**ESM\_2** Nutrient intakes of RA cases and controls a. b

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Nutrients | All (*N*=300) | RA (*n*=100) | Control (*n*=200) | *P* |
| Daily intake/1000 kcal |  |  |  |  |
| Protein (g) | 31.9±7.9 | 30.0±7.5 | 32.9±8.0 | 0.003 |
| Carbohydrate (g) | 139.7±21.6 | 135.1±20.9 | 142.0±21.6 | 0.009 |
| Fiber (g) | 24.7±14.7 | 20.9±8.1 | 26.6±16.7 | <0.001 |
| Fat (g) | 38.7±10.5 | 41.0±14.0 | 37.6±8.0 | 0.024 |
| Saturated fatty acid (g) | 9.6±5.4 | 10.8±7.9 | 9.1±3.4 | 0.035 |
| Mono-unsaturated fatty acid (g) | 16.3±6.0 | 13.6±4.0 | 17.7±6.4 | <0.001 |
| Poly-unsaturated fatty acid (g) | 12.2±5.3 | 10.1±3.2 | 13.2±5.8 | <0.001 |
| Cholesterol (mg) | 108.9±65.6 | 119.2±78.0 | 103.8±57.9 | 0.056 |
| Vitamin A (mcg) | 187.2±126.8 | 167.7±107.2 | 197.0±134.8 | 0.059 |
| Beta-carotene (mcg) | 872.9±654.3 | 755.0±499.5 | 931.9±713.2 | 0.013 |
| Vitamin D (mcg) | 0.8±0.8 | 0.3±0.3 | 1.1±0.9 | <0.001 |
| Vitamin E (mg) | 10.2±5.8 | 6.7±2.1 | 12.0±6.3 | <0.001 |
| Vitamin K (mcg) | 90.6±100.0 | 81.9±83.4 | 95.0±107.2 | 0.247 |
| Vitamin B1 (mg) | 1.1±0.5 | 0.9±0.2 | 1.2±0.6 | <0.001 |
| Vitamin B2 (mg) | 0.8±0.5 | 0.6±0.3 | 0.9±0.6 | <0.001 |
| Vitamin B3 (mg) | 12.8±5.7 | 10.8±2.8 | 13.8±6.4 | <0.001 |
| Vitamin B5 (mg) | 2.4±1.2 | 2.1±0.5 | 2.6±1.4 | <0.001 |
| Vitamin B6 (mg) | 1.1±0.6 | 0.9±0.2 | 1.2±0.7 | <0.001 |
| Biotin (mcg) | 10.4±5.7 | 8.2±3.7 | 11.4±6.2 | <0.001 |
| Folate (mcg) | 277.1±94.0 | 250.4±94.8 | 290.4±90.9 | <0.001 |
| Vitamin B12 (mcg) | 1.7±1.1 | 1.2±0.8 | 2.0±1.2 | <0.001 |
| Vitamin C (mg) | 76.6±61.3 | 58.6±36.5 | 85.7±68.8 | <0.001 |
| Calcium (mg) | 432.8±237.8 | 379.0±185.7 | 459.8±256.1 | 0.002 |
| Phosphorus (mg) | 534.4±210.2 | 467.4±121.6 | 568.0±235.9 | <0.001 |
| Magnesium (mg) | 161.6±80.4 | 138.0±43.8 | 173.5±91.3 | <0.001 |
| Iron (mg) | 12.5±7.1 | 13.1±7.1 | 12.2±7.1 | 0.338 |
| Zinc (mg) | 5.5±2.5 | 4.9±2.0 | 5.8±2.7 | 0.001 |
| Copper (mg) | 0.8±0.4 | 0.7±0.2 | 0.9±0.5 | <0.001 |
| Selenium (mcg) | 50.3±23.4 | 43.4±13.3 | 53.8±26.5 | <0.001 |
| Manganese (mg) | 3.0±1.8 | 2.8±1.3 | 3.1±2.1 | 0.125 |
| Potassium (g) | 1.8±1.1 | 1.6±0.6 | 1.9±1.2 | 0.001 |
| Sodium (g) | 2.0±0.7 | 2.1±0.6 | 2.0±0.7 | 0.734 |

RA, rheumatoid arthritis. a Data are presented as mean ± standard deviation. b The independent samples t-test was used for comparison of nutrient intakes between RA cases and controls.