**Table S.1: Intakes of the French adult population (unit: g/day, except for DHA, EPA and cholesterol, mg/day and EI and EIEA, Kcal/day)**

|  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **Mean** | **SD** | **P2.5** | **P5** | **P10** | **P25** | **P50** | **P75** | **P90** | **P95** | **P97.5** |
| **Total fatty acids** | 73.2 | 24.6 | 29.8 | 36.1 | 43.4 | 56.6 | 71.5 | 87.4 | 104.9 | 116.6 | 127.5 |
| **(%EIEA)** | 33.5% | 5.4% | 23.1% | 24.6% | 26.6% | 30.0% | 33.4% | 36.8% | 40.5% | 42.2% | 44.1% |
| **Total saturated fatty acids (SFA)** | 31.8 | 12.1 | 12.3 | 14.3 | 17.9 | 23.4 | 30.2 | 38.4 | 47.7 | 53.6 | 59.6 |
| **( % EIEA)** | 14.4% | 3.0% | 8.5% | 9.6% | 10.7% | 12.4% | 14.4% | 16.5% | 18.3% | 19.6% | 20.6% |
| **Total monounsaturated fatty acids (MUFA)** | 29.0 | 10.4 | 11.1 | 14.0 | 16.8 | 21.8 | 28.2 | 35.1 | 42.3 | 48.0 | 51.6 |
| **( % EIEA)** | 13.3% | 3.0% | 8.4% | 9.1% | 9.9% | 11.4% | 13.0% | 15.0% | 17.0% | 18.6% | 19.7% |
| **Total polyunsaturated fatty acids (PUFA)** | 12.4 | 5.6 | 4.4 | 5.2 | 6.3 | 8.4 | 11.4 | 15.4 | 19.7 | 22.8 | 26.0 |
| **( % EIEA)** | 5.7% | 2.0% | 3.0% | 3.2% | 3.6% | 4.2% | 5.2% | 6.7% | 8.6% | 9.6% | 10.6% |
| **Total Fat** | 83.0 | 27.3 | 34.4 | 41.9 | 49.9 | 64.5 | 80.7 | 99.0 | 118.4 | 131.6 | 144.4 |
| **( % EIEA)** | 38.0% | 5.7% | 26.8% | 28.6% | 30.8% | 34.2% | 37.9% | 41.5% | 45.3% | 47.1% | 49.1% |
| **Cholesterol** | 304 | 118 | 112 | 136 | 164 | 217 | 293 | 377 | 454 | 505 | 563 |
| **( % EIEA)** | 0.1% | 0.0% | 0.1% | 0.1% | 0.1% | 0.1% | 0.1% | 0.2% | 0.2% | 0.2% | 0.2% |
| **Total energy intake excluding alcohol (EIEA)** | 1973 | 601 | 918 | 1085 | 1250 | 1561 | 1925 | 2324 | 2751 | 3039 | 3301 |
| **Total energy intake (EI)** | 2051 | 642 | 935 | 1097 | 1286 | 1603 | 1993 | 2444 | 2871 | 3181 | 3554 |
| **Alcohol** | 11.2 | 16.2 | 0.0 | 0.0 | 0.0 | 0.0 | 4.2 | 15.5 | 32.7 | 49.0 | 58.7 |

**Table S.1: Intakes of the French adult population (unit: g/day, except for DHA, EPA and cholesterol, mg/day and EI and EIEA, Kcal/day) – part 2**

|  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **Mean** | **SD** | **P2.5** | **P5** | **P10** | **P25** | **P50** | **P75** | **P90** | **P95** | **P97.5** |
| **Total saturated fatty acids (SFA)** | 31.8 | 12.1 | 12.3 | 14.3 | 17.9 | 23.4 | 30.2 | 38.4 | 47.7 | 53.6 | 59.6 |
| **( % EIEA)** | 14.4% | 3.0% | 8.5% | 9.6% | 10.7% | 12.4% | 14.4% | 16.5% | 18.3% | 19.6% | 20.6% |
| **Specific SFA** | 20.9 | 8.0 | 8.2 | 9.6 | 11.8 | 15.5 | 20.0 | 25.2 | 31.6 | 34.8 | 39.2 |
| **( % EIEA)** | 9.5% | 2.0% | 5.6% | 6.4% | 7.1% | 8.2% | 9.5% | 10.9% | 12.0% | 12.7% | 13.3% |
| **butyric acid** | 1.0 | 0.6 | 0.2 | 0.3 | 0.4 | 0.6 | 0.9 | 1.3 | 1.8 | 2.1 | 2.5 |
| **( % EIEA)** | 0.5% | 0.2% | 0.1% | 0.2% | 0.2% | 0.3% | 0.4% | 0.6% | 0.7% | 0.8% | 0.9% |
| **capric acid** | 0.9 | 0.5 | 0.2 | 0.2 | 0.4 | 0.6 | 0.9 | 1.2 | 1.6 | 1.9 | 2.2 |
| **( % EIEA)** | 0.4% | 0.2% | 0.1% | 0.2% | 0.2% | 0.3% | 0.4% | 0.5% | 0.6% | 0.7% | 0.8% |
| **caproic acid** | 0.8 | 0.5 | 0.1 | 0.2 | 0.3 | 0.4 | 0.7 | 1.0 | 1.3 | 1.6 | 1.9 |
| **( % EIEA)** | 0.3% | 0.2% | 0.1% | 0.1% | 0.1% | 0.2% | 0.3% | 0.4% | 0.6% | 0.6% | 0.7% |
| **caprylic acid** | 0.5 | 0.3 | 0.1 | 0.1 | 0.2 | 0.3 | 0.5 | 0.6 | 0.8 | 1.0 | 1.2 |
| **( % EIEA)** | 0.2% | 0.1% | 0.1% | 0.1% | 0.1% | 0.2% | 0.2% | 0.3% | 0.3% | 0.4% | 0.4% |
| **lauric acid (specific)** | 1.5 | 0.8 | 0.4 | 0.5 | 0.6 | 0.9 | 1.4 | 1.9 | 2.5 | 3.1 | 3.5 |
| **( % EIEA)** | 0.7% | 0.3% | 0.2% | 0.3% | 0.4% | 0.5% | 0.7% | 0.8% | 1.0% | 1.2% | 1.3% |
| **myristic acid (specific)** | 3.4 | 1.6 | 1.0 | 1.2 | 1.6 | 2.3 | 3.1 | 4.2 | 5.4 | 6.2 | 7.1 |
| **( % EIEA)** | 1.5% | 0.5% | 0.6% | 0.8% | 0.9% | 1.2% | 1.5% | 1.9% | 2.2% | 2.4% | 2.5% |
| **palmitic (specific)** | 16.1 | 5.9 | 6.5 | 7.6 | 9.2 | 12.0 | 15.4 | 19.3 | 23.7 | 26.1 | 29.6 |
| **( % EIEA)** | 7.3% | 1.4% | 4.5% | 5.0% | 5.6% | 6.4% | 7.3% | 8.3% | 9.1% | 9.5% | 9.9% |
| **stearic acid** | 6.1 | 2.4 | 2.3 | 2.7 | 3.3 | 4.4 | 5.7 | 7.4 | 9.2 | 10.3 | 11.5 |
| **( % EIEA)** | 2.8% | 0.7% | 1.6% | 1.8% | 2.0% | 2.3% | 2.7% | 3.1% | 3.6% | 3.9% | 4.2% |

**Table S.1: Intakes of the French adult population (unit: g/day, except for DHA, EPA and cholesterol, mg/day and EI and EIEA, Kcal/day) – part 3**

|  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **Mean** | **SD** | **P2.5** | **P5** | **P10** | **P25** | **P50** | **P75** | **P90** | **P95** | **P97.5** |
| **Total monounsaturated fatty acids (MUFA)** | 29.0 | 10.4 | 11.1 | 14.0 | 16.8 | 21.8 | 28.2 | 35.1 | 42.3 | 48.0 | 51.6 |
| **( % EIEA)** | 13.3% | 3.0% | 8.4% | 9.1% | 9.9% | 11.4% | 13.0% | 15.0% | 17.0% | 18.6% | 19.7% |
| **oleic acid** | 23.7 | 9.0 | 8.7 | 10.9 | 13.1 | 17.3 | 22.8 | 28.9 | 35.1 | 39.5 | 43.3 |
| **( % EIEA)** | 10.8% | 2.8% | 6.3% | 7.0% | 7.7% | 8.9% | 10.6% | 12.3% | 14.4% | 15.8% | 17.0% |
| **Total polyunsaturated fatty acids (PUFA)** | 12.4 | 5.6 | 4.4 | 5.2 | 6.3 | 8.4 | 11.4 | 15.4 | 19.7 | 22.8 | 26.0 |
| **( % EIEA)** | 5.7% | 2.0% | 3.0% | 3.2% | 3.6% | 4.2% | 5.2% | 6.7% | 8.6% | 9.6% | 10.6% |
| **Omega 3** | 1.2 | 0.6 | 0.4 | 0.5 | 0.6 | 0.8 | 1.1 | 1.5 | 1.9 | 2.2 | 2.5 |
| **( % EIEA)** | 0.5% | 0.2% | 0.3% | 0.3% | 0.3% | 0.4% | 0.5% | 0.6% | 0.8% | 0.9% | 1.1% |
| **alpha-linolenic acid (ALA)** | 0.9 | 0.5 | 0.3 | 0.4 | 0.5 | 0.6 | 0.9 | 1.1 | 1.5 | 1.8 | 2.1 |
| **( % EIEA)** | 0.4% | 0.2% | 0.2% | 0.2% | 0.3% | 0.3% | 0.4% | 0.5% | 0.6% | 0.7% | 0.9% |
| **DHA** | 137 | 139 | 9 | 14 | 23 | 47 | 99 | 184 | 299 | 400 | 482 |
| **( % EIEA)** | 0.06% | 0.06% | 0.00% | 0.01% | 0.01% | 0.02% | 0.05% | 0.09% | 0.14% | 0.18% | 0.23% |
| **EPA** | 102 | 111 | 10 | 14 | 19 | 34 | 69 | 131 | 224 | 291 | 352 |
| **( % EIEA)** | 0.05% | 0.05% | 0.01% | 0.01% | 0.01% | 0.02% | 0.03% | 0.06% | 0.10% | 0.14% | 0.17% |
| **Omega 6** | 8.5 | 4.4 | 2.8 | 3.2 | 4.0 | 5.5 | 7.6 | 10.4 | 14.1 | 16.9 | 19.5 |
| **( % EIEA)** | 3.9% | 1.7% | 1.9% | 2.0% | 2.3% | 2.8% | 3.5% | 4.6% | 6.1% | 7.4% | 8.2% |
| **linoleic acid (LA)** | 8.4 | 4.4 | 2.7 | 3.2 | 3.9 | 5.4 | 7.5 | 10.3 | 13.9 | 16.8 | 19.2 |
| **( % EIEA)** | 3.9% | 1.7% | 1.8% | 2.0% | 2.2% | 2.7% | 3.4% | 4.5% | 6.0% | 7.4% | 8.2% |
| **arachidonic acid** | 0.1 | 0.1 | 0.0 | 0.0 | 0.0 | 0.1 | 0.1 | 0.1 | 0.2 | 0.2 | 0.3 |
| **( % EIEA)** | 0.05% | 0.03% | 0.01% | 0.02% | 0.02% | 0.03% | 0.04% | 0.06% | 0.08% | 0.10% | 0.12% |
| **Ratio Omega 6 - Omega 3** | 7.8 | 4.0 | 3.3 | 3.8 | 4.4 | 5.5 | 7.0 | 8.9 | 11.8 | 14.5 | 18.2 |
| **Ratio LA - ALA** | 9.6 | 4.9 | 4.6 | 5.0 | 5.8 | 6.9 | 8.5 | 10.5 | 14.4 | 17.7 | 22.9 |

**Table S.2: Summary of the effect of individual characteristics on intakes**

**('\*\*\*' for a p-value p< 0.001, '\*\*' if p<0.01, '\*' if p<0.05, '.' if p<0.1 and 'ns' else).**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  | **Gender** | **Age - Men** | **Age - Women** | **Age - altogether** | **Education level** | **Region** |
| **Total fatty acids** | **\*\*\*** | **ns** | **ns** | **ns** | **\*\*\*** | **ns** |
| **( % EIEA)** | **\*\*\*** | **\*\*** | **ns** | **.** | **\*** | **ns** |
| **Total saturated fatty acids (SFA)** | **\*\*\*** | **ns** | **\*** | **ns** | **\*\*\*** | **\*\*** |
| **( % EIEA)** | **ns** | **ns** | **\*** | **ns** | **ns** | **ns** |
| **Specific SFA** | **\*\*\*** | **ns** | **\*** | **ns** | **\*\*\*** | **\*** |
| **( % EIEA)** | **ns** | **ns** | **\*** | **ns** | **ns** | **ns** |
| **butyric acid** | **\*\*\*** | **ns** | **\*** | **ns** | **\*\*\*** | **\*** |
| **( % EIEA)** | **\*** | **ns** | **ns** | **ns** | **ns** | **\*** |
| **capric acid** | **\*\*\*** | **\*** | **ns** | **\*** | **\*\*\*** | **\*\*** |
| **( % EIEA)** | **ns** | **\*\*** | **ns** | **\*\*** | **ns** | **ns** |
| **caproic acid** | **\*\*\*** | **ns** | **\*** | **ns** | **\*\*\*** | **\*** |
| **( % EIEA)** | **\*\*** | **ns** | **.** | **.** | **\*** | **.** |
| **caprylic acid** | **\*\*\*** | **ns** | **\*** | **ns** | **\*\*** | **\*** |
| **( % EIEA)** | **ns** | **ns** | **.** | **ns** | **ns** | **.** |
| **lauric acid (specific)** | **\*\*\*** | **ns** | **\*** | **ns** | **\*\*** | **\*\*** |
| **( % EIEA)** | **\*\*** | **ns** | **.** | **ns** | **ns** | **\*\*\*** |
| **myristic acid (specific)** | **\*\*\*** | **ns** | **ns** | **ns** | **\*\*** | **\*\*\*** |
| **( % EIEA)** | **ns** | **.** | **ns** | **ns** | **ns** | **.** |
| **palmitic (specific)** | **\*\*\*** | **ns** | **\*** | **ns** | **\*\*\*** | **\*\*** |
| **( % EIEA)** | **ns** | **ns** | **\*\*** | **\*** | **ns** | **ns** |
| **stearic acid** | **\*\*\*** | **.** | **\*\*\*** | **\*** | **\*\*\*** | **ns** |
| **( % EIEA)** | **ns** | **ns** | **\*\*\*** | **\*\*\*** | **ns** | **.** |

**Table S.2: Summary of the effect of individual characteristics on intakes – part 2**

**('\*\*\*' for a p-value p< 0.001, '\*\*' if p<0.01, '\*' if p<0.05, '.' if p<0.1 and 'ns' else).**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  | **Gender** | **Age - Men** | **Age - Women** | **Age - altogether** | **Education level** | **Region** |
| **Total monounsaturated fatty acids (MUFA)** | **\*\*\*** | **ns** | **ns** | **ns** | **\*\*\*** | **.** |
| **( % EIEA)** | **\*** | **ns** | **ns** | **ns** | **\*\*\*** | **\*\*\*** |
| **oleic acid** | **\*\*\*** | **ns** | **ns** | **ns** | **\*\*\*** | **\*\*\*** |
| **( % EIEA)** | **\*\*** | **\*** | **ns** | **\*** | **\*\*\*** | **\*\*\*** |
| **Total polyunsaturated fatty acids (PUFA)** | **\*\*\*** | **\*\*\*** | **ns** | **\*\*\*** | **\*\*** | **\*\*\*** |
| **( % EIEA)** | **\*\*\*** | **\*\*\*** | **\*** | **\*\*\*** | **\*** | **\*\*** |
| **Omega 3** | **\*\*\*** | **\*\*\*** | **\*\*\*** | **\*\*\*** | **\*\*\*** | **\*\*\*** |
| **( % EIEA)** | **\*\*\*** | **\*\*\*** | **\*\*\*** | **\*\*\*** | **\*\*\*** | **ns** |
| **alpha-linolenic acid (ALA)** | **\*\*\*** | **\*\*\*** | **\*\*\*** | **\*\*\*** | **\*\*\*** | **\*\*\*** |
| **( % EIEA)** | **\*\*\*** | **\*\*\*** | **\*\*\*** | **\*\*\*** | **\*\*\*** | **ns** |
| **DHA** | **\*\*** | **\*\*\*** | **\*\*\*** | **\*\*\*** | **\*\*\*** | **\*** |
| **( % EIEA)** | **\*** | **\*\*\*** | **\*\*\*** | **\*\*\*** | **\*\*\*** | **\*\*\*** |
| **EPA** | **\*\*\*** | **\*\*\*** | **\*\*\*** | **\*\*\*** | **\*\*\*** | **\*\*\*** |
| **( % EIEA)** | **ns** | **\*\*\*** | **\*\*\*** | **\*\*\*** | **\*\*\*** | **\*\*** |
| **Omega 6** | **\*\*\*** | **\*\*\*** | **ns** | **\*\*** | **.** | **\*\*\*** |
| **( % EIEA)** | **\*\*\*** | **\*\*\*** | **ns** | **\*\*\*** | **ns** | **\*\*\*** |
| **linoleic acid (LA)** | **\*\*\*** | **\*\*\*** | **ns** | **\*\*** | **.** | **\*\*\*** |
| **( % EIEA)** | **\*\*\*** | **\*\*\*** | **ns** | **\*\*\*** | **.** | **\*\*\*** |
| **arachidonic acid** | **\*\*\*** | **\*** | **ns** | **\*** | **\*** | **.** |
| **( % EIEA)** | **\*\*\*** | **.** | **ns** | **.** | **ns** | **\*\*\*** |

**Table S.2: Summary of the effect of individual characteristics on intakes – part 3**

**('\*\*\*' for a p-value p< 0.001, '\*\*' if p<0.01, '\*' if p<0.05, '.' if p<0.1 and 'ns' else).**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  | **Gender** | **Age - Men** | **Age - Women** | **Age - altogether** | **Education level** | **Region** |
| **Ratio Omega 6 - Omega 3** | **ns** | **ns** | **\*\*** | **\*\*** | **\*\*\*** | **\*\*\*** |
| **Ratio LA - ALA** | **ns** | **ns** | **.** | **ns** | **\*\*\*** | **\*\*\*** |
| **Total Fat** | **\*\*\*** | **ns** | **ns** | **ns** | **\*\*\*** | **\*\*\*** |
| **( % EIEA)** | **\*\*\*** | **.** | **ns** | **ns** | **\*\*** | **ns** |
| **Cholesterol** | **\*\*\*** | **.** | **ns** | **\*\*** | **\*\*** | **\*\*\*** |
| **( % EIEA)** | **ns** | **\*\*\*** | **\*\*\*** | **\*\*\*** | **\*\*** | **ns** |
| **Total energy intake excluding alcohol (EIEA)** | **\*\*\*** | **ns** | **ns** | **ns** | **\*\*\*** | **ns** |
| **Total energy intake** | **\*\*\*** | **ns** | **ns** | **ns** | **\*\*\*** | **ns** |
| **Alcohol** | **\*\*\*** | **\*\*\*** | **\*\*** | **\*\*\*** | **\*\*** | **ns** |

**Table S.3: Intakes according to gender (unit: g/day, except for DHA, EPA and cholesterol, mg/day and EI and EIEA, Kcal/day ; tests: '\*\*\*' for a p-value p< 0.001, '\*\*' if p<0.01, '\*' if p<0.05, '.' if p<0.1 and 'ns' else)**

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **Men** | | **Women** | | **Test** | | **Altogether** | |
|  | **Mean** | **SD** | **Mean** | **SD** | **Mean** | **SD** |
| **Population size (weighted)** | **1275** | | **1349** | | **2624** | |
| **Total fatty acids** | 81.2 | 25.1 | 65.6 | 21.6 | 2.96E-44 | **\*\*\*** | 73.2 | 24.6 |
| **( % EIEA)** | 33.0% | 5.4% | 33.9% | 5.4% | 3.24E-04 | **\*\*\*** | 33.5% | 5.4% |
| **Total saturated fatty acids (SFA)** | 35.6 | 12.9 | 28.1 | 10.1 | 1.46E-41 | **\*\*\*** | 31.8 | 12.1 |
| **( % EIEA)** | 14.4% | 3.0% | 14.5% | 3.0% | 3.82E-01 | **ns** | 14.4% | 3.0% |
| **Specific SFA** | 23.5 | 8.5 | 18.6 | 6.6 | 2.86E-41 | **\*\*\*** | 20.9 | 8.0 |
| **( % EIEA)** | 9.5% | 2.0% | 9.6% | 1.9% | 3.08E-01 | **ns** | 9.5% | 2.0% |
| **butyric acid** | 1.1 | 0.7 | 0.9 | 0.5 | 4.60E-13 | **\*\*\*** | 1.0 | 0.6 |
| **( % EIEA)** | 0.5% | 0.2% | 0.5% | 0.2% | 2.92E-02 | **\*** | 0.5% | 0.2% |
| **capric acid** | 1.0 | 0.6 | 0.8 | 0.4 | 3.90E-17 | **\*\*\*** | 0.9 | 0.5 |
| **( % EIEA)** | 0.4% | 0.2% | 0.4% | 0.2% | 1.12E-01 | **ns** | 0.4% | 0.2% |
| **caproic acid** | 0.8 | 0.5 | 0.7 | 0.4 | 2.80E-09 | **\*\*\*** | 0.8 | 0.5 |
| **( % EIEA)** | 0.3% | 0.2% | 0.3% | 0.2% | 9.64E-03 | **\*\*** | 0.3% | 0.2% |
| **caprylic acid** | 0.6 | 0.3 | 0.4 | 0.2 | 6.79E-17 | **\*\*\*** | 0.5 | 0.3 |
| **( % EIEA)** | 0.2% | 0.1% | 0.2% | 0.1% | 1.57E-01 | **ns** | 0.2% | 0.1% |
| **lauric acid (specific)** | 1.7 | 0.9 | 1.4 | 0.7 | 7.37E-14 | **\*\*\*** | 1.5 | 0.8 |
| **( % EIEA)** | 0.7% | 0.3% | 0.7% | 0.3% | 6.10E-03 | **\*\*** | 0.7% | 0.3% |
| **myristic acid (specific)** | 3.8 | 1.7 | 3.0 | 1.3 | 1.64E-24 | **\*\*\*** | 3.4 | 1.6 |
| **( % EIEA)** | 1.5% | 0.5% | 1.5% | 0.5% | 1.17E-01 | **ns** | 1.5% | 0.5% |
| **palmitic (specific)** | 18.1 | 6.2 | 14.2 | 4.9 | 3.98E-47 | **\*\*\*** | 16.1 | 5.9 |
| **( % EIEA)** | 7.3% | 1.4% | 7.3% | 1.4% | 7.44E-01 | **ns** | 7.3% | 1.4% |
| **stearic acid** | 6.9 | 2.5 | 5.3 | 2.0 | 1.33E-47 | **\*\*\*** | 6.1 | 2.4 |
| **( % EIEA)** | 2.8% | 0.7% | 2.7% | 0.6% | 1.56E-01 | **ns** | 2.8% | 0.7% |

**Table S.3: Intakes according to gender (unit: g/day, except for DHA, EPA and cholesterol, mg/day and EI and EIEA, Kcal/day ; tests: '\*\*\*' for a p-value p< 0.001, '\*\*' if p<0.01, '\*' if p<0.05, '.' if p<0.1 and 'ns' else) – part 2**

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **Men** | | **Women** | | **Test** | | **Altogether** | |
|  | **Mean** | **SD** | **Mean** | **SD** | **Mean** | **SD** |
| **Population size (weighted)** | **1275** | | **1349** | | **2624** | |
| **Total monounsaturated fatty acids (MUFA)** | 32.2 | 10.5 | 26.1 | 9.4 | 1.46E-38 | **\*\*\*** | 29.0 | 10.4 |
| **( % EIEA)** | 13.1% | 2.9% | 13.5% | 3.1% | 1.47E-02 | **\*** | 13.3% | 3.0% |
| **oleic acid** | 26.1 | 9.2 | 21.4 | 8.1 | 1.63E-29 | **\*\*\*** | 23.7 | 9.0 |
| **( % EIEA)** | 10.6% | 2.7% | 11.1% | 2.8% | 1.14E-03 | **\*\*** | 10.8% | 2.8% |
| **Total polyunsaturated fatty acids (PUFA)** | 13.4 | 5.8 | 11.5 | 5.2 | 4.92E-13 | **\*\*\*** | 12.4 | 5.6 |
| **( % EIEA)** | 5.5% | 2.0% | 5.9% | 2.0% | 5.42E-06 | **\*\*\*** | 5.7% | 2.0% |
| **Omega 3** | 1.3 | 0.6 | 1.1 | 0.5 | 2.46E-12 | **\*\*\*** | 1.2 | 0.6 |
| **( % EIEA)** | 0.5% | 0.2% | 0.6% | 0.2% | 1.10E-06 | **\*\*\*** | 0.5% | 0.2% |
| **alpha-linolenic acid (ALA)** | 1.0 | 0.5 | 0.9 | 0.4 | 1.66E-12 | **\*\*\*** | 0.9 | 0.5 |
| **( % EIEA)** | 0.4% | 0.2% | 0.4% | 0.2% | 6.67E-07 | **\*\*\*** | 0.4% | 0.2% |
| **DHA** | 147.2 | 154.1 | 128.1 | 121.4 | 4.19E-03 | **\*\*** | 137.4 | 138.5 |
| **( % EIEA)** | 61.34% | 62.45% | 68.01% | 63.43% | 2.43E-02 | **\*** | 64.77% | 63.03% |
| **EPA** | 110.9 | 122.0 | 92.7 | 98.7 | 5.94E-04 | **\*\*\*** | 101.6 | 111.0 |
| **( % EIEA)** | 45.85% | 48.53% | 48.97% | 49.01% | 1.67E-01 | **ns** | 47.45% | 48.80% |
| **Omega 6** | 9.2 | 4.6 | 7.9 | 4.1 | 6.47E-10 | **\*\*\*** | 8.5 | 4.4 |
| **( % EIEA)** | 3.8% | 1.7% | 4.0% | 1.7% | 4.05E-04 | **\*\*\*** | 3.9% | 1.7% |
| **linoleic acid (LA)** | 9.1 | 4.5 | 7.8 | 4.1 | 1.63E-09 | **\*\*\*** | 8.4 | 4.4 |
| **( % EIEA)** | 3.7% | 1.7% | 4.0% | 1.7% | 3.27E-04 | **\*\*\*** | 3.9% | 1.7% |
| **arachidonic acid** | 0.1 | 0.1 | 0.1 | 0.1 | 3.13E-27 | **\*\*\*** | 0.1 | 0.1 |
| **( % EIEA)** | 0.0% | 0.0% | 0.0% | 0.0% | 7.20E-04 | **\*\*\*** | 0.0% | 0.0% |

**Table S.3: Intakes according to gender (unit: g/day, except for DHA, EPA and cholesterol, mg/day and EI and EIEA, Kcal/day ; tests: '\*\*\*' for a p-value p< 0.001, '\*\*' if p<0.01, '\*' if p<0.05, '.' if p<0.1 and 'ns' else) – part 3**

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **Men** | | **Women** | | **Test** | | **Altogether** | |
|  | **Mean** | **SD** | **Mean** | **SD** | **Mean** | **SD** |
| **Population size (weighted)** | **1275** | | **1349** | | **2624** | |
| **Ratio Omega 6 - Omega 3** | 7.8 | 3.7 | 7.8 | 4.3 | 8.23E-01 | **ns** | 7.8 | 4.0 |
| **Ratio LA - ALA** | 9.5 | 4.3 | 9.7 | 5.3 | 4.00E-01 | **ns** | 9.6 | 4.9 |
| **Total Fat** | 92.2 | 27.7 | 74.4 | 23.9 | 0.0 | **\*\*\*** | 83.0 | 27.3 |
| **( % EIEA)** | 37.5% | 5.7% | 38.4% | 5.7% | 4.06E-04 | **\*\*\*** | 38.0% | 5.7% |
| **Cholesterol** | 343 | 123 | 266 | 100 | 8.74E-46 | **\*\*\*** | 304 | 118 |
| **( % EIEA)** | 0.14% | 0.04% | 0.14% | 0.04% | 4.53E-01 | **ns** | 0.14% | 0.04% |
| **Total energy intake excluding alcohol (EIEA)** | 2222 | 611 | 1737 | 486 | 2.33E-72 | **\*\*\*** | 1973 | 601 |
| **Total energy intake** | 2347 | 645 | 1771 | 499 | 9.54E-91 | **\*\*\*** | 2051 | 642 |
| **Alcohol** | 17.8 | 19.7 | 5.0 | 8.1 | 5.77E-62 | **\*\*\*** | 11.2 | 16.2 |

**Table S.4: Intakes according to age and gender (unit: g/day, except for DHA, EPA and cholesterol, mg/day and EI and EIEA, Kcal/day ; tests: '\*\*\*' for a p-value p< 0.001, '\*\*' if p<0.01, '\*' if p<0.05, '.' if p<0.1 and 'ns' else)**

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **Nutrient** | **Age** | **Mean Men** | **SD Men** | **Mean Women** | **SD Women** | **Mean Altogether** | **SD Altogether** |
| **Total fatty acids** | [18,34] | 78.6 | 24.9 | 66.4 | 20.9 | 72.2 | 23.7 |
| [35,54] | 82.8 | 25.9 | 65.8 | 22.5 | 73.4 | 25.5 |
| [55,80] | 81.9 | 24.4 | 64.6 | 20.9 | 73.9 | 24.4 |
| Test | 1.61E-01 | **ns** | 5.39E-01 | **ns** | 4.91E-01 | **ns** |
| **( % EIEA)** | [18,34] | 32.1% | 4.6% | 34.0% | 5.2% | 33.1% | 5.0% |
| [35,54] | 32.9% | 5.4% | 33.8% | 5.2% | 33.4% | 5.3% |
| [55,80] | 33.8% | 6.0% | 33.9% | 5.6% | 33.8% | 5.8% |
| Test | 2.69E-03 | **\*\*** | 8.77E-01 | **ns** | 8.13E-02 | **.** |
| **Total saturated fatty acids (SFA)** | [18,34] | 35.4 | 12.7 | 29.1 | 10.1 | 32.1 | 11.8 |
| [35,54] | 36.5 | 13.6 | 28.2 | 10.5 | 32.0 | 12.6 |
| [55,80] | 35.0 | 12.2 | 26.9 | 9.6 | 31.2 | 11.8 |
| Test | 3.26E-01 | **ns** | 1.47E-02 | **\*** | 4.31E-01 | **ns** |
| **( % EIEA)** | [18,34] | 14.4% | 2.7% | 14.9% | 2.8% | 14.6% | 2.8% |
| [35,54] | 14.4% | 3.1% | 14.5% | 3.0% | 14.5% | 3.1% |
| [55,80] | 14.3% | 3.3% | 14.1% | 3.1% | 14.2% | 3.2% |
| Test | 9.41E-01 | **ns** | 1.16E-02 | **\*** | 1.16E-01 | **ns** |
| **Specific SFA** | [18,34] | 23.3 | 8.5 | 19.2 | 6.7 | 21.1 | 7.8 |
| [35,54] | 24.0 | 8.8 | 18.7 | 6.8 | 21.1 | 8.2 |
| [55,80] | 23.1 | 8.1 | 17.8 | 6.3 | 20.6 | 7.8 |
| Test | 4.04E-01 | **ns** | 2.07E-02 | **\*** | 5.21E-01 | **ns** |
| **( % EIEA)** | [18,34] | 9.5% | 1.8% | 9.8% | 1.9% | 9.6% | 1.8% |
| [35,54] | 9.5% | 2.0% | 9.6% | 1.9% | 9.5% | 2.0% |
| [55,80] | 9.5% | 2.1% | 9.3% | 2.0% | 9.4% | 2.1% |
| Test | 9.84E-01 | **ns** | 2.53E-02 | **\*** | 2.17E-01 | **ns** |

**Table S.4: Intakes according to age and gender (unit: g/day, except for DHA, EPA and cholesterol, mg/day and EI and EIEA, Kcal/day ; tests: '\*\*\*' for a p-value p< 0.001, '\*\*' if p<0.01, '\*' if p<0.05, '.' if p<0.1 and 'ns' else) – part 2**

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **Nutrient** | **Age** | **Mean Men** | **SD Men** | **Mean Women** | **SD Women** | **Mean Altogether** | **SD Altogether** |
| **butyric acid** | [18,34] | 1.1 | 0.6 | 1.0 | 0.5 | 1.0 | 0.6 |
| [35,54] | 1.2 | 0.8 | 0.9 | 0.5 | 1.1 | 0.7 |
| [55,80] | 1.1 | 0.6 | 0.9 | 0.5 | 1.0 | 0.6 |
| Test | 3.98E-01 | **ns** | 3.52E-02 | **\*** | 3.92E-01 | **ns** |
| **( % EIEA)** | [18,34] | 0.4% | 0.2% | 0.5% | 0.2% | 0.5% | 0.2% |
| [35,54] | 0.5% | 0.2% | 0.5% | 0.2% | 0.5% | 0.2% |
| [55,80] | 0.5% | 0.2% | 0.5% | 0.2% | 0.5% | 0.2% |
| Test | 5.27E-01 | **ns** | 1.17E-01 | **ns** | 3.49E-01 | **ns** |
| **capric acid** | [18,34] | 1.0 | 0.5 | 0.8 | 0.4 | 0.9 | 0.5 |
| [35,54] | 1.1 | 0.6 | 0.8 | 0.4 | 1.0 | 0.5 |
| [55,80] | 1.1 | 0.6 | 0.8 | 0.4 | 1.0 | 0.5 |
| Test | 1.61E-02 | **\*** | 6.73E-01 | **ns** | 4.47E-02 | **\*** |
| **( % EIEA)** | [18,34] | 0.4% | 0.2% | 0.4% | 0.2% | 0.4% | 0.2% |
| [35,54] | 0.4% | 0.2% | 0.4% | 0.2% | 0.4% | 0.2% |
| [55,80] | 0.4% | 0.2% | 0.4% | 0.2% | 0.4% | 0.2% |
| Test | 1.02E-03 | **\*\*** | 6.95E-01 | **ns** | 6.48E-03 | **\*\*** |
| **caproic acid** | [18,34] | 0.8 | 0.6 | 0.7 | 0.4 | 0.8 | 0.5 |
| [35,54] | 0.8 | 0.6 | 0.7 | 0.4 | 0.8 | 0.5 |
| [55,80] | 0.8 | 0.5 | 0.6 | 0.4 | 0.7 | 0.4 |
| Test | 3.32E-01 | **ns** | 4.76E-02 | **\*** | 1.30E-01 | **ns** |
| **( % EIEA)** | [18,34] | 0.3% | 0.2% | 0.4% | 0.2% | 0.4% | 0.2% |
| [35,54] | 0.3% | 0.2% | 0.3% | 0.2% | 0.3% | 0.2% |
| [55,80] | 0.3% | 0.2% | 0.3% | 0.2% | 0.3% | 0.2% |
| Test | 6.59E-01 | **ns** | 8.20E-02 | **.** | 8.23E-02 | **.** |

**Table S.4: Intakes according to age and gender (unit: g/day, except for DHA, EPA and cholesterol, mg/day and EI and EIEA, Kcal/day ; tests: '\*\*\*' for a p-value p< 0.001, '\*\*' if p<0.01, '\*' if p<0.05, '.' if p<0.1 and 'ns' else) – part 3**

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **Nutrient** | **Age** | **Mean Men** | **SD Men** | **Mean Women** | **SD Women** | **Mean Altogether** | **SD Altogether** |
| **caprylic acid** | [18,34] | 0.5 | 0.3 | 0.5 | 0.2 | 0.5 | 0.3 |
| [35,54] | 0.6 | 0.3 | 0.4 | 0.2 | 0.5 | 0.3 |
| [55,80] | 0.5 | 0.3 | 0.4 | 0.2 | 0.5 | 0.3 |
| Test | 5.80E-01 | **ns** | 2.29E-02 | **\*** | 5.65E-01 | **ns** |
| **( % EIEA)** | [18,34] | 0.2% | 0.1% | 0.2% | 0.1% | 0.2% | 0.1% |
| [35,54] | 0.2% | 0.1% | 0.2% | 0.1% | 0.2% | 0.1% |
| [55,80] | 0.2% | 0.1% | 0.2% | 0.1% | 0.2% | 0.1% |
| Test | 7.98E-01 | **ns** | 7.06E-02 | **.** | 4.80E-01 | **ns** |
| **lauric acid (specific)** | [18,34] | 1.7 | 0.9 | 1.4 | 0.7 | 1.5 | 0.8 |
| [35,54] | 1.7 | 0.9 | 1.4 | 0.7 | 1.5 | 0.8 |
| [55,80] | 1.6 | 0.8 | 1.3 | 0.7 | 1.5 | 0.8 |
| Test | 7.93E-01 | **ns** | 3.50E-02 | **\*** | 3.46E-01 | **ns** |
| **( % EIEA)** | [18,34] | 0.7% | 0.3% | 0.7% | 0.3% | 0.7% | 0.3% |
| [35,54] | 0.7% | 0.3% | 0.7% | 0.3% | 0.7% | 0.3% |
| [55,80] | 0.7% | 0.2% | 0.7% | 0.3% | 0.7% | 0.3% |
| Test | 9.01E-01 | **ns** | 6.87E-02 | **.** | 2.31E-01 | **ns** |
| **myristic acid (specific)** | [18,34] | 3.6 | 1.6 | 3.1 | 1.4 | 3.3 | 1.5 |
| [35,54] | 3.9 | 1.8 | 3.0 | 1.3 | 3.4 | 1.6 |
| [55,80] | 3.8 | 1.7 | 2.9 | 1.3 | 3.4 | 1.6 |
| Test | 2.23E-01 | **ns** | 2.95E-01 | **ns** | 5.78E-01 | **ns** |
| **( % EIEA)** | [18,34] | 1.5% | 0.4% | 1.6% | 0.5% | 1.5% | 0.5% |
| [35,54] | 1.5% | 0.5% | 1.6% | 0.5% | 1.5% | 0.5% |
| [55,80] | 1.6% | 0.5% | 1.5% | 0.5% | 1.5% | 0.5% |
| Test | 6.45E-02 | **.** | 8.05E-01 | **ns** | 3.53E-01 | **ns** |

**Table S.4: Intakes according to age and gender (unit: g/day, except for DHA, EPA and cholesterol, mg/day and EI and EIEA, Kcal/day ; tests: '\*\*\*' for a p-value p< 0.001, '\*\*' if p<0.01, '\*' if p<0.05, '.' if p<0.1 and 'ns' else)- part 4**

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **Nutrient** | **Age** | **Mean Men** | **SD Men** | **Mean Women** | **SD Women** | **Mean Altogether** | **SD Altogether** |
| **palmitic (specific)** | [18,34] | 18.0 | 6.3 | 14.7 | 4.9 | 16.3 | 5.8 |
| [35,54] | 18.5 | 6.5 | 14.3 | 5.0 | 16.1 | 6.1 |
| [55,80] | 17.7 | 5.8 | 13.6 | 4.6 | 15.8 | 5.7 |
| Test | 2.83E-01 | **ns** | 1.15E-02 | **\*** | 3.33E-01 | **ns** |
| **( % EIEA)** | [18,34] | 7.3% | 1.3% | 7.5% | 1.3% | 7.4% | 1.3% |
| [35,54] | 7.3% | 1.4% | 7.3% | 1.4% | 7.3% | 1.4% |
| [55,80] | 7.3% | 1.5% | 7.1% | 1.4% | 7.2% | 1.5% |
| Test | 8.24E-01 | **ns** | 5.20E-03 | **\*\*** | 3.79E-02 | **\*** |
| **stearic acid** | [18,34] | 6.9 | 2.6 | 5.5 | 1.9 | 6.2 | 2.3 |
| [35,54] | 7.1 | 2.7 | 5.4 | 2.1 | 6.1 | 2.5 |
| [55,80] | 6.6 | 2.3 | 5.0 | 1.9 | 5.8 | 2.3 |
| Test | 5.02E-02 | **.** | 3.26E-04 | **\*\*\*** | 2.47E-02 | **\*** |
| **( % EIEA)** | [18,34] | 2.8% | 0.6% | 2.8% | 0.6% | 2.8% | 0.6% |
| [35,54] | 2.8% | 0.7% | 2.8% | 0.7% | 2.8% | 0.7% |
| [55,80] | 2.7% | 0.7% | 2.6% | 0.6% | 2.7% | 0.7% |
| Test | 1.90E-01 | **ns** | 2.60E-05 | **\*\*\*** | 1.65E-04 | **\*\*\*** |
| **Total monounsaturated fatty acids (MUFA)** | [18,34] | 31.2 | 10.2 | 26.1 | 8.8 | 28.6 | 9.8 |
| [35,54] | 32.7 | 10.4 | 26.1 | 9.5 | 29.1 | 10.5 |
| [55,80] | 32.4 | 10.7 | 26.0 | 9.7 | 29.5 | 10.8 |
| Test | 2.48E-01 | **ns** | 9.81E-01 | **ns** | 3.50E-01 | **ns** |
| **( % EIEA)** | [18,34] | 12.8% | 2.7% | 13.4% | 2.8% | 13.1% | 2.8% |
| [35,54] | 13.1% | 2.7% | 13.4% | 2.9% | 13.3% | 2.8% |
| [55,80] | 13.4% | 3.2% | 13.6% | 3.5% | 13.5% | 3.3% |
| Test | 1.01E-01 | **ns** | 6.32E-01 | **ns** | 1.29E-01 | **ns** |

**Table S.4: Intakes according to age and gender (unit: g/day, except for DHA, EPA and cholesterol, mg/day and EI and EIEA, Kcal/day ; tests: '\*\*\*' for a p-value p< 0.001, '\*\*' if p<0.01, '\*' if p<0.05, '.' if p<0.1 and 'ns' else) – part 5**

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **Nutrient** | **Age** | **Mean Men** | **SD Men** | **Mean Women** | **SD Women** | **Mean Altogether** | **SD Altogether** |
| **oleic acid** | [18,34] | 25.1 | 9.0 | 21.3 | 7.7 | 23.1 | 8.5 |
| [35,54] | 26.5 | 9.2 | 21.4 | 8.2 | 23.7 | 9.0 |
| [55,80] | 26.5 | 9.4 | 21.5 | 8.5 | 24.2 | 9.3 |
| Test | 1.47E-01 | **ns** | 9.73E-01 | **ns** | 1.43E-01 | **ns** |
| **( % EIEA)** | [18,34] | 10.3% | 2.6% | 10.9% | 2.6% | 10.6% | 2.6% |
| [35,54] | 10.6% | 2.6% | 11.0% | 2.7% | 10.8% | 2.7% |
| [55,80] | 11.0% | 3.0% | 11.2% | 3.2% | 11.1% | 3.1% |
| Test | 2.89E-02 | **\*** | 4.38E-01 | **ns** | 3.03E-02 | **\*** |
| **Total polyunsaturated fatty acids (PUFA)** | [18,34] | 12.0 | 4.8 | 11.2 | 4.8 | 11.6 | 4.8 |
| [35,54] | 13.5 | 5.6 | 11.5 | 5.5 | 12.4 | 5.6 |
| [55,80] | 14.5 | 6.5 | 11.7 | 5.2 | 13.2 | 6.1 |
| Test | 1.04E-05 | **\*\*\*** | 4.32E-01 | **ns** | 1.88E-05 | **\*\*\*** |
| **( % EIEA)** | [18,34] | 4.9% | 1.4% | 5.7% | 1.9% | 5.3% | 1.7% |
| [35,54] | 5.4% | 1.8% | 5.9% | 2.0% | 5.7% | 2.0% |
| [55,80] | 6.0% | 2.5% | 6.2% | 2.1% | 6.1% | 2.3% |
| Test | 1.30E-08 | **\*\*\*** | 2.57E-02 | **\*** | 6.32E-08 | **\*\*\*** |
| **Omega 3** | [18,34] | 1.1 | 0.5 | 1.0 | 0.4 | 1.0 | 0.5 |
| [35,54] | 1.3 | 0.5 | 1.1 | 0.5 | 1.2 | 0.5 |
| [55,80] | 1.4 | 0.7 | 1.2 | 0.6 | 1.3 | 0.7 |
| Test | 1.19E-07 | **\*\*\*** | 2.11E-07 | **\*\*\*** | 1.59E-14 | **\*\*\*** |
| **( % EIEA)** | [18,34] | 0.4% | 0.1% | 0.5% | 0.2% | 0.5% | 0.2% |
| [35,54] | 0.5% | 0.2% | 0.6% | 0.2% | 0.5% | 0.2% |
| [55,80] | 0.6% | 0.2% | 0.6% | 0.3% | 0.6% | 0.3% |
| Test | 1.77E-13 | **\*\*\*** | 2.70E-12 | **\*\*\*** | 1.67E-23 | **\*\*\*** |

**Table S.4: Intakes according to age and gender (unit: g/day, except for DHA, EPA and cholesterol, mg/day and EI and EIEA, Kcal/day ; tests: '\*\*\*' for a p-value p< 0.001, '\*\*' if p<0.01, '\*' if p<0.05, '.' if p<0.1 and 'ns' else) – part 6**

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **Nutrient** | **Age** | **Mean Men** | **SD Men** | **Mean Women** | **SD Women** | **Mean Altogether** | **SD Altogether** |
| **DHA** | [18,34] | 103.3 | 105.0 | 98.4 | 86.3 | 100.7 | 95.6 |
| [35,54] | 143.5 | 131.7 | 133.4 | 121.8 | 137.9 | 126.4 |
| [55,80] | 187.7 | 193.8 | 153.0 | 144.7 | 171.7 | 173.7 |
| Test | 2.00E-09 | **\*\*\*** | 2.51E-09 | **\*\*\*** | 1.53E-17 | **\*\*\*** |
| **( % EIEA)** | [18,34] | 42.4% | 40.2% | 51.1% | 43.5% | 47.0% | 42.1% |
| [35,54] | 59.2% | 55.7% | 70.6% | 66.8% | 65.5% | 62.3% |
| [55,80] | 79.3% | 77.4% | 82.6% | 72.1% | 80.8% | 75.0% |
| Test | 2.45E-11 | **\*\*\*** | 1.14E-11 | **\*\*\*** | 2.18E-21 | **\*\*\*** |
| **EPA** | [18,34] | 77.8 | 74.1 | 72.9 | 66.2 | 75.3 | 70.1 |
| [35,54] | 108.2 | 98.7 | 95.4 | 87.8 | 101.2 | 93.1 |
| [55,80] | 141.2 | 161.3 | 110.5 | 133.1 | 127.0 | 149.7 |
| Test | 4.86E-09 | **\*\*\*** | 3.43E-07 | **\*\*\*** | 2.58E-15 | **\*\*\*** |
| **( % EIEA)** | [18,34] | 32.2% | 29.7% | 38.0% | 34.9% | 35.2% | 32.7% |
| [35,54] | 44.2% | 40.0% | 50.1% | 46.0% | 47.4% | 43.5% |
| [55,80] | 58.9% | 63.4% | 59.3% | 62.2% | 59.1% | 62.8% |
| Test | 4.37E-10 | **\*\*\*** | 7.65E-09 | **\*\*\*** | 1.26E-17 | **\*\*\*** |
| **linoleic acid (LA)** | [18,34] | 8.1 | 3.7 | 7.7 | 3.8 | 7.9 | 3.7 |
| [35,54] | 9.2 | 4.3 | 7.8 | 4.4 | 8.4 | 4.4 |
| [55,80] | 9.8 | 5.3 | 7.8 | 4.1 | 8.9 | 4.9 |
| Test | 2.14E-04 | **\*\*\*** | 9.32E-01 | **ns** | 2.65E-03 | **\*\*** |
| **( % EIEA)** | [18,34] | 3.3% | 1.2% | 3.9% | 1.6% | 3.6% | 1.4% |
| [35,54] | 3.7% | 1.5% | 4.0% | 1.7% | 3.8% | 1.6% |
| [55,80] | 4.1% | 2.1% | 4.1% | 1.9% | 4.1% | 2.0% |
| Test | 4.61E-06 | **\*\*\*** | 4.41E-01 | **ns** | 3.37E-04 | **\*\*\*** |

**Table S.4: Intakes according to age and gender (unit: g/day, except for DHA, EPA and cholesterol, mg/day and EI and EIEA, Kcal/day ; tests: '\*\*\*' for a p-value p< 0.001, '\*\*' if p<0.01, '\*' if p<0.05, '.' if p<0.1 and 'ns' else) – part 7**

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **Nutrient** | **Age** | **Mean Men** | **SD Men** | **Mean Women** | **SD Women** | **Mean Altogether** | **SD Altogether** |
| **Omega 6** | [18,34] | 8.3 | 3.7 | 7.8 | 3.8 | 8.0 | 3.7 |
| [35,54] | 9.3 | 4.3 | 7.9 | 4.4 | 8.5 | 4.4 |
| [55,80] | 9.9 | 5.3 | 7.9 | 4.1 | 9.0 | 4.9 |
| Test | 2.60E-04 | **\*\*\*** | 9.38E-01 | **ns** | 3.08E-03 | **\*\*** |
| **( % EIEA)** | [18,34] | 3.4% | 1.2% | 4.0% | 1.6% | 3.7% | 1.4% |
| [35,54] | 3.7% | 1.5% | 4.0% | 1.7% | 3.9% | 1.6% |
| [55,80] | 4.1% | 2.1% | 4.2% | 1.9% | 4.1% | 2.0% |
| Test | 5.62E-06 | **\*\*\*** | 4.52E-01 | **ns** | 3.95E-04 | **\*\*\*** |
| **alpha-linolenic acid (ALA)** | [18,34] | 0.9 | 0.4 | 0.8 | 0.4 | 0.9 | 0.4 |
| [35,54] | 1.0 | 0.4 | 0.9 | 0.4 | 0.9 | 0.4 |
| [55,80] | 1.1 | 0.6 | 0.9 | 0.5 | 1.0 | 0.5 |
| Test | 8.75E-04 | **\*\*\*** | 5.22E-04 | **\*\*\*** | 1.92E-07 | **\*\*\*** |
| **( % EIEA)** | [18,34] | 0.4% | 0.1% | 0.4% | 0.1% | 0.4% | 0.1% |
| [35,54] | 0.4% | 0.1% | 0.4% | 0.2% | 0.4% | 0.1% |
| [55,80] | 0.4% | 0.2% | 0.5% | 0.2% | 0.5% | 0.2% |
| Test | 6.95E-07 | **\*\*\*** | 1.43E-06 | **\*\*\*** | 9.48E-12 | **\*\*\*** |
| **arachidonic acid** | [18,34] | 0.1 | 0.1 | 0.1 | 0.0 | 0.1 | 0.1 |
| [35,54] | 0.1 | 0.1 | 0.1 | 0.0 | 0.1 | 0.1 |
| [55,80] | 0.1 | 0.1 | 0.1 | 0.1 | 0.1 | 0.1 |
| Test | 1.02E-02 | **\*** | 1.86E-01 | **ns** | 3.40E-02 | **\*** |
| **( % EIEA)** | [18,34] | 0.1% | 0.0% | 0.0% | 0.0% | 0.0% | 0.0% |
| [35,54] | 0.0% | 0.0% | 0.0% | 0.0% | 0.0% | 0.0% |
| [55,80] | 0.0% | 0.0% | 0.0% | 0.0% | 0.0% | 0.0% |
| Test | 9.12E-02 | **.** | 3.04E-01 | **ns** | 5.22E-02 | **.** |

**Table S.4: Intakes according to age and gender (unit: g/day, except for DHA, EPA and cholesterol, mg/day and EI and EIEA, Kcal/day ; tests: '\*\*\*' for a p-value p< 0.001, '\*\*' if p<0.01, '\*' if p<0.05, '.' if p<0.1 and 'ns' else)- part 8**

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **Nutrient** | **Age** | **Mean Men** | **SD Men** | **Mean Women** | **SD Women** | **Mean Altogether** | **SD Altogether** |
| **Ratio Omega 6 - Omega 3** | [18,34] | 7.9 | 2.8 | 8.6 | 4.0 | 8.2 | 3.5 |
| [35,54] | 7.8 | 3.3 | 7.6 | 3.8 | 7.7 | 3.6 |
| [55,80] | 7.7 | 4.5 | 7.4 | 4.9 | 7.5 | 4.7 |
| Test | 8.34E-01 | **ns** | 1.56E-03 | **\*\*** | 8.35E-03 | **\*\*** |
| **Ratio LA - ALA** | [18,34] | 9.2 | 3.3 | 10.3 | 5.2 | 9.8 | 4.4 |
| [35,54] | 9.5 | 3.7 | 9.5 | 4.9 | 9.5 | 4.4 |
| [55,80] | 9.7 | 5.5 | 9.4 | 5.9 | 9.5 | 5.7 |
| Test | 5.01E-01 | **ns** | 8.81E-02 | **.** | 5.63E-01 | **ns** |
| **Total Fat** | [18,34] | 90.2 | 27.9 | 75.4 | 23.2 | 82.4 | 26.6 |
| [35,54] | 94.0 | 28.4 | 74.4 | 24.9 | 83.2 | 28.2 |
| [55,80] | 92.1 | 26.9 | 73.1 | 23.3 | 83.3 | 27.0 |
| Test | 3.02E-01 | **ns** | 4.63E-01 | **ns** | 8.41E-01 | **ns** |
| **( % EIEA)** | [18,34] | 36.9% | 4.8% | 38.6% | 5.5% | 37.8% | 5.3% |
| [35,54] | 37.5% | 5.6% | 38.3% | 5.6% | 37.9% | 5.6% |
| [55,80] | 38.0% | 6.4% | 38.4% | 5.9% | 38.2% | 6.2% |
| Test | 9.29E-02 | **.** | 6.55E-01 | **ns** | 5.11E-01 | **ns** |
| **Cholesterol** | [18,34] | 327.7 | 123.4 | 256.5 | 96.7 | 290.3 | 115.7 |
| [35,54] | 347.9 | 125.7 | 270.7 | 100.8 | 305.5 | 119.0 |
| [55,80] | 352.3 | 118.7 | 269.3 | 101.2 | 314.0 | 118.4 |
| Test | 7.03E-02 | **.** | 1.82E-01 | **ns** | 5.24E-03 | **\*\*** |
| **( % EIEA)** | [18,34] | 0.1% | 0.0% | 0.1% | 0.0% | 0.1% | 0.0% |
| [35,54] | 0.1% | 0.0% | 0.1% | 0.0% | 0.1% | 0.0% |
| [55,80] | 0.1% | 0.0% | 0.1% | 0.0% | 0.1% | 0.0% |
| Test | 5.78E-04 | **\*\*\*** | 6.48E-04 | **\*\*\*** | 4.74E-07 | **\*\*\*** |

**Table S.4: Intakes according to age and gender (unit: g/day, except for DHA, EPA and cholesterol, mg/day and EI and EIEA, Kcal/day ; tests: '\*\*\*' for a p-value p< 0.001, '\*\*' if p<0.01, '\*' if p<0.05, '.' if p<0.1 and 'ns' else)- part 9**

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **Nutrient** | **Age** | **Mean Men** | **SD Men** | **Mean Women** | **SD Women** | **Mean Altogether** | **SD Altogether** |
| **Total energy intake excluding alcohol (EIEA)** | [18,34] | 2209 | 661 | 1753 | 463 | 1969 | 609 |
| [35,54] | 2259 | 602 | 1743 | 505 | 1975 | 608 |
| [55,80] | 2197 | 576 | 1710 | 482 | 1972 | 587 |
| Test | 3.84E-01 | **ns** | 4.93E-01 | **ns** | 9.85E-01 | **ns** |
| **Total energy intake** | [18,34] | 2281 | 696 | 1780 | 474 | 2018 | 641 |
| [35,54] | 2385 | 631 | 1779 | 519 | 2052 | 646 |
| [55,80] | 2364 | 610 | 1752 | 498 | 2082 | 638 |
| Test | 2.13E-01 | **ns** | 7.08E-01 | **ns** | 2.75E-01 | **ns** |
| **Alcohol** | [18,34] | 10.3 | 15.5 | 3.8 | 6.9 | 6.9 | 12.2 |
| [35,54] | 18.0 | 19.5 | 5.1 | 8.5 | 10.9 | 15.9 |
| [55,80] | 23.9 | 20.8 | 6.0 | 8.5 | 15.7 | 18.6 |
| Test | 7.83E-15 | **\*\*\*** | 1.45E-03 | **\*\*** | 2.48E-17 | **\*\*\*** |

**Table S.5: Intakes according to education (unit: g/day, except for DHA, EPA and cholesterol, mg/day and EI and EIEA, Kcal/day ; tests: '\*\*\*' for a p-value p< 0.001, '\*\*' if p<0.01, '\*' if p<0.05, '.' if p<0.1 and 'ns' else)**

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **Primary** | | **Secondary** | | **Highschool** | | **Superior** | | **Test** | |
|  | **Mean** | **SD** | **Mean** | **SD** | **Mean** | **SD** | **Mean** | **SD** |
| **Population size (weighted)** | **115** | | **1164** | | **579** | | **762** | |
| **Total fatty acids** | 59.6 | 23.3 | 71.8 | 25.5 | 74.5 | 23.8 | 76.4 | 23.1 | 2.11E-10 | **\*\*\*** |
| **( % EIEA)** | 32.7% | 6.2% | 33.2% | 5.5% | 33.8% | 5.3% | 33.6% | 5.2% | 1.17E-02 | **\*** |
| **Total saturated fatty acids (SFA)** | 25.8 | 11.5 | 31.3 | 12.6 | 32.1 | 11.7 | 33.1 | 11.5 | 2.64E-05 | **\*\*\*** |
| **( % EIEA)** | 13.9% | 3.2% | 14.4% | 3.2% | 14.5% | 2.8% | 14.5% | 2.9% | 7.53E-01 | **ns** |
| **Specific SFA** | 16.9 | 7.7 | 20.6 | 8.2 | 21.3 | 7.8 | 21.8 | 7.5 | 1.12E-05 | **\*\*\*** |
| **( % EIEA)** | 9.1% | 2.0% | 9.5% | 2.0% | 9.6% | 1.8% | 9.6% | 1.9% | 5.03E-01 | **ns** |
| **butyric acid** | 0.8 | 0.5 | 1.0 | 0.6 | 1.0 | 0.6 | 1.1 | 0.6 | 2.87E-04 | **\*\*\*** |
| **( % EIEA)** | 0.4% | 0.2% | 0.5% | 0.2% | 0.5% | 0.2% | 0.5% | 0.2% | 1.56E-01 | **ns** |
| **capric acid** | 0.8 | 0.5 | 0.9 | 0.5 | 0.9 | 0.5 | 1.0 | 0.5 | 8.54E-05 | **\*\*\*** |
| **( % EIEA)** | 0.4% | 0.2% | 0.4% | 0.2% | 0.4% | 0.2% | 0.4% | 0.2% | 1.51E-01 | **ns** |
| **caproic acid** | 0.6 | 0.4 | 0.7 | 0.5 | 0.8 | 0.5 | 0.8 | 0.5 | 4.27E-05 | **\*\*\*** |
| **( % EIEA)** | 0.3% | 0.2% | 0.3% | 0.2% | 0.3% | 0.2% | 0.4% | 0.2% | 3.77E-02 | **\*** |
| **caprylic acid** | 0.4 | 0.3 | 0.5 | 0.3 | 0.5 | 0.2 | 0.5 | 0.3 | 1.62E-03 | **\*\*** |
| **( % EIEA)** | 0.2% | 0.1% | 0.2% | 0.1% | 0.2% | 0.1% | 0.2% | 0.1% | 2.40E-01 | **ns** |
| **lauric acid (specific)** | 1.2 | 0.8 | 1.5 | 0.8 | 1.6 | 0.8 | 1.6 | 0.9 | 2.31E-03 | **\*\*** |
| **( % EIEA)** | 0.7% | 0.3% | 0.7% | 0.3% | 0.7% | 0.3% | 0.7% | 0.3% | 1.65E-01 | **ns** |
| **myristic acid (specific)** | 2.8 | 1.5 | 3.3 | 1.6 | 3.4 | 1.6 | 3.5 | 1.5 | 1.32E-03 | **\*\*** |
| **( % EIEA)** | 1.5% | 0.5% | 1.5% | 0.5% | 1.5% | 0.5% | 1.5% | 0.5% | 8.11E-01 | **ns** |
| **palmitic (specific)** | 12.9 | 5.6 | 15.8 | 6.1 | 16.3 | 5.8 | 16.7 | 5.5 | 2.95E-06 | **\*\*\*** |
| **( % EIEA)** | 7.0% | 1.4% | 7.3% | 1.5% | 7.4% | 1.3% | 7.3% | 1.3% | 4.30E-01 | **ns** |
| **stearic acid** | 4.8 | 2.2 | 6.0 | 2.5 | 6.2 | 2.4 | 6.3 | 2.3 | 7.32E-05 | **\*\*\*** |
| **( % EIEA)** | 2.6% | 0.6% | 2.8% | 0.7% | 2.8% | 0.6% | 2.8% | 0.6% | 7.00E-01 | **ns** |

**Table S.5: Intakes according to education (unit: g/day, except for DHA, EPA and cholesterol, mg/day and EI and EIEA, Kcal/day ; tests: '\*\*\*' for a p-value p< 0.001, '\*\*' if p<0.01, '\*' if p<0.05, '.' if p<0.1 and 'ns' else) – part 2**

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **Primary** | | **Secondary** | | **Highschool** | | **Superior** | | **Test** | |
|  | **Mean** | **SD** | **Mean** | **SD** | **Mean** | **SD** | **Mean** | **SD** |
| **Population size (weighted)** | **115** | | **1164** | | **579** | | **762** | |
| **Total monounsaturated fatty acids (MUFA)** | 24.3 | 11.1 | 29.7 | 12.2 | 30.6 | 11.5 | 31.6 | 11.1 | 1.07E-05 | **\*\*\*** |
| **( % EIEA)** | 13.1% | 3.0% | 13.7% | 3.1% | 13.8% | 2.7% | 13.8% | 2.9% | 5.14E-01 | **ns** |
| **oleic acid** | 22.6 | 9.1 | 28.2 | 10.5 | 29.5 | 10.0 | 30.9 | 10.2 | 1.06E-16 | **\*\*\*** |
| **( % EIEA)** | 12.5% | 2.8% | 13.1% | 2.9% | 13.5% | 3.0% | 13.7% | 3.0% | 2.32E-07 | **\*\*\*** |
| **Total polyunsaturated fatty acids (PUFA)** | 18.4 | 7.8 | 22.8 | 9.1 | 24.2 | 8.7 | 25.3 | 8.8 | 4.44E-17 | **\*\*\*** |
| **( % EIEA)** | 10.1% | 2.6% | 10.6% | 2.7% | 11.0% | 2.8% | 11.2% | 2.8% | 4.54E-09 | **\*\*\*** |
| **Omega 3** | 18.4 | 7.8 | 22.8 | 9.1 | 24.2 | 8.7 | 25.3 | 8.8 | 4.44E-17 | **\*\*\*** |
| **( % EIEA)** | 10.1% | 2.6% | 10.6% | 2.7% | 11.0% | 2.8% | 11.2% | 2.8% | 4.54E-09 | **\*\*\*** |
| **alpha-linolenic acid (ALA)** | 11.2 | 5.5 | 12.3 | 5.9 | 12.8 | 5.5 | 12.4 | 5.2 | 1.72E-03 | **\*\*** |
| **( % EIEA)** | 6.3% | 2.8% | 5.7% | 2.1% | 5.8% | 2.0% | 5.5% | 1.8% | 2.25E-02 | **\*** |
| **DHA** | 1.0 | 0.5 | 1.1 | 0.5 | 1.2 | 0.6 | 1.2 | 0.6 | 3.24E-13 | **\*\*\*** |
| **( % EIEA)** | 0.57% | 0.28% | 0.52% | 0.20% | 0.56% | 0.23% | 0.55% | 0.20% | 1.89E-08 | **\*\*\*** |
| **EPA** | 141.0 | 147.0 | 126.0 | 122.1 | 144.1 | 145.5 | 149.1 | 153.6 | 6.21E-05 | **\*\*\*** |
| **( % EIEA)** | 82.92% | 97.06% | 60.09% | 56.84% | 66.77% | 65.61% | 67.54% | 62.80% | 2.24E-04 | **\*\*\*** |
| **Omega 6** | 93.4 | 104.5 | 90.1 | 89.1 | 110.8 | 134.1 | 113.3 | 120.7 | 6.57E-07 | **\*\*\*** |
| **( % EIEA)** | 53.6% | 65.6% | 42.9% | 42.2% | 50.8% | 57.1% | 51.0% | 47.9% | 3.79E-06 | **\*\*\*** |
| **linoleic acid (LA)** | 7.8 | 4.7 | 8.4 | 4.7 | 8.7 | 4.1 | 8.4 | 4.0 | 7.69E-02 | **.** |
| **( % EIEA)** | 4.4% | 2.6% | 3.9% | 1.8% | 3.9% | 1.6% | 3.7% | 1.5% | 9.92E-02 | **.** |
| **arachidonic acid** | 7.9 | 4.7 | 8.5 | 4.7 | 8.8 | 4.2 | 8.5 | 4.0 | 7.33E-02 | **.** |
| **( % EIEA)** | 4.4% | 2.6% | 3.9% | 1.8% | 4.0% | 1.6% | 3.8% | 1.5% | 1.03E-01 | **ns** |

**Table S.5: Intakes according to education (unit: g/day, except for DHA, EPA and cholesterol, mg/day and EI and EIEA, Kcal/day ; tests: '\*\*\*' for a p-value p< 0.001, '\*\*' if p<0.01, '\*' if p<0.05, '.' if p<0.1 and 'ns' else)-part 3**

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **Primary** | | **Secondary** | | **Highschool** | | **Superior** | | **Test** | |
|  | **Mean** | **SD** | **Mean** | **SD** | **Mean** | **SD** | **Mean** | **SD** |
| **Population size (weighted)** | **115** | | **1164** | | **579** | | **762** | |
| **Ratio Omega 6 - Omega 3** | 0.8 | 0.4 | 0.9 | 0.4 | 1.0 | 0.5 | 1.0 | 0.4 | 2.90E-10 | **\*\*\*** |
| **Ratio LA - ALA** | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 4.32E-05 | **\*\*\*** |
| **Total Fat** | 0.1 | 0.1 | 0.1 | 0.1 | 0.1 | 0.1 | 0.1 | 0.1 | 0.0 | **\*** |
| **( % EIEA)** | 0.0% | 0.0% | 0.0% | 0.0% | 0.0% | 0.0% | 0.0% | 0.0% | 7.36E-01 | **ns** |
| **Cholesterol** | 9 | 5 | 10 | 5 | 10 | 5 | 10 | 4 | 1.01E-02 | **\*** |
| **( % EIEA)** | 4.99% | 2.57% | 4.43% | 1.85% | 4.53% | 1.66% | 4.31% | 1.57% | 8.41E-02 | **.** |
| **Total energy intake excluding alcohol (EIEA)** | 52 | 21 | 62 | 23 | 65 | 21 | 67 | 20 | 1.00E-10 | **\*\*\*** |
| **Total energy intake** | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 8.49E-04 | **\*\*\*** |
| **Alcohol** | 9.2 | 7.6 | 8.1 | 4.0 | 7.7 | 3.5 | 7.3 | 3.3 | 1.26E-05 | **\*\*\*** |

**Table S.6: Intakes according to region (unit: g/day, except for DHA, EPA and cholesterol, mg/day and EI and EIEA, Kcal/day ; tests: '\*\*\*' for a p-value p< 0.001, '\*\*' if p<0.01, '\*' if p<0.05, '.' if p<0.1 and 'ns' else)**

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **North West** | | **East** | | **Paris Area** | | **West** | | **Centre** | | **Center East** | | **South West** | | **South East** | | **Test** | | |
|  | **Mean** | **SD** | **Mean** | **SD** | **Mean** | **SD** | **Mean** | **SD** | **Mean** | **SD** | **Mean** | **SD** | **Mean** | **SD** | **Mean** | **SD** |
| **Population size (weighted)** | **396** | | **240** | | **468** | | **375** | | **282** | | **303** | | **263** | | **297** | |
| **Total fatty acids** | 72.1 | 24.1 | 73.0 | 23.8 | 70.3 | 23.0 | 73.2 | 25.8 | 72.8 | 25.1 | 74.4 | 24.9 | 76.0 | 24.2 | 76.1 | 26.2 | 1.11E-01 | ns |
| **( % EIEA)** | 33.1% | 5.4% | 33.6% | 5.2% | 32.9% | 5.7% | 32.7% | 4.8% | 33.5% | 5.2% | 33.8% | 4.9% | 34.7% | 6.1% | 34.1% | 5.7% | 3.09E-03 | \*\* |
| **Total saturated fatty acids (SFA)** | 32.5 | 11.9 | 31.9 | 12.2 | 30.4 | 11.4 | 32.5 | 13.5 | 32.1 | 12.0 | 32.4 | 12.2 | 31.1 | 11.7 | 31.6 | 12.2 | 1.47E-01 | ns |
| **( % EIEA)** | 14.9% | 3.0% | 14.5% | 3.0% | 14.2% | 3.2% | 14.4% | 2.9% | 14.7% | 2.9% | 14.7% | 3.0% | 14.0% | 2.8% | 14.1% | 3.1% | 2.01E-02 | \* |
| **Specific SFA** | 21.4 | 7.7 | 21.2 | 8.1 | 20.1 | 7.4 | 21.2 | 8.6 | 21.2 | 7.9 | 21.4 | 8.2 | 20.5 | 7.7 | 21.0 | 8.2 | 1.79E-01 | ns |
| **( % EIEA)** | 9.8% | 1.9% | 9.7% | 2.0% | 9.3% | 2.1% | 9.4% | 1.8% | 9.7% | 1.9% | 9.7% | 2.0% | 9.3% | 1.9% | 9.4% | 2.0% | 2.12E-02 | \* |
| **butyric acid** | 1.0 | 0.6 | 1.0 | 0.6 | 1.0 | 0.5 | 1.1 | 0.8 | 1.0 | 0.6 | 1.1 | 0.6 | 1.0 | 0.6 | 1.0 | 0.6 | 4.83E-02 | \* |
| **( % EIEA)** | 0.5% | 0.2% | 0.5% | 0.2% | 0.5% | 0.2% | 0.5% | 0.2% | 0.5% | 0.2% | 0.5% | 0.2% | 0.4% | 0.2% | 0.4% | 0.2% | 5.46E-03 | \*\* |
| **capric acid** | 0.9 | 0.5 | 0.9 | 0.5 | 0.9 | 0.5 | 0.9 | 0.5 | 1.0 | 0.5 | 1.0 | 0.5 | 0.9 | 0.5 | 0.9 | 0.6 | 1.40E-01 | ns |
| **( % EIEA)** | 0.4% | 0.2% | 0.4% | 0.2% | 0.4% | 0.2% | 0.4% | 0.2% | 0.4% | 0.2% | 0.5% | 0.2% | 0.4% | 0.2% | 0.4% | 0.2% | 1.05E-02 | \* |
| **caproic acid** | 0.8 | 0.5 | 0.7 | 0.4 | 0.7 | 0.4 | 0.8 | 0.6 | 0.7 | 0.4 | 0.8 | 0.5 | 0.7 | 0.5 | 0.7 | 0.4 | 5.78E-02 | . |
| **( % EIEA)** | 0.3% | 0.2% | 0.3% | 0.2% | 0.3% | 0.2% | 0.4% | 0.2% | 0.3% | 0.1% | 0.4% | 0.2% | 0.3% | 0.2% | 0.3% | 0.2% | 1.60E-02 | \* |
| **caprylic acid** | 0.5 | 0.3 | 0.5 | 0.3 | 0.5 | 0.3 | 0.5 | 0.3 | 0.5 | 0.3 | 0.5 | 0.3 | 0.5 | 0.3 | 0.5 | 0.3 | 5.56E-02 | . |
| **( % EIEA)** | 0.2% | 0.1% | 0.2% | 0.1% | 0.2% | 0.1% | 0.2% | 0.1% | 0.2% | 0.1% | 0.2% | 0.1% | 0.2% | 0.1% | 0.2% | 0.1% | 2.61E-03 | \*\* |
| **lauric acid (specific)** | 1.7 | 0.8 | 1.6 | 0.9 | 1.5 | 0.9 | 1.5 | 0.7 | 1.5 | 0.7 | 1.6 | 0.8 | 1.3 | 0.7 | 1.4 | 0.8 | 4.86E-04 | \*\*\* |
| **( % EIEA)** | 0.8% | 0.3% | 0.7% | 0.3% | 0.7% | 0.3% | 0.7% | 0.2% | 0.7% | 0.2% | 0.7% | 0.3% | 0.6% | 0.2% | 0.6% | 0.3% | 4.13E-07 | \*\*\* |
| **myristic acid (specific)** | 3.5 | 1.5 | 3.4 | 1.6 | 3.2 | 1.5 | 3.4 | 1.7 | 3.5 | 1.5 | 3.6 | 1.6 | 3.2 | 1.5 | 3.3 | 1.7 | 8.96E-02 | . |
| **( % EIEA)** | 1.6% | 0.5% | 1.5% | 0.5% | 1.5% | 0.5% | 1.5% | 0.5% | 1.6% | 0.5% | 1.6% | 0.5% | 1.4% | 0.5% | 1.5% | 0.5% | 1.36E-03 | \*\* |
| **palmitic (specific)** | 16.2 | 5.8 | 16.2 | 6.0 | 15.3 | 5.4 | 16.3 | 6.5 | 16.2 | 6.0 | 16.3 | 5.9 | 16.0 | 5.7 | 16.2 | 6.0 | 2.11E-01 | ns |
| **( % EIEA)** | 7.4% | 1.4% | 7.4% | 1.4% | 7.2% | 1.4% | 7.2% | 1.3% | 7.5% | 1.4% | 7.4% | 1.4% | 7.3% | 1.4% | 7.3% | 1.4% | 1.17E-01 | ns |
| **stearic acid** | 6.3 | 2.4 | 6.1 | 2.3 | 5.8 | 2.3 | 6.2 | 2.7 | 6.0 | 2.5 | 6.1 | 2.4 | 6.1 | 2.2 | 6.0 | 2.3 | 7.56E-02 | . |
| **( % EIEA)** | 2.9% | 0.7% | 2.8% | 0.6% | 2.7% | 0.6% | 2.8% | 0.6% | 2.7% | 0.6% | 2.8% | 0.7% | 2.8% | 0.6% | 2.7% | 0.7% | 5.03E-02 | . |

**Table S.6: Intakes according to region (unit: g/day, except for DHA, EPA and cholesterol, mg/day and EI and EIEA, Kcal/day ; tests: '\*\*\*' for a p-value p< 0.001, '\*\*' if p<0.01, '\*' if p<0.05, '.' if p<0.1 and 'ns' else) – part 2**

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **North West** | | **East** | | **Paris Area** | | **West** | | **Centre** | | **Center East** | | **South West** | | **South East** | | **Test** | |
|  | **Mean** | **SD** | **Mean** | **SD** | **Mean** | **SD** | **Mean** | **SD** | **Mean** | **SD** | **Mean** | **SD** | **Mean** | **SD** | **Mean** | **SD** |
| **Population size (weighted)** | **396** | | **240** | | **468** | | **375** | | **282** | | **303** | | **263** | | **297** | |
| **Total monounsaturated fatty acids (MUFA)** | 27.7 | 9.7 | 28.5 | 9.6 | 28.3 | 10.0 | 28.3 | 10.2 | 28.7 | 10.9 | 29.5 | 10.2 | 30.7 | 10.1 | 31.8 | 11.8 | 6.72E-04 | \*\*\* |
| **( % EIEA)** | 12.7% | 2.6% | 13.2% | 2.8% | 13.2% | 3.1% | 12.7% | 2.6% | 13.2% | 3.1% | 13.4% | 2.8% | 14.1% | 3.4% | 14.2% | 3.1% | 6.19E-10 | \*\*\* |
| **oleic acid** | 22.5 | 8.3 | 23.1 | 8.2 | 22.9 | 8.5 | 23.2 | 8.7 | 23.2 | 9.7 | 24.1 | 8.8 | 25.2 | 8.8 | 26.3 | 10.3 | 1.47E-04 | \*\*\* |
| **( % EIEA)** | 10.3% | 2.4% | 10.7% | 2.6% | 10.7% | 2.9% | 10.4% | 2.5% | 10.7% | 3.0% | 11.0% | 2.7% | 11.6% | 3.1% | 11.8% | 2.9% | 5.04E-09 | \*\*\* |
| **Total polyunsaturated fatty acids (PUFA)** | 11.9 | 5.2 | 12.7 | 5.3 | 11.7 | 5.6 | 12.4 | 5.1 | 12.0 | 5.4 | 12.5 | 5.6 | 14.2 | 6.4 | 12.8 | 5.9 | 6.37E-03 | \*\* |
| **( % EIEA)** | 5.5% | 1.8% | 5.9% | 2.1% | 5.5% | 2.0% | 5.6% | 1.9% | 5.6% | 1.9% | 5.6% | 1.7% | 6.5% | 2.5% | 5.8% | 2.2% | 9.30E-04 | \*\*\* |
| **Omega 3** | 1.1 | 0.5 | 1.2 | 0.5 | 1.2 | 0.6 | 1.2 | 0.6 | 1.1 | 0.5 | 1.2 | 0.7 | 1.2 | 0.6 | 1.1 | 0.5 | 2.49E-01 | ns |
| **( % EIEA)** | 0.5% | 0.2% | 0.5% | 0.2% | 0.6% | 0.2% | 0.5% | 0.2% | 0.5% | 0.2% | 0.5% | 0.2% | 0.6% | 0.3% | 0.5% | 0.2% | 4.25E-02 | \* |
| **alpha-linolenic acid (ALA)** | 0.9 | 0.4 | 1.0 | 0.5 | 0.9 | 0.5 | 1.0 | 0.5 | 0.9 | 0.4 | 1.0 | 0.5 | 1.0 | 0.5 | 0.9 | 0.4 | 1.49E-01 | ns |
| **( % EIEA)** | 0.4% | 0.1% | 0.5% | 0.2% | 0.4% | 0.2% | 0.4% | 0.2% | 0.4% | 0.1% | 0.4% | 0.2% | 0.5% | 0.2% | 0.4% | 0.1% | 6.14E-02 | . |
| **DHA** | 130.1 | 135.6 | 111.7 | 117.5 | 159.8 | 183.3 | 146.0 | 140.6 | 116.4 | 99.0 | 132.5 | 124.1 | 150.5 | 126.3 | 134.9 | 123.2 | 7.15E-04 | \*\*\* |
| **( % EIEA)** | 59.6% | 58.3% | 52.1% | 48.5% | 78.3% | 83.0% | 66.6% | 56.6% | 56.0% | 46.4% | 60.4% | 56.6% | 72.1% | 65.2% | 64.6% | 64.7% | 8.06E-05 | \*\*\* |
| **EPA** | 98.3 | 112.1 | 81.5 | 90.6 | 115.8 | 137.0 | 112.1 | 125.1 | 88.5 | 91.7 | 100.9 | 100.2 | 106.5 | 101.4 | 94.9 | 89.2 | 4.80E-03 | \*\* |
| **( % EIEA)** | 44.6% | 49.9% | 38.1% | 37.8% | 56.1% | 57.8% | 50.8% | 49.5% | 41.6% | 40.6% | 45.7% | 43.7% | 50.4% | 51.5% | 45.6% | 46.3% | 4.93E-04 | \*\*\* |
| **Omega 6** | 8.1 | 3.9 | 8.7 | 4.2 | 8.0 | 4.5 | 8.1 | 3.7 | 8.0 | 3.9 | 8.5 | 4.3 | 10.3 | 5.3 | 9.3 | 5.0 | 3.48E-06 | \*\*\* |
| **( % EIEA)** | 3.7% | 1.4% | 4.0% | 1.8% | 3.8% | 1.7% | 3.7% | 1.5% | 3.7% | 1.4% | 3.8% | 1.4% | 4.8% | 2.2% | 4.2% | 2.0% | 3.49E-08 | \*\*\* |
| **linoleic acid (LA)** | 8.0 | 3.9 | 8.6 | 4.2 | 7.9 | 4.5 | 8.0 | 3.7 | 7.9 | 3.9 | 8.4 | 4.3 | 10.2 | 5.3 | 9.2 | 5.0 | 3.74E-06 | \*\*\* |
| **( % EIEA)** | 3.7% | 1.4% | 4.0% | 1.8% | 3.7% | 1.7% | 3.6% | 1.5% | 3.6% | 1.4% | 3.8% | 1.4% | 4.7% | 2.2% | 4.1% | 2.0% | 4.38E-08 | \*\*\* |
| **arachidonic acid** | 0.1 | 0.1 | 0.1 | 0.1 | 0.1 | 0.1 | 0.1 | 0.1 | 0.1 | 0.1 | 0.1 | 0.1 | 0.1 | 0.1 | 0.1 | 0.1 | 4.68E-04 | \*\*\* |
| **( % EIEA)** | 0.0% | 0.0% | 0.0% | 0.0% | 0.0% | 0.0% | 0.0% | 0.0% | 0.0% | 0.0% | 0.0% | 0.0% | 0.1% | 0.0% | 0.0% | 0.0% | 6.55E-05 | \*\*\* |

**Table S.5: Intakes according to region (unit: g/day, except for DHA, EPA and cholesterol, mg/day and EI and EIEA, Kcal/day ; tests: '\*\*\*' for a p-value p< 0.001, '\*\*' if p<0.01, '\*' if p<0.05, '.' if p<0.1 and 'ns' else) – part 3**

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **North West** | | **East** | | **Paris Area** | | **West** | | **Centre** | | **Center East** | | **South West** | | **South East** | | **Test** | |
|  | **Mean** | **SD** | **Mean** | **SD** | **Mean** | **SD** | **Mean** | **SD** | **Mean** | **SD** | **Mean** | **SD** | **Mean** | **SD** | **Mean** | **SD** |
| **Population size (weighted)** | **396** | | **240** | | **468** | | **375** | | **282** | | **303** | | **263** | | **297** | |
| **Ratio Omega 6 - Omega 3** | 7.5 | 3.2 | 8.2 | 4.7 | 7.4 | 3.5 | 7.2 | 3.3 | 7.5 | 3.0 | 7.6 | 3.5 | 9.1 | 5.4 | 8.7 | 4.9 | 1.02E-05 | \*\*\* |
| **Ratio LA - ALA** | 9.0 | 3.7 | 9.6 | 5.2 | 9.5 | 4.9 | 9.0 | 3.9 | 9.1 | 3.4 | 9.2 | 4.2 | 11.3 | 6.9 | 10.7 | 5.8 | 5.66E-06 | \*\*\* |
| **Total Fat** | 82.0 | 26.7 | 82.8 | 26.5 | 80.1 | 25.7 | 82.7 | 28.5 | 82.6 | 27.9 | 84.3 | 27.8 | 85.9 | 26.6 | 86.2 | 29.0 | 1.57E-01 | ns |
| **( % EIEA)** | 37.6% | 5.7% | 38.1% | 5.6% | 37.4% | 5.9% | 37.0% | 5.1% | 38.1% | 5.6% | 38.3% | 5.1% | 39.2% | 6.4% | 38.7% | 5.9% | 9.97E-04 | \*\*\* |
| **Cholesterol** | 300 | 111 | 297 | 105 | 297 | 115 | 310 | 126 | 315 | 126 | 289 | 108 | 318 | 120 | 308 | 130 | 4.96E-01 | ns |
| **( % EIEA)** | 0.14% | 0.04% | 0.14% | 0.04% | 0.14% | 0.04% | 0.14% | 0.04% | 0.15% | 0.05% | 0.13% | 0.04% | 0.15% | 0.05% | 0.14% | 0.04% | 1.93E-01 | ns |
| **Total energy intake excluding alcohol (EIEA)** | 1962 | 561 | 1951 | 584 | 1932 | 573 | 2016 | 662 | 1944 | 578 | 1992 | 645 | 1989 | 594 | 2005 | 612 | 5.02E-01 | ns |
| **Total energy intake** | 2042 | 598 | 2025 | 626 | 2001 | 610 | 2104 | 707 | 2019 | 624 | 2056 | 684 | 2081 | 626 | 2095 | 662 | 3.72E-01 | ns |
| **Alcohol** | 11.4 | 16.8 | 10.6 | 16.6 | 9.8 | 14.3 | 12.5 | 16.6 | 10.7 | 16.7 | 9.2 | 14.7 | 13.2 | 17.3 | 12.9 | 17.1 | 2.88E-01 | ns |