

Table S2. Diet characteristics of study participants as assessed by semiquantitative food frequency questionnaire (FFQ)

| Average daily intake | Median | Min | Max |
|--------------------------|---------------|------------|------------|
| Water (g) | 1855 | 466 | 6409 |
| Energy (kcal) | 3160 | 586 | 8487 |
| Protein (g) | 81,8 | 20,8 | 416,1 |
| AMDR protein (%) | 11,3 | 1,7 | 24,3 |
| Fat (g) | 186,0 | 24,3 | 1695 |
| AMDR fat (%) | 53,7 | 25,7 | 94,6 |
| SF) (g) | 62,2 | 8,0 | 377,6 |
| AMDR saturated fat (%) | 17,01 | 9,36 | 32,74 |
| MUFA (g) | 59,9 | 10 | 791,2 |
| PUFA (g) | 48,07 | 3,76 | 479,0 |
| PUFA/SF ratio | 0,85 | 0,16 | 2,6 |
| MUFA/SF ratio | 0,93 | 0,50 | 4,74 |
| Cholesterol (mg) | 299,8 | 51,8 | 1402 |
| Carbohydrates (g) | 297,2 | 55,8 | 781,0 |
| Dietary fibre (g) | 32,08 | 5,19 | 141,1 |
| Vitamin A (µg RAE) | 773,4 | 70,8 | 4896 |
| Retinol (µg) | 404,7 | 18,1 | 2834 |
| β-carotene (µg) | 2552 | 23,0 | 12599 |
| Lycopene (µg) | 3524 | 0,00 | 111585 |
| Lutein + zeaxanthin (µg) | 3612 | 117,1 | 20094 |
| Vitamin D (µg) | 3,6 | 0,25 | 44,4 |
| Vitamin E (mg) | 29,16 | 1,41 | 353,4 |
| Vitamin K (µg) | 193,9 | 21,1 | 1516 |
| Thiamine-B1 (mg) | 1,72 | 0,41 | 5,41 |
| Riboflavin-B2 (mg) | 2,35 | 0,47 | 9,82 |
| Niacin-B3 (mg) | 23,4 | 6,45 | 85,4 |
| Pantothenic acid-B5 (mg) | 6,48 | 1,37 | 24,9 |
| Pyridoxine-B6 (mg) | 2,15 | 0,32 | 6,51 |
| Folate-B9 (µg) | 377 | 70,8 | 2017 |
| Choline (mg) | 342,3 | 55,9 | 1398 |
| Cobalamins-B12 (µg) | 4,71 | 0,56 | 23,8 |
| Vitamin C | 192,2 | 11,5 | 1496 |
| Calcium (mg) | 958,5 | 184,9 | 6468 |
| Iron (mg) | 16,4 | 4,15 | 77,8 |
| Magnesium (mg) | 430,5 | 96,9 | 1575 |
| Phosphorus (mg) | 1383 | 382,2 | 5934 |
| Zinc (mg) | 10,74 | 2,88 | 39,7 |
| Copper (mg) | 1,84 | 0,43 | 10,0 |
| Manganese (mg) | 4,15 | 0,54 | 12,2 |
| Selenium (µg) | 95,9 | 19,2 | 542,2 |
| Potassium (mg) | 4070 | 941 | 13336 |
| Sodium (mg) | 1757 | 311,0 | 11879 |
| Weekly intake | median | min | max |
| Fruit (serving) | 3,54 | 0,06 | 18,9 |
| Vegetable (serving) | 3,71 | 0,26 | 23,9 |

AMDR-acceptable macronutrient distribution ranges; SF-saturated fat; PUFA-polyunsaturated fatty acid;
MUFA-monounsaturated fatty acid; RAE-retinol activity equivalents