

How Important are Cereals and Cereal Products in the Average Polish Diet?

Supplemental Tables

Table S1. Food grouping for the purpose of energy and nutrient source analysis

Table S2. Food sources of energy contribution from cereals and cereal products in the average Polish diet

Table S3. Food sources of carbohydrates contribution from cereals and cereal products in the average Polish diet

Table S4. Food sources of protein contribution from cereals and cereal products in the average Polish diet

Table S5. Food sources of total fat contribution from cereals and cereal products in the average Polish diet

Table S6. Food sources of SFA contribution from cereals and cereal products in the average Polish diet

Table S7. Food sources of MUFA contribution from cereals and cereal products in the average Polish diet

Table S8. Food sources of PUFA contribution from cereals and cereal products in the average Polish diet

Table S9. Food sources of cholesterol contribution from cereals and cereal products in the average Polish diet

Table S10. Food sources of dietary fibre contribution from cereals and cereal products in the average Polish diet

Table S11. Food sources of calcium contribution from cereals and cereal products in the average Polish diet

Table S12. Food sources of phosphorus contribution from cereals and cereal products in the average Polish diet

Table S13. Food sources of sodium contribution from cereals and cereal products in the average Polish diet

Table S14. Food sources of potassium contribution from cereals and cereal products in the average Polish diet

Table S15. Food sources of magnesium contribution from cereals and cereal products in the average Polish diet

Table S16. Food sources of iron contribution from cereals and cereal products in the average Polish diet

Table S17. Food sources of zinc contribution from cereals and cereal products in the average Polish diet

Table S18. Food sources of copper contribution from cereals and cereal products in the average Polish diet

Table S19. Food sources of manganese contribution from cereals and cereal products in the average Polish diet

Table S20. Food sources of iodine contribution from cereals and cereal products in the average Polish diet

Table S21. Food sources of thiamin contribution from cereals and cereal products in the average Polish diet

Table S22. Food sources of riboflavin contribution from cereals and cereal products in the average Polish diet

Table S23. Food sources of niacin contribution from cereals and cereal products in the average Polish diet

Table S24. Food sources of vitamin B6 contribution from cereals and cereal products in the average Polish diet

Table S25. Food sources of folate contribution from cereals and cereal products in the average Polish diet

Table S26. Food sources of vitamin B12 contribution from cereals and cereal products in the average Polish diet

Table S27. Food sources of vitamin A contribution from cereals and cereal products in the average Polish diet

Table S28. Food sources of vitamin D contribution from cereals and cereal products in the average Polish diet

Table S29. Food sources of vitamin E contribution from cereals and cereal products in the average Polish diet

Table S30. Food sources of vitamin C contribution from cereals and cereal products in the average Polish diet

Table S1. Food grouping for the purpose of energy and nutrient source analysis

Food Categories (13)	Main Groups (42)	Sub-groups (91)
GRAIN PRODUCTS	bread, rolls, bread products	bread and rolls quick breads and bread products
	rice, cooked grains	rice groats and cereal grains
	flour, bran, cooking ingredients	wheat flour other flours
	pizza, pasta, and other flour dishes	pasta, macaroni, noodles pizza and other flour dishes
	ready-to-eat cereal	breakfast cereals
MEAT AND MEAT PRODUCTS	red meat	beef pork sheep, goat veal
	meat products	processed red meat products processed poultry meat products other meat products
	other meat	liver and organ meat minced meat other meat
	poultry	chicken poultry excluding chicken
MILK AND DAIRY PRODUCTS	milk	whole milk reduced fat milk condensed and powdered milk
	cheese	cheeses
	cottage cheese	cottage cheese
	yoghurts and milk drinks	yogurt, milk shakes and other dairy drinks
SEAFOOD	fish	fresh, chilled or frozen fish
	shellfish	fresh, chilled or frozen shellfish
	processed seafood	dried, smoked and salted seafood other fish and shellfish products
EGGS	eggs	eggs
	butter	butter
FATS AND OILS	oils, olive	olive oil other oils
	other fats	margarine and other plant fats other animal fats
	sour cream	cream
FRUITS	fruits	apples
		bananas
		berries
		citrus fruits
		frozen fruits
		fruits products other fruits peaches and nectarines

	dried fruits and nuts	dried fruits and nuts
	potatoes	potatoes
		potatoes products
		beetroot
		cabbage
		carrots
		cauliflower
		cucumber
		lettuce
		onions
		tomatoes
		frozen vegetables and mushrooms
		sour cabbage
		other vegetables and mushrooms
		vegetable and mushrooms products
		chocolate
	chocolate	powdered cacao
		powdered chocolate
	desserts	ice-cream
	snacks	chips
	sweet bakery products	cakes and pies
	honey	honey
		jams
	jams, syrups, marmalade	syrups
		marmalade
	sugar	sugar
	sugar substitutes	sugar substitutes
	salt	salt
	juices	fruit juices
		vegetables and mixed juices
	other beverages	other nonalcoholic beverages
	water	water
	coffee	coffee
	tea	tea
		grape wine
	wine	high alcohol wine
		other wine
		wine-based beverages
		beer lager
	beer	low-alcohol and non-alcohol beer
		other beer
		beer-based beverages
	other alcoholic beverages	liquor and cocktails
		other alcoholic beverages

Table S2. Food sources of energy contribution (%) from cereals and cereal products in the average Polish diet

Main Group Sub- group	Rank	% of Energy Contribution	Cumulative % of Energy Contribution
Main Group			
bread, rolls, bread products	1	21.92	21.92
flour, bran, cooking ingredients	2	3.37	25.29
pizza, pasta and other flour dishes	3	2.60	27.89
rice, cooked grains	4	1.56	29.44
ready-to-eat cereal	5	0.96	30.40
Sub- group			
bread and rolls	1	16.44	16.44
quick breads and other bread products	2	5.48	21.92
wheat flour	3	3.30	25.22
pasta, macaroni, noodles	4	2.09	27.30
breakfast cereals	5	0.96	28.26
rice	6	0.89	29.14
groats and cereal grains	7	0.67	29.81
pizza and other flour dishes	8	0.51	30.33
other flours	9	0.07	30.40

Table S3. Food sources of carbohydrates contribution from cereals and cereal products in the average Polish diet

Main Group Sub-group	Rank	% of Carbohydrates Contribution	Cumulative % of Carbohydrates Contribution
Main Group			
bread, rolls, bread products	1	36.33	36.33
flour, bran, cooking ingredients	2	5.92	42.25
pizza, pasta and other flour dishes	3	4.21	46.46
rice, cooked grains	4	2.89	49.35
ready-to-eat cereal	5	1.62	50.97
Sub-group			
bread and rolls	1	28.76	28.76
quick breads and other bread products	2	7.57	36.33
wheat flour	3	5.78	42.12
pasta, macaroni, noodles	4	3.69	45.81
rice	5	1.70	47.51
breakfast cereals	6	1.62	49.13
groats and cereal grains	7	1.19	50.32
pizza and other flour dishes	8	0.52	50.83
other flours	9	0.13	50.97

Table S4. Food sources of protein contribution from cereals and cereal products in the average Polish diet

Main Group Sub-group	Rank	% of Protein Contribution	Cumulative % of Protein Contribution
Main Group			
bread, rolls, bread products	1	16.49	16.49
flour, bran, cooking ingredients	2	3.10	19.59
pizza, pasta and other flour dishes	3	2.47	22.07
rice, cooked grains	4	1.09	23.16
ready-to-eat cereal	5	0.77	23.93
Sub-group			
bread and rolls	1	13.22	13.22
quick breads and other bread products	2	3.27	16.49
wheat flour	3	3.05	19.54
pasta, macaroni, noodles	4	1.84	21.38
breakfast cereals	5	0.77	22.16
pizza and other flour dishes	6	0.63	22.79
groats and cereal grains	7	0.58	23.37
rice	8	0.51	23.88
other flours	9	0.05	23.93

Table S5. Food sources of total fat contribution from cereals and cereal products in the average Polish diet

Main Group Sub-group	Rank	% of Total Fat Contribution	Cumulative % of Total Fat Contribution
Main Group			
bread, rolls, bread products	1	8.12	8.12
pizza, pasta and other flour dishes	2	0.84	8.97
flour, bran, cooking ingredients	3	0.37	9.34
ready-to-eat cereal	4	0.34	9.68
rice, cooked grains	5	0.19	9.87
Sub-group			
quick breads and other bread			
products	1	4.15	4.15
bread and rolls	2	3.97	8.12
pizza and other flour dishes	3	0.51	8.63
wheat flour	4	0.36	8.99
breakfast cereals	5	0.34	9.33
pasta, macaroni, noodles	6	0.34	9.66
groats and cereal grains	7	0.12	9.78
rice	8	0.07	9.86
other flours	9	0.01	9.87

Table S6. Food sources of SFA contribution from cereals and cereal products in the average Polish diet

Main Group Sub-group	Rank	% of SFA Contribution	Cumulative % of SFA Contribution
Main Group			
bread, rolls, bread products	1	6.91	6.91
pizza, pasta and other flour dishes	2	0.76	7.67
flour, bran, cooking ingredients	3	0.24	7.91
ready-to-eat cereal	4	0.17	8.08
rice, cooked grains	5	0.11	8.19
Sub-group			
quick breads and other bread			
products	1	4.56	4.56
bread and rolls	2	2.35	6.91
pizza and other flour dishes	3	0.53	7.44
wheat flour	4	0.23	7.68
pasta, macaroni, noodles	5	0.23	7.91
breakfast cereals	6	0.17	8.07
groats and cereal grains	7	0.06	8.13
rice	8	0.05	8.18
other flours	9	0.01	8.19

Table S7. Food sources of MUFA contribution from cereals and cereal products in the average Polish diet

Main Group Sub-group	Rank	% of MUFA Contribution	Cumulative % of MUFA Contribution
Main Group			
bread, rolls, bread products	1	7.71	7.71
pizza, pasta and other flour dishes	2	0.79	8.49
ready-to-eat cereal	3	0.34	8.83
flour, bran, cooking ingredients	4	0.13	8.97
rice, cooked grains	5	0.11	9.08
Sub-group			
quick breads and other bread			
products	1	4.31	4.31
bread and rolls	2	3.39	7.71
pizza and other flour dishes	3	0.53	8.23
breakfast cereals	4	0.34	8.57
pasta, macaroni, noodles	5	0.26	8.83
wheat flour	6	0.13	8.96
groats and cereal grains	7	0.06	9.02
rice	8	0.05	9.07

Table S8. Food sources of PUFA contribution from cereals and cereal products in the average Polish diet

Main Group Sub-group	Rank	% of PUFA Contribution	Cumulative % of PUFA Contribution
Main Group			
bread, rolls, bread products	1	13.63	13.63
flour, bran, cooking ingredients	2	1.35	14.98
pizza, pasta and other flour dishes	3	1.22	16.20
ready-to-eat cereal	4	0.74	16.93
rice, cooked grains	5	0.46	17.39
Sub-group			
bread and rolls	1	10.07	10.07
quick breads and other bread products	2	3.56	13.63
wheat flour	3	1.32	14.95
breakfast cereals	4	0.74	15.69
pasta, macaroni, noodles	5	0.73	16.42
pizza and other flour dishes	6	0.48	16.90
groats and cereal grains	7	0.30	17.20
rice	8	0.16	17.36
other flours	9	0.03	17.39

Table S9. Food sources of cholesterol contribution from cereals and cereal products in the average Polish diet

Main Group Sub-group	Rank	% of Cholesterol Contribution	Cumulative % of Cholesterol Contribution
Main Group			
bread, rolls, bread products	1	4.19	4.19
pizza, pasta and other flour dishes	2	2.19	6.38
Sub-group			
quick breads and other bread			
products	1	3.54	3.54
pasta, macaroni, noodles	2	1.57	5.11
bread and rolls	3	0.66	5.76
pizza and other flour dishes	4	0.62	6.38

Table S10. Food sources of dietary fibre contribution from cereals and cereal products in the average Polish diet

Main Group Sub-group	Rank	% of Dietary Fibre Contribution	Cumulative % of Dietary Fibre Contribution
Food Group			
bread, rolls, bread products	1	35.43	35.43
flour, bran, cooking ingredients	2	4.35	39.77
ready-to-eat cereal	3	3.19	42.97
rice, cooked grains	4	2.91	45.88
pizza, pasta and other flour dishes	5	2.57	48.45
Sub-group			
bread and rolls	1	31.29	31.29
wheat flour	2	4.17	35.46
quick breads and other bread products	3	4.14	39.60
breakfast cereals	4	3.19	42.79
pasta, macaroni, noodle	5	2.19	44.98
rice	6	1.48	46.46
groats and cereal grains	7	1.44	47.90
pizza and other flour dishes	8	0.38	48.27
other flours	9	0.17	48.45

Table S11. Food sources of calcium contribution from cereals and cereal products in the average Polish diet

Main Group Sub-group	Rank	% of Calcium Contribution	Cumulative % of Calcium Contribution
Main Group			
bread, rolls, bread products	1	8.76	8.76
pizza, pasta and other flour dishes	2	1.43	10.19
flour, bran, cooking ingredients	3	0.82	11.01
ready-to-eat cereal	4	0.62	11.63
rice, cooked grains	5	0.32	11.95
Sub-group			
bread and rolls	1	6.48	6.48
quick breads and other bread products	2	2.29	8.76
pizza and other flour dishes	3	0.91	9.67
wheat flour	4	0.79	10.46
breakfast cereals	5	0.62	11.08
pasta, macaroni, noodles	6	0.52	11.60
groats and cereal grains	7	0.17	11.77
rice	8	0.15	11.92
other flours	9	0.03	11.95

Table S12. Food sources of phosphorus contribution from cereals and cereal products in the average Polish diet

Main Group Sub-group	Rank	% of Phosphorus Contribution	Cumulative % of Phosphorus Contribution
Main Group			
bread, rolls, bread products	1	17.56	17.56
flour, bran, cooking ingredients	2	2.05	19.61
pizza, pasta and other flour dishes	3	2.02	21.63
rice, cooked grains	4	1.84	23.46
ready-to-eat cereal	5	1.53	24.99
Sub-group			
bread and rolls	1	14.77	14.77
quick breads and other bread products	2	2.79	17.56
wheat flour	3	1.97	19.53
breakfast cereals	4	1.53	21.06
pasta, macaroni, noodles	5	1.45	22.51
groats and cereal grains	6	1.04	23.55
rice	7	0.80	24.34
pizza and other flour dishes	8	0.57	24.91
other flours	9	0.08	24.99

Table S13. Food sources of sodium contribution from cereals and cereal products in the average Polish diet

Main Group Sub-group	Rank	% of Sodium Contribution	Cumulative % of Sodium Contribution
Main Group			
bread, rolls, bread products	1	17.50	17.50
ready-to-eat cereal	2	0.49	17.99
pizza, pasta and other flour dishes	3	0.36	18.36
rice, cooked grains	4	0.02	18.38
flour, bran, cooking ingredients	5	0.01	18.39
Sub-group			
bread and rolls	1	15.24	15.24
quick breads and other bread products	2	2.26	17.50
breakfast cereals	3	0.49	17.99
pizza and other flour dishes	4	0.31	18.30
pasta, macaroni, noodles	5	0.05	18.36
wheat flour	6	0.01	18.37
rice	7	0.01	18.38
groats and cereal grains	8	0.01	18.39

Table S14. Food sources of potassium contribution from cereals and cereal products in the average Polish diet

Main Group Sub-group	Rank	% of Potassium Contribution	Cumulative % of Potassium Contribution
Main Group			
bread, rolls, bread products	1	12.19	12.19
pizza, pasta and other flour dishes	2	1.37	13.56
flour, bran, cooking ingredients	3	1.35	14.91
rice, cooked grains	4	0.87	15.78
ready-to-eat cereal	5	0.85	16.64
Sub-group			
bread and rolls	1	10.11	10.11
quick breads and other bread products	2	2.08	12.19
wheat flour	3	1.31	13.50
pasta, macaroni, noodles	4	1.01	14.51
breakfast cereals	5	0.85	15.36
groats and cereal grains	6	0.53	15.89
pizza and other flour dishes	7	0.36	16.25
rice	8	0.35	16.59
other flours	9	0.04	16.64

Table S15. Food sources of magnesium contribution from cereals and cereal products in the average Polish diet

Main Group Sub-group	Rank	% of Magnesium Contribution	Cumulative % of Magnesium Contribution
Main Group			
bread, rolls, bread products	1	20.97	20.97
rice, cooked grains	2	2.68	23.65
ready-to-eat cereal	3	2.48	26.13
flour, bran, cooking ingredients	4	2.07	28.20
pizza, pasta and other flour dishes	5	2.03	30.23
Sub-group			
bread and rolls	1	18.11	18.11
quick breads and other bread products	2	2.86	20.97
breakfast cereals	3	2.48	23.45
wheat flour	4	1.95	25.39
groats and cereal grains	5	1.77	27.16
pasta, macaroni, noodles	6	1.71	28.87
rice	7	0.91	29.79
pizza and other flour dishes	8	0.32	30.10
other flours	9	0.12	30.23

Table S16. Food sources of iron contribution from cereals and cereal products in the average Polish diet

Main Group	Rank	% of Iron Contribution	Cumulative % of Iron Contribution
Sub-group			
Main Group			
bread, rolls, bread products	1	24.93	24.93
flour, bran, cooking ingredients	2	3.26	28.18
ready-to-eat cereal	3	2.98	31.17
pizza, pasta and other flour dishes	4	2.24	33.41
rice, cooked grains	5	1.73	35.14
Sub-group			
bread and rolls	1	20.35	20.35
quick breads and other bread products	2	4.58	24.93
wheat flour	3	3.14	28.07
breakfast cereals	4	2.98	31.05
pasta, macaroni, noodles	5	1.67	32.73
groats and cereal grains	6	1.22	33.95
pizza and other flour dishes	7	0.56	34.51
rice	8	0.52	35.02
other flours	9	0.11	35.14

Table S17. Food sources of zinc contribution from cereals and cereal products in the average Polish diet

Main Group Sub-group	Rank	% of Zinc Contribution	Cumulative % of Zinc Contribution
Main Group			
bread, rolls, bread products	1	21.12	21.12
flour, bran, cooking ingredients	2	2.32	23.44
rice, cooked grains	3	2.06	25.50
pizza, pasta and other flour dishes	4	1.75	27.24
ready-to-eat cereal	5	1.36	28.60
Sub-group			
bread and rolls	1	18.59	18.59
quick breads and other bread products	2	2.52	21.12
wheat flour	3	2.23	23.35
breakfast cereals	4	1.36	24.70
pasta, macaroni, noodles	5	1.29	25.99
groats and cereal grains	6	1.11	27.11
rice	7	0.95	28.05
pizza and other flour dishes	8	0.45	28.51
other flours	9	0.09	28.60

Table S18. Food sources of copper contribution from cereals and cereal products in the average Polish diet

Main Group Sub-group	Rank	% of Copper Contribution	Cumulative % of Copper Contribution
Main Group			
bread, rolls, bread products	1	22.14	22.14
flour, bran, cooking ingredients	2	2.59	24.73
rice, cooked grains	3	2.44	27.18
pizza, pasta and other flour dishes	4	2.22	29.40
ready-to-eat cereal	5	1.87	31.26
Sub-group			
bread and rolls	1	18.91	18.91
quick breads and other bread products	2	3.24	22.14
wheat flour	3	2.51	24.65
breakfast cereals	4	1.87	26.52
pasta, macaroni, noodles	5	1.84	28.36
groats and cereal grains	6	1.43	29.78
rice	7	1.02	30.80
pizza and other flour dishes	8	0.38	31.18
other flours	9	0.08	31.26

Table S19. Food sources of manganese contribution from cereals and cereal products in the average Polish diet

Main Group Sub-group	Rank	% of Manganese Contribution	Cumulative % of Manganese Contribution
Main Group			
bread, rolls, bread products	1	48.55	48.55
rice, cooked grains	2	4.54	53.09
ready-to-eat cereal	3	4.41	57.50
flour, bran, cooking ingredients	4	3.98	61.47
pizza, pasta and other flour dishes	5	2.58	64.05
Sub-group			
bread and rolls	1	45.11	45.11
breakfast cereals	2	4.41	49.52
wheat flour	3	3.76	53.28
quick breads and other bread products	4	3.44	56.72
rice	5	2.43	59.15
pasta, macaroni, noodles	6	2.30	61.45
groats and cereal grains	7	2.11	63.56
pizza and other flour dishes	8	0.28	63.84
other flours	9	0.22	64.05

Table S20. Food sources of iodine contribution from cereals and cereal products in the average Polish diet

Main Group Sub-group	Rank	% of Iodine Contribution	Cumulative % of Iodine Contribution
Main Group			
bread, rolls, bread products	1	5.59	5.59
flour, bran, cooking ingredients	2	0.32	5.91
ready-to-eat cereal	3	0.28	6.19
rice, cooked grains	4	0.22	6.41
pizza, pasta and other flour dishes	5	0.20	6.61
Sub-group			
bread and rolls	1	5.37	5.37
wheat flour	2	0.30	5.67
breakfast cereals	3	0.28	5.95
quick breads and other bread products	4	0.22	6.18
pasta, macaroni, noodles	5	0.17	6.35
groats and cereal grains	6	0.11	6.46
rice	7	0.11	6.57
pizza and other flour dishes	8	0.03	6.60
bread and rolls	1	5.37	5.37

Table S21. Food sources of thiamin contribution from cereals and cereal products in the average Polish diet

Main Group Sub-group	Rank	% of Thiamin Contribution	Cumulative % of Thiamin Contribution
Main Group			
bread, rolls, bread products	1	17.42	17.42
flour, bran, cooking ingredients	2	4.53	21.95
rice, cooked grains	3	2.08	24.03
ready-to-eat cereal	4	2.05	26.07
pizza, pasta and other flour dishes	5	1.93	28.01
Sub-group			
bread and rolls	1	14.93	14.93
wheat flour	2	4.45	19.37
quick breads and other bread products	3	2.50	21.87
breakfast cereals	4	2.05	23.92
pasta, macaroni, noodles	5	1.59	25.50
groats and cereal grains	6	1.33	26.83
rice	7	0.75	27.58
pizza and other flour dishes	8	0.35	27.93
other flours	9	0.08	28.01

Table S22. Food sources of riboflavin contribution from cereals and cereal products in the average Polish diet

Main Group Sub-group	Rank	% of Riboflavin Contribution	Cumulative % of Riboflavin Contribution
Main Group			
bread, rolls, bread products	1	11.19	11.19
flour, bran, cooking ingredients	2	2.76	13.95
pizza, pasta and other flour dishes	3	1.48	15.42
ready-to-eat cereal	4	1.13	16.56
rice, cooked grains	5	0.53	17.08
Sub-group			
bread and rolls	1	8.69	8.69
wheat flour	2	2.70	11.40
quick breads and other bread products	3	2.50	13.89
breakfast cereals	4	1.13	15.03
pasta, macaroni, noodles	5	0.94	15.97
pizza and other flour dishes	6	0.53	16.50
groats and cereal grains	7	0.41	16.91
rice	8	0.12	17.03
other flours	9	0.06	17.08

Table S23. Food sources of niacin contribution from cereals and cereal products in the average Polish diet

Main Group Sub-group	Rank	% of Niacin Contribution	Cumulative % of Niacin Contribution
Main Group			
bread, rolls, bread products	1	11.22	11.22
flour, bran, cooking ingredients	2	3.83	15.06
ready-to-eat cereal	3	1.50	16.55
rice, cooked grains	4	1.30	17.85
pizza, pasta and other flour dishes	5	1.29	19.14
Sub-group			
bread and rolls	1	9.62	9.62
wheat flour	2	3.79	13.42
quick breads and other bread products	3	1.60	15.01
breakfast cereals	4	1.50	16.51
pasta, macaroni, noodles	5	0.92	17.44
rice	6	0.78	18.21
groats and cereal grains	7	0.52	18.73
pizza and other flour dishes	8	0.37	19.10
other flours	9	0.04	19.14

Table S24. Food sources of vitamin B6 contribution from cereals and cereal products in the average Polish diet

Main Group Sub-group	Rank	% of Vitamin B6 Contribution	Cumulative % of Vitamin B6Contribution
Main Group			
bread, rolls, bread products	1	8.43	8.43
flour, bran, cooking ingredients	2	2.47	10.90
rice, cooked grains	3	1.96	12.87
ready-to-eat cereal	4	1.56	14.42
pizza, pasta and other flour dishes	5	1.10	15.52
Sub-group			
bread and rolls	1	7.49	7.49
wheat flour	2	2.41	9.90
breakfast cereals	3	1.56	11.45
groats and cereal grains	4	1.04	12.49
quick breads and other bread products	5	0.95	13.44
rice	6	0.93	14.37
pasta, macaroni, noodles	7	0.83	15.20
pizza and other flour dishes	8	0.26	15.46
other flours	9	0.06	15.52

Table S25. Food sources of folate contribution from cereals and cereal products in the average Polish diet

Main Group Sub-group	Rank	% of Folate Contribution	Cumulative % of Folate Contribution
Main Group			
bread, rolls, bread products	1	20.67	20.67
flour, bran, cooking ingredients	2	6.34	27.00
pizza, pasta and other flour dishes	3	3.27	30.28
ready-to-eat cereal	4	1.87	32.14
rice, cooked grains	5	1.43	33.57
Sub-group			
bread and rolls	1	16.96	16.96
wheat flour	2	6.27	23.24
quick breads and other bread products	3	3.70	26.94
pasta, macaroni, noodles	4	2.76	29.70
breakfast cereals	5	1.87	31.57
groats and cereal grains	6	0.73	32.30
rice	7	0.70	33.00
pizza and other flour dishes	8	0.51	33.51
other flours	9	0.07	33.57

Table S26. Food sources of vitamin B12 contribution from cereals and cereal products in the average Polish diet

Main Group Sub-group	Rank	% of Vitamin B12 Contribution	Cumulative % of Vitamin B12 Contribution
Main Group			
bread, rolls, bread products	1	1.84	1.84
pizza, pasta and other flour dishes	2	0.83	2.67
flour, bran, cooking ingredients	3	0.55	3.21
ready-to-eat cereal	4	0.17	3.39
Sub-group			
quick breads and other bread			
products	1	1.17	1.17
bread and rolls	2	0.67	1.84
wheat flour	3	0.55	2.39
pasta, macaroni, noodles	4	0.45	2.84
pizza and other flour dishes	5	0.38	3.21
breakfast cereals	6	0.17	3.39

Table S27. Food sources of vitamin A contribution from cereals and cereal products in the average Polish diet

Main Group Sub-group	Rank	% of Vitamin A Contribution	Cumulative % of Vitamin A Contribution
Food Group			
bread, rolls, bread products	1	3.25	3.25
pizza, pasta and other flour dishes	2	1.41	4.66
ready-to-eat cereal	3	0.05	4.71
Sub-group			
quick breads and other bread			
products	1	2.38	2.38
pasta, macaroni, noodles	2	0.98	3.36
bread and rolls	3	0.88	4.24
pizza and other flour dishes	4	0.42	4.66
breakfast cereals	5	0.05	4.71

Table S28. Food sources of vitamin D contribution from cereals and cereal products in the average Polish diet

Main Group Sub-group	Rank	% of Vitamin D Contribution	Cumulative % of Vitamin D Contribution
Main Group			
bread, rolls, bread products	1	4.61	4.61
pizza, pasta and other flour dishes	2	0.81	5.41
Sub-group			
quick breads, bread products	1	3.04	3.04
bread and rolls	2	1.56	4.61
pasta, macaroni, noodles	3	0.54	5.15
pizza and other flour dishes	4	0.27	5.41

Table S29. Food sources of vitamin E contribution from cereals and cereal products in the average Polish diet

Main Group Sub-group	Rank	% of Vitamin E Contribution	Cumulative % of Vitamin E Contribution
Main Group			
bread, rolls, bread products	1	12.27	12.27
pizza, pasta and other flour dishes	2	1.02	13.29
flour, bran, cooking ingredients	3	0.98	14.28
ready-to-eat cereal	4	0.83	15.11
rice, cooked grains	5	0.39	15.50
Sub-group			
bread and rolls	1	8.37	8.37
quick breads and other bread products	2	3.90	12.27
wheat flour	3	0.97	13.24
breakfast cereals	4	0.83	14.06
pizza and other flour dishes	5	0.57	14.63
pasta, macaroni, noodles	6	0.46	15.09
rice	7	0.23	15.31
groats and cereal grains	8	0.16	15.48
other flours	9	0.02	15.50

Table S30. Food sources of vitamin C contribution from cereals and cereal products in the average Polish diet

Main Group Sub-group	Rank	% of Vitamin C Contribution	Cumulative % of Vitamin C Contribution
Main Group			
pizza, pasta and other flour dishes	1	0.78	0.78
ready-to-eat cereal	2	0.53	1.31
bread, rolls, bread products	3	0.25	1.55
Sub-group			
pasta, macaroni, noodles	1	0.59	0.59
breakfast cereals	2	0.53	1.11
pizza and other flour dishes	3	0.19	1.31
quick breads and other bread products	4	0.15	1.45
bread and rolls	5	0.10	1.55