

Supplementary Materials: Deviation of Chinese Adults' Diet from the Chinese Food Pagoda 2016 and Its Association with Adiposity

Xu Tian, Yingying Huang and Hui Wang

Table S1 Daily food consumption (g/d) in China

Food group	Real Consumption					Trend Test (<i>p</i>)	Dietary Guidelines			
	Total	2004 (<i>n</i> = 3427)	2006 (<i>n</i> = 3369)	2009 (<i>n</i> = 3454)	2011 (<i>n</i> = 4202)		Recommended	Under	Within	Above
Cereal potato and beans	432.7 ± 198.1 ^{a*}	463.8 ± 209.5	440.7 ± 190.0	428.7 ± 183.2	404.2 ± 202.4	0.008	250–400	13% ^b	39%	48%
Fruits	53.3 ± 117.7 [#]	22.1 ± 79.8	50.9 ± 147.8	53.5 ± 104.4	80.6 ± 124.6	0.038	200–350	90%	7%	3%
Vegetables	307.9 ± 172.1	324.3 ± 193.4	319.1 ± 175.3	311.2 ± 162.6	282.9 ± 155.0	0.076	300–500	54%	35%	11%
Eggs	27.8 ± 36.0 [#]	23.8 ± 37.0	27.0 ± 37.1	29.8 ± 36.3	30.0 ± 33.7	0.050	40–50	70%	11%	19%
Aquatic products	31.6 ± 55.9 [#]	28.4 ± 55.1	30.2 ± 56.4	34.5 ± 58.1	33.0 ± 54.0	0.148	40–75	71%	13%	16%
Meat and poultry	88.8 ± 84.3 [*]	81.8 ± 85.6	87.7 ± 87.0	90.7 ± 81.2	93.7 ± 83.2	0.016	40–75	33%	20%	47%
Legumes and nuts	51.9 ± 71.0 [*]	45.7 ± 67.1	49.3 ± 68.4	57.9 ± 76.7	54.2 ± 70.9	0.180	25–35	46%	10%	44%
Milk and its products	13.4 ± 52.8 [#]	12.2 ± 57.8	10.2 ± 42.6	9.0 ± 39.8	21.7 ± 63.2	0.389	>300	100%	-	0%
Oil	45.8 ± 102.6 [*]	44.8 ± 45.1	41.3 ± 34.2	49.3 ± 106.4	47.3 ± 155.8	0.420	25-30	33%	9%	57%
Salt	9.9 ± 17.8 [*]	11.0 ± 12.5	9.5 ± 9.3	9.8 ± 22.1	9.5 ± 22.2	0.241	<6	35%	-	65%

Notes: ^a Values are presented in mean ± standard deviation; ^{*} Significantly greater than the upper bound of dietary guideline at *p* < 0.05; [#] Significantly smaller than the lower bound of dietary guideline at *p* < 0.05; ^b Percentage of observations whose real consumption fall under, within or above the recommend level of dietary guideline.