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| **Supplementary Table 1.** Relative and cumulative contribution (%) of food groups to iron intake according to sex groups. *Brazilian* *National Dietary Survey*: 2008-2009 and 2017-2018. |
|  | **2008-2009** |  | **2017-2018** |
|  | Food group | % Relative | % Cumulative |  | Food group | % Relative | % Cumulative |
| **Men** |  |  |  |  |  |  |  |
|  | Beans | 24.0 | 24.0 |  | Beans | 22.1 | 22.1 |
|  | Breads | 18.8 | 42.8 |  | Breads | 18.7 | 40.8 |
|  | Red meats | 13.7 | 56.5 |  | Red meats | 14.8 | 55.6 |
|  | Pasta and pizza | 10.8 | 67.3 |  | Pasta and pizza | 14.3 | 69.9 |
|  | Cakes and cookies | 5.9 | 73.2 |  | Cakes and cookies | 5.5 | 75.4 |
| **Women** |  |  |  |  |  |  |  |
|  | Beans | 19.7 | 19.7 |  | Beans | 18.7 | 18.7 |
|  | Breads | 19.6 | 39.3 |  | Breads | 18.6 | 37.3 |
|  | Red meats | 12.6 | 51.9 |  | Pasta and pizza | 14.1 | 51.4 |
|  | Pasta and pizza | 11.1 | 63.0 |  | Red meats  | 13.5 | 64.9 |
|  | Cakes and cookies | 7.8 | 70.8 |  | Cakes and cookies | 7.1 | 72.0 |

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| **Supplementary Table 2.** Relative and cumulative contribution (%) of food groups to iron intake according to age groups. *Brazilian* *National Dietary Survey*: 2008-2009 and 2017-2018. |
|  | **2008-2009** |  | **2017-2018** |
|  | Food group | % Relative | % Cumulative |  | Food group | % Relative | % Cumulative |
| **10–13y** |  |  |  |  |  |  |  |
|  | Beans | 20.2 | 20.2 |  | Beans | 18.4 | 18.4 |
|  | Breads | 18.3 | 38.5 |  | Breads | 17.8 | 36.2 |
|  | Red meats | 11.4 | 49.9 |  | Pasta and pizza  | 14.8 | 51.0 |
|  | Pasta and pizza | 11.4 | 61.3 |  | Red meats | 11.6 | 62.6 |
|  | Cakes and cookies | 9.0 | 70.3 |  | Cakes and cookies | 9.5 | 72.1 |
| **14–18y** |  |  |  |  |  |  |  |
|  | Beans | 21.1 | 21.1 |  | Beans | 20.0 | 20.0 |
|  | Breads | 18.5 | 39.6 |  | Breads | 18.1 | 38.1 |
|  | Pasta and pizza | 12.3 | 51.9 |  | Pasta and pizza | 15.8 | 53.9 |
|  | Red meats | 11.9 | 63.8 |  | Red meats | 12.4 | 66.3 |
|  | Cakes and cookies | 9.9 | 73.7 |  | Cakes and cookies | 8.2 | 74.5 |
| **19–30y** |  |  |  |  |  |  |  |
|  | Beans | 20.9 | 20.9 |  | Beans | 19.9 | 19.9 |
|  | Breads | 19.4 | 40.3 |  | Pasta and pizza | 17.3 | 37.2 |
|  | Red meats | 13.1 | 53.4 |  | Breads  | 12.1 | 49.3 |
|  | Pasta and pizza | 12.3 | 65.7 |  | Red meats | 14.3 | 63.6 |
|  | Cakes and cookies | 6.5 | 72.2 |  | Cakes and cookies | 6.4 | 70.0 |
| **31–50y** |  |  |  |  |  |  |  |
|  | Beans | 22.9 | 22.9 |  | Beans  | 21.3 | 21.3 |
|  | Breads | 19.0 | 41.9 |  | Breads | 18.5 | 39.8 |
|  | Red meats | 14.0 | 55.9 |  | Red meats | 15.1 | 54.9 |
|  | Pasta and pizza | 11.1 | 67.0 |  | Pasta and pizza | 14.2 | 69.1 |
|  | Cakes and cookies | 5.7 | 72.7 |  | Cakes and cookies | 5.5 | 74.6 |
| **>51y** |  |  |  |  |  |  |  |
|  | Beans | 23.2 | 23.2 |  | Beans  | 20.8 | 20.8 |
|  | Breads | 19.8 | 43.0 |  | Breads | 20.2 | 41.0 |
|  | Red meats | 13.5 | 56.5 |  | Red meats | 14.4 | 55.4 |
|  | Pasta and pizza | 8.1 | 64.6 |  | Pasta and pizza | 11.1 | 66.5 |
|  | Cakes and cookies | 5.9 | 70.5 |  | Cakes and cookies | 5.5 | 72.0 |

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| **Supplementary Table 3.** Relative and cumulative contribution (%) of food groups to iron intake according to income strata. *Brazilian* *National Dietary Survey*: 2008-2009 and 2017-2018. |
|  | **2008-2009** |  | **2017-2018** |
|  | Food group | % Relative | % Cumulative |  | Food group | % Relative | % Cumulative |
| **1st stratum****(<0.5 minimum wage)** |  |  |  |  |  |  |  |
|  | Beans | 26.2 | 26.2 |  | Beans | 24.3 | 24.3 |
|  | Breads | 17.8 | 44.0 |  | Breads | 20.2 | 44.5 |
|  | Red meats | 12.5 | 56.5 |  | Red meats | 13.4 | 57.9 |
|  | Pasta and pizza | 7.1 | 63.6 |  | Pasta and pizza | 10.0 | 67.9 |
|  | Cakes and cookies | 5.8 | 69.4 |  | Cakes and cookies | 5.2 | 73.1 |
| **2nd stratum****(0.5-1 minimum wage)** |  |  |  |  |  |  |  |
|  | Beans | 24.5 | 24.5 |  | Beans | 23.2 | 23.2 |
|  | Breads | 19.7 | 44.2 |  | Breads | 19.4 | 42.6 |
|  | Red meats | 13.2 | 57.4 |  | Red meats | 13.1 | 55.7 |
|  | Pasta and pizza | 9.3 | 66.7 |  | Pasta and pizza | 12.5 | 68.2 |
|  | Cakes and cookies | 6.6 | 73.3 |  | Cakes and cookies | 6.4 | 74.6 |
| **3rd stratum****(1-2 minimum wages)** |  |  |  |  |  |  |  |
|  | Beans | 23.5 | 23.5 |  | Beans  | 20.6 | 20.6 |
|  | Breads | 19.4 | 42.9 |  | Breads | 19.0 | 39.6 |
|  | Red meats | 13.6 | 56.5 |  | Red meats | 14.7 | 54.3 |
|  | Pasta and pizza | 10.5 | 67.0 |  | Pasta and pizza | 14.2 | 68.5 |
|  | Cakes and cookies | 7.0 | 74.0 |  | Cakes and cookies | 6.5 | 75.0 |
| **4th stratum****(>2 minimum wages)** |  |  |  |  |  |  |  |
|  | Breads | 19.2 | 19.2 |  | Pasta and pizza | 18.2 | 18.2 |
|  | Beans  | 16.9 | 36.1 |  | Breads | 16.5 | 34.7 |
|  | Pasta and pizza | 14.8 | 50.9 |  | Beans | 15.8 | 50.5 |
|  | Red meats | 13.4 | 64.3 |  | Red meats  | 15.1 | 65.6 |
|  | Cakes and cookies | 7.1 | 71.4 |  | Cakes and cookies | 6.3 | 71.9 |