|  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Nutrient intake from complementary food /day** | **Harvest Season** | | | | | | **Pre-harvest Season** | | | | | |
| **6-8 months (n=152)** | | | **9-12 months3 (n=144)** | | | **6-8 months (n=71)** | | | **9-12 months3 (n=220)** | | |
| **Desired1** | **Actual2** | **IQR** | **Desired** | **Actual** | **IQR** | **Desired** | **Actual2** | **IQR** | **Desired** | **Actual** | **IQR** |
| Energy, kcal | 202.0 | 232.0 | 159-309 | 307.0 | 277.0 | 158-301 | 202.0 | 275.0 | 188-352 | 307.0 | 282.0 | 202-343 |
| Protein, g | 2.0 | 6.6 | 4.8-9.5 | 3.1 | 6.7 | 4.0-9.0 | 2.0 | 8.3 | 4.9-11.5 | 3.1 | 7.1 | 0.60-15 |
| Vitamin A, RE | 63.0 | 12.0 | 7.0-31 | 92.0 | 8.0 | 0.60-15 | 63.0 | 1.4 | 0.30-5.5 | 92.0 | 2.3 | 0.6-15 |
| Thiamin, mg | 0.2 | 0.2 | 0.1-0.2 | 0.2 | 0.2 | 0.10-0.20 | 0.2 | 0.1 | 0.1-0.18 | 0.2 | 0.1 | 0.1-0.18 |
| Riboflavin, mg | 0.2 | 0.2 | 0.1-0.4 | 0.2 | 0.2 | 0.1-0.3 | 0.2 | 0.4 | 0.20-0.50 | 0.2 | 0.3 | 0.13-0.5 |
| Vitamin C, mg | 3.0 | 1.5 | 0.5-3.7 | 5.0 | 1.3 | 0.3-4.0 | 3.0 | 3.8 | 2.0-6.2 | 5.0 | 4.2 | 2.0-7.9 |
| Niacin, mg | 3.0 | 0.7 | 0.3-0.9 | 3.0 | 0. 7 | 0.4-1.1 | 3.0 | 0.7 | 0.4-1.1 | 3.0 | 0.7 | 0.5-1.2 |
| Absorbed Calcium, mg | 24.0 | 25.0 | 15-39 | 29.0 | 20.0 | 10-35 | 24.0 | 31.0 | 14-50 | 29.0 | 28.0 | 5.0-88 |
| Absorbed Iron, mg | 0.9 | 0.6 | 0.2-1.4 | 0.9 | 0.9 | 0.3-1.6 | 0.9 | 1.0 | 0.1-1.9 | 0.9 | 1.0 | 0.2-1.9 |
| Absorbed Zinc, mg | 0.7 | 0.2 | 0.1-0.2 | 0.7 | 0.2 | 0.16-0.31 | 0.7 | 0.2 | 0.1-0.3 | 0.7 | 0.3 | 0.16-0.34 |

**Supplemental Table 1: Desired and actual nutrient intake of infants from complementary foods in harvest and pre-harvest seasons**

RE, Retinol Equivalent; IQR, Interquartile range

1Desired nutrient intakes from complementary foods are calculated based on the assumption of “average” breast milk intake. Values are obtained after subtracting the estimated amount contributed by breast milk from the RNI. The RNI absorbed was the basis for the calculation. Absorption of zinc, calcium and iron was assumed to be 15 %, 30%, and 10% respectively.

2Actual intakes are the median values and interquartile range.

3 Relatively few infants were 12 months old and most of the recommended intakes for a 12 month old overlap with that of 11 month old infant. They were categorized as 9-12 months and desired intake calculations were based on the recommendation of 9-11month old infants.

**Supplemental Table 2: The contribution of food groups to nutrient intake in harvest and pre-harvest seasons among consumers\***

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Food groups (n) | **Energy (kcal)** | | **Protein (g)** | | **Fat (g)** | | **Calcium (mg)** | | **Zinc (mg)** | | **Iron (mg)** | | **Retinol (micg)** | | **Thiamine (mg)** | | **Riboflavin (mg)** | | **Ascorbic acid (mg)** | | **Niacin (mg)** | |
|  | Mean | SD | Mean | SD | Mean | SD | Mean | SD | Mean | SD | Mean | SD | Mean | SD | Mean | SD | Mean | SD | Mean | SD | Mean | SD |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **Harvest season** | | | | | | | | | | | | | | | | | | | | | | |
| Cereals (269) | 238.6 | 93.6 | 7.0 | 3.2 | 8.5 | 4.7 | 29.4 | 19.4 | 0. 2 | 0.1 | 1.0 | 0.8 | 11.7 | 13.2 | 0.2 | 0.1 | 0.2 | 0.1 | 4.6 | 8.4 | 0.8 | 0.5 |
| Legumes and nuts (92) | 240.8 | 98.9 | 7.0 | 3.5 | 8.2 | 4.6 | 27.6 | 18.1 | 0.2 | 0.1 | 1.2 | 0.8 | 10.1 | 10.9 | 0.2 | 0.1 | 0.2 | 0.1 | 6.0 | 10.4 | 1.0 | 0.5 |
| Vitamin A rich fruits and vegetables (31) | 243.4 | 102.5 | 6.9 | 2.8 | 8.4 | 4.3 | 30.5 | 16.7 | 0.2 | 0.1 | 0.2 | 0.1 | 17.5 | 24.3 | 0.2 | 0.1 | 0.2 | 0.1 | 12.4 | 16.0 | 0.8 | 0.5 |
| Other fruits and Vegetables (43) | 261.4 | 86.6 | 7.5 | 3.0 | 9.6 | 4.4 | 33.2 | 17.6 | 0.2 | 0.1 | 1.0 | 0.8 | 20.3 | 21.0 | 0.2 | 0.1 | 0.3 | 0.1 | 9.6 | 12.1 | 0.9 | 0.5 |
| Flesh foods (6) | 250.3 | 123.0 | 6.5 | 3.7 | 8.5 | 7.4 | 20.7 | 19.4 | 0.2 | 0.1 | 1.1 | 0.3 | 7.0 | 9.2 | 0.2 | 0.1 | 0.2 | 0.1 | 6.3 | 8.5 | 1.2 | 0.9 |
| Eggs (15) | 310.2 | 103.9 | 8.6 | 3.5 | 13.2 | 5.5 | 35.1 | 16.8 | 0.2 | 0.1 | 0.9 | 0.8 | 12.8 | 16.9 | 0.2 | 0.1 | 0.2 | 0.1 | 3.9 | 6.7 | 1.0 | 0.7 |
| Dairy (172) | 261.8 | 85.4 | 8.3 | 3.0 | 10.0 | 4.3 | 39.1 | 18.6 | 0.2 | 0.1 | 0.2 | 0.1 | 16.7 | 14.4 | 0.2 | 0.1 | 0.3 | 0.1 | 5.4 | 9.1 | 0.7 | 0.5 |
| **Pre-harvest season** | | | | | | | | | | | | | | | | | | | | | | |
| Cereals (265) | 279.5 | 113.9 | 8.1 | 4.0 | 10.9 | 6.4 | 37.1 | 27.1 | 0.2 | 0.1 | 1.2 | 1.0 | 12.4 | 27.1 | 0.1 | 0.1 | 0.3 | 0.2 | 7.0 | 9.2 | 0.9 | 0.6 |
| Legumes (110) | 298.1 | 113.9 | 8.8 | 3.9 | 12.1 | 6.7 | 40.9 | 26.9 | 0.2 | 0.1 | 1.4 | 1.0 | 12.2 | 34.9 | 0.1 | 0.1 | 0.3 | 0.2 | 8.2 | 10.1 | 1.2 | 0.7 |
| Vitamin A rich fruits and vegetables (64) | 288.3 | 140.4 | 8.1 | 4.6 | 10.8 | 7.4 | 38.0 | 28.0 | 0.2 | 0.1 | 1.3 | 1.0 | 14.3 | 22.1 | 0.1 | 0.1 | 0.3 | 0.2 | 13.4 | 12.6 | 1.0 | 0.7 |
| Other fruits and vegetables(55) | 313.0 | 114.9 | 8.6 | 3.7 | 11.9 | 6.0 | 36.4 | 23.7 | 0.2 | 0.1 | 1.3 | 1.2 | 18.3 | 46.1 | 0.1 | 0.1 | 0.3 | 0.2 | 10.7 | 8.4 | 1.3 | 0.7 |
| Flesh foods (2) | 304.4 | 46.4 | 8.3 | 1.1 | 12.2 | 0.4 | 27.8 | 21.2 | 0.1 | 0.1 | 1.6 | 1.2 | 3.8 | 2.4 | 0.1 | 0.1 | 0.2 | 0.2 | 2.5 | 4.8 | 1.4 | 1.2 |
| Eggs (31) | 373.7 | 112.4 | 11.4 | 3.6 | 17.7 | 6.5 | 51.6 | 25.4 | 0.3 | 0.1 | 1.1 | 0.8 | 21.0 | 59.7 | 0.2 | 0.1 | 0.4 | 0.2 | 9.7 | 10.6 | 1.0 | 0.8 |
| Dairy (135) | 301.1 | 96.3 | 9.4 | 3.1 | 13.1 | 4.9 | 50.3 | 21.0 | 0.2 | 0.1 | 1.2 | 1.0 | 12.7 | 32.9 | 0.2 | 0.1 | 0.4 | 0.2 | 7.1 | 8.5 | 0.8 | 0.6 |

SD, Standard Deviation

\*All values are means and SD of energy, protein, fat and micronutrient intakes from each complementary food group as consumed by infants in harvest and pre-harvest seasons. For calcium, iron and zinc the absorbed values are used in the calculation

n, the number of infants consuming the food group (the values are not mutually exclusive)