

Figure S1: Serves of food consumed as compared to the minimum recommended daily intake (MRDI) [46].

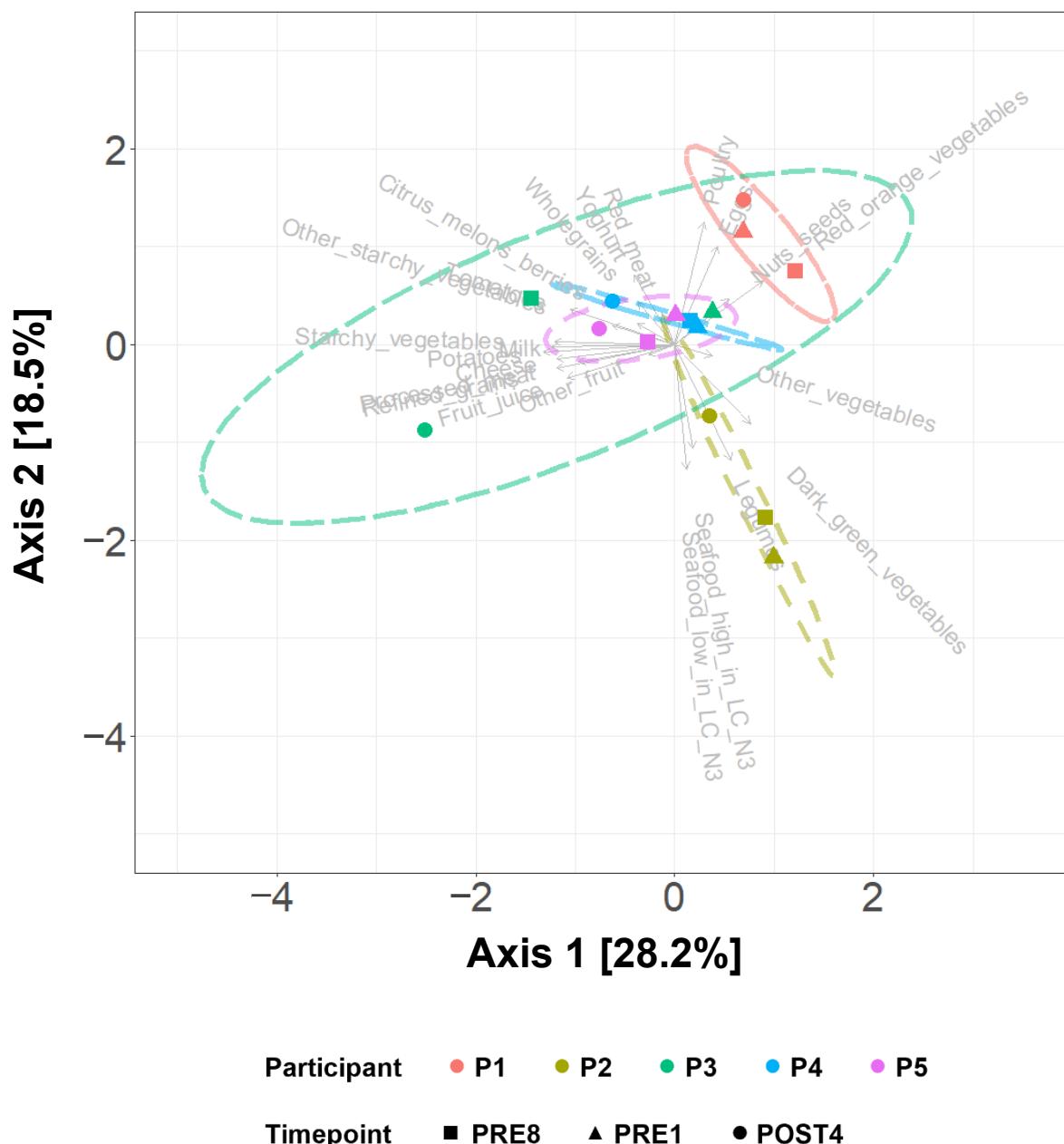


Figure S2: Principal component analysis of food items; Vectors indicate the contribution of each food item to the diet; Ellipses indicate 95% confidence intervals of samples from each participant