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| **Table S4:** Macro and micronutrients daily intake according to categories of the Healthy Eating Index score and the *a posteriori*-defined dietary patterns | | | | | | | | | |
|  | **HEI** | | |  | **Healthier** | **Low consumption** | **Energy-dense foods** | **Snacking** | **Intermediate consumption** |
|  | **1st tertile** | **2nd tertile** | **3rd tertile** |  |
|  | **median (P25;P75)** | | | | | | | | |
| Energy (kcal/day) | 2177.7 (1868.2;2586.3) | 1919.6 (1683.0;2225.5) | 1806.5 (1637.2;2024.3) |  | 1758.7 (1602.9;1956.3) | 1793.0 (1595.2;2124.4) | 2416.0 (2075.9;2826.6) | 2283.4 (2049.4;2699.2) | 1938.8 (1755.2;2213.2) |
| Carbohydrates (g/day) | 249.0 (209.4;302.4) | 219.6 (189.3;257.8) | 206.1 (181.5;235.1) |  | 200.4 (178.1;225.4) | 203.1 (174.5;244.9) | 280.5 (229.7;332.8) | 266.2 (230.0;316.3) | 226.6 (198.2;263.7) |
| Protein (g/day) | 95.0 (86.0;106.5) | 91.0 (82.7;100.8) | 91.6 (83.7;98.7) |  | 90.4 (83.2;97.6) | 86.2 (78.2;96.0) | 98.2 (89.2;109.4) | 105.1 (96.2;114.0) | 92.1 (85.3;99.0) |
| Total fat (g/day) | 87.4 (72.7;107.4) | 72.6 (62.4;86.6) | 67.1 (59.7;75.9) |  | 65.4 (58.0;73.6) | 69.6 (59.9;86.4) | 102.4 (83.6;119.5) | 90.0 (77.3;111.6) | 73.7 (65.0;84.5) |
| Saturated fat (g/day) | 31.4 (25.3;38.1) | 25.8 (22.1;30.9) | 23.5 (20.7;27.2) |  | 22.5 (19.8;26.1) | 25.0 (21.3;31.8) | 35.6 (28.6;42.7) | 32.8 (27.6;39.9) | 25.9 (22.6;30.0) |
| Monounsaturated Fat (g/day) | 34.3 (28.4;43.4) | 28.5 (24.6;33.8) | 26.5 (23.3;30.1) |  | 26.0 (22.8;29.1) | 27.4 (23.8;33.9) | 40.3 (32.3;48.4) | 34.5 (30.1;45.3) | 29.2 (25.7;33.7) |
| Polyunsaturated fat (g/day) | 11.7 (9.3;14.6) | 9.1 (7.6;11.4) | 8.1 (7.2;9.3) |  | 8.0 (7.0;9.0) | 8.8 (7.3;11.4) | 14.2 (11.5;17.0) | 11.7 (9.6;14.4) | 9.2 (8.0;11.3) |
| Trans fatty acids (g/day) | 0.6 (0.5;0.8) | 0.6 (0.5;0.8) | 0.6 (0.5;0.7) |  | 0.6 (0.5;0.7) | 0.6 (0.5;0.8) | 0.7 (0.5;0.8) | 0.6 (0.6;0.8) | 0.6 (0.5;0.7) |
| Fibre (g/day) | 16.2 (13.8;19.4) | 16.7 (14.0;19.6) | 17.6 (15.3;19.9) |  | 17.4 (15.1;19.5) | 14.1 (12.0;16.3) | 17.4 (14.4;20.2) | 18.9 (16.5;21.8) | 17.5 (15.2;20.2) |
| Soluble fibre (g/day) | 2.6 (2.1;3.2) | 2.6 (2.2;3.1) | 2.8 (2.4;3.1) |  | 2.8 (2.4;3.1) | 2.2 (1.8;2.6) | 2.8 (2.2;3.5) | 3.0 (2.5;3.6) | 2.8 (2.4;3.2) |
| Calcium (mg/day) | 1106.1 (968.7;1256.1) | 1117.0 (993.9;1280.0) | 1183.3 (1034.6;1343.7) |  | 1111.4 (967.2;1264.2) | 1037.3 (902.1;1191.8) | 1171.8 (1050.6;1348.1) | 1330.6 (1160.9;1510.1) | 1137.9 (1018.3;1276.6) |
| Iron (mg/day) | 15.8 (13.1;19.2) | 14.8 (12.0;18.0) | 14.4 (12.2;17.3) |  | 13.6 (11.5;16.4) | 13.8 (11.1;17.2) | 16.8 (14.2;20.2) | 18.1 (15.0;22.1) | 15.0 (12.8;17.5) |
| Vitamin C (mg/day) | 68.8 (58.2;81.6) | 77.2 (64.2;92.9) | 85.8 (73.3;101.2) |  | 84.2 (71.1;100.2) | 61.3 (52.5;71.7) | 71.9 (62.6;85.5) | 83.8 (71.4;99.7) | 82.5 (70.6;97.0) |
| Vitamin D (mcg/day) | 4.0 (3.3;4.8) | 3.9 (3.4;4.7) | 4.2 (3.6;4.9) |  | 3.9 (3.3;4.6) | 3.7 (3.1;4.5) | 4.4 (3.7;5.2) | 4.5 (3.7;5.3) | 4.1 (3.5;4.8) |
| HEI, Healthy Eating Index; P25, percentile 25; P75, percentile 75 | | | | | | | | | |