Table S2. Aspects of diet quality, including intake for iodine-rich and calcium-rich foods, derived from the dietary screener MyFoodMonth 1.1, the PREPARED study.

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| **Aspects of diet quality** | **Frequency of intake** | **Total**(*n*=1356) | **Women**(*n*=1201) | **Men**(*n*=155) | ***p*-value\*** |
| Fruit and vegetables | <1 a day | 19% | 18% | 32% | <.001 |
| 1 to 2.5 a day | 33% | 32% | 36% |
| >2.5 to <5 a day | 29% | 30% | 19% |
| ≥5 a day | 20% | 20% | 14% |
| Whole grain | <3.5 a week | 11% | 10% | 19% | .15 |
| 3.5 a week to <1 a day | 16% | 16% | 17% |
| 1 to 2 a day | 34% | 35% | 26% |
| >2 a day | 38% | 38% | 39% |
| Fish | Never | 12% | 12% | 11% | .20 |
| >0 to <1 a week | 22% | 23% | 20% |
| 1 to <2.5 a week | 37% | 38% | 36% |
| ≥2.5 a week | 29% | 28% | 34% |
| Red and processed meats | Never | 17% | 18% | 9% | <.001 |
| >0 to <weekly | 12% | 13% | 5% |
| Weekly to <3.5 a week | 22% | 23% | 16% |
| 3.5 a week to <1 a day | 33% | 32% | 39% |
| ≥1 a day | 16% | 14% | 31% |
| Sugary foods | Never | 1% | 1% | 3% | .004 |
| >0 to <weekly | 8% | 8% | 16% |
| Weekly to <3.5 a week | 32% | 32% | 34% |
| 3.5 a week to <1 a day | 39% | 40% | 32% |
| ≥1 a day | 19% | 19% | 16% |
| Sugar-sweetened beverages | Never | 34% | 36% | 23% | <.001 |
| >0 to <weekly | 36% | 37% | 31% |
| Weekly to <3.5 a week | 13% | 13% | 19% |
| 3.5 a week to <1 a day | 8% | 8% | 11% |
| ≥1 a day | 8% | 7% | 16% |
| Beans, lentils, chickpeas, peas (not green beans) | Never | 13% | 12% | 17% | .11 |
| >0 to <weekly | 43% | 43% | 44% |
| Weekly to <3.5 a week | 26% | 27% | 22% |
| 3.5 a week to <1 a day | 7% | 7% | 9% |
| ≥1 a day | 11% | 12% | 8% |
| Alcoholic beverages | Never | 14% | 14% | 16% | .40 |
| >0 to <2 a month | 22% | 22% | 17% |
| 2 a month to <weekly | 47% | 47% | 47% |
| Weekly to <3.5 a week | 16% | 16% | 19% |
| ≥3.5 a week | 1% | 1% | 1% |
| Iodine-rich foods† | <1 a day | 24% | 24% | 27% | .25 |
| 1 to 2.5 a day | 43% | 44% | 32% |
| >2.5 to <5 a day | 27% | 26% | 33% |
| ≥5 a day | 6% | 6% | 8% |
| Calcium-rich foods | <1 a day | 27% | 27% | 29% | .28 |
| 1 to 2.5 a day | 43% | 45% | 34% |
| >2.5 to <5 a day | 24% | 23% | 30% |
| ≥5 a day | 6% | 6% | 8% |

Participants identifying as non-binary (*n*=6) were excluded from the total sample. \*Mann Whitney *U* Tests. †One woman participant missing.