**SUPPLEMENTARY MATERIAL**

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| Supplemental Table 1. Top ten foods contributing to the iron and zinc intake (both genders) | | | | | |  |  |
| Food name | **Average amount**  **consumed** | **Fe (mg/100g)** | **Fe**  **(mg/day)** | **Food name** | **Average amount**  **consumed** | **Zn (mg/100g)** | **Zn (mg/day)** |
| Bread white | 60.6 | 1.5 | 0.91 | **Cheese, low fat** | 2.8 | 12.3 | 0.35 |
| Herbal tea- hibiscus | 5.5 | 8.6 | 0.47 | **Yoghurt 2.8% mf** | 61.0 | 0.5 | 0.32 |
| Beans | 5.0 | 5.5 | 0.28 | **Roasted meat** | 0.8 | 30.3 | 0.24 |
| Egg, whole | 13.3 | 2.0 | 0.27 | **Egg, whole** | 13.3 | 1.4 | 0.19 |
| Pork, liver | 0.6 | 29 | 0.18 | **Pork steak, fried** | 3.9 | 4.6 | 0.18 |
| Potatoes | 25.3 | 0.7 | 0.18 | **Potatoes** | 25.3 | 0.6 | 0.15 |
| Potato peeled | 24.1 | 0.7 | 0.17 | **Yoghurt 1.2% mf** | 16.8 | 0.9 | 0.15 |
| Apple, raw | 54.5 | 0.3 | 0.16 | **Beef** | 3.0 | 5.0 | 0.15 |
| Phyllo | 10.9 | 1.4 | 0.16 | **Pork, leg, raw** | 6.0 | 2.4 | 0.15 |
| Coffee beans | 4.1 | 3.9 | 0.16 | **Beans** | 5.0 | 2.7 | 0.14 |

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| Supplemental Table 2. Grains and grain products: top ten foods contributing to Fe & Zn intake | | | | | | | |  |
|  | **Food name** | **Average amount consumed (g)** | **Fe (mg/100g)** | **Fe (mg/day)** | **Food name** | **Average amount consumed (g)** | **Zn (mg/100g)** | **Zn (mg/day)** |
|  | Bread white | 60.61 | 1.5 | 0.90 | Wheat flour | 11.5 | 0.7 | 0.08 |
|  | Wheat flour | 11.54 | 0.9 | 0.10 | Phyllo | 10.9 | 0.6 | 0.06 |
|  | Phyllo | 10.91 | 1.5 | 0.16 | Macaroni, spaghetti boiled | 10.7 | 0.8 | 0.08 |
|  | Puff pastry | 10.41 | 0.8 | 0.08 | Puff pastry | 10.4 | 0.4 | 0.04 |
|  | White wheat roll | 10.32 | 0.9 | 0.09 | White wheat roll | 10.3 | 0.7 | 0.07 |
|  | Bread, wholemeal | 6.62 | 2.1 | 0.13 | Bread, wholemeal | 6.6 | 1.5 | 0.10 |
|  | Plazma biscuit | 4.36 | 3.3 | 0.14 | Rice, polished | 4.7 | 1.7 | 0.08 |
|  | Musli, cereal | 4.34 | 3.3 | 0.14 | Musli, cereal | 4.3 | 2.5 | 0.11 |
|  | Noodles, enriched | 2.70 | 4.0 | 0.10 | Noodles, enriched | 2.7 | 1.9 | 0.05 |
|  | Lady finger | 2.13 | 3.6 | 0.07 | Pop corn | 1.8 | 2.5 | 0.04 |

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| Supplemental Table 3. Legumes: top ten foods contributing to Fe & Zn intake | | | | | |  | |  |  |  |  |
|  | | **Food name** | **Average amount (g)** | **Fe (mg/100g)** | **Fe (mg/day)** | | **Zn (mg/100g)** | **Zn (mg/day)** | | | |
|  | Beans | | 5.02 | 5.5 | 0.27 | | 2.8 | 0.14 | | | | |
|  | String beans, green, fried | | 4.87 | 1.0 | 0.04 | | 0.3 | 0.02 | | | | |
|  | Peas, green, frozen | | 4.07 | 1.4 | 0.05 | | 0.9 | 0.04 | | | | |
|  | Peas, green | | 2.89 | 1.8 | 0.05 | | 0.8 | 0.02 | | | | |
|  | String beans, raw | | 2.39 | 1.0 | 0.02 | | 0.6 | 0.01 | | | | |
|  | String beans, canned | | 0.29 | 0.5 | 0.01 | | 0.2 | 0.00 | | | | |
|  | Lentils, brown, dried | | 0.23 | 11.1 | 0.03 | | 3.9 | 0.00 | | | | |
|  | Soybean | | 0.04 | 15.7 | 0.01 | | 1.0 | 0.00 | | | | |
|  | Chick pea, dry | | 0.01 | 4.94 | 0.01 | | 3.5 | 0.00 | | | | |