**Supplemental Table 1.** Attenuation Factors (95% CI) for Nutrient Intakes Between the FFQ-NL1.0 and Protein and Potassium from Recovery Biomarkers and Nutrients From Telephone-Based 24-Hour Recalls According to Age Group, Gender, Educational Attainment, and BMI.

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | Age 29- 56 years | Age 57-69 years | Men | Women | Low/middle education | High education | BMI < 25 kg/m2 | BMI ≥ 25 kg/m2 |
| N | 181-183 | 180-181 | 141-142 | 220-222 | 143-145 | 216-217 | 198-200 | 163-164 |
| *Recovery biomarkers* |  |  |  |  |  |  |  |  |
| Protein | 0.49 (0.32, 0.67) | 0.44 (0.30, 0.58) | 0.38 (0.21, 0.55) | 0.28 (0.14, 0.42) | 0.42 (0.27, 0.58) | 0.48 (0.33, 0.64) | 0.49 (0.36, 0.62) | 0.38 (0.21, 0.56) |
| Potassium | 0.55 (0.39, 0.71) | 0.34 (0.16, 0.51) | 0.52 (0.33, 0.72) | 0.26 (0.09, 0.42) | 0.33 (0.16, 0.51) | 0.51 (0.35, 0.67) | 0.53 (0.39, 0.66) | 0.30 (0.09, 0.51) |
|  |  |  |  |  |  |  |  |  |
| *24hR* |  |  |  |  |  |  |  |  |
| Energy, kcal | 0.41 (0.30, 0.51) | 0.40 (0.30, 0.50) | 0.35 (0.22, 0.47) | 0.30 (0.21, 0.40) | 0.36 (0.25, 0.46) | 0.42 (0.33, 0.51) | 0.47 (0.36, 0.57) | 0.36 (0.26, 0.46) |
| Protein, en% | 0.65 (0.50, 0.80) | 0.58 (0.45, 0.70) | 0.47 (0.32, 0.62) | 0.71 (0.58, 0.84) | 0.71 (0.57, 0.85) | 0.53 (0.40, 0.67) | 0.59 (0.45, 0.73) | 0.62 (0.48, 0.76) |
| Protein, g |  |  |  |  |  |  |  |  |
| * Total | 0.32 (0.23-0.42) | 0.35 (0.27, 0.43) | 0.29 (0.20, 0.39) | 0.25 (0.16, 0.34) | 0.28 (0.19, 0.37) | 0.37 (0.28, 0.46) | 0.34 (0.24, 0.43) | 0.33 (0.25, 0.42) |
| * Vegetable | 0.55 (0.44, 0.65) | 0.55 (0.44, 0.65) | 0.53 (0.42, 0.64) | 0.52 (0.42, 0.63) | 0.42 (0.31, 0.53) | 0.62 (0.53, 0.72) | 0.63 (0.53, 0.74) | 0.45 (0.35, 0.55) |
| * Animal | 0.34 (0.24, 0.44) | 0.42 (0.33, 0.51) | 0.35 (0.24, 0.46) | 0.34 (0.26, 0.43) | 0.35 (0.25, 0.44) | 0.40 (0.31, 0.50) | 0.36 (0.26, 0.45) | 0.38 (0.29, 0.47) |
| Fat, en% | 0.42 (0.29, 0.55) | 0.30 (0.15, 0.44) | 0.26 (0.11, 0.42) | 0.42 (0.30, 0.55) | 0.33 (0.17, 0.48) | 0.39 (0.26, 0.51) | 0.43 (0.29, 0.57) | 0.28 (0.14, 0.42) |
| Fat, g |  |  |  |  |  |  |  |  |
| * Total | 0.36 (0.24, 0.48) | 0.34 (0.22, 0.46) | 0.27 (0.14, 0.41) | 0.34 (0.22, 0.46) | 0.31 (0.18, 0.44) | 0.37 (0.25, 0.48) | 0.37 (0.25, 0.50) | 0.34 (0.23, 0.46) |
| * SFA | 0.37 (0.24, 0.51) | 0.43 (0.28, 0.58) | 0.41 (0.25, 0.57) | 0.33 (0.19, 0.47) | 0.32 (0.17, 0.48) | 0.43 (0.30, 0.57) | 0.45 (0.30, 0.59) | 0.37 (0.23, 0.51) |
| * MUFA | 0.30 (0.18, 0.42) | 0.34 (0.21, 0.47) | 0.25 (0.12, 0.38) | 0.29 (0.17, 0.42) | 0.27 (0.13, 0.42) | 0.34 (0.23, 0.45) | 0.32 (0.18, 0.45) | 0.33 (0.21, 0.44) |
| * PUFA | 0.44 (0.31, 0.56) | 0.37 (0.25, 0.49) | 0.30 (0.17, 0.43) | 0.45 (0.33, 0.57) | 0.30 (0.17, 0.43) | 0.48 (0.36, 0.59) | 0.43 (0.31, 0.55) | 0.38 (0.26, 0.50) |
| * ALA | 0.34 (0.20, 0.47) | 0.34 (0.20, 0.48) | 0.30 (0.16, 0.44) | 0.35 (0.21, 0.49) | 0.29 (0.13, 0.44) | 0.40 (0.27, 0.52) | 0.32 (0.18, 0.46) | 0.37 (0.24, 0.50) |
| * Linoleic acid | 0.43 (0.31, 0.56) | 0.36 (0.24, 0.48) | 0.29 (0.16, 0.41) | 0.46 (0.33, 0.59) | 0.28 (0.15, 0.41) | 0.48 (0.37, 0.60) | 0.43 (0.30, 0.55) | 0.38 (0.26, 0.50) |
| * EPA | 0.56 (0.34, 0.78 | 0.71 (0.55, 0.88) | 0.77 (0.57, 0.97) | 0.50 (0.34, 0.65) | 0.56 (0.38, 0.74) | 0.72 (0.55, 0.89) | 0.68 (0.54, 0.81) | 0.65 (0.40, 0.89) |
| * DHA | 0.49 (0.28, 0.70 | 0.65 (0.48, 0.83) | 0.72 (0.50, 0.93) | 0.42 (0.27, 0.57) | 0.51 (0.33, 0.69) | 0.66 (0.47, 0.84) | 0.58 (0.43, 0.72) | 0.65 (0.40, 0.89) |
| * Trans fatty acids | 0.48 (0.24, 0.72 | 0.30 (0.05, 0.54) | 0.47 (0.23, 0.71) | 0.38 (0.12, 0.65) | 0.37 (0.08, 0.66) | 0.40 (0.19, 0.61) | 0.42 (0.17, 0.67) | 0.38 (0.15, 0.62) |
| Cholesterol, mg | 0.39 (0.24, 0.54) | 0.45 (0.32, 0.58) | 0.50 (0.35, 0.64) | 0.32 (0.18, 0.46) | 0.41 (0.26, 0.56) | 0.43 (0.31, 0.56) | 0.41 (0.26, 0.56) | 0.43 (0.29, 0.56) |
| Carbohydrates, en% | 0.60 (0.47, 0.72) | 0.57 (0.46, 0.68) | 0.65 (0.52, 0.77) | 0.54 (0.43, 0.65) | 0.48 (0.34, 0.62) | 0.65 (0.55, 0.76) | 0.56 (0.44, 0.69) | 0.58 (0.47, 0.69) |
| Carbohydrates, g |  |  |  |  |  |  |  |  |
| * Total | 0.53 (0.42, 0.65) | 0.49 (0.39, 0.59) | 0.52 (0.38, 0.65) | 0.45 (0.35, 0.55) | 0.46 (0.35, 0.57) | 0.55 (0.44, 0.65) | 0.62 (0.51, 0.73) | 0.40 (0.30, 0.50) |
| * Polysaccharides | 0.55 (0.45, 0.66) | 0.51 (0.42, 0.59) | 0.51 (0.39, 0.62) | 0.47 (0.38, 0.57) | 0.49 (0.39, 0.58) | 0.55 (0.46, 0.65) | 0.62 (0.52, 0.72) | 0.45 (0.36, 0.54) |
| * Mono/disaccharides | 0.52 (0.39, 0.66) | 0.48 (0.37, 0.59) | 0.55 (0.41, 0.70) | 0.44 (0.33, 0.55) | 0.45 (0.32, 0.59) | 0.53 (0.42, 0.65) | 0.61 (0.48, 0.73) | 0.37 (0.25, 0.48) |
| Dietary fibre, g | 0.57 (0.45, 0.68) | 0.55 (0.45, 0.66) | 0.57 (0.45, 0.69) | 0.52 (0.41, 0.63) | 0.44 (0.32, 0.57) | 0.60 (0.50, 0.70) | 0.62 (0.52, 0.73) | 0.44 (0.32, 0.56) |
| Water, g | 0.53 (0.42, 0.63) | 0.44 (0.32, 0.55) | 0.46 (0.34, 0.58) | 0.51 (0.41, 0.61) | 0.49 (0.37, 0.60) | 0.48 (0.38, 0.59) | 0.51 (0.40, 0.63) | 0.47 (0.36, 0.58) |
| Alcohol, en% | 0.57 (0.48, 0.67) | 0.81 (0.73, 0.90) | 0.74 (0.63, 0.85) | 0.68 (0.60, 0.76) | 0.61 (0.51, 0.71) | 0.76 (0.68, 0.85) | 0.76 (0.66, 0.85) | 0.68 (0.59, 0.77) |
| Alcohol, g | 0.64 (0.52, 0.75) | 0.80 (0.71, 0.88) | 0.73 (0.61, 0.85) | 0.72 (0.62, 0.81) | 0.63 (0.53, 0.73) | 0.78 (0.69, 0.87) | 0.78 (0.68, 0.88) | 0.70 (0.60, 0.79) |
| Calcium, mg | 0.52 (0.39, 0.65) | 0.42 (0.32, 0.51) | 0.53 (0.40, 0.66) | 0.41 (0.31, 0.51) | 0.39 (0.27, 0.52) | 0.51 (0.40, 0.61) | 0.53 (0.42, 0.64) | 0.40 (0.29, 0.52) |
| Iron, mg |  |  |  |  |  |  |  |  |
| * Total | 0.31 (0.18, 0.43) | 0.38 (0.27, 0.49) | 0.34 (0.21, 0.47) | 0.29 (0.16, 0.41) | 0.24 (0.12, 0.37) | 0.39 (0.28, 0.50) | 0.43 (0.30, 0.55) | 0.25 (0.14, 0.36) |
| * Haem | 0.28 (0.18, 0.37) | 0.27 (0.19, 0.35) | 0.22 (0.12, 0.31) | 0.27 (0.18, 0.35) | 0.26 (0.16, 0.35) | 0.29 (0.21, 0.38) | 0.31 (0.23, 0.40) | 0.22 (0.12, 0.31) |
| * Non-haem | 0.36 (0.23, 0.50) | 0.47 (0.35, 0.60) | 0.46 (0.33, 0.59) | 0.36 (0.23, 0.49) | 0.29 (0.16, 0.43) | 0.47 (0.35, 0.59) | 0.51 (0.38, 0.64) | 0.29 (0.18, 0.41) |
| Potassium, mg | 0.45 (0.35, 0.55) | 0.40 (0.29, 0.51) | 0.42 (0.30, 0.55) | 0.35 (0.25, 0.44) | 0.34 (0.23, 0.45) | 0.49 (0.39, 0.58) | 0.49 (0.38, 0.59) | 0.35 (0.25, 0.45) |
| Magnesium, mg | 0.50 (0.39, 0.60) | 0.46 (0.35, 0.57) | 0.46 (0.34, 0.58) | 0.46 (0.35, 0.58) | 0.36 (0.25, 0.47) | 0.55 (0.44, 0.65) | 0.58 (0.47, 0.70) | 0.37 (0.28, 0.47) |
| Retinol, µg | 0.32 (0.13, 0.51) | 0.34 (0.21, 0.48) | 0.33 (0.17, 0.49) | 0.34 (0.18, 0.50) | 0.45 (0.33, 0.57) | 0.21 (0.02, 0.39) | 0.42 (0.31, 0.54) | 0.15 (0.00, 0.37) |
| Vitamin B1, mg | 0.30 (0.14, 0.46) | 0.25 (0.14, 0.36) | 0.38 (0.24, 0.52) | 0.14 (0.00, 0.28) | 0.16 (0.00, 0.33) | 0.37 (0.26, 0.48) | 0.34 (0.19, 0.50) | 0.21 (0.09, 0.32) |
| Vitamin B2, mg | 0.45 (0.30, 0.60) | 0.30 (0.22, 0.38) | 0.38 (0.26, 0.50) | 0.32 (0.20, 0.44) | 0.25 (0.11, 0.40) | 0.44 (0.34, 0.54) | 0.41 (0.28, 0.55) | 0.31 (0.21, 0.42) |
| Vitamin B6, mg | 0.37 (0.21, 0.52) | 0.32 (0.20, 0.43) | 0.28 (0.14, 0.42) | 0.32 (0.18, 0.45) | 0.31 (0.15, 0.47) | 0.37 (0.25, 0.49) | 0.40 (0.27, 0.53) | 0.28 (0.14, 0.42) |
| Vitamin B12, µg | 0.34 (0.16, 0.53) | 0.53 (0.42, 0.64) | 0.37 (0.22, 0.51) | 0.51 (0.37, 0.65) | 0.41 (0.29, 0.52) | 0.47 (0.33, 0.62) | 0.60 (0.47, 0.72) | 0.27 (0.11, 0.43) |
| Vitamin C, mg | 0.58 (0.42, 0.74) | 0.38 (0.27, 0.49) | 0.51 (0.38, 0.65) | 0.39 (0.26, 0.52) | 0.28 (0.12, 0.45) | 0.54 (0.43, 0.65) | 0.51 (0.39, 0.62) | 0.36 (0.21, 0.52) |
| Vitamin D, µg | 0.30 (0.17, 0.43) | 0.41 (0.26, 0.55) | 0.34 (0.18, 0.50) | 0.36 (0.23, 0.48) | 0.36 (0.23, 0.49) | 0.39 (0.25, 0.53) | 0.33 (0.23, 0.43) | 0.43 (0.25, 0.61) |
| Vitamin E, mg | 0.35 (0.21, 0.48) | 0.34 (0.21, 0. 47) | 0.22 (0.08, 0.36) | 0.40 (0.26, 0.53) | 0.24 (0.10, 0.38) | 0.42 (0.29, 0.55) | 0.37 (0.23, 0.51) | 0.31 (0.19, 0.43) |
| Folic acid, µg | 0.26 (0.14, 0.37) | 0.29 (0.20, 0.37) | 0.26 (0.16, 0.37) | 0.26 (0.17, 0.35) | 0.17 (0.07, 0.27) | 0.32 (0.23, 0.41) | 0.23 (0.15, 0.32) | 0.33 (0.22, 0.44) |

Abbreviations: saturated fatty acids (SFA), mono unsaturated fatty acids (MUFA), poly unsaturated fatty acids (PUFA), alpha-linolenic acid (ALA), eicosapentaenoic acid (EPA), docosahexaenoic acid (DHA).

**Supplemental Table 2.** De-attenuated Correlation Coefficients (95% CI) for Nutrient Intakes Between the FFQ-NL1.0 and Protein and Potassium from Recovery Biomarkers and Nutrients From Telephone-Based 24-Hour Recalls According to Age Group, Gender, Educational Attainment, and BMI.

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | Age 29- 56 years | Age 57-69 years | Men | Women | Low/middle education | High education | BMI < 25 kg/m2 | BMI ≥ 25 kg/m2 |
| *Recovery biomarkers* |  |  |  |  |  |  |  |  |
| N | 181-183 | 180-181 | 141-142 | 220-222 | 143-145 | 216-217 | 198-200 | 163-164 |
| Protein | 0.90 (0.58, 1.17) | 0.58 (0.41, 0.73) | 0.54 (0.30, 0.77) | 0.59 (0.26, 0.91) | 0.59 (0.39, 0.77) | 0.83 (0.58, 1.06) | 0.81 (0.62, 0.98) | 0.55 (0.28, 0.79) |
| Potassium | 1.18 (0.84, 1.47) | 0.35 (0.16, 0.53) | 0.40 (0.39, 0.53) | 0.37 (0.12, 0.60) | 0.42 (0.19, 0.62) | 0.81 (0.55, 1.04) | 0.88 (0.67, 1.06) | 0.32 (0.08, 0.55) |
|  |  |  |  |  |  |  |  |  |
| *24hR* |  |  |  |  |  |  |  |  |
| N | 195 | 181 | 148 | 228 | 150 | 224 | 201 | 175 |
| Energy, kcal | 0.50 (0.36, 0.62) | 0.57 (0.41, 0.71) | 0.57 (0.31, 0.81) | 0.35 (0.21, 0.49) | 0.50 (0.31, 0.66) | 0.54 (0.41, 0.66) | 0.54 (0.41, 0.65) | 0.70 (0.48, 0.90) |
| Protein, en% | 0.55 (0.41, 0.68) | 0.60 (0.43, 0.76) | 0.64 (0.36, 0.90) | 0.60 (0.48, 0.71) | 0.70 (0.53, 0.84) | 0.47 (0.32, 0.60) | 0.50 (0.36, 0.62) | 0.88 (0.60, 1.12) |
| Protein, g |  |  |  |  |  |  |  |  |
| * Total | 0.43 (0.27, 0.58) | 0.57 (0.40, 0.71) | 0.72 (0.39, 1.02) | 0.33 (0.18, 0.47) | 0.46 (0.26, 0.64) | 0.51 (0.36, 0.63) | 0.42 (0.28, 0.56) | 0.80 (0.52, 1.04) |
| * Vegetable | 0.66 (0.55, 0.76) | 0.69 (0.55, 0.81) | 0.87 (0.69, 1.02) | 0.56 (0.44, 0.67) | 0.57 (0.40, 0.72) | 0.75 (0.66, 0.84) | 0.72 (0.62, 0.80) | 0.79 (0.59, 0.95) |
| * Animal | 0.44 (0.27, 0.59) | 0.62 (0.46, 0.76) | 0.71 (0.39, 0.99) | 0.44 (0.30, 0.58) | 0.51 (0.32, 0.69) | 0.53 (0.39, 0.66) | 0.43 (0.29, 0.57) | 0.87 (0.57, 1.14) |
| Fat, en% | 0.40 (0.24, 0.55) | 0.31 (0.10, 0.51) | 0.40 (0.08, 0.70) | 0.39 (0.24, 0.52) | 0.83 (0.66, 0.98) | 0.39 (0.23, 0.53) | 0.62 (0.50, 0.73) | 0.51 (0.15, 0.84) |
| Fat, g |  |  |  |  |  |  |  |  |
| * Total | 0.39 (0.22, 0.54) | 0.41 (0.20, 0.60) | 0.53 (0.16, 0.87) | 0.32 (0.17, 0.46) | 0.38 (0.15, 0.58) | 0.41 (0.25, 0.55) | 0.36 (0.20, 0.50) | 0.69 (0.38, 0.98) |
| * SFA | 0.37 (0.19, 0.53) | 0.42 (0.23, 0.60) | 0.59 (0.28, 0.88) | 0.28 (0.12, 0.43) | 0.34 (0.11, 0.56) | 0.42 (0.26, 0.56) | 0.38 (0.22, 0.52) | 0.61 (0.30, 0.90) |
| * MUFA | 0.33 (0.16, 0.50) | 0.40 (0.17, 0.61) | 0.54 (0.11, 0.94) | 0.28 (0.11, 0.43) | 0.31 (0.06, 0.55) | 0.38 (0.21, 0.54) | 0.30 (0.13, 0.45) | 0.75 (0.35, 1.12) |
| * PUFA | 0.46 (0.30, 0.61) | 0.47 (0.28, 0.65) | 0.65 (0.26, 1.01) | 0.43 (0.28, 0.56) | 0.38 (0.15, 0.58) | 0.52 (0.37, 0.66) | 0.44 (0.29, 0.58) | 0.72 (0.40, 1.00) |
| * ALA | 0.34 (0.15, 0.51) | 0.36 (0.17, 0.55) | 0.50 (0.17, 0.81) | 0.31 (0.15, 0.46) | 0.30 (0.07, 0.51) | 0.43 (0.26, 0.58) | 0.29 (0.13, 0.45) | 0.70 (0.34, 1.03) |
| * Linoleic acid | 0.47 (0.31, 0.62) | 0.44 (0.24, 0.62) | 1.65 (1.40, 1.86) | 0.43 (0.28, 0.56) | 0.34 (0.11, 0.55) | 0.53 (0.38, 0.67) | 0.42 (0.27, 0.57) | 0.74 (0.43, 1.02) |
| * EPA | 0.34 (0.15, 0.53) | 0.73 (0.48, 0.96) | 1.14 (0.67, 1.56) | 0.36 (0.19, 0.53) | 0.46 (0.21, 0.69) | 0.54 (0.35, 0.71) | 0.54 (0.37, 0.69) | 0.92 (0.41, 1.39) |
| * DHA | 0.32 (0.12, 0.51) | 0.65 (0.37, 0.91) | 1.10 (0.55, 1.59) | 0.33 (0.15, 0.50) | 0.48 (0.19, 0.74) | 0.48 (0.28, 0.66) | 0.46 (0.27, 0.63) | 0.88 (0.37, 1.36) |
| * Trans fatty acids | 0.26 (0.07, 0.44) | 0.18 (-0.04, 0.40) | 0.56 (0.14, 0.96) | 0.18 (0.00, 0.35) | 0.22 (-0.03, 0.47) | 0.24 (0.06, 0.42) | 0.21 (0.03, 0.38) | 0.48 (0.04, 0.91) |
| Cholesterol, mg | 0.41 (0.15, 0.65) | 0.52 (0.30, 0.72) | 0.90 (0.52, 1.25) | 0.30 (0.09, 0.51) | 0.50 (0.20, 0.78) | 0.46 (0.27, 0.65) | 0.35 (0.14, 0.54) | 0.91 (0.47, 1.33) |
| Carbohydrates, en% | 0.63 (0.49, 0.75) | 0.69 (0.54, 0.83) | 0.78 (0.58, 0.96) | 0.56 (0.43, 0.68) | 0.55 (0.34, 0.73) | 0.74 (0.63, 0.84) | 0.56 (0.42, 0.68) | 0.90 (0.70, 1.06) |
| Carbohydrates, g |  |  |  |  |  |  |  |  |
| * Total | 0.63 (0.50, 0.74) | 0.70 (0.56, 0.83) | 0.81 (0.65, 0.95) | 0.55 (0.41, 0.66) | 0.66 (0.49, 0.79) | 0.66 (0.54, 0.77) | 0.71 (0.60, 0.80) | 0.73 (0.53, 0.90) |
| * Polysaccharides | 0.68 (0.56, 0.79) | 0.82 (0.68, 0.93) | 0.81 (0.62, 0.96) | 0.59 (0.46, 0.71) | 0.77 (0.60, 0.91) | 0.73 (0.62, 0.82) | 0.78 (0.69, 0.86) | 0.86 (0.66, 1.02) |
| * Mono/disaccharides | 0.54 (0.39, 0.68) | 0.61 (0.45, 0.74) | 0.69 (0.49, 0.86) | 0.48 (0.33, 0.61) | 0.44 (0.31, 0.57) | 0.59 (0.44, 0.72) | 0.68 (0.54, 0.91) | 0.62 (0.38, 0.84) |
| Dietary fibre, g | 0.65 (0.52, 0.76) | 0.75 (0.62, 0.85) | 0.84 (0.69, 0.96) | 0.57 (0.44, 0.68) | 0.57 (0.40, 0.71) | 0.76 (0.65, 0.85) | 0.77 (0.67, 0.85) | 0.62 (0.44, 0.79) |
| Water, g | 0.67 (0.55, 0.77) | 0.56 (0.39, 0.71) | 0.73 (0.52, 0.92) | 0.61 (0.49, 0.71) | 0.64 (0.48, 0.78) | 0.58 (0.46, 0.69) | 0.57 (0.45, 0.69) | 0.72 (0.55, 0.87) |
| Alcohol, en% | 0.78 (0.66, 0.89) | 1.02 (0.92, 1.13) | 1.09 (1.01, 1.15) | 0.92 (0.85, 0.97) | 0.93 (0.81, 1.03) | 1.03 (0.99, 1.06) | 0.95 (0.89, 1.00) | 1.09 (1.01, 1.14) |
| Alcohol, g | 0.76 (0.63, 0.86) | 1.14 (1.12, 1.16) | 1.05 (0.92, 1.15) | 0.87 (0.79, 0.94) | 0.89 (0.75, 1.01) | 0.99 (0.93, 1.03) | 0.88 (0.79, 0.95) | 1.07 (0.98, 1.13) |
| Calcium, mg | 0.58 (0.42, 0.73) | 0.66 (0.46, 0.84) | 0.76 (0.54, 0.95) | 0.51 (0.34, 0.66) | 0.54 (0.32, 0.73) | 0.64 (0.48, 0.78) | 0.62 (0.47, 0.75) | 0.67 (0.42, 0.90) |
| Iron, mg |  |  |  |  |  |  |  |  |
| * Total | 0.37 (0.19, 0.54) | 0.52 (0.32, 0.70) | 0.59 (0.30, 0.85) | 0.31 (0.14, 0.47) | 0.36 (0.12, 0.58) | 0.49 (0.32, 0.65) | 0.47 (0.30, 0.61) | 0.50 (0.21, 0.77) |
| * Haem | 0.48 (0.24, 0.70) | 0.52 (0.28, 0.74) | 0.90 (0.25, 1.50) | 0.43 (0.23, 0.61) | 0.54 (0.25, 0.80) | 0.51 (0.29, 0.72) | 0.50 (0.30, 0.69) | 0.70 (0.23, 1.13) |
| * Non-haem | 0.37 (0.18, 0.54) | 0.61 (0.43, 0.78) | 0.69 (0.46, 0.90) | 0.37 (0.20, 0.53) | 0.38 (0.15, 0.59) | 0.56 (0.39, 0.72) | 0.53 (0.37, 0.67) | 0.53 (0.26, 0.78) |
| Potassium, mg | 0.65 (0.50, 0.79) | 0.59 (0.40, 0.75) | 0.64 (0.42, 0.84) | 0.49 (0.32, 0.64) | 0.54 (0.33, 0.73) | 0.70 (0.56, 0.83) | 0.65 (0.51, 0.77) | 0.67 (0.42, 0.88) |
| Magnesium, mg | 0.66 (0.52, 0.78) | 0.64 (0.45, 0.80) | 0.72 (0.51, 0.90) | 0.55 (0.40, 0.68) | 0.55 (0.35, 0.73) | 0.72 (0.59, 0.84) | 0.69 (0.56, 0.80) | 0.71 (0.49, 0.92) |
| Retinol, µg | 0.31 (0.02, 0.59) | 0.50 (0.19, 0.79) | 0.48 (0.15, 0.79) | 0.36 (0.09, 0.63) | 0.85 (0.46, 1.20) | 0.19 (-0.06, 0.44) | 0.58 (0.36, 0.79) | 0.29 (-0.32, 0.88) |
| Vitamin B1, mg | 0.29 (0.10, 0.48) | 0.43 (0.15, 0.70) | 0.64 (0.31, 0.94) | 0.14 (-0.04, 0.32) | 0.17 (-0.06, 0.39) | 0.56 (0.32, 0.78) | 0.32 (0.14, 0.49) | 0.50 (0.09, 0.89) |
| Vitamin B2, mg | 0.46 (0.29, 0.61) | 0.63 (0.39, 0.84) | 0.64 (0.38, 0.86) | 0.37 (0.20, 0.52) | 0.30 (0.09, 0.51) | 0.64 (0.48, 0.79) | 0.46 (0.30, 0.60) | 0.57 (0.32, 0.79) |
| Vitamin B6, mg | 0.37 (0.19, 0.54) | 0.47 (0.24, 0.68) | 0.41 (0.13, 0.68) | 0.33 (0.16, 0.49) | 0.35 (0.13, 0.55) | 0.49 (0.30, 0.67) | 0.45 (0.28, 0.62) | 0.37 (0.14, 0.59) |
| Vitamin B12, µg | 0.34 (0.04, 0.63) | 0.85 (0.58, 1.10) | 0.76 (0.26, 1.22) | 0.57 (0.33, 0.79) | 0.61 (0.32, 0.86) | 0.66 (0.35, 0.94) | 0.70 (0.48, 0.90) | 0.72 (0.05, 1.35) |
| Vitamin C, mg | 0.64 (0.43, 0.84) | 0.72 (0.41, 1.00) | 0.77 (0.51, 0.99) | 0.56 (0.31, 0.79) | 0.44 (0.07, 0.78) | 0.76 (0.57, 0.93) | 0.78 (0.56, 0.98) | 0.50 (0.21, 0.77) |
| Vitamin D, µg | 0.42 (0.16, 0.66) | 0.56 (0.28, 0.82) | 0.58 (0.18, 0.94) | 0.45 (0.22, 0.66) | 0.58 (0.26, 0.88) | 0.48 (0.25, 0.70) | 0.52 (0.29, 0.73) | 0.58 (0.23, 0.91) |
| Vitamin E, mg | 0.48 (0.23, 0.71) | 0.50 (0.25, 0.74) | 0.44 (0.05, 0.81) | 0.48 (0.27, 0.67) | 0.42 (0.07, 0.74) | 0.54 (0.34, 0.73) | 0.44 (0.24, 0.63) | 0.69 (0.29, 1.07) |
| Folic acid, µg | 0.36 (0.17, 0.53) | 0.56 (0.35, 0.75) | 0.51 (0.26, 0.74) | 0.40 (0.23, 0.57) | 0.34 (0.06, 0.61) | 0.51 (0.35, 0.66) | 0.39 (0.21, 0.55) | 0.64 (0.36, 0.89) |

Abbreviations: saturated fatty acids (SFA), mono unsaturated fatty acids (MUFA), poly unsaturated fatty acids (PUFA), alpha-linolenic acid (ALA), eicosapentaenoic acid (EPA), docosahexaenoic acid (DHA).