Supplementary Tables

**Supplementary Table 1. Correlation coefficients between dietary fiber and food groups**

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| Food group | Correlation (R2) |
| Total vegetables | 0.814 |
| Fruits | 0.512 |
| Soybeans/soy products | 0.502 |
| Grains | 0.211 |

**Supplementary Table 2. Correlation coefficients between dietary fiber and micronutrient intake**

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| --- | --- |
| Food group | Correlation (R2) |
| Folate | 0.931 |
| Potassium | 0.879 |
| Vitamin C | 0.866 |