

Table S1. Dietary intake of food groups obtained from the food frequency questionnaire and the mean of 2 non-consecutive 24h recall in the overall population, by sex, and by age groups.

Food groups	Dietary intake (g/day)							Dietary intake (g/day)						
	Overall (n=444)		Male (n=183)		Female (n=261)		<i>p-value</i>	18-24 y (n=149)		25-39 y (n=151)		40-64 y (n=144)		<i>p-value</i>
	Mean	SD	Mean	SD	Mean	SD		Mean	SD	Mean	SD	Mean	SD	
Cereals and cereal based products	317.2	134.9	390.6	140.0	265.7	104.0	0.000*	338.8	142.9	307.5	130.5	304.9	128.9	0.055
Fruit and fruit products	254.3	285.0	275.9	286.7	239.2	283.3	0.182	255.8	272.9	215.7	210.2	293.4	353.6	0.064
Vegetables and vegetable products	206.5	117.8	197.8	115.4	212.6	119.3	0.191	217.4	120.2	189.2	118.5	213.3	113.1	0.081
Milk and dairy products	184.5	164.7	208.3	186.1	167.8	145.9	0.011*	190.3	180.4	191.1	159.6	171.6	153.0	0.521
Meat and meat products	69.5	75.1	94.1	98.5	52.2	45.8	0.000*	74.6	57.3	77.3	82.2	56.0	81.9	0.030*
Legumes and pulses	66.9	54.8	68.2	62.2	65.9	49.0	0.675	64.8	61.0	60.5	46.6	75.7	55.2	0.049*
Desserts and snack	65.4	114.1	77.7	159.2	56.7	65.2	0.092	100.1	176.0	59.2	61.1	35.9	46.4	<0.001*
Starchy roots and tubers	50.5	43.5	54.3	42.4	47.8	44.1	0.118	55.2	49.0	48.8	38.4	47.3	42.3	0.248
Herbs, spices and condiments	47.9	44.1	50.1	46.1	46.3	42.7	0.373	48.4	46.6	45.7	41.6	49.6	44.2	0.735
Traditional food	33.6	35.5	38.3	39.4	30.2	32.2	0.018*	40.6	45.7	30.5	29.2	29.5	27.8	0.012*
Eggs and egg products	22.2	32.6	32.4	44.3	15.1	17.8	0.000*	26.3	32.6	20.5	33.4	19.8	31.5	0.165
Sugar and confectionery	19.0	22.2	20.5	23.8	17.9	20.9	0.235	21.0	24.8	17.6	19.8	18.3	21.6	0.365
Fat and oils of animals and vegetables	11.5	11.7	12.2	13.8	11.0	10.0	0.289	10.6	10.1	10.1	9.4	14.0	14.6	0.009*
Fish and other seafood	11.4	21.0	16.9	28.2	7.6	12.6	0.000*	13.1	26.9	12.1	18.7	8.9	15.6	0.206
Nuts and oilseeds	5.0	12.5	6.5	13.1	4.0	11.9	0.043*	6.5	18.1	4.3	8.6	4.2	7.8	0.213
Drinking water ^a	1440.5	843.2	1803.3	865.8	1186.1	727.3	0.000*	1318.8	746.5	1470.7	770.0	1534.8	989.2	0.078
Stimulant beverages ^a	546.8	427.4	543.6	454.4	549.1	408.2	0.893	514.2	387.0	548.3	435.1	579.0	458.3	0.431
Non-Alcoholic beverages ^a	70.6	120.9	97.0	160.6	52.1	77.7	0.001*	86.1	143.7	75.3	120.8	49.7	89.1	0.031*
Fruit and vegetable juices ^a	66.3	96.1	77.7	108.9	58.2	85.3	0.035*	93.2	123.5	67.1	88.5	37.5	54.8	<0.001*
Alcoholic beverages ^a	0.6	5.9	1.5	9.1	0.0	0.0	0.031*	0.1	0.6	1.1	8.3	0.6	5.8	0.283

* Significant at p-value < 0.05

^a Beverages are presented in mL/day

Table S2. Percentage of contribution of food groups to daily vitamin B12 intake in the overall population and by household FI.

Food groups ^a	Contribution to daily vitamin B12 intake (%)						<i>p-value</i>
	Overall		Food secure		Food insecure		
	Mean	SD	Mean	SD	Mean	SD	
Milk and dairy products	33.45	19.8	33.02	18.4	33.93	21.3	0.633
Meat and meat products	25.21	16.5	27.35	15.9	22.82	16.8	0.004*
Traditional food	11.99	13.9	9.69	9.3	14.55	17.3	<0.001*
Fish and other seafood	9.73	11.5	9.40	9.8	10.09	13.2	0.535
Eggs and egg products	7.69	8.2	7.98	8.2	7.37	8.3	0.442
Desserts and snack	4.97	5.3	5.46	4.8	4.43	5.8	0.041*
Cereals and cereal based products	3.12	4.0	3.50	4.0	2.69	4.0	0.033*
Starchy roots and tubers	2.04	5.8	1.18	2.6	2.99	7.8	0.002*
Stimulant beverages	1.74	6.3	2.35	7.8	1.06	3.9	0.026*
Other ^b	0.07	0.1	0.07	0.1	0.07	0.1	0.878

* Significant at p -value < 0.05

^a Food groups with no contribution to vitamin B12 intake at all were not included in the table

^b Includes the following food groups with respective negligible contributions: Herbs, spices and condiments (0.0618%), fat and oils of animals and vegetables (0.0071%), and alcoholic beverages (0.0019%)

Table S3. Associations of demographic and socioeconomic characteristics of the study population with vitamin B12 intake and status.

Variable		Vitamin B12 intake				<i>p-value</i>	Vitamin B12 status				<i>p-value</i>
		Adequate		Inadequate			Normal		Deficient		
		N	%	N	%		N	%	N	%	
Sex	Male	117	63.9	66	36.1	0.000*	71	38.8	112	61.2	1.000
	Female	94	36.0	167	64.0		102	39.1	159	60.9	
Age categories	18-24 y	80	53.7	69	46.3	0.092	53	35.6	96	64.4	0.544
	25-39 y	72	47.7	79	52.3		60	39.7	91	60.3	
	40-64 y	59	41.0	85	59.0		60	41.7	84	58.3	
Residency	Mount Lebanon	91	50.8	88	49.2	0.235	79	44.1	100	55.9	0.007*
	Beirut	12	37.5	20	62.5		12	37.5	20	62.5	
	South Lebanon	46	48.4	49	51.6		44	46.3	51	53.7	
	North Lebanon	36	39.6	55	60.4		29	31.9	62	68.1	
	Beqaa	26	55.3	21	44.7		9	19.1	38	80.9	
Marital status	Single	109	54.0	93	46.0	0.017*	75	37.1	127	62.9	0.782
	Married	98	43.9	125	56.1		89	39.9	134	60.1	
	Widowed	1	14.3	6	85.7		3	42.9	4	57.1	
	Divorced	3	25.0	9	75.0		6	50.0	6	50.0	
Household crowding index	No crowding	94	57.0	71	43.0	0.002*	72	43.6	93	56.4	0.131
	Crowding	117	41.9	162	58.1		101	36.2	178	63.8	
Number of children	None	116	53.5	101	46.5	0.009*	81	37.3	136	62.7	0.588
	1-3	73	45.9	86	54.1		67	42.1	92	57.9	
	More than 3	22	32.4	46	67.6		25	36.8	43	63.2	
Education level	Illiterate	1	33.3	2	66.7	0.000*	0	0.0	3	100.0	0.468
	School	61	34.9	114	65.1		67	38.3	108	61.7	
	University	149	56.0	117	44.0		106	39.8	160	60.2	
	Unemployed	72	33.0	146	67.0	0.000*	73	33.5	145	66.5	0.025*

Current occupation	Employed	139	61.5	87	38.5		100	44.2	126	55.8	
Monthly salary change after economic crisis	Increase or already have no salary	91	47.4	101	52.6	1.000	73	38.0	119	62.0	0.768
	Decline or no change	120	47.6	132	52.4		100	39.7	152	60.3	
Household monthly income	None	14	35.9	25	64.1	0.000*	15	38.5	24	61.5	0.121
	< 1.5 million L.B.P.	14	24.1	44	75.9		14	24.1	44	75.9	
	≥1.5 million L.B.P.	99	46.9	112	53.1		84	39.8	127	60.2	
	≤300 USD	54	58.7	38	41.3		39	42.4	53	57.6	
	>300 USD	30	68.2	14	31.8		21	47.7	23	52.3	

* Significant at p-value < 0.05