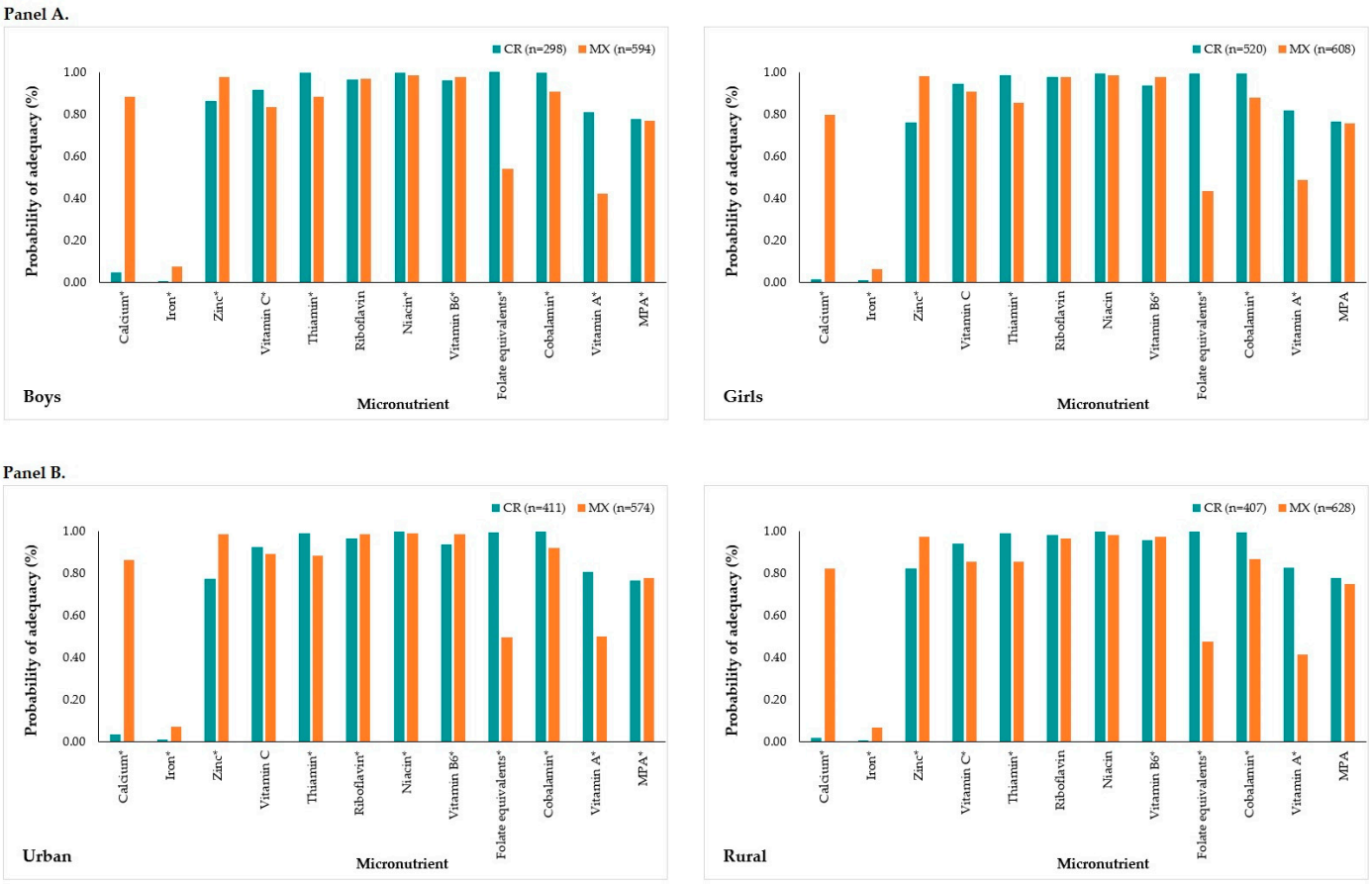


**Figure S1.** Probability of Adequacy (PA) for each nutrient and Mean Probability of Adequacy (MPA) by country, according to sex (panel A) and residence area (panel B). * Nutrients with significant differences between countries, determined using the Wilcoxon test ($p < 0.05$).

**Table S1.** Probability of Adequacy (PA) for Costa Rican and Mexican adolescents, according to sex.

| Nutrient [1] | Costa Rica ($n$ = 818) | | | | | Mexico ($n$ = 1202) | | | | |
|---|---|---|---|---|---|---|---|---|---|---|
| | Girls ($n$ = 520) | | Boys ($n$ = 298) | | | Girls ($n$ = 608) | | Boys ($n$ = 594) | | |
| | Mean | SD | Mean | *SD* | *p*-value [1] | Mean | SD | Mean | *SD* | *p*-value [1] |
| Calcium | 0.01 | 0.09 | 0.05 | 0.18 | <0.0001 | 0.80 | 0.35 | 0.88 | 0.28 | <0.0001 |
| Iron | 0.01 | 0.03 | 0.01 | 0.05 | 0.326 | 0.06 | 0.14 | 0.08 | 0.15 | 0.278 |
| Zinc | 0.76 | 0.30 | 0.86 | 0.25 | <0.0001 | 0.98 | 0.09 | 0.97 | 0.12 | 0.693 |
| Vitamin C | 0.94 | 0.20 | 0.91 | 0.25 | 0.307 | 0.91 | 0.28 | 0.83 | 0.35 | <0.0001 |
| Thiamin | 0.98 | 0.08 | 1.00 | 0.03 | <0.0001 | 0.85 | 0.31 | 0.88 | 0.29 | 0.011 |
| Riboflavin | 0.98 | 0.12 | 0.96 | 0.16 | 0.628 | 0.98 | 0.13 | 0.97 | 0.14 | 0.149 |
| Niacin | 0.99 | 0.04 | 1.00 | 0.02 | 0.001 | 0.98 | 0.08 | 0.98 | 0.09 | 0.524 |
| Vitamin B6 | 0.94 | 0.19 | 0.96 | 0.14 | 0.001 | 0.98 | 0.12 | 0.98 | 0.13 | 0.005 |
| Folate equivalents | 0.99 | 0.07 | 1.00 | 0.00 | <0.0001 | 0.43 | 0.46 | 0.54 | 0.47 | <0.0001 |
| Cobalamin | 0.99 | 0.06 | 1.00 | 0.03 | 0.002 | 0.88 | 0.29 | 0.91 | 0.26 | 0.011 |
| Vitamin A | 0.82 | 0.28 | 0.81 | 0.27 | 0.582 | 0.49 | 0.41 | 0.42 | 0.41 | 0.001 |
| MPA | 0.77 | 0.09 | 0.78 | 0.08 | 0.005 | 0.76 | 0.15 | 0.77 | 0.15 | 0.066 |

[1] *p*-values < 0.05 are statistically significant and were determined using the Wilcoxon test. MPA: Mean Probability of Adequacy.

**Table S2.** Probability of Adequacy (PA) for Costa Rican and Mexican adolescents, according to residence area.

| Nutrient [1] | Costa Rica (*n* = 818) | | | | | Mexico (*n* = 1202) | | | | |
|---|---|---|---|---|---|---|---|---|---|---|
| | Urban (*n* = 411) | | Rural (*n* = 407) | | | Urban (*n* = 574) | | Rural (*n* = 628) | | |
| | Mean | SD | Mean | SD | *p*-value [1] | Mean | SD | Mean | SD | *p*-value [1] |
| Calcium | 0.03 | 0.14 | 0.02 | 0.11 | 0.084 | 0.86 | 0.30 | 0.82 | 0.33 | 0.002 |
| Iron | 0.01 | 0.03 | 0.01 | 0.04 | 0.143 | 0.07 | 0.15 | 0.07 | 0.14 | 0.207 |
| Zinc | 0.77 | 0.30 | 0.82 | 0.28 | 0.014 | 0.98 | 0.08 | 0.97 | 0.13 | 0.416 |
| Vitamin C | 0.92 | 0.22 | 0.94 | 0.21 | 0.006 | 0.89 | 0.29 | 0.85 | 0.34 | 0.051 |
| Thiamin | 0.99 | 0.07 | 0.99 | 0.07 | 0.190 | 0.88 | 0.28 | 0.85 | 0.31 | 0.100 |
| Riboflavin | 0.96 | 0.15 | 0.98 | 0.11 | 0.129 | 0.98 | 0.10 | 0.97 | 0.16 | <0.0001 |
| Niacin | 1.00 | 0.03 | 1.00 | 0.03 | 0.566 | 0.99 | 0.07 | 0.98 | 0.10 | 0.565 |
| Vitamin B6 | 0.94 | 0.18 | 0.96 | 0.16 | 0.004 | 0.98 | 0.11 | 0.97 | 0.14 | 0.772 |
| Folate equivalents | 0.99 | 0.05 | 0.99 | 0.06 | 0.706 | 0.50 | 0.46 | 0.47 | 0.47 | 0.597 |
| Cobalamin | 1.00 | 0.04 | 0.99 | 0.06 | 0.384 | 0.92 | 0.24 | 0.87 | 0.30 | 0.001 |
| Vitamin A | 0.80 | 0.28 | 0.83 | 0.27 | 0.421 | 0.50 | 0.41 | 0.41 | 0.41 | <0.0001 |
| MPA | 0.76 | 0.09 | 0.77 | 0.08 | 0.034 | 0.78 | 0.16 | 0.75 | 0.16 | 0.002 |

[1] *p*-values < 0.05 are statistically significant and were determined using the Wilcoxon test. MPA: Mean Probability of Adequacy.