

Socioeconomic Inequalities Impact the Ability of Pregnant Women and Women of Childbearing Age to Consume Nutrients Needed for Neurodevelopment; An Analysis of NHANES 2007-2018

Supplementary Material

Supplementary Table S1. Total usual intakes of nutrients important for neurodevelopment (foods + dietary supplements) among *nonpregnant nonlactating* US women aged 20-44 y in the NHANES Survey by SNAP participation.

Nutrient	Household Recipient of SNAP in Past 12 Months			
	Yes, N=1,617		No, N=4,031	
	Mean (SE)	% <EAR or [AI]	Mean (SE)	% <EAR or [AI]
Vitamin A, RAE/d	688 (32.3)	47.0 (2.80)	975 (40.1) *	28.3 (2.05) *
Vitamin B6, mg/d	3.12 (0.24)	6.96 (1.50)	4.46 (0.25) *	3.41 (0.82) *
Vitamin B12, ug/d	31.4 (5.58)	--	43.5 (5.90) *	--
Vitamin C, mg/d	100 (4.63)	40.1 (2.18)	151 (8.26) *	24.4 (1.48) *
Vitamin D, mg/d	7.46 (0.36)	83.8 (1.04)	13.3 (1.17) *	71.1 (0.97) *
Vitamin E, mg/d	8.11 (0.45)	93.3 (1.10)	13.7 (1.97) *	84.5 (1.75) *
Vitamin K, ug/d	101 (3.19)	[47.6 (2.18)]	131 (4.15) *	[26.0 (2.70)] *
Zinc, mg/d	11.4 (0.20)	40.2 (2.25)	13.4 (0.23) *	30.7 (1.74) *
Iron, mg/d	15.8 (0.43)	6.45 (1.19)	17.8 (0.31) *	4.25 (0.88) *
Choline, mg/d	280 (4.94)	[96.7 (0.88)]	296 (3.65) *	[94.8 (1.04)]
Folate, ug DFE/d	567 (12.8)	12.8 (1.77)	702 (14.0) *	7.49 (1.29) *
Calcium, mg/d	929 (14.8)	37.5 (1.96)	1037 (14.2) *	26.9 (1.57) *
Magnesium, mg/d	253 (3.73)	58.1 (1.91)	300 (3.81) *	37.5 (1.60) *
EPA + DHA, mg/d	46.9 (4.29)	95.0 (0.72)	65.8 (4.81) *	93.6 (0.59)

* indicates $p < 0.05$ relative to those in households that received SNAP. % below for EPA + DHA represents those below recommendations for intake from the Dietary Guidelines for Americans.

Supplementary Table S2. Data on total usual intakes of nutrients important for neurodevelopment (foods alone) among *nonpregnant nonlactating* US women aged 20-44 in the National Health and Nutrition Examination Survey by PIR.

Nutrient	Low, N=2,763		Medium, N=1,209		High, N=1,336	
	Mean (SE)	% <EAR or [AI]	Mean (SE)	% <EAR or [AI]	Mean (SE)	% <EAR or [AI]
Vitamin A, RAE/d	555 (14.1) ^a	45.1 (2.60) ^d	638 (18.3) ^b	31.3 (3.10) ^e	680 (19.3) ^c	25.4 (3.03) ^f
Vitamin B6, mg/d	1.84 (0.03)	11.0 (1.88)	1.98 (0.05)	7.59 (1.79)	2.03 (0.04)	6.72 (1.54)
Vitamin B12, ug/d	4.55 (0.11)	--	4.73 (0.12)	--	4.78 (0.12)	--
Vitamin C, mg/d	75.6 (2.26) ^a	41.2 (2.34) ^e	81.6 (2.89) ^b	35.5 (2.84) ^f	87.8 (2.46) ^c	30.2 (2.26) ^g
Vitamin D, mg/d	4.13 (0.10) ^a	98.3 (0.40) ^d	4.33 (0.14) ^b	97.9 (0.46) ^e	4.40 (0.14) ^b	97.7 (0.48) ^e
Vitamin E, mg/d	7.57 (0.16) ^a	93.4 (1.13) ^d	8.60 (0.23) ^b	87.2 (2.06) ^e	9.28 (0.22) ^c	81.8 (2.27) ^f
Vitamin K, ug/d	105 (3.53) ^a	[43.1 (3.22)] ^d	121 (4.12) ^b	[30.6 (3.25)] ^e	138 (5.72) ^c	[20.3 (3.55)] ^f
Zinc, mg/d	9.78 (0.13) ^a	46.1 (2.07) ^d	10.2 (0.20) ^a	38.6 (3.21) ^e	10.5 (0.16) ^{ab}	34.3 (2.69) ^e
Iron, mg/d	12.9 (0.16) ^a	3.97 (0.77) ^d	13.3 (0.24) ^{ab}	3.02 (0.69) ^e	13.8 (0.21) ^b	1.94 (0.52) ^f
Choline, mg/d	279 (3.79) ^a	[97.1 (0.70)] ^d	298 (6.14) ^b	[94.9 (1.32)] ^e	300 (5.23) ^b	[94.7 (1.34)] ^e
Folate, ug DFE/d	474 (8.56) ^a	13.5 (1.91) ^d	496 (11.7) ^b	10.6 (1.68) ^e	517 (11.6) ^c	8.22 (1.81) ^f
Calcium, mg/d	875 (12.3) ^a	39.2 (1.57) ^d	930 (15.9) ^b	32.2 (2.50) ^e	954 (15.5) ^c	28.8 (2.48) ^f
Magnesium, mg/d	253 (3.86) ^a	56.2 (2.18) ^d	275 (4.37) ^b	44.4 (2.39) ^e	296 (4.82) ^c	34.0 (2.35) ^f

EPA + DHA, mg/d	47.4 (3.30) ^a	95.8 (0.52) ^b	49.5 (4.25) ^{ab}	96.1 (0.65) ^b	57.9 (4.20) ^b	94.9 (0.77) ^b
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Rows with different subscripts differ from each other, $p < 0.05$, low 0–1.85, medium >1.85–3.50, high >3.5. % below for EPA + DHA represents those below recommendations for intake from the Dietary Guidelines for Americans.

Supplementary Table S3. Data on total usual intakes of nutrients important for neurodevelopment (foods + dietary supplements) among *nonpregnant nonlactating* US women aged 20–44 in the National Health and Nutrition Examination Survey by PIR.

Nutrient	Low, N=2,763		Medium, N=1,209		High, N=1,336	
	Mean (SE)	% <EAR or [AI]	Mean (SE)	% <EAR or [AI]	Mean (SE)	% <EAR or [AI]
Vitamin A, RAE/d	803 (46.7) ^a	41.7 (2.42) ^d	937 (64.0) ^b	28.4 (2.81) ^e	1027 (59.2) ^c	22.0 (2.69) ^f
Vitamin B6, mg/d	3.19 (0.22) ^a	5.66 (1.27) ^c	4.41 (0.40) ^a	3.25 (0.96) ^c	5.29 (0.44) ^{ab}	2.46 (0.74) ^{cd}
Vitamin B12, ug/d	48.0 (12.0) ^a	--	38.9 (7.05) ^b	--	37.8 (5.81) ^b	--
Vitamin C, mg/d	112 (5.33) ^a	34.0 (1.96) ^c	156 (19.1) ^a	26.2 (2.18) ^c	165 (14.9) ^b	21.1 (1.59) ^{cd}
Vitamin D, mg/d	8.70 (0.75) ^a	80.3 (1.11) ^d	13.4 (3.21) ^b	73.0 (1.50) ^e	15.6 (1.39) ^c	66.7 (1.54) ^f
Vitamin E, mg/d	9.28 (0.72) ^a	92.1 (1.20) ^d	14.1 (3.15) ^b	85.8 (2.07) ^e	15.9 (4.00) ^c	79.9 (2.43) ^f
Vitamin K, ug/d	108 (3.58) ^a	[41.0 (3.09)] ^d	125 (4.32) ^b	[28.3 (3.03)] ^e	146 (5.80) ^c	[18.0 (3.11)] ^f
Zinc, mg/d	11.8 (0.21) ^b	39.3 (1.87) ^d	13.1 (0.32) ^b	30.3 (2.60) ^e	14.2 (0.33) ^c	25.6 (2.14) ^f
Iron, mg/d	16.3 (0.34) ^a	6.18 (1.12) ^d	17.4 (0.48) ^b	4.96 (1.13) ^e	18.7 (0.45) ^c	3.31 (0.92) ^f
Choline, mg/d	280 (3.79) ^a	[97.0 (0.71)] ^c	303 (6.47) ^b	[94.3 (1.34)] ^d	303 (6.13) ^b	[94.3 (1.42)] ^d
Folate, ug DFE/d	594 (13.0) ^a	11.5 (1.60) ^d	699 (23.5) ^b	8.15 (1.28) ^e	752 (19.2) ^c	5.88 (1.34) ^f
Calcium, mg/d	948 (14.0) ^a	35.1 (1.78) ^d	1038 (19.1) ^b	26.2 (2.13) ^e	1091 (20.0) ^c	22.1 (2.08) ^f
Magnesium, mg/d	266 (4.51) ^a	52.4 (2.12) ^d	291 (5.05) ^b	40.2 (2.30) ^e	324 (5.78) ^c	29.2 (2.09) ^f
EPA + DHA, mg/d	50.2 (4.64) ^a	94.8 (0.68) ^c	54.4 (5.56) ^a	95.0 (0.83) ^c	74.1 (7.80) ^b	92.8 (0.97) ^c

Rows with different subscripts differ from each other, $p < 0.05$, -- indicates suppression due to relative standard errors >30%, low 0–1.85, medium >1.85–3.50, high >3.5. % below for EPA + DHA represents those below recommendations for intake from the Dietary Guidelines for Americans.

Supplementary Table S4. Data on total usual intakes of nutrients important for neurodevelopment (foods alone) among *nonpregnant nonlactating* US women aged 20–44 in the National Health and Nutrition Examination Survey by household food security.

Nutrient	Very low, N=539		Low, N=945		Marginal, N=805		Full, N=3,374	
	Mean (SE)	% <EAR or [AI]	Mean (SE)	% <EAR or [AI]	Mean (SE)	% <EAR or [AI]	Mean (SE)	% <EAR or [AI]
Vitamin A, RAE/d	541 (16.0) ^a	47.7 (2.93) ^d	543 (16.7) ^a	47.8 (3.02) ^d	578 (22.8) ^b	41.2 (4.05) ^e	643 (14.6) ^c	31.0 (2.39) ^f
Vitamin B6, mg/d	1.84 (0.04) ^a	12.1 (2.00) ^c	1.84 (0.04) ^a	11.7 (1.89) ^c	1.85 (0.05) ^a	10.8 (2.13) ^d	1.98 (0.03) ^b	7.69 (1.49) ^e
Vitamin B12, ug/d	4.46 (0.11) ^a	--	4.45 (0.12) ^a	--	4.65 (0.70) ^a	--	4.72 (0.10) ^b	--
Vitamin C, mg/d	70.6 (2.46) ^a	46.2 (2.72) ^d	70.9 (2.60) ^a	46.2 (2.83) ^d	76.6 (3.31) ^b	40.1 (3.37) ^e	85.3 (1.94) ^c	32.1 (1.86) ^f
Vitamin D, mg/d	4.00 (0.12) ^a	98.7 (0.38) ^d	4.01 (0.12) ^a	98.6 (0.38) ^d	4.20 (0.17) ^b	98.3 (0.51) ^d	4.36 (0.11) ^c	97.8 (0.41) ^d
Vitamin E, mg/d	7.44 (0.18) ^a	93.9 (1.28) ^d	7.47 (0.19) ^a	93.4 (1.31) ^d	8.14 (0.30) ^b	89.9 (2.07) ^e	8.69 (0.16) ^c	86.2 (1.71) ^f
Vitamin K, ug/d	101 (3.35) ^a	[47.0 (3.01)] ^d	101 (3.51) ^a	[47.0 (3.06)] ^d	116 (5.86) ^b	[34.4 (4.60)] ^e	125 (3.99) ^c	[28.3 (2.96)] ^f
Zinc, mg/d	9.76 (0.18) ^a	46.2 (3.13) ^b	9.76 (0.18) ^a	46.6 (3.12) ^b	9.99 (0.24) ^a	42.3 (4.06) ^b	10.3 (0.12) ^a	38.3 (2.01) ^b
Iron, mg/d	12.8 (0.22) ^a	3.48 (0.81) ^c	12.8 (0.23) ^a	3.63 (0.80) ^c	13.0 (0.33) ^a	3.83 (0.88) ^d	13.5 (0.14) ^b	2.55 (0.54) ^e
Choline, mg/d	280 (5.74) ^a	[96.9 (0.89)] ^c	280 (5.86) ^a	[96.7 (0.92)] ^c	288 (7.16) ^a	[96.0 (1.03)] ^c	294 (3.94) ^b	[95.1 (1.07)] ^c
Folate, ug DFE/d	466 (9.94) ^a	14.5 (2.18) ^c	466 (10.2) ^a	14.4 (2.18) ^c	478 (14.7) ^a	12.4 (2.26) ^{cd}	504 (8.28) ^{ab}	9.21 (1.64) ^d
Calcium, mg/d	858 (15.2) ^a	43.1 (2.37) ^c	861 (15.7) ^a	42.9 (2.41) ^c	896 (11.9) ^b	37.2 (3.72) ^c	929 (10.8) ^b	32.5 (1.85) ^d
Magnesium, mg/d	252 (4.76) ^a	56.8 (2.67) ^c	253 (4.99) ^a	56.8 (2.86) ^c	260 (5.94) ^a	52.5 (3.30) ^c	280 (3.15) ^b	41.9 (1.58) ^d
EPA + DHA, mg/d	47.7 (10.4) ^b	95.6 (1.38) ^b	53.2 (2.65) ^a	95.8 (0.81) ^b	47.8 (5.97) ^b	95.7 (0.88) ^b	49.1 (4.95) ^b	95.3 (0.46) ^b

-- indicates suppression due to relative standard errors >30%, rows with different subscripts differ from each other, $p < 0.05$. % below for EPA + DHA represents those below recommendations for intake from the Dietary Guidelines for Americans.

Supplementary Table S5. Data on total usual intakes of nutrients important for neurodevelopment (foods + dietary supplements) among *nonpregnant nonlactating* US women aged 20–44 in the National Health and Nutrition Examination Survey by household food security.

Nutrient	Very low, N=539		Low, N=945		Marginal, N=805		Full, N=3,374	
	Mean (SE)	% <EAR or [AI]	Mean (SE)	% <EAR or [AI]	Mean (SE)	% <EAR or [AI]	Mean (SE)	% <EAR or [AI]
Vitamin A, RAE/d	685 (42.7) ^a	48.3 (3.66) ^d	748 (48.7) ^{ab}	32.3 (3.25) ^e	813 (70.5) ^b	38.2 (3.79) ^e	989 (42.3) ^c	27.6 (2.11) ^f
Vitamin B6, mg/d	2.73 (0.21) ^a	7.52 (1.77) ^c	3.30 (0.36) ^a	5.19 (1.23) ^d	2.99 (0.21) ^a	5.62 (1.41) ^d	4.71 (0.29) ^b	3.35 (0.85) ^e
Vitamin B12, ug/d	24.9 (5.67) ^a	3.93 (1.57)	48.7 (10.6) ^b	--	32.2 (8.64) ^{ab}	--	42.6 (6.67) ^b	--
Vitamin C, mg/d	109 (13.7) ^a	44.0 (3.41) ^c	130 (24.9) ^{ab}	34.6 (2.81) ^d	124 (10.1) ^{ab}	32.4 (2.91) ^d	148 (7.76) ^b	23.6 (1.45) ^e
Vitamin D, mg/d	10.8 (3.53) ^a	82.9 (2.15) ^d	8.10 (0.55) ^b	79.9 (1.69) ^d	9.40 (0.79) ^{ab}	79.7 (2.19) ^d	13.4 (1.29) ^c	70.6 (1.08) ^e
Vitamin E, mg/d	8.43 (1.08) ^a	94.2 (1.37) ^d	8.53 (0.53) ^a	91.7 (1.59) ^d	10.2 (1.54) ^b	89.4 (2.09) ^{de}	14.1 (2.27) ^c	83.9 (1.79) ^f
Vitamin K, ug/d	96.0 (3.88) ^a	[51.6 (3.55)] ^d	109 (4.24) ^a	[41.1 (3.36)] ^d	120 (6.07) ^b	[32.5 (4.48)] ^e	131 (4.11) ^c	[25.8 (2.68)] ^f
Zinc, mg/d	11.2 (0.38) ^a	44.9 (4.28) ^c	12.1 (0.37) ^a	37.3 (3.17) ^c	12.2 (0.37) ^a	35.4 (3.34) ^d	13.4 (0.23) ^b	30.0 (1.67) ^e
Iron, mg/d	15.9 (0.86) ^a	8.36 (1.87) ^c	16.8 (0.67) ^a	5.21 (1.27) ^d	16.7 (0.65) ^a	5.40 (1.26) ^d	17.8 (0.29) ^b	4.04 (0.85) ^d
Choline, mg/d	271 (7.32) ^a	[97.7 (0.78)] ^c	288 (7.95) ^a	[95.6 (1.34)] ^c	289 (7.21) ^b	[95.8 (1.06)] ^c	297 (3.92) ^b	[94.8 (1.08)] ^d
Folate, ug DFE/d	562 (27.8) ^a	15.8 (2.71) ^d	605 (18.9) ^b	10.4 (1.86) ^e	609 (22.0) ^b	10.1 (1.85) ^e	709 (14.5) ^c	6.97 (1.27) ^f
Calcium, mg/d	919 (27.4) ^a	39.7 (3.33) ^c	953 (21.9) ^{ab}	35.2 (2.50) ^c	978 (25.5) ^b	32.2 (3.29) ^d	1042 (14.3) ^b	26.3 (1.62) ^e
Magnesium, mg/d	254 (6.50) ^a	58.1 (3.21) ^d	271 (6.82) ^b	50.8 (3.17) ^e	276 (7.66) ^a	48.6 (3.34) ^e	301 (3.65) ^{bc}	37.2 (1.49) ^f
EPA + DHA, mg/d	48.6 (10.3) ^b	95.2 (1.39) ^c	54.0 (9.25) ^{ab}	95.1 (0.84) ^c	46.4 (5.04) ^b	96.0 (0.79) ^c	64.2 (4.31) ^a	93.4 (0.60) ^c

Rows with different subscripts differ from each other, $p < 0.05$, -- indicates suppression due to relative standard errors $> 30\%$. % below for EPA + DHA represents those below recommendations for intake from the Dietary Guidelines for Americans.

Supplementary Table S6. Total usual intakes of nutrients important for neurodevelopment (foods + dietary supplements) among *pregnant nonlactating* US women aged 20–44 y in the NHANES Survey by WIC participation.

Nutrient	Household recipient of WIC in past 12 months			
	Yes, N=124		No, N=191	
	Mean (SE)	% <EAR or [AI]	Mean (SE)	% <EAR or [AI]
Vitamin A, RAE/d	1484 (315)	27.1 (7.36)	1755 (292)	18.9 (5.10)
Vitamin B6, mg/d	4.20 (0.59)	—	—	—
Vitamin B12, ug/d	9.24 (0.78)	—	—	—
Vitamin C, mg/d	149 (13.8)	22.8 (4.74)	181 (12.9)*	11.4 (2.59)*
Vitamin D, mg/d	10.7 (1.27)	56.9 (6.33)	14.1 (1.08)*	41.8 (4.53)*
Vitamin E, mg/d	9.41 (1.37)	90.7 (3.92)	10.5 (0.65)	79.9 (6.28)
Vitamin K, ug/d	103 (12.0)	[47.8 (10.3)]	148 (13.7)*	—
Zinc, mg/d	18.9 (1.40)	19.0 (6.06)	21.3 (1.02)	11.9 (3.05)*
Iron, mg/d	28.8 (2.37)	54.1 (6.57)	35.6 (3.05)*	38.4 (4.37)*
Choline, mg/d	298 (16.8)	[97.2 (2.50)]	311 (13.9)	[96.1 (2.97)]
Folate, ug DFE/d	1191 (107)	23.2 (6.99)	1477 (79.1)*	14.4 (2.84)*
Calcium, mg/d	1234 (90.2)	15.5 (5.04)	1337 (62.3)	—
Magnesium, mg/d	286 (13.7)	55.0 (7.22)	325 (13.0)*	38.5 (5.82)*
EPA + DHA, mg/d	52.9 (15.0)	95.0 (2.39)	83.8 (21.1)*	94.0 (1.91)*

-- indicates suppression due to relative standard errors $> 30\%$, * indicates $p < 0.05$ relative to those in households that received WIC. % below for EPA + DHA represents those below recommendations for intake from the Dietary Guidelines for Americans.

Supplementary Table S7. Total usual intakes of nutrients important for neurodevelopment (foods + dietary supplements) among *pregnant nonlactating* US women aged 20–44 y in the NHANES Survey by SNAP participation.

Household recipient of SNAP in past 12 months

Nutrient	Yes, N=112		No, N=204	
	Mean (SE)	% <EAR or [AI]	Mean (SE)	% <EAR or [AI]
Vitamin A, RAE/d				
Vitamin B6, mg/d	3.09 (0.33)	—	11.9 (4.46)	—
Vitamin B12, ug/d	7.70 (0.74)	—	—	—
Vitamin C, mg/d	125 (10.0)	29.6 (5.51)	186 (12.9)*	10.2 (2.22)*
Vitamin D, mg/d	8.78 (0.98)	67.0 (5.78)	14.4 (1.13)*	39.5 (4.19)*
Vitamin E, mg/d	7.34 (0.64)	96.3 (2.95)	11.1 (0.76)*	79.1 (6.14)*
Vitamin K, ug/d	87.0 (9.99)	[60.6 (9.80)]	149 (13.6)*	—
Zinc, mg/d	17.1 (1.43)	—	22.0 (0.99)*	—
Iron, mg/d	24.8 (2.05)	65.5 (5.68)	36.8 (2.83)*	34.9 (4.27)*
Choline, mg/d	285 (18.9)	[98.4 (2.32)]	315 (13.2)*	96.0 (2.98)*
Folate, ug DFE/d	948 (90.9)	33.7 (8.79)	1556 (74.2)*	—
Calcium, mg/d	1169 (73.1)	—	1372 (67.3)*	—
Magnesium, mg/d	275 (15.9)	65.7 (7.10)	327 (10.8)*	35.3 (5.38)*
EPA + DHA, mg/d	47.3 (11.3)	96.4 (1.78)	87.6 (21.9)*	93.3 (2.04)*

-- indicates suppression due to relative standard errors >30%, *indicates p<0.05 relative to those in households who received SNAP, % below for EPA + DHA represents those below recommendations for intake from the Dietary Guidelines for Americans.

Supplementary Table S8. Data on total usual intakes of nutrients important for neurodevelopment (foods alone) among *pregnant nonlactating* US women aged 20-44 in the National Health and Nutrition Examination Survey by PIR.

Nutrient	Low, N=162		Medium, N=60		High, N=70	
	Mean (SE)	% <EAR or [AI]	Mean (SE)	% <EAR or [AI]	Mean (SE)	% <EAR or [AI]
Vitamin A, RAE/d	639 (44.5) ^a	38.4 (9.28) ^c	740 (73.4) ^b	--	765 (73.0) ^b	--
Vitamin B6, mg/d	1.92 (0.10) ^a	31.2 (7.99) ^b	1.99 (0.14) ^a	26.0 (8.38) ^b	2.17 (0.17) ^a	16.8 (5.71) ^c
Vitamin B12, ug/d	4.99 (0.38) ^a	--	4.74 (0.45) ^a	--	5.23 (0.47) ^a	--
Vitamin C, mg/d	101 (7.40) ^a	33.0 (6.24) ^b	114 (16.6) ^a	--	114 (12.0) ^a	23.7 (6.66) ^b
Vitamin D, mg/d	5.49 (0.51) ^a	93.2 (3.25) ^b	5.21 (0.75) ^a	94.5 (3.98) ^b	5.16 (0.54) ^a	94.7 (3.16) ^b
Vitamin E, mg/d	7.15 (0.48) ^a	96.6 (2.43) ^c	9.64 (0.69) ^b	81.3 (8.35) ^d	10.1 (0.77) ^b	75.6 (9.54) ^d
Vitamin K, ug/d	93.7 (9.62) ^a	[54.3 (9.92)]	144 (14.2) ^b	--	156 (18.0) ^b	--
Zinc, mg/d	10.6 (0.59) ^a	--	11.7 (0.91) ^b	--	11.9 (0.65) ^b	--
Iron, mg/d	15.2 (0.92) ^a	96.6 (3.27) ^b	16.4 (1.35) ^a	94.7 (5.61) ^b	16.6 (1.02) ^a	93.0 (6.24) ^b
Choline, mg/d	291 (16.2) ^a	[96.9 (2.49)] ^b	315 (19.6) ^c	[95.2 (3.75)] ^b	315 (21.2) ^c	[94.5 (2.83)] ^b
Folate, ug DFE/d	547 (39.4) ^c	47.3 (10.8) ^c	635 (65.5) ^c	27.2 (14.1) ^d	617 (42.2) ^a	31.8 (10.6) ^d
Calcium, mg/d	1098 (56.5) ^a	--	1164 (97.1) ^a	--	1111 (73.4) ^a	--
Magnesium, mg/d	275 (11.8) ^a	61.2 (6.22) ^c	319 (16.6) ^b	37.3 (8.66) ^d	313 (16.3) ^b	42.7 (8.54) ^d
EPA + DHA, mg/d	47.9 (7.47) ^a	97.3 (0.87) ^{bc}	49.4 (12.9) ^a	94.5 (2.97) ^b	44.1 (13.2) ^a	99.2 (0.84) ^{bc}

-- indicates suppression due to relative standard errors >30%, rows with different subscripts differ from each other, p<0.05, low 0-1.85, medium >1.85-3.50, high >3.5. % below for EPA + DHA represents those below recommendations for intake from the Dietary Guidelines for Americans.

Supplementary Table S9. Data on total usual intakes of nutrients important for neurodevelopment (foods + dietary supplements) among *pregnant nonlactating* US women aged 20-44 in the National Health and Nutrition Examination Survey by PIR.

Nutrient	Low, N=162		Medium, N=60		High, N=70	
	Mean (SE)	% <EAR or [AI]	Mean (SE)	% <EAR or [AI]	Mean (SE)	% <EAR or [AI]
Vitamin A, RAE/d	1059 (111) ^a	34.4 (7.52)	1168 (144) ^{ab}	—	2211 (511) ^b	—
Vitamin B6, mg/d	5.56 (1.45) ^a	—	—	—	7.52 (1.24) ^b	—
Vitamin B12, ug/d	—	—	15.3 (3.81)	—	—	—
Vitamin C, mg/d	162 (15.9) ^a	23.6 (4.63)	175 (19.8) ^a	—	179 (16.7) ^a	—

Vitamin D, mg/d	10.3 (1.07) ^a	61.5 (5.05) ^c	18.7 (2.68) ^b	29.4 (7.22) ^d	12.6 (1.28) ^a	43.8 (6.66) ^e
Vitamin E, mg/d	8.30 (1.12) ^a	95.4 (2.54) ^c	10.3 (0.78) ^b	78.8 (8.20) ^c	12.0 (1.03) ^b	71.2 (8.76) ^d
Vitamin K, ug/d	96.1 (9.81) ^a	[52.7 (9.66)]	158 (15.6) ^b	–	160 (18.2) ^b	–
Zinc, mg/d	96.1 (9.81) ^a	52.7 (9.66)	158 (15.6) ^b	–	160 (18.2) ^b	–
Iron, mg/d	26.2 (2.31) ^a	64.9 (5.03) ^c	36.0 (3.12) ^b	26.1 (6.33) ^f	38.8 (5.47) ^b	32.4 (6.65) ^e
Choline, mg/d	291 (16.1) ^a	[96.8 (2.50)] ^b	316 (19.5) ^a	[96.8 (2.50)] ^b	317 (21.2) ^a	[94.4 (3.97)] ^b
Folate, ug DFE/d	1038 (82.9) ^a	30.7 (7.24) ^c	1567 (117) ^b	–	1647 (121) ^b	10.4 (3.46) ^d
Calcium, mg/d	1200 (58.6) ^a	–	1389 (133) ^a	–	1312 (85.3) ^a	–
Magnesium, mg/d	282 (12.5) ^a	58.3 (6.21) ^c	338 (18.5) ^b	29.8 (8.46) ^d	326 (16.7) ^{ab}	38.1 (7.83) ^{cd}
EPA + DHA, mg/d	57.3 (10.4) ^a	95.2 (1.72) ^c	50.6 (10.9) ^a	95.5 (2.29) ^c	104 (35.3) ^b	93.6 (2.86) ^c

Rows with different subscripts differ from each other, $p < 0.05$, -- indicates suppression due to relative standard errors $> 30\%$. % below for EPA + DHA represents those below recommendations for intake from the Dietary Guidelines for Americans.

Supplementary Table S10. Data on total usual intakes of nutrients important for neurodevelopment (foods alone) among *pregnant nonlactating* US women aged 20–44 in the National Health and Nutrition Examination Survey by household food security.

Nutrient	Very low to low, N=99		Marginal, N=41		Full, N=176	
	Mean (SE)	% <EAR or [AI]	Mean (SE)	% <EAR or [AI]	Mean (SE)	% <EAR or [AI]
Vitamin A, RAE/d	648 (64.8) ^a	--	567 (63.4) ^b	50.7 (12.5)	796 (57.1) ^a	--
Vitamin B6, mg/d	1.87 (0.12) ^{ab}	--	1.67 (0.16) ^a	47.8 (14.4) ^c	2.18 (0.12) ^b	12.5 (5.98) ^d
Vitamin B12, ug/d	4.93 (0.56) ^{ab}	--	4.10 (0.54) ^b	--	5.56 (0.38) ^a	--
Vitamin C, mg/d	81.3 (9.24) ^a	48.4 (9.05) ^d	99.1 (13.8) ^b	34.9 (9.97) ^d	120 (9.61) ^c	20.4 (4.62) ^e
Vitamin D, mg/d	4.95 (0.55) ^{ab}	96.1 (2.38) ^{cd}	4.40 (0.72) ^a	97.6 (2.36) ^c	5.61 (0.43) ^b	93.5 (3.21) ^d
Vitamin E, mg/d	8.26 (0.69) ^{ab}	90.9 (4.49) ^{cd}	7.97 (0.89) ^b	92.6 (5.96) ^d	9.34 (0.57) ^a	83.1 (6.64) ^c
Vitamin K, ug/d	104 (13.0) ^a	--	115 (23.1) ^{ab}	--	139 (13.5) ^b	--
Zinc, mg/d	10.8 (0.74) ^{ab}	--	9.10 (0.94) ^a	60.3 (22.5)	12.2 (0.48) ^b	--
Iron, mg/d	14.8 (1.11) ^c	99.1 (1.77) ^{de}	12.2 (1.40) ^b	100 (0.37) ^e	17.4 (0.75) ^a	94.2 (6.19) ^d
Choline, mg/d	283 (19.0) ^{ab}	[98.4 (2.05)] ^{cd}	274 (32.1) ^a	[98.6 (2.33)] ^d	321 (14.8) ^b	[95.7 (3.37)] ^c
Folate, ug DFE/d	564 (54.9) ^a	42.2 (18.6) ^d	464 (58.2) ^b	68.4 (18.2) ^e	636 (32.0) ^c	25.3 (11.5) ^f
Calcium, mg/d	1074 (74.8) ^{ab}	--	987 (112) ^b	--	1169 (51.4) ^a	51.4 (11.0)
Magnesium, mg/d	271 (10.3) ^{ab}	63.6 (6.05) ^{cd}	266 (18.9) ^b	68.2 (11.0) ^d	317 (12.4) ^a	38.4 (7.43) ^c
EPA + DHA, mg/d	30.9 (8.45) ^a	98.9 (0.79) ^b	--	91.8 (5.86) ^b	47.7 (13.3) ^a	98.2 (0.78) ^b

-- indicates suppression due to relative standard errors $> 30\%$, rows with different subscripts differ from each other, $p < 0.05$. % below for EPA + DHA represents those below recommendations for intake from the Dietary Guidelines for Americans.

Supplementary Table S11. Data on total usual intakes of nutrients important for neurodevelopment (foods + dietary supplements) among *pregnant nonlactating* US women aged 20–44 in the National Health and Nutrition Examination Survey by household food security.

Nutrient	Very low to low, N=70		Marginal, N=60		Full, N=162	
	Mean (SE)	% <EAR or [AI]	Mean (SE)	% <EAR or [AI]	Mean (SE)	% <EAR or [AI]
Vitamin A, RAE/d	1382 (353) ^{ab}	31.5 (10.7) ^c	1004 (261) ^b	46.1 (11.5) ^d	1916 (308) ^b	12.1 (5.26) ^e
Vitamin B6, mg/d	3.58 (0.51) ^a	–	5.57 (1.07) ^b	–	12.8 (5.31) ^c	–
Vitamin B12, ug/d	10.1 (1.77) ^a	–	9.42 (1.12) ^a	–	–	–
Vitamin C, mg/d	136 (16.5) ^a	30.1 (4.95) ^d	149 (16.1) ^b	15.3 (6.07) ^e	188 (14.0) ^c	8.76 (2.53) ^e
Vitamin D, mg/d	9.31 (0.99) ^a	62.8 (6.99) ^c	12.4 (1.99) ^a	44.1 (10.7) ^c	14.6 (1.29) ^b	40.4 (4.86) ^d
Vitamin E, mg/d	8.30 (0.69) ^{ab}	90.6 (4.47) ^d	11.3 (3.59) ^a	90.3 (6.34) ^c	10.7 (0.72) ^a	79.2 (6.30) ^c
Vitamin K, ug/d	105 (13.2) ^b	[45.6 (10.5)] ^d	129 (25.8) ^a	[34.3 (14.7)] ^c	145 (13.6) ^a	[21.9 (8.08)] ^c
Zinc, mg/d	18.1 (1.74) ^a	–	16.9 (2.12) ^a	26.5 (8.15)	22.5 (1.08) ^b	–
Iron, mg/d	27.5 (3.02) ^a	60.4 (8.41) ^c	24.9 (3.14) ^a	52.6 (10.5) ^d	37.7 (3.37) ^b	34.9 (4.66) ^e
Choline, mg/d	283 (19.1) ^a	[98.4 (2.05)] ^b	275 (32.0) ^a	[98.6 (2.39)] ^b	322 (14.9) ^a	[95.5 (3.44)] ^b

Folate, ug DFE/d	982 (172) ^a	–	1189 (119) ^a	26.2 (8.14)	1565 (90.3) ^b	–
Calcium, mg/d	1275 (124) ^{ab}	–	1096 (135) ^a	–	1377 (63.0) ^b	–
Magnesium, mg/d	287 (14.9) ^a	59.4 (6.26) ^c	276 (20.9) ^a	64.7 (11.4) ^c	332 (13.3) ^b	32.5 (6.91) ^d
EPA +DHA, mg/d	87.4 (22.0) ^a	97.1 (1.85) ^c	73.5 (31.3) ^{ab}	93.9 (4.44) ^{cd}	40.4 (11.4) ^b	93.3 (2.02) ^d

Rows with different subscripts differ from each other, $p < 0.05$, -- indicates suppression due to relative standard errors >30%. % below for EPA + DHA represents those below recommendations for intake from the Dietary Guidelines for Americans.