**Table S2:** Mean intake in cups (SE) of 2013-2014 FPED food groups among low-income adults from the 2013-2014 National Health and Nutrition Examination Survey using 2-day means, by Food Insecurity Status

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | Overall Population  (n=2,636) | | Food Secure  (Score 0-2)  (73.4%) | | Food Insecure  (Score 3-10)  (26.6%) | | Differences |
|  | 2-day mean estimate (cups) | SE. | 2-day mean estimate (cups) | SE. | 2-day mean estimate (cups) | SE. | p-values |
| Whole Grains | 0.42 | 0.019 | 0.46 | 0.019 | 0.31 | 0.024 | **<0.001** |
| Refined Grains | 2.84 | 0.042 | 2.78 | 0.052 | 3.01 | 0.114 | 0.108 |
| Dark Green Vegetables | 0.15 | 0.012 | 0.17 | 0.017 | 0.09 | 0.011 | **0.001** |
| Orange Vegetables | 0.09 | 0.007 | 0.10 | 0.010 | 0.06 | 0.007 | **0.013** |
| Tomato | 0.26 | 0.006 | 0.26 | 0.006 | 0.27 | 0.017 | 0.498 |
| Potato | 0.37 | 0.024 | 0.38 | 0.027 | 0.32 | 0.030 | 0.086 |
| Starchy Vegetables | 0.07 | 0.006 | 0.07 | 0.007 | 0.05 | 0.006 | **0.008** |
| Other Vegetables | 0.47 | 0.014 | 0.50 | 0.008 | 0.40 | 0.037 | **0.008** |
| Legumes | 0.12 | 0.005 | 0.12 | 0.008 | 0.15 | 0.013 | 0.149 |
| Citrus Fruit, Melon, and Berries | 0.17 | 0.017 | 0.19 | 0.020 | 0.12 | 0.015 | **0.004** |
| Other Fruit | 0.45 | 0.034 | 0.49 | 0.044 | 0.34 | 0.016 | **0.003** |
| Milk | 0.70 | 0.024 | 0.73 | 0.033 | 0.61 | 0.023 | **0.012** |
| Yogurt | 0.06 | 0.010 | 0.07 | 0.012 | 0.04 | 0.006 | **0.012** |
| Cheese | 0.81 | 0.026 | 0.80 | 0.035 | 0.85 | 0.063 | 0.527 |
| Nuts | 0.14 | 0.017 | 0.16 | 0.021 | 0.10 | 0.017 | **0.027** |
| Soy | 0.02 | 0.003 | 0.02 | 0.005 | 0.01 | 0.004 | 0.326 |
| Lean Meat | 0.41 | 0.012 | 0.42 | 0.016 | 0.40 | 0.024 | 0.628 |
| Franks | 0.24 | 0.013 | 0.24 | 0.015 | 0.24 | 0.017 | 0.696 |
| Organ Meat | 0.004 | 0.001 | 0.005 | 0.002 | 0.003 | 0.001 | 0.489 |
| Poultry | 0.40 | 0.017 | 0.41 | 0.020 | 0.36 | 0.027 | 0.100 |
| High Omega-3 Fish | 0.03 | 0.004 | 0.04 | 0.005 | 0.03 | 0.007 | 0.310 |
| Low Omega-3 Fish | 0.11 | 0.016 | 0.12 | 0.018 | 0.08 | 0.020 | 0.065 |
| Eggs | 0.14 | 0.005 | 0.13 | 0.007 | 0.15 | 0.011 | 0.285 |
| Oils | 0.10 | 0.003 | 0.10 | 0.002 | 0.09 | 0.004 | **0.015** |
| Added Sugars | 0.39 | 0.014 | 0.37 | 0.012 | 0.45 | 0.027 | **0.001** |
| Discretionary Solid Fats | 0.15 | 0.003 | 0.14 | 0.003 | 0.15 | 0.005 | 0.155 |
| Total Intake | 9.36 | 0.136 | 9.53 | 0.154 | 8.94 | 0.208 | **0.030** |

***Sources***: Centers for Disease Control and Prevention (CDC). National Center for Health Statistics (NCHS). 2013-2014-National Health and Nutrition Examination Survey Data. Hyattsville, MD: US Department of Health and Human Services, Centers for Disease Control and Prevention

FPED: 2013-2014 Food Patterns Equivalents Database. US Department of Agriculture

***Notes:*** We followed Vadiveloo et al. (2014) [21] to convert ounces (oz.) to cup equivalents for the following food groups:

For grains 1/2 cup=1 oz.

To convert fat in grams to cups. Fat contains 38 J/g (9 kcal/g) and 188 J/tsp (45 kcal/tsp) (16 g x 9 = 144 kcal; 144 kcal/45 kcal per tsp = 3.2 tsp); 1 cup=48 tsp.

For meat, cured meat, organ meat, poultry, fish, and eggs: 1/4 cup=1 oz.

Sugar contains 4.2 g/tsp; 1 cup=48 tsp.

Fruits included in the FPED are citrus fruits, melon and berries, and other fruits and include 100 % fruit juices.

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