Table S1. Main sources of iodine and selenium in women of reproductive age according to the population-based health surveys in Latvia by the survey year and age groups

Year of the Survey Age, years	N	Proportion of respondents, % (95%CI)								
		Iodine		Iodine & Selenium	Selenium					Vitamins and supplements
		Use of iodized salt	At least two servings of milk or dairy products a day	Fish at least once a week	Either meat or meat products at least three days a week	Eggs at least three days a week	Rice or pasta at least three days a week	Porridges or breakfast cereal at least three days a week	At least four slices of any bread daily	Any, during the last week
2010										
15-24	272	9.6 (6.6-13.6)	42.2 (36.4-48.2)	47.8 (41.9-53.7)	66.2 (60.4-71.5)	22.4 (17.9-27.8)	16.5 (12.6-21.4)	19.5 (15.2-24.6)	68.9 (63.1-74.1)	30.5 (25.4-36.2)
25-29	141	14.9 (9.9-21.7)	41.2 (33.3-49.6)	46.8 (38.8-55.0)	75.9 (68.2-82.2)	33.3 (26.1-41.5)	16.3 (11.1-23.3)	26.2 (19.7-34.1)	69.1 (61.0-76.2)	34.8 (27.4-42.9)
30-34	163	20.2 (14.8-27.1)	39.9 (32.7-47.5)	62.0 (54.3-69.1)	70.6 (63.1-77.0)	42.3 (35.0-50.0)	25.8 (19.7-33.0)	27.6 (21.3-34.9)	61.7 (54.0-68.9)	35.0 (28.1-42.6)
35-49	480	12.9 (10.2-16.2)	40.1 (35.8-44.6)	62.7 (58.3-66.9)	69.6 (65.3-73.5)	38.8 (34.5-43.2)	18.1 (14.9-21.8)	22.7 (19.2-26.7)	70.0 (65.7-73.9)	30.2 (26.3-34.5)
Total	1056	13.4 (11.5-15.6)	40.8 (37.8-43.8)	56.6 (53.6-59.6)	69.7 (66.9-72.4)	34.4 (31.6-37.3)	18.7 (16.4-21.1)	23.1 (20.7-25.7)	68.3 (65.4-71.1)	31.6 (28.9-34.5)
2012										
15-24	275	6.6 (4.2-10.1)	47.6 (41.8-53.5)	44.7 (39.0-50.6)	72.7 (67.2-77.7)	34.9 (29.5-40.7)	19.6 (15.4-24.7)	26.9 (22.0-32.4)	65.5 (59.7-70.8)	27.6 (22.7-33.2)
25-29	146	13.0 (8.5-19.4)	50.7 (42.7-58.7)	60.3 (52.2-67.9)	75.3 (67.8-81.6)	43.2 (35.4-51.3)	23.3 (17.2-30.8)	29.5 (22.7-37.3)	72.6 (64.9-79.2)	37.0 (29.6-45.1)
30-34	152	12.5 (8.2-18.7)	48.0 (40.2-55.9)	64.5 (56.6-71.6)	74.3 (66.9-80.6)	42.1 (34.5-50.1)	19.1 (13.6-26.1)	28.3 (21.7-35.9)	64.5 (56.6-71.6)	36.2 (29.0-44.1)
35-49	484	8.5 (6.3-11.3)	47.4 (43.0-51.9)	58.1 (53.6-62.4)	71.5 (67.3-75.3)	42.1 (37.8-46.6)	21.5 (18.1-25.4)	26.9 (23.1-31.0)	76.2 (72.2-79.8)	32.4 (28.4-36.7)
Total	1057	9.2 (7.6-11.1)	48.0 (45.0-51.0)	55.8 (52.8-58.8)	72.8 (70.0-75.4)	40.4 (37.5-43.4)	20.9 (18.6-23.5)	27.4 (24.8-30.2)	71.2 (68.4-73.9)	32.4 (29.6-35.2)
2014										
15-24	218	8.3 (5.3-12.7)	40.8 (34.5-47.5)	46.3 (39.8-53.0)	73.4 (67.2-78.8)	35.3 (29.3-41.9)	29.4 (23.7-35.7)	22.9 (17.8-29.0)	69.7 (63.3-75.4)	25.2 (19.9-31.4)
25-29	153	12.4 (8.1-18.6)	37.9 (30.6-45.8)	56.2 (48.3-63.8)	78.4 (71.3-84.2)	38.6 (31.2-46.5)	25.5 (19.2-32.9)	28.1 (21.6-35.7)	68.0 (60.2-74.9)	26.8 (20.4-34.3)
30-34	162	11.1 (7.1-16.9)	43.2 (35.8-50.9)	61.1 (53.4-68.3)	82.1 (75.5-87.2)	46.9 (39.4-54.6)	19.8 (14.3-26.6)	28.4 (22.0-35.8)	63.6 (55.9-70.6)	32.1 (25.4-39.6)
35-49	465	9.2 (6.9-12.2)	41.3 (36.9-45.8)	63.2 (58.7-67.5)	76.1 (72.0-79.8)	43.9 (39.4-48.4)	23.4 (19.8-27.5)	25.8 (22.0-30.0)	71.6 (67.3-75.5)	27.1 (23.3-31.3)
Total	998	9.8 (8.1-11.8)	41.0 (38.0-44.1)	58.1 (55.0-61.1)	76.9 (74.1-79.4)	41.7 (38.7-44.8)	24.4 (21.9-27.2)	26.0 (23.3-28.8)	69.3 (66.4-72.1)	27.5 (24.8-30.3)
2016										
15-24	277	5.4 (3.3-8.7)	45.5 (39.7-51.4)	39.4 (33.8-45.2)	69.0 (63.3-74.1)	39.4 (33.8-45.2)	22.4 (17.9-27.7)	20.2 (15.9-25.3)	60.6 (54.8-66.2)	24.2 (19.5-29.6)
25-29	158	8.2 (4.9-13.6)	51.3 (43.5-58.9)	51.9 (44.2-59.6)	73.4 (66.0-79.7)	43.7 (36.2-51.5)	20.3 (14.7-27.2)	34.8 (27.8-42.5)	45.6 (38.0-53.4)	34.8 (27.8-42.5)
30-34	190	8.4 (5.2-13.2)	44.7 (37.8-51.8)	55.8 (48.7-62.7)	78.4 (72.0-83.7)	42.6 (35.8-49.7)	20.5 (15.4-26.8)	25.8 (20.1-32.5)	51.1 (44.0-58.1)	25.8 (20.1-32.5)
35-49	542	9.4 (7.2-12.2)	46.5 (42.3-50.7)	59.4 (55.2-63.5)	67.3 (63.3-71.2)	45.4 (41.2-49.6)	17.3 (14.4-20.8)	24.4 (20.9-28.1)	55.5 (51.3-59.7)	32.1 (28.3-36.2)
Total	1167	8.1 (6.7-9.9)	46.6 (43.8-49.5)	53.0 (50.2-55.9)	70.4 (67.7-72.9)	43.3 (40.5-46.1)	19.5 (17.3-21.8)	25.0 (22.6-27.6)	54.7 (51.8-57.5)	29.6 (27.0-32.2)
2018										
15-24	247	3.2 (1.6-6.3)	30.4 (25.0-36.4)	48.2 (42.0-54.4)	61.9 (55.7-67.8)	34.0 (28.4-40.1)	35.2 (29.5-41.4)	35.2 (29.5-41.4)	40.5 (34.6-46.7)	38.9 (33.0-45.1)
25-29	138	6.5 (3.5-11.9)	34.1 (26.7-42.3)	63.8 (55.5-71.3)	66.7 (58.4-74.0)	34.1 (26.7-42.3)	34.8 (27.3-43.0)	36.2 (28.7-44.5)	39.1 (31.4-47.5)	54.4 (46.0-62.4)
30-34	152	17.8 (12.5-24.6)	32.2 (25.3-40.0)	59.9 (51.9-67.3)	75.0 (67.6-81.2)	46.1 (38.3-54.0)	28.3 (21.7-35.9)	38.8 (31.4-46.8)	40.8 (33.3-48.7)	49.3 (41.5-57.2)
35-49	454	10.8 (8.3-14.0)	35.2 (31.0-39.7)	60.8 (56.2-65.2)	73.6 (69.3-77.4)	47.8 (43.2-52.4)	22.2 (18.7-26.3)	30.6 (26.5-35.0)	51.8 (47.2-56.3)	51.1 (46.5-55.7)
Total	991	9.4 (7.7-11.4)	33.4 (30.5-36.4)	57.9 (54.8-61.0)	69.9 (67.0-72.7)	42.2 (39.1-45.3)	28.2 (25.4-31.0)	33.8 (30.9-36.8)	45.5 (42.4-48.6)	48.2 (45.1-51.4)