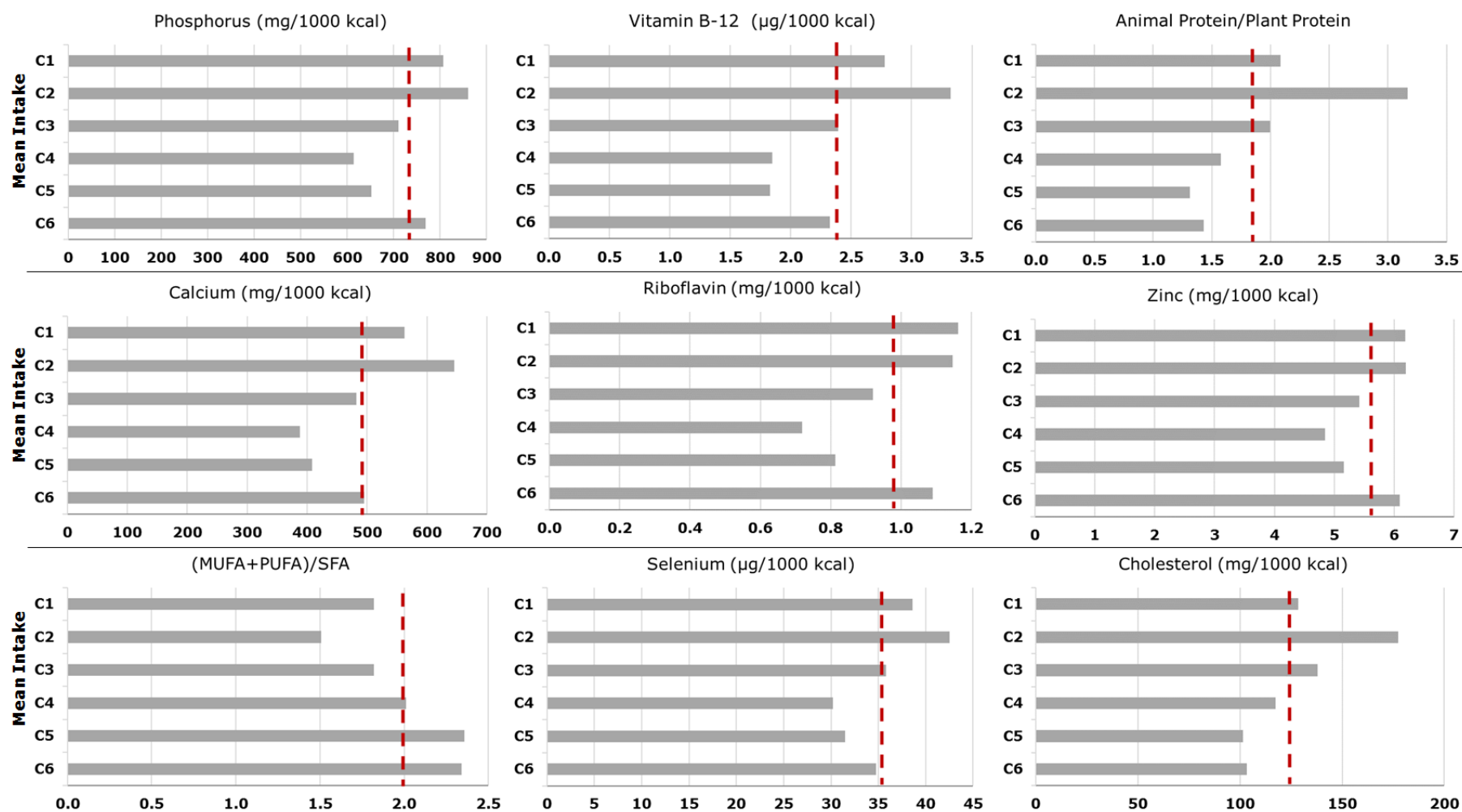**Supplementary Figure S1**. Mean intake of nutrients with absolute factor score ≥0.5 in "Plant origin" factor, among the six clusters (C1-C6) and in total sample (▬ ▬ ▪).

Supplementary Figure S2. Mean intake of nutrients with absolute factor score ≥0.5 in "Animal origin" factor, across the six clusters (C1-C6) and in total sample (▬ ▬ ▬). MUFA: Monounsaturated fatty acids; PUFA: Polyunsaturated fatty acids; SFA: Saturated fatty acids.
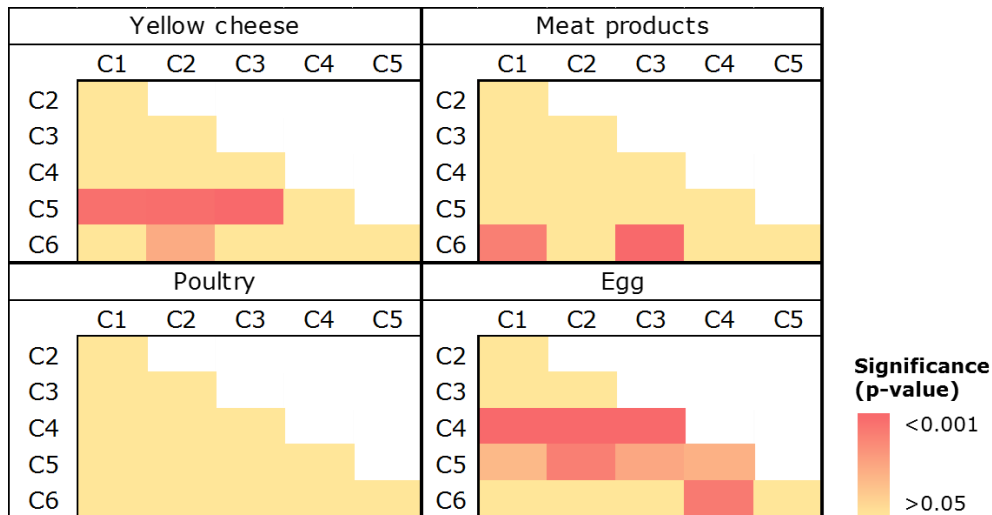
Supplementary Figure S3. Comparison of energy contribution of selected food groups across the six clusters (C1-C6); Statistical significance was assessed at α=0.05 ($p\leq0.05$) using the Mann-Whitney U test.

Supplementary Table S1. Percentile distribution of probability of adequacy for macronutrients, phosphorus, folate and vitamin B-12

	Protein					Carbohydrate				
	P10	*P25*	*P50*	*P75*	*P90*	*P10*	*P25*	*P50*	*P75*	*P90*
C1	95	100	100	100	100	98	100	100	100	100
C2	100	100	100	100	100	83	94	99	100	100
C3	79	100	100	100	100	99	100	100	100	100
C4	59	99	100	100	100	100	100	100	100	100
C5	81	99	100	100	100	100	100	100	100	100
C6	93	100	100	100	100	100	100	100	100	100

	Phosphorus					Folate				
	P10	*P25*	*P50*	*P75*	*P90*	*P10*	*P25*	*P50*	*P75*	*P90*
C1	100	100	100	100	100	0	0	0	0	3
C2	100	100	100	100	100	0	0	0	0	0
C3	100	100	100	100	100	0	0	0	0	0
C4	100	100	100	100	100	0	0	0	0	0
C5	100	100	100	100	100	0	0	0	0	3
C6	100	100	100	100	100	0	0	1	6	33

	Vitamin B-12				
	P10	*P25*	*P50*	*P75*	*P90*
C1	100	100	100	100	100
C2	100	100	100	100	100
C3	100	100	100	100	100
C4	99	100	100	100	100
C5	92	100	100	100	100
C6	100	100	100	100	100

P: Percentile; k-percentile is the k% of individuals in each cluster that is below to the respective probability of adequacy, e.g. in the case of protein, almost 18 participants in C1 (*P*10) had a probability of adequacy below 95%; C: Cluster; Number of participants in each cluster: C1 (n=179), C2 (n=33), C3 (n=142), C4 (n=67), C5 (n=127), C6 (n=60).

Supplementary Table S2. Applied methods for estimating the nutrient adequacy for the macro- and micronutrients under study.

		Probability approach	EAR cut-point method	Comments
1	**Protein**	+		
2	**Carbohydrate**	+		
3	**Fiber**		+	Established AI
4	**Thiamin**	+		
5	**Rivoflavin**	+		
6	**Niacin**	+		
7	**Vitamin B-6**	+		
8	**Folate**	+		
9	**Vitamin B-12**	+		
10	**Vitamin C**	+		
11	**Calcium**		+	Not established SD
12	**Phosphorus**	+		
13	**Magnesium**	+		
14	**Potassium**		+	Established AI
15	**Zinc**	+		
16	**Copper**	+		
17	**Selenium**	+		

AI: Adequate Intake; SD: standard deviation