

Table S1. Food sources of saturated fat among Mexican infants, toddlers and young children aged 0-47.9 months by age group from ENSANUT 2012.

Age 0-5.9 months			Age 6-11.9 months		Age 12-23.9 months		Age 24-47.9 months	
Rank	Food Group	% of Total	Food Group	% of Total	Food Group	% of Total	Food Group	% of Total
1	Breast milk	56.6	Breast milk	34.6	Cow's milk	23.3	Cow's milk	20.2
2	Infant formula	36.1	Infant formula	21.5	Infant formula	10.3	Sweetened breads	11.2
3	Cow's milk	3.4	Cow's milk	14.4	Sweetened breads	7.1	Eggs & egg dishes	7.6
4			Yogurts	4.1	Eggs & egg dishes	5.9	Sandwiches & tortas	4.8
5			Soups & stews	4.0	Breast milk	5.7	Salty snacks	4.6
6			Cookies	2.9	Soups & stews	5.1	Soups & stews	4.0
7			Eggs & egg dishes	2.5	Yogurts	4.0	Yogurts	4.0
8			Traditional beverages	1.7	Cookies	3.7	Cookies	3.8
9			Salty snacks	1.4	Salty snacks	3.2	Meats	3.6
10			Infant cereal	1.4	Meats	3.0	Dried beans	3.1
11			Sweetened breads	1.1	Traditional beverages	2.8	Breakfast cereals	2.7
12					Breakfast cereals	2.5	Tortillas (plain)	2.3
13					Sandwiches & tortas	2.3	Tamal	1.7
14					Dried beans	1.9	Sweetened tea and coffee	1.6
15					Tamal	1.7	Beef or pork with vegetables and/or rice/pasta/potatoes	1.6
16					Tortillas (plain)	1.2	Candy	1.4
17					Cakes	1.0	Traditional beverages	1.3
18					Sweetened tea and coffee	1.0	Infant formula	1.2
19							Chicken or turkey with vegetables and/or rice/pasta/potatoes	1.1
20							Enchiladas	1.1
21							Vegetable & cheese tacos	1.0
22							Rice mixed dishes	1.0
All food groups		96.1		89.6		85.7		84.9

Table S2. Food sources of thiamine among Mexican infants, toddlers and young children aged 0-47.9 months by age group from ENSANUT 2012.

Age 0-5.9 months			Age 6-11.9 months		Age 12-23.9 months		Age 24-47.9 months	
Rank	Food Group	% of Total	Food Group	% of Total	Food Group	% of Total	Food Group	% of Total
1	Breast milk	43.8	Infant formula	18.2	Soups & stews	12.7	Cow's milk	11.2
2	Infant formula	41.4	Breast milk	17.0	Cow's milk	11.5	Soups & stews	9.8
3	Baby food (fruit)	3.0	Soups & stews	13.3	Infant formula	8.3	Sweetened breads	9.1
4	Baby food (vegetables)	1.7	Cow's milk	7.2	Sweetened breads	6.5	Tortillas (plain)	7.4
5	100% fruit juice	1.5	Dried beans	3.4	Dried beans	5.6	Dried beans	6.7
6	Vegetables	1.4	Tortillas (plain)	3.2	Breakfast cereals	5.0	Breakfast cereals	5.8
7			Eggs & egg dishes	3.1	Tortillas (plain)	4.9	Sandwiches & tortas	4.2
8			Infant cereal	3.1	Fresh or frozen fruits	4.1	Eggs & egg dishes	3.7
9			Fresh or frozen fruits	2.8	Traditional beverages	3.8	Fresh or frozen fruits	3.5
10			100% fruit juice	2.7	100% fruit juice	3.2	Cookies	2.9
11			Cookies	2.6	Cookies	2.8	Rice mixed dishes	2.1
12			Traditional beverages	2.4	Eggs & egg dishes	2.7	100% fruit juice	2.0
13			Baby food (fruit)	2.3	Pasta mixed dishes	2.2	Bread/rolls/biscuits/bagels	1.6
14			Sweetened breads	1.5	Meats	2.0	Meat tacos	1.4
15			Vegetables	1.4	Rice mixed dishes	1.8	Meats	1.3
16			Breakfast cereals	1.2	Breast milk	1.5	Salty snacks	1.3
17			Rice mixed dishes	1.1	Sandwiches & tortas	1.3	Pasta mixed dishes	1.2
18					Tamal	1.2	Tamal	1.2
19					Vegetables	1.1	White potatoes	1.1
20					Salty snacks	1.0	Infant formula	1.1
21							Traditional beverages	1.1
22							Vegetable & cheese tacos	1.0
23							Beef or pork with vegetables and/or rice/pasta/potatoes	1.0
24							Sweetened tea and coffee	1.0
All food groups		92.8		86.5		83.2		82.7

Table S3. Food sources of riboflavin among Mexican infants, toddlers and young children aged 0-47.9 months by age group from ENSANUT 2012.

Age 0-5.9 months			Age 6-11.9 months			Age 12-23.9 months			Age 24-47.9 months		
Rank	Food Group	% of Total	Food Group	% of Total	Food Group	% of Total	Food Group	% of Total			
1	Breast milk	49.4	Breast milk	24.1	Cow's milk	24.7	Cow's milk	23.9			
2	Infant formula	39.3	Infant formula	17.6	Eggs & egg dishes	9.9	Eggs & egg dishes	11.4			
3	Cow's milk	3.3	Cow's milk	16.5	Infant formula	8.6	Breakfast cereals	6.0			
4	Baby food (vegetables)	1.5	Soups & stews	6.8	Soups & stews	7.4	Soups & stews	5.2			
5			Eggs & egg dishes	5.1	Breakfast cereals	4.3	Sweetened breads	4.9			
6			Infant cereal	2.4	Traditional beverages	4.1	Yogurts	3.8			
7			Fresh or frozen fruits	2.0	Fresh or frozen fruits	3.5	Dried beans	3.7			
8			Traditional beverages	1.9	Yogurts	3.3	Tortillas (plain)	3.5			
9			Yogurts	1.7	Sweetened breads	2.8	Sandwiches & tortas	3.5			
10			Cookies	1.6	Dried beans	2.7	Fresh or frozen fruits	3.0			
11			Dried beans	1.4	Breast milk	2.4	Sweetened tea and coffee	2.6			
12			Tortillas (plain)	1.4	Tortillas (plain)	2.2	Traditional beverages	2.6			
13			Breakfast cereals	1.1	Meats	2.1	Meats	2.6			
14			Meats	1.0	Cookies	2.0	Cookies	2.2			
15					Sweetened tea and coffee	1.9	Infant formula	1.2			
16					Sandwiches & tortas	1.5	Candy	1.0			
17					Infant cereal	1.3	Rice mixed dishes	1.0			
All food groups		93.5		84.6		84.7		81.1			

Table S4. Food sources of niacin among Mexican infants, toddlers and young children aged 0-47.9 months by age group from ENSANUT 2012

Age 0-5.9 months			Age 6-11.9 months		Age 12-23.9 months		Age 24-47.9 months	
Rank	Food Group	% of Total	Food Group	% of Total	Food Group	% of Total	Food Group	% of Total
1	Breast milk	45.4	Breast milk	19.3	Soups & stews	14.5	Soups & stews	11.4
2	Infant formula	42.1	Infant formula	17.3	Meats	7.8	Tortillas (plain)	8.7
3	Baby food (vegetables)	2.2	Soups & stews	15.2	Infant formula	7.3	Sweetened breads	7.9
4	Vegetables	1.8	Tortillas (plain)	4.8	Sweetened breads	6.4	Meats	6.8
5	Soups & stews	1.5	Cookies	3.3	Tortillas (plain)	5.8	Cow's milk	6.3
6	Sweetened tea and coffee	1.2	Infant cereal	3.3	Cow's milk	5.2	Breakfast cereals	5.6
7			Fresh or frozen fruits	3.2	Breakfast cereals	4.6	Dried beans	4.5
8			Meats	3.1	Dried beans	4.3	Sandwiches & tortas	4.1
9			Dried beans	2.5	Sweetened tea and coffee	4.1	Cookies	3.5
10			Cow's milk	2.4	Fresh or frozen fruits	3.9	Fresh or frozen fruits	3.4
11			Chicken or turkey with vegetables	2.1	Cookies	3.4	Sweetened tea and coffee	3.0
12			Eggs & egg dishes	2.0	Rice mixed dishes	2.2	Eggs & egg dishes	2.6
13			Vegetables	1.9	Pasta mixed dishes	2.2	Chicken or turkey with vegetables and/or rice/pasta/potatoes	2.3
14			Breakfast cereals	1.5	Chicken or turkey with vegetables and/or rice/pasta/potatoes	1.8	Rice mixed dishes	2.2
15			Sweetened breads	1.4	Traditional beverages	1.8	Meat tacos	1.7
16			Sweetened tea and coffee	1.4	Salty snacks	1.5	Salty snacks	1.7
17			Traditional beverages	1.3	Breast milk	1.5	Beef or pork with vegetables and/or rice/pasta/potatoes	1.6
18			Rice mixed dishes	1.3	Eggs & egg dishes	1.5	White potatoes	1.3
19					Sandwiches & tortas	1.4	Bread/rolls/biscuits/bagels	1.3
20					Vegetables	1.2	Vegetable & cheese tacos	1.2
21					Tamal	1.2	Fish/shellfish	1.1
22					100% fruit juice	1.1	Infant formula	1.0
23					White potatoes	1.0	Pasta mixed dishes	1.0
All food groups		94.2		87.3		85.7		84.2

Table S5. Food sources of vitamin B6 among Mexican infants, toddlers and young children aged 0-47.9 months by age group from ENSANUT 2012

Age 0-5.9 months			Age 6-11.9 months		Age 12-23.9 months		Age 24-47.9 months	
Rank	Food Group	% of Total	Food Group	% of Total	Food Group	% of Total	Food Group	% of Total
1	Breast milk	41.7	Breast milk	14.4	Soups & stews	11.0	Soups & stews	8.9
2	Infant formula	40.5	Infant formula	13.7	Fresh or frozen fruits	10.0	Tortillas (plain)	8.7
3	Baby food (vegetables)	2.7	Soups & stews	11.8	Cow's milk	9.9	Fresh or frozen fruits	7.6
4	Fresh or frozen fruits	2.3	Fresh or frozen fruits	8.2	Tortillas (plain)	6.2	Dried beans	7.4
5	Vegetables	2.2	Cow's milk	6.5	Dried beans	6.2	Eggs & egg dishes	6.9
6	Baby food (fruit)	1.4	Tortillas (plain)	5.8	Meats	5.9	Cow's milk	6.6
7	Soups & stews	1.2	Eggs & egg dishes	4.9	Eggs & egg dishes	5.7	Breakfast cereals	5.9
8	Infant cereal	1.0	Dried beans	3.6	Infant formula	5.5	Meats	5.5
9			Infant cereal	2.9	Breakfast cereals	4.5	Sandwiches & tortas	3.5
10			Vegetables	2.4	Traditional beverages	3.2	Sweetened breads	2.0
11			Meats	2.3	Pasta mixed dishes	2.2	Rice mixed dishes	2.0
12			100% fruit juice	1.6	100% fruit juice	2.2	White potatoes	1.8
13			Chicken or turkey with vegetables and/or rice/pasta/potatoes	1.6	Rice mixed dishes	1.9	Chicken or turkey with vegetables and/or rice/pasta/potatoes	1.8
14			Traditional beverages	1.6	Vegetables	1.6	Meat tacos	1.8
15			Breakfast cereals	1.4	White potatoes	1.4	Salty snacks	1.7
16			White potatoes	1.3	Chicken or turkey with vegetables and/or rice/pasta/potatoes	1.4	Beef or pork with vegetables and/or rice/pasta/potatoes	1.6
17			Fruit-flavored drinks	1.0	Salty snacks	1.3	Vegetable & cheese tacos	1.5
18			Pasta mixed dishes	1.0	Cookies	1.2	100% fruit juice	1.5
19					Tamal	1.2	Cookies	1.4
20					Sweetened breads	1.1	Pasta mixed dishes	1.3
21					Sandwiches & tortas	1.1	Tamal	1.3
22					Breast milk	1.0	Enchiladas	1.2
23							Traditional beverages	1.2
All food groups		93.0		86.0		85.7		83.1