|  |  |  |
| --- | --- | --- |
| **Protein Group, 25% of the plate model** | **Western Diet\*** | **Strict Vegan Diet\*** |
| **Dairy**‡ | (% nutrient content)† | |
| **Fortified milk/plant-based beverages** |  |  |
| Protein | 22.5 | 30.4 |
| Calcium | 52.6 | 65.9 |
| Vitamin D | 74.6 | 96.9 |
| Iron | 1.5 | 20.0 |
| **Other dairy sources** |  |  |
| Protein | 13.2 | 0.0 |
| Calcium | 18.2 | 0.0 |
| Vitamin D | 8.0 | 0.0 |
| Iron | 2.3 | 0.0 |
| **Animal-based protein**§ |  |  |
| Protein | 35.4 | - |
| Vitamin B12 | 34.4 | - |
| Folate | 6.6 | - |
| Iron | 17.6 | - |
| Zinc | 14.4 | - |
| **Plant-based protein**¶ |  |  |
| **Legumes** |  |  |
| Protein | 4.6 | 15.6 |
| Vitamin B12 | 0.0 | 0.0 |
| Folate | 13.3 | 39.2 |
| Iron | 8.5 | 19.3 |
| Zinc | 2.2 | 15.8 |
| **Other plant-based protein sources** |  |  |
| Protein | 4.9 | 25.3 |
| Vitamin B12 | 0.0 | 0.0 |
| Folate | 3.5 | 7.4 |
| Iron | 8.0 | 14.6 |
| Zinc | 3.9 | 15.8 |

**Supplementary Table S4.** Select nutrient breakdown coming from the protein group of the plate model

\*Values are based on Western (n=102) and strict vegan diets (n=102)

†Represents average % nutrient content of total food items on a complete GF food guide plate coming from protein sources (dairy, animal-based, plant-based). Protein (g); calcium (mg); vitamin D (IU); vitamin B12 (µg); folate (µg); iron (mg); zinc (mg)

‡Dairy represents 13.5% (9.6% milk and 3.9% other dairy sources) of the Western plate and 14.4% (14.4% of plant-based beverage, 0.0% other dairy sources) of the vegan plate. Dairy includes fortified fluid milk/plant-based beverages (e.g. cow’s milk, soy beverages) and other dairy sources (e.g. cheese, yogurt)

§Animal-based protein represents 7.4% of the Western plate and 0.0% of the vegan plate. Animal-based protein includes sources such as poultry, meat, fish and eggs

¶Plant-based protein represents 4.1% (1.3% legumes, 2.8% other plant-based protein sources) of the Western plate and 10.5% (4.4% legumes, 6.1% other plant-based protein sources) of the vegan plate. Plant-based protein includes legumes (e.g. beans, chickpeas, lentils) and other plant-based protein sources (e.g. tofu, nuts & seeds); this excludes fruits, vegetables and grains