

1 **Supplementary Material**

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3 **Table 1.** Estimated daily intakes of vitamins, minerals and trace elements for all study
4 participants, women and men.

Micro-nutrient	Intake*						Recommended intake**
	All participants, n = 35		Women, n = 26		Men, n = 9***		Women/Men
	Median	25 th , 75 th	Median	25 th , 75 th	Median	25 th , 75 th	
Vitamin A, mcg	591	369, 754	562	368, 700	654	366, 1060	700/900
Retinol, mcg	391	268, 548	359	249, 496	522	322, 871	
Beta-carotene, mcg	1834	1093, 2663	1912	1220, 3073	1206	530, 2115	
Vitamin D, mcg	4.8	3.1, 6.0	4.8	3.2, 6.0	3.4	2.2, 7.2	10
Vitamin E, mg	13	10, 17	13	10, 15	15	11, 24	8/10
Thiamine, mg	1.3	1.0, 1.6	1.2	0.9, 1.4	1.7	1.3, 1.9	1.1/1.4
Riboflavin, mg	1.5	1.1, 1.8	1.4	1.0, 1.8	1.7	1.3, 1.8	1.3/1.7
Niacin, mg	167	13, 22	15	12, 21	20	18, 29	15/18
Vitamin B6, mg	1.6	1.3, 2.0	1.5	1.2, 1.9	1.8	1.5, 2.1	1.2/1.5
Folate, mcg	226	185, 288	215	183, 290	245	207, 313	300
Vitamin B12, mcg	5.3	3.9, 6.1	5.2	4.0, 6.3	5.5	3.8, 6.2	2
Vitamin C, mg	71	55, 106	73	60, 115	71	48, 96	75
Calcium, mg	793	541, 1013	806	533, 1024	793	629, 945	800
Iron, mg	9.7	7.4, 11.3	9.4	6.9, 10.6	12.3	8.7, 13.0	15/9
Sodium, g	2.6	2.2, 2.9	2.5	2.1, 2.8	2.8	2.4, 4.0	2.4
Potassium, g	3.0	2.5, 3.5	3.0	2.1, 3.5	3.3	2.9, 3.5	3.1/3.5
Magnesium, mg	323	252, 434	314	228, 405	327	323, 477	280/350
Zinc, mg	9.4	7.5, 11.1	8.7	6.6, 10.1	11.1	9.4, 14.0	7/9
Selenium, mcg	44.0	35.0, 58.0	41.0	35.0, 53.8	51.0	39.5, 61.5	50/60
Copper, mg	1.3	0.9, 1.7	1.2	0.8, 1.5	1.3	1.2, 1.9	0.9
Phosphorous, mg	1424	1154, 1828	1294	1028, 1755	1598	1397, 1942	600
Iodine, mg	94	64, 145	99	65, 156	73	60, 106	150

5 * Estimates are based on dietary intake, excluding supplements, from the weighed food records and
6 presented as median and 25th and 75th percentiles.

7 **Intake recommendations for the general adult population from NNR 2012 (23).

8 ***The sample contains a low number of men, i.e. there is a large degree of uncertainty associated
9 with the estimates.

10 **Table 2.** Percentage (%) of all participants, women and men whose dietary intake of
 11 vitamins, minerals and trace elements did not meet the recommended daily intake
 12 levels.

Micronutrient	Non-compliance with dietary recommendations*, %		
	All participants, n = 35	Women, n = 26	Men, n = 9**
Vitamin A	74	77	67
Vitamin D	100	100	100
Vitamin E	11	12	11
Thiamine	34	39	22
Riboflavin	49	46	56
Niacin	43	50	22
Vitamin B6	26	23	33
Folate	77	77	78
Vitamin B12	3	4	0
Vitamin C	57	54	67
Calcium	51	50	56
Iron	77	96	22
Sodium	63	58	78
Potassium	57	58	56
Magnesium	43	39	56
Zinc	29	31	22
Selenium,	71	69	78
Copper	29	35	11
Phosphorous	0	0	0
Iodine	80	77	89

13 *Intake recommendations for the general adult population from NNR 2012 (23).

14 **The sample contains a low number of men, i.e. there is a large degree of uncertainty associated with
 15 the estimates.