Supplemental Table 1. Proportion of micronutrient supplement use and dose by sex and food texture

|  | Male  |  | Female  |
| --- | --- | --- | --- |
|  |  | Dose Distribution\* |  |  |  | Dose Distribution\* |  |
| *Micronutrients* | % (Freq)  |  Q1 | Median | Q3 | % (Freq) with dose above EAR |  | % (Freq)  | Q1 | Median | Q3 | % (Freq) with dose above EAR |
| Vitamin A RAE (µg) |  |  |  |  |  |  |  |  |  |  |  |
| Regular†  | 2.5 (3)  | 330 | 1650 | 1660 | 66.7 (2) |  | 3.8 (11) | 330 | 330 | 1320 | 45.5 (5) |
| Modified | 0.0 (0) | - | - | - | - |  | 3.8 (5) | 660 | 1320 | 1320 | 80.0 (4) |
| Vitamin B­­1 (mg) |  |  |  |  |  |  |  |  |  |  |  |
| Regular  | 3.4 (4) | 1.8 | 2.1 | 66.1 | 100.0 (4) |  | 3.8 (11) | 2.2 | 2.2 | 2.2 | 100.0 (11) |
| Modified | 0.0 (0) | - | - | - | - |  | 4.5 (6) | 2.0 | 6.0 | 10.0 | 100.0 (6) |
| Vitamin B2 (mg) |  |  |  |  |  |  |  |  |  |  |  |
| Regular  | 4.2 (5) | 3.0 | 3.2 | 10.0 | 100.0 (5) |  | 4.5 (13) | 3.2 | 3.2 | 10.0 | 100.0 (13) |
| Modified | 0.0 (0) | - | - | - | - |  | 4.5 (6) | 3.0 | 6.6 | 10.0 | 100.0 (6) |
| Niacin(mg) |  |  |  |  |  |  |  |  |  |  |  |
| Regular  | 0.8 (1) | 20 | 20 | 20 | 100.0 (1) |  | 1.7 (5) | 20 | 40 | 40 | 80.0 (4) |
| Modified | 0.0 (0) | - | - | - | - |  | 2.9 (4) | 10 | 10 | 15 | 25.0 (1) |
| Vitamin B6 (mg) |  |  |  |  |  |  |  |  |  |  |  |
| Regular  | 2.5 (3) | 2.0 | 8.0 | 10.0 | 100.0 (3) |  | 4.1 (12) | 2.5 | 6.5 | 8.0 | 100.0 (12) |
| Modified | 0.0 (0) | - | - | - | - |  | 4.5 (6) | 2.0 | 3.5 | 32.0 | 83.3 (5) |
| Folate DFE (µg) |  |  |  |  |  |  |  |  |  |  |  |
| Regular  | 7.4 (9) | 1670 | 1670 | 8350 | 88.9 (8) |  | 5.5 (16) | 670 | 1000 | 5850 | 93.8 (15) |
| Modified | 1.5 (1) | 1700 | 1700 | 1700 | 100.0 (1) |  | 4.5 (6) | 1000 | 2500 | 3340 | 100.0 (6) |
| Vitamin B12 (µg) |  |  |  |  |  |  |  |  |  |  |  |
| Regular  | 32.8 (39) | 500 | 1000 | 1000 | 100.0 (39) |  | 25.6 (74) | 285 | 1000 | 1000 | 98.6 (73) |
| Modified | 28.8 (19) | 500 | 1000 | 1000 | 100.0 (19) |  | 25.9 (35) | 500 | 1000 | 1000 | 100.0 (35) |
| Vitamin C (mg) |  |  |  |  |  |  |  |  |  |  |  |
| Regular  | 11.2 (13) | 250 | 500 | 600 | 92.3 (12) |  | 9.4 (25) | 90 | 250 | 500 | 96.0 (24) |
| Modified | 3.0 (2) | 250 | 375 | 500 | 100.0 (2) |  | 9.0 (12) | 170 | 500 | 500 | 100.0 (12) |
| Vitamin D (µg) |  |  |  |  |  |  |  |  |  |  |  |
| Regular  | 68.6 (85) | 25 | 25 | 50 | 98.8 (84) |  | 71.3 (211) | 25 | 25 | 50 | 99.0 (209) |
| Modified | 58.6 (41) | 25 | 25 | 25 | 100.0 (41) |  | 52.9 (73) | 25 | 25 | 50 | 98.6 (72) |
| Vitamin E (mg)‡ |  |  |  |  |  |  |  |  |  |  |  |
| Regular  | 6.1 (7) | 20 | 70 | 135 | 85.7 (6) |  | 7.1 (19) | 20 | 50 | 135 | 79.0 (15) |
| Modified | 1.5 (1) | 134 | 134 | 134 | 100.0 (1) |  | 3.8 (5) | 22 | 134 | 134 | 80.0 (4) |
| Vitamin K (µg) |  |  |  |  |  |  |  |  |  |  |  |
| Regular  | 0.8 (1) | 25 | 25 | 25 | 0.0 (0) |  | 1.7 (5) | 25 | 25 | 30 | 20.0 (1) |
| Modified | 0.0(0) | - | - | - | - |  | 1.5 (2) | 25 | 42 | 60 | 0.0 (0) |
| Calcium (mg) |  |  |  |  |  |  |  |  |  |  |  |
| Regular  | 23.5 (28) | 500 | 500 | 625 | 17.9 (5) |  | 27.6 (81) | 500 | 500 | 1000 | 25.9 (20) |
| Modified | 6.0 (4) | 275 | 500 | 500 | 0.0 (0) |  | 14.3 (19) | 500 | 500 | 500 | 15.8 (3) |
| Copper (mg) |  |  |  |  |  |  |  |  |  |  |  |
| Regular  | 5.1 (6) | 1.0 | 1.0 | 2.0 | 83.3 (5) |  | 5.8 (16) | 1.0 | 1.5 | 2.0 | 93.8 (15) |
| Modified | 1.5 (1) | 1.0 | 1.0 | 1.0 | 100.0 (1) |  | 2.3 (3) | 1.0 | 1.0 | 1.0 | 100.0 (3) |
| Iron (mg) |  |  |  |  |  |  |  |  |  |  |  |
| Regular  | 14.8 (18) | 300 | 300 | 600 | 94.4 (17) |  | 16.8 (49) | 150 | 300 | 305 | 93.9 (46) |
| Modified | 8.8 (6) | 300 | 300 | 300 | 100.0 (6) |  | 6.7 (6) | 35 | 300 | 300 | 88.9 (8) |
| Magnesium (mg) |  |  |  |  |  |  |  |  |  |  |  |
| Regular  | 3.3 (4) | 100 | 285 | 710 | 50.0 (2) |  | 4.5 (13) | 50 | 50 | 170 | 15.4 (2) |
| Modified | 0.0 (0) | - | - | - | - |  | 0.7 (1) | 50 | 50 | 50 | 0.0 (0) |
| Phosphorus (mg) |  |  |  |  |  |  |  |  |  |  |  |
| Regular  | 0.8 (1) | 8 | 8 | 8 | 0.0 (0) |  | 2.0 (6) | 125 | 125 | 125 | 0.0 (0) |
| Modified | 0.0 (0) | - | - | - | - |  | 0.7 (1)  | 1200 | 1200 | 1200 | 100.0 (1) |
| Potassium (mg) |  |  |  |  |  |  |  |  |  |  |  |
| Regular  | 8.2 (10) | 310 | 470 | 1200 | 100.0 (10) |  | 4.1 (12) | 200 | 310 | 1350 | 0.0 (0) |
| Modified | 0.0 (0) | - | - | - | - |  | 5.2 (7) | 80 | 310 | 1200 | 0.0 (0) |
| Selenium (µg) |  |  |  |  |  |  |  |  |  |  |  |
| Regular  | 1.6 (2) | 50 | 52.5 | 55 | 100.0 (2) |  | 3.1 (9) | 25 | 50 | 55 | 55.6 (5) |
| Modified | 0.0 (0) | - | - | - | - |  | 0.7 (1)  | 55 | 55 | 55 | 100.0 (1) |
| Sodium (mg) |  |  |  |  |  |  |  |  |  |  |  |
| Regular  | 0.0 (0) | - | - | - | - |  | 0.0 (0) | - | - | - | - |
| Modified | 2.9 (2)  | 1000 | 1000 | 1000 | 0.0 (0) |  | 1.4 (2) | 260 | 1630 | 3000 | 50.0 (1) |
| Zinc (mg) |  |  |  |  |  |  |  |  |  |  |  |
| Regular  | 6.1 (7) | 8 | 24 | 40 | 28.6 (5) |  | 6.3 (17) | 8 | 40 | 40 | 82.4 (14) |
| Modified | 3.0 (2) | 25 | 32 | 40 | 100.0 (2) |  | 4.6 (6) | 8 | 40 | 50 | 83.3 (5) |

Abbreviations: RAE, retinol activity equivalent; DFE, dietary folate equivalent.

\*Distribution among individuals who have been prescribed the supplement.

†Regular textures include ‘regular’ and ‘soft & bite-sized’ (IDDSI categories 7 and 6); Modified textures include ‘minced & moist’, ‘pureed’ and ‘liquidized’ (IDDSI 5,4 and 3).

‡Vitamin E α-tocopherol.