intake (g/day) by age group among children and young people aged 2 to 15 years living in Scotland, 2024. RNI values correspond to the highest value in each age group.

2-4 years



5-10 years



11-15 years

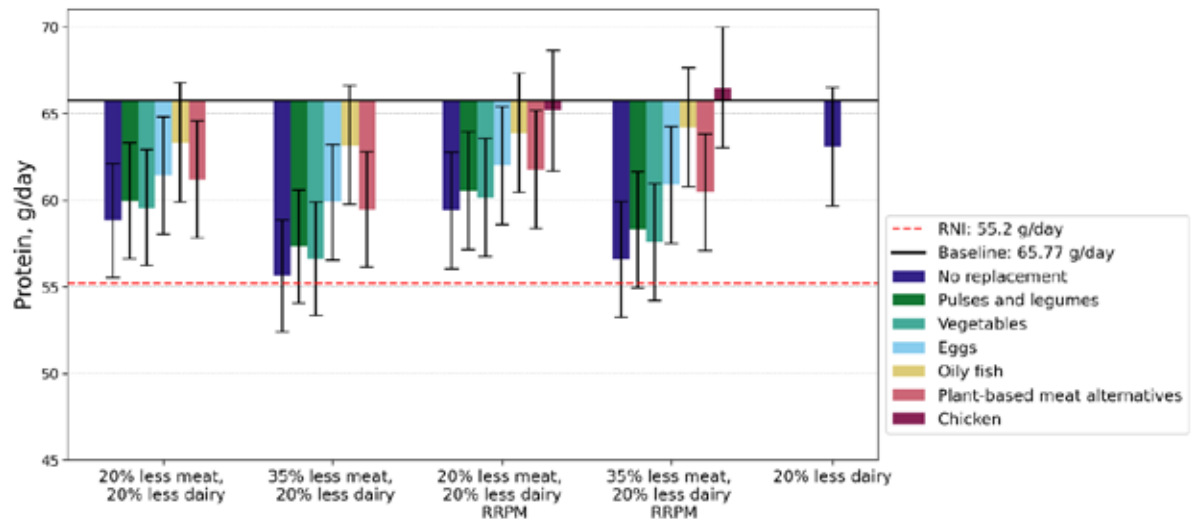
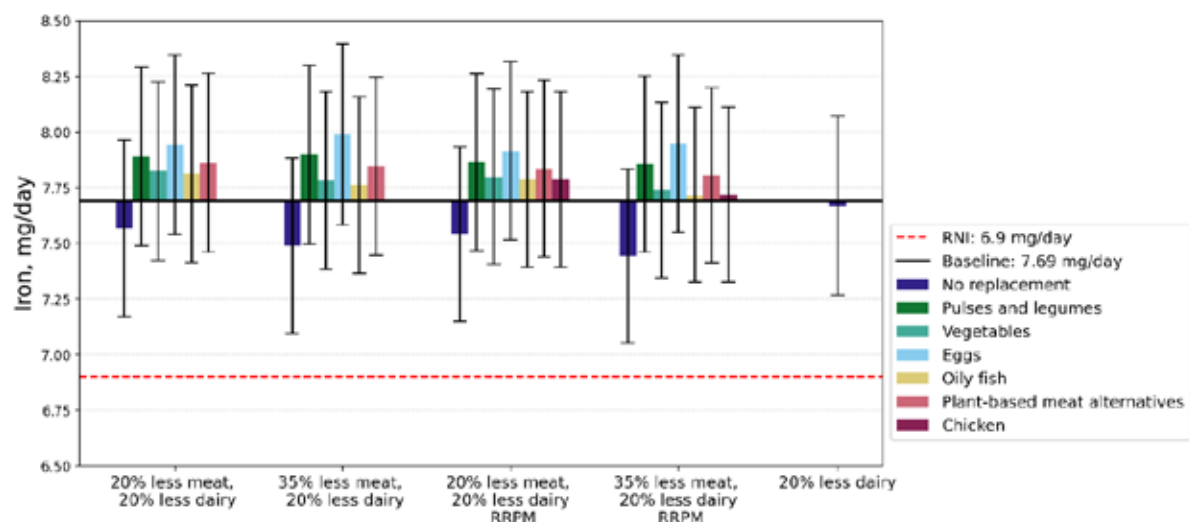
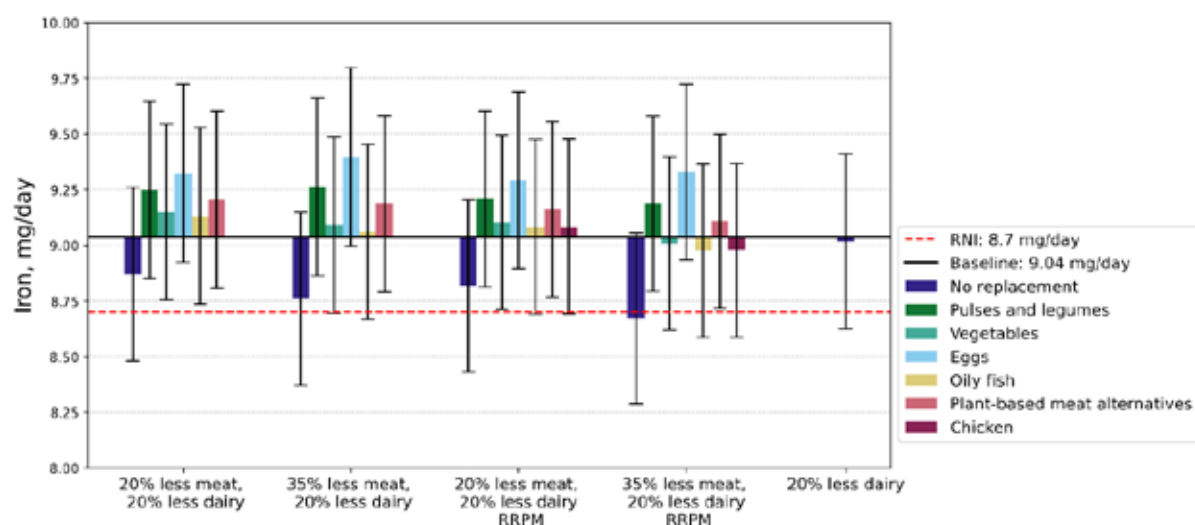


Figure 3. Impact of reducing meat and dairy on iron intake (mg/day) by age group among children and young people aged 2 to 15 years living in Scotland, 2024. RNI values correspond to the highest value in each age group.

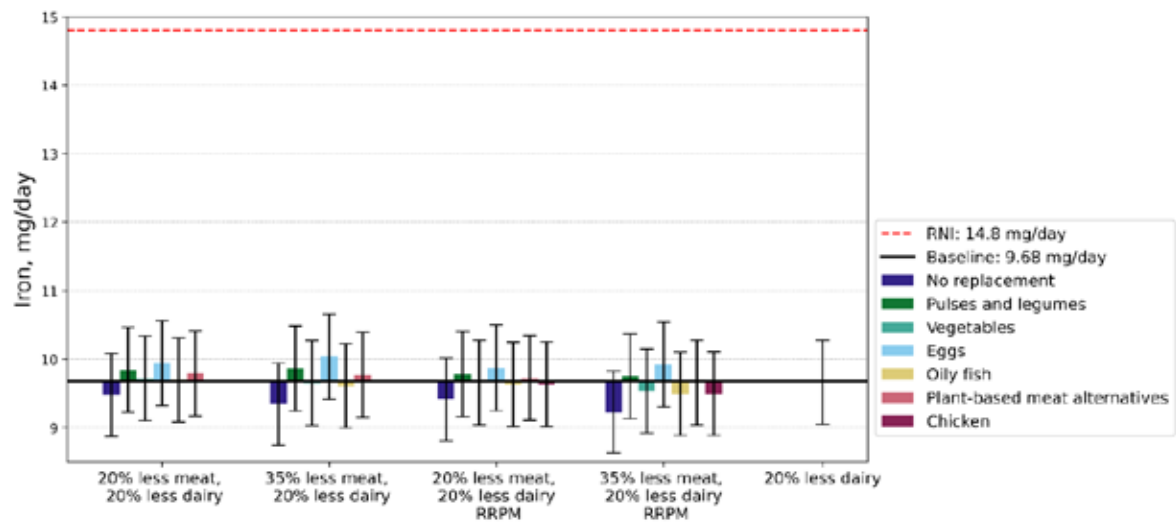
2-4 years



5-10 years



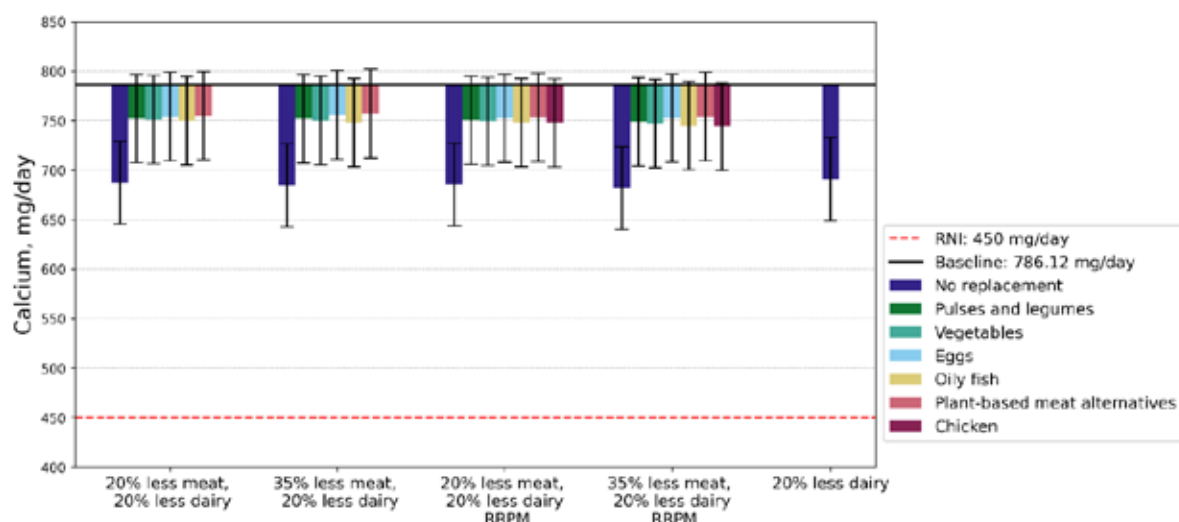
11-15 years*



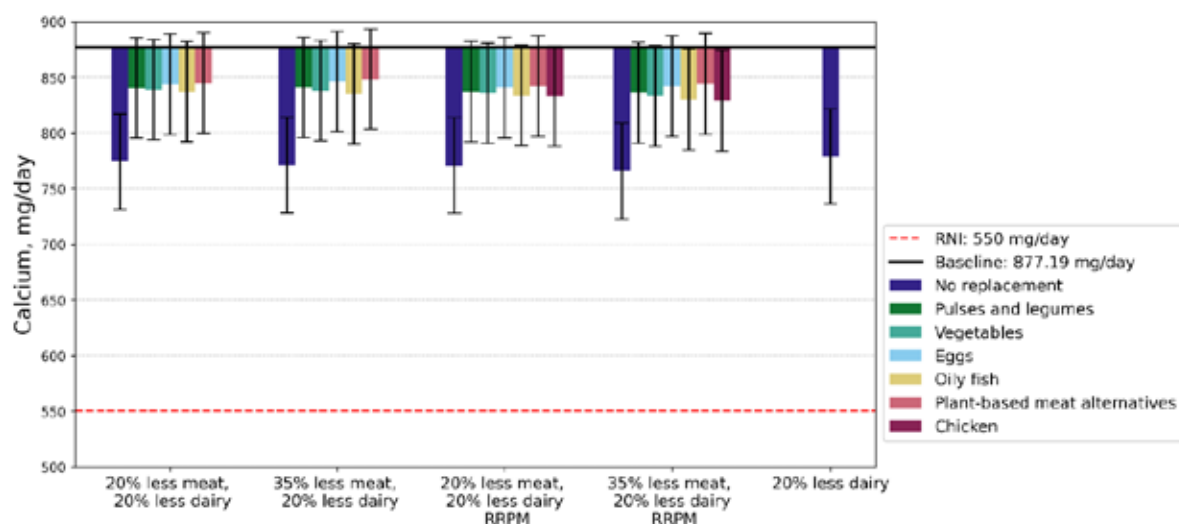
*Note: the RNI shown in the figure is for females. The RNI for males 11-15 years is 11.3 mg/day.

Figure 4. Impact of reducing meat and dairy on calcium intake (mg/day) by age group among children and young people aged 2 to 15 years living in Scotland, 2024. RNI values correspond to the highest value in each age group.

2-4 years



5-10 years



11 to 15 years

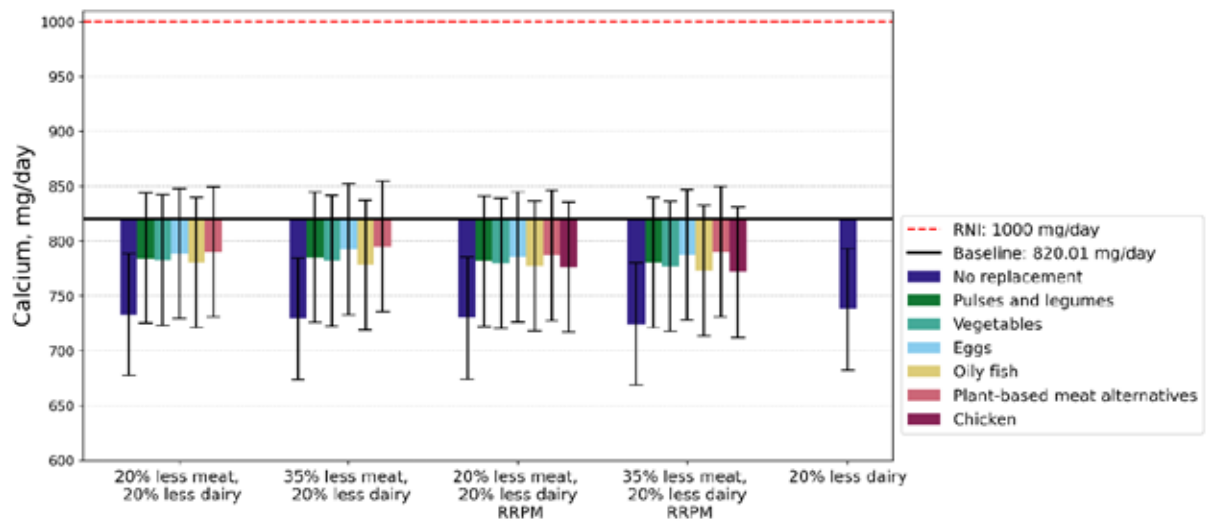
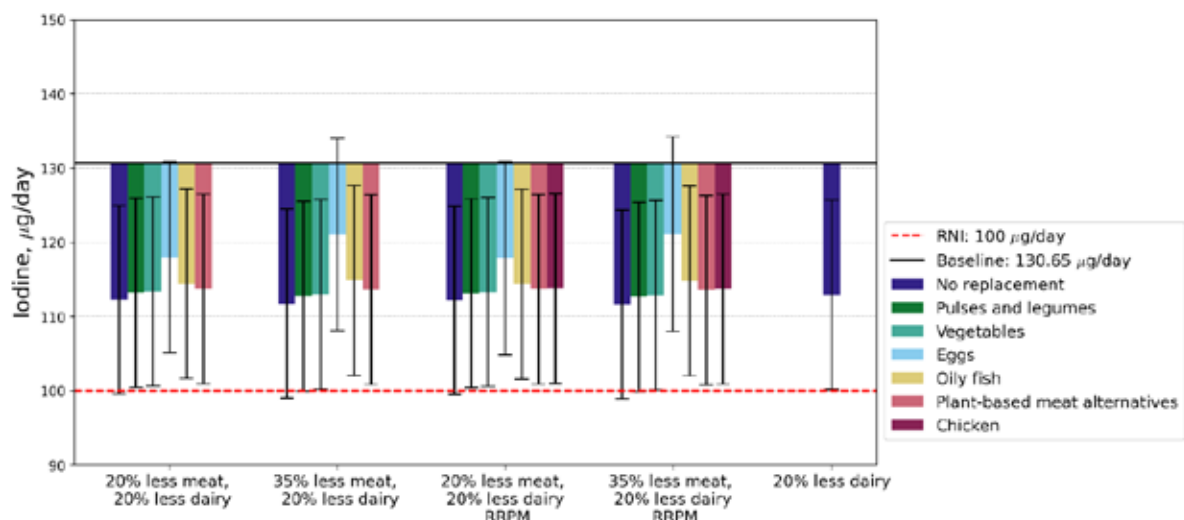
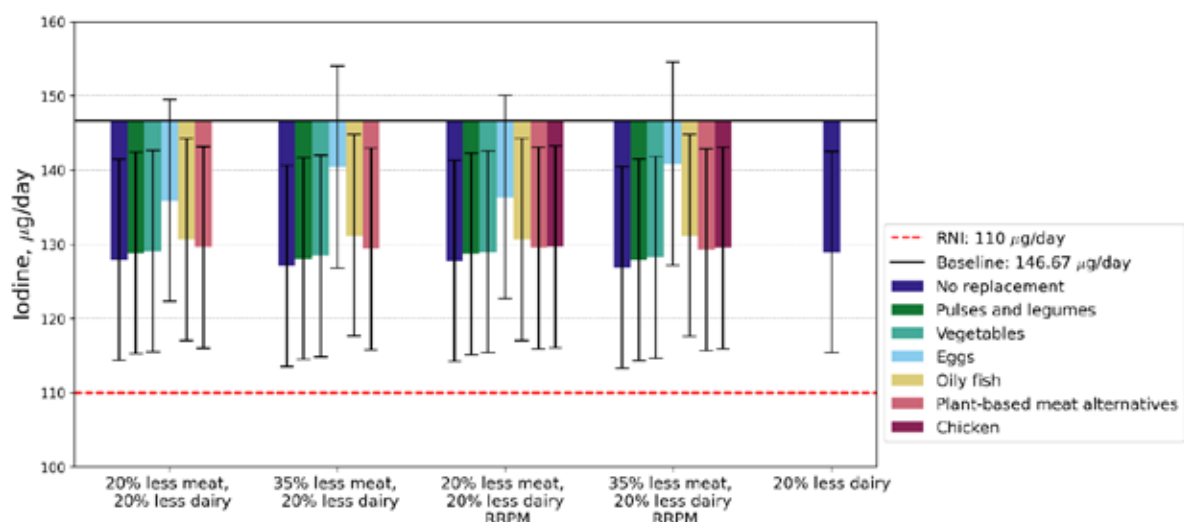


Figure 5. Impact of reducing meat and dairy on iodine intake ($\mu\text{g/day}$) by age group among children and young people aged 2 to 15 years living in Scotland, 2024. RNI values correspond to the highest value in each age group.

2 to 4 years



5 to 10 years



11 to 15 years

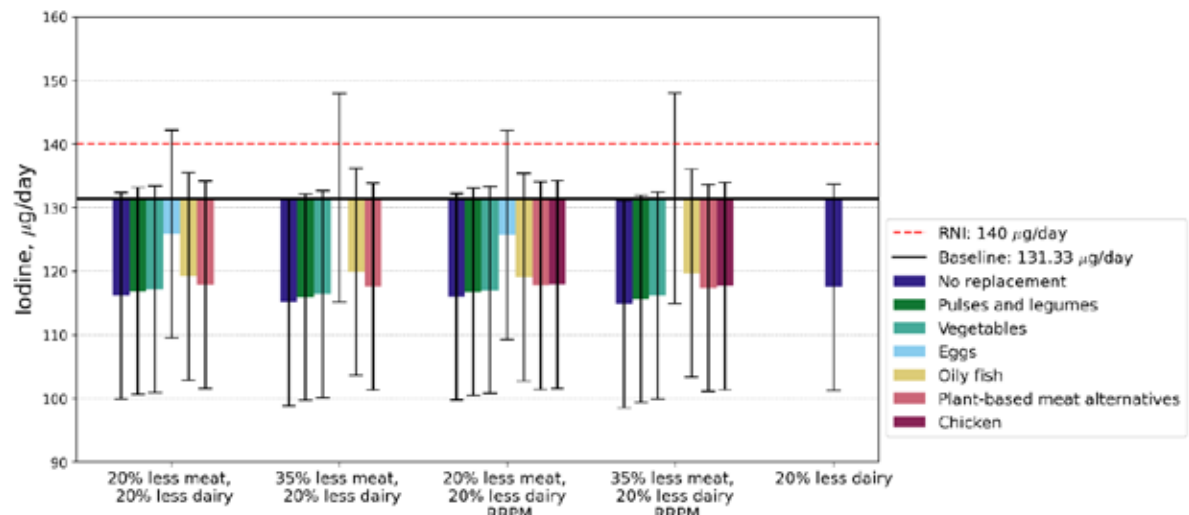
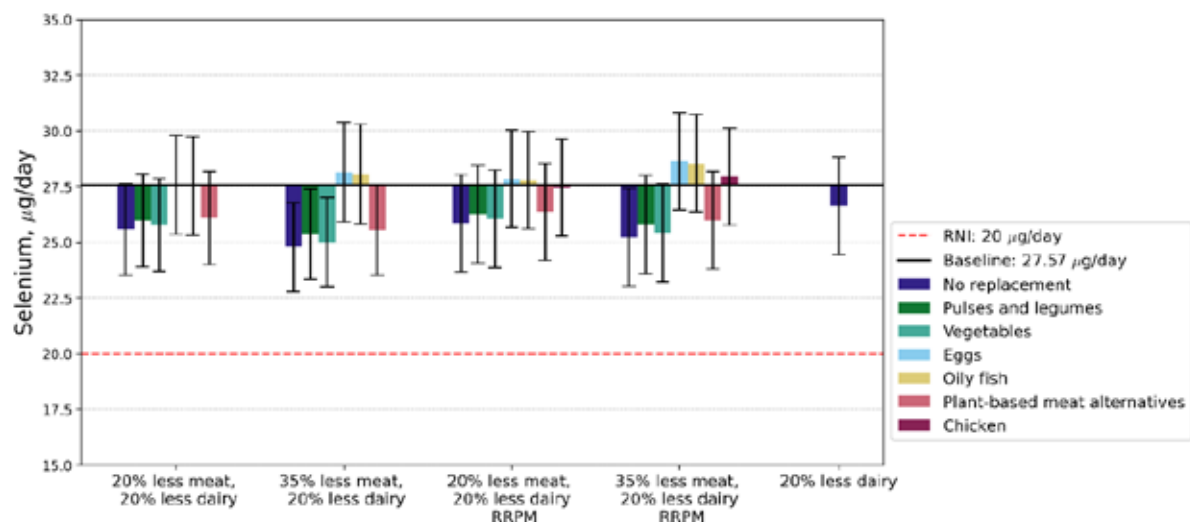
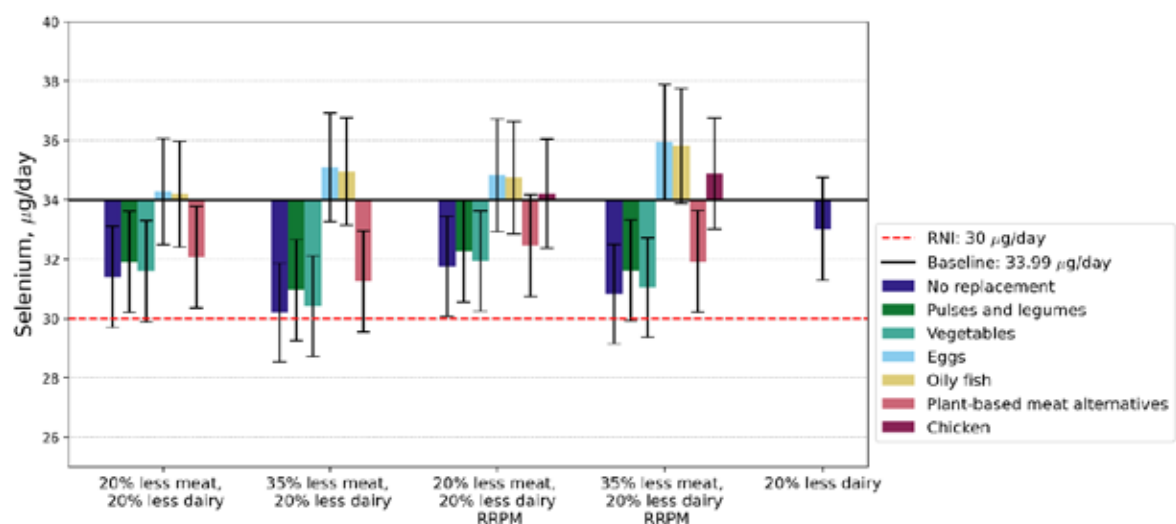


Figure 6. Impact of reducing meat and dairy on selenium intake ($\mu\text{g/day}$) by age group among children and young people aged 2 to 15 years living in Scotland, 2024. RNI values correspond to the highest value in each age group.

2 to 4 years



5 to 10 years



11 to 15 years

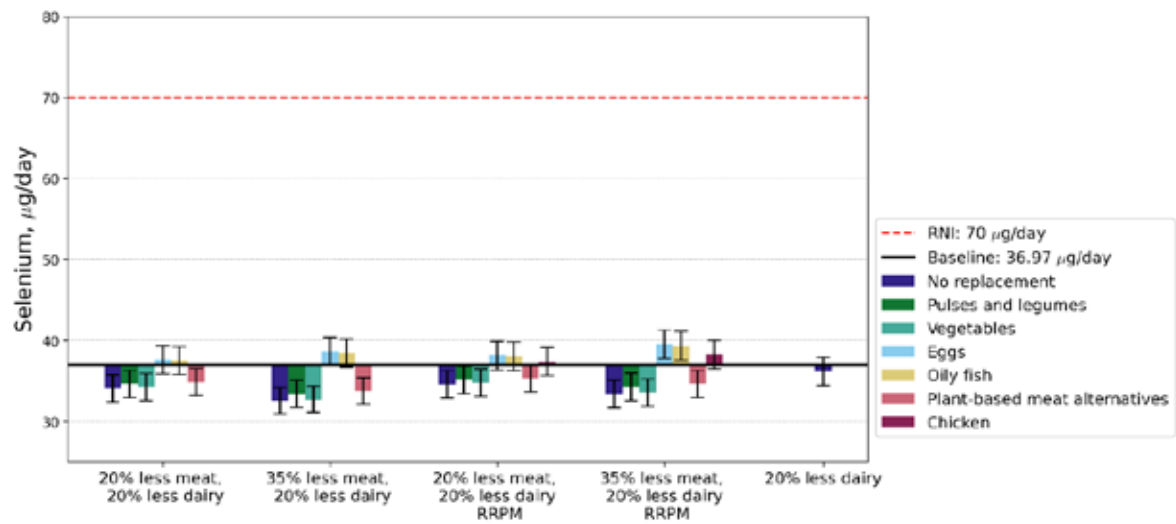
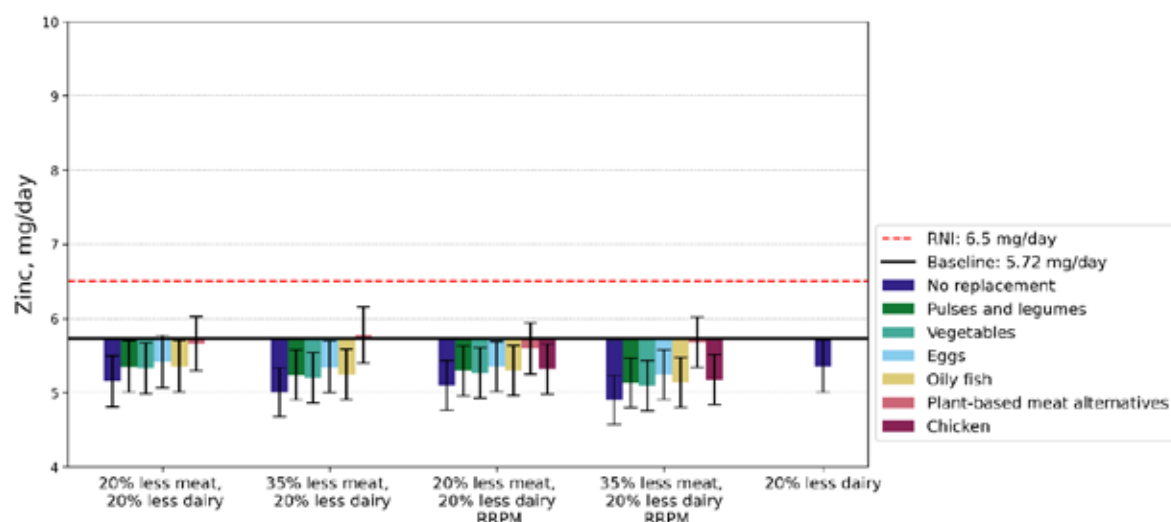
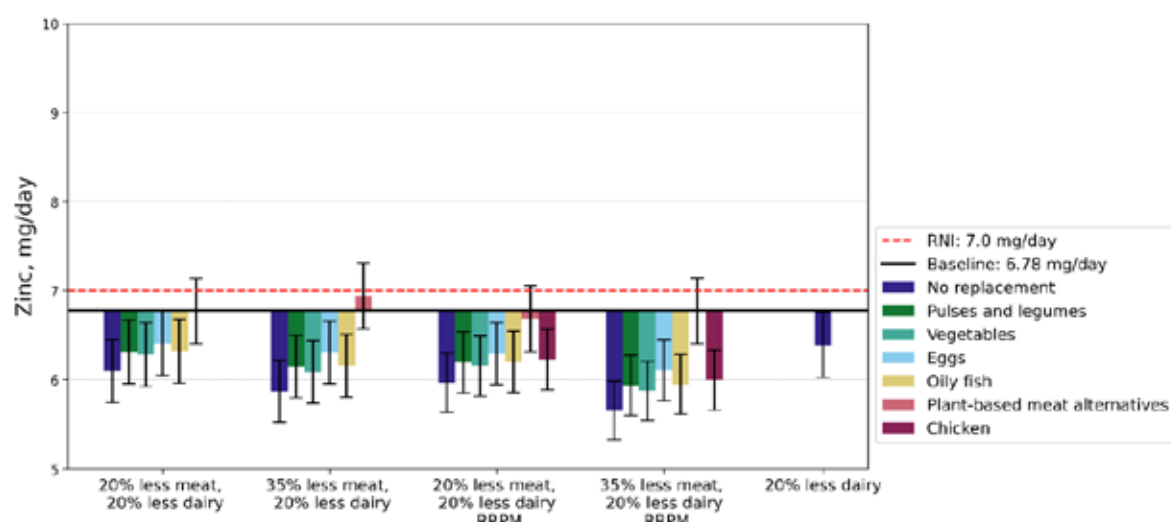


Figure 7. Impact of reducing meat and dairy on zinc intake (mg/day) by age group among children and young people aged 2 to 15 years living in Scotland, 2024. RNI values correspond to the highest value in each age group.

2 to 4 years



5 to 10 years



11 to 15 years

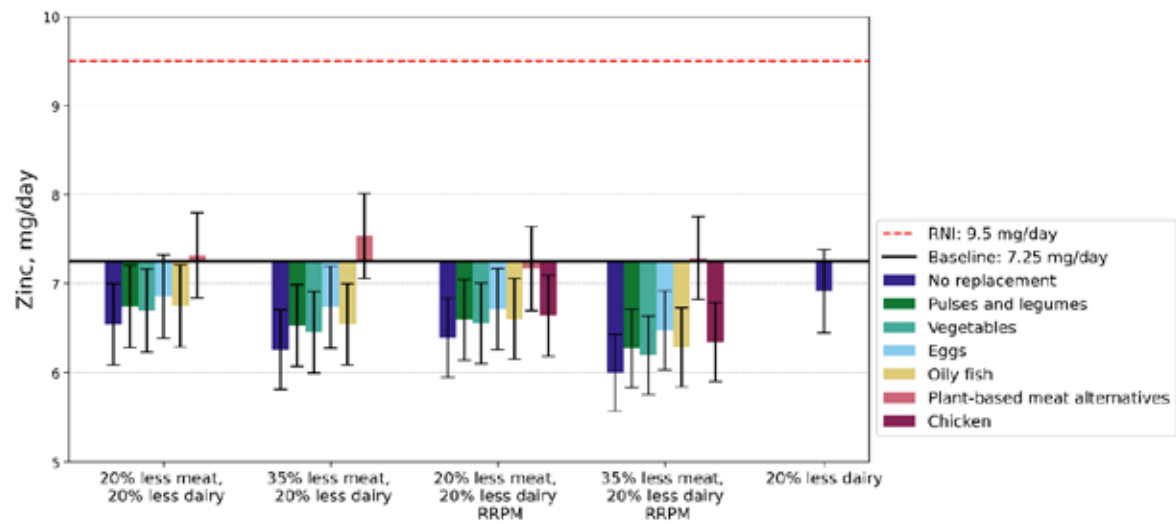
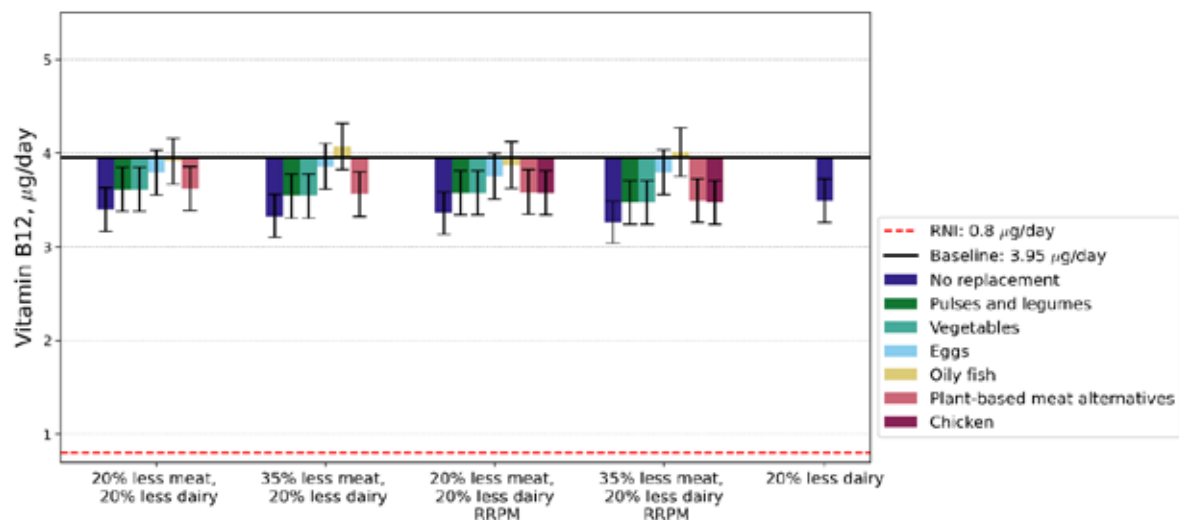


Figure 8. Impact of reducing meat and dairy on vitamin B₁₂ intake ($\mu\text{g/day}$) by age group among children and young people aged 2 to 15 years living in Scotland, 2024. RNI values correspond to the highest value in each age group.

2 to 4 years



5 to 10 years

