

Additional File 1. List of all dietary factors analyzed.

Calories (kcal)

Sugars

Carbohydrates (g)

Sucrose (g)

Fructose (g)

Lactose (g)

Protein & Amino Acids

Protein (g)

Animal protein (g)

Aspartate (g)

Glutamate (g)

Methionine (g)

Tryptophan (g)

Dietary Lipids

Total fat (g)

Animal fat (g)

Vegetable fat (g)

Monounsaturated fat (g)

Palmitoleic Fatty Acid (g)

Oleic Fatty Acid (g)

Eicosenoic Fatty Acid (g)

Polyunsaturated fat (g)

Linoleic Fatty Acid(g)

Linolenic Fatty Acid (g)

Arachadonic Fatty Acid (g)

Eicosapentaenoic Fatty Acid (EPA) (g)

Docosapentaenoic Fatty Acid (DPA) (g)

Docosahexaenoic Fatty Acid (DHA) (g)

n-3 Fatty Acids (EPA, DHA, DPA) (g)

Vitamins Continued

Vitamin B2^a (mg)

Vitamin B3 (mg)

Vitamin B3^a (mg)

Vitamin B5 (mg)

Vitamin B5^a (mg)

Vitamin B6 (mg)

Vitamin B6^a (mg)

Vitamin B12 (µg)

Vitamin B12^a (µg)

Total Folate with supplements and fortified foods (µg)

Total Folate^a with fortified foods (µg)

Natural Food Folate (µg)

Folic Acid from supplements and fortified foods (µg)

Folate Equivalents with supplements and fortified foods (µg)

Vitamin C (mg)

Vitamin C^a (mg)

Vitamin D (IU)

Vitamin D^a (IU)

Total Vitamin E with supplements and fortified foods (mg)

Vitamin E from food supplementation only synthetic (mg)

Vitamin E mg^a with fortified foods (µg)

Elements

Calcium (mg)

Calcium^a (mg)

Copper (mg)

Copper^a (mg)

Iodine (µg)

Iron (mg)

n-3 Fatty Acids^a (g)
n-3 Fatty Acids (Alpha-Linolenic Fatty Acid, EPA, DHA, DPA) (g)
n-3 Fatty Acids^a (Alpha-Linolenic Fatty Acid, EPA, DHA, DPA) (g)
n-3 Fatty Acids (EPA & DHA) no alpha-linolenic acid (g)
n-6 Fatty Acids no gamma-linolenic acid (g)
n-6 Fatty Acids^a no gamma-linolenic acid (g)

Saturated fat (g)

Butyric Fatty Acid (g)
Caproic Fatty Acid (g)
Caprylic Fatty Acid (g)
Capric Fatty Acid (g)
Lauric Fatty Acid (g)
Myristic Fatty Acid (g)
Palmitic Fatty Acid (g)
Stearic Fatty Acid (g)

Cholesterol (mg)

Vitamins

Vitamin A (IU)
Vitamin A^a (IU)
Retinol (IU)
Retinol^a (IU)
Retinol Equivalents of Vitamin A (μg)
Retinol Equivalents of Vitamin A^a (μg)
Vitamin B1 (mg)
Vitamin B1^a (mg)
Vitamin B2 (mg)

Iron^a (mg)
Magnesium (mg)
Magnesium^a (mg)
Manganese^a (mg)
Phosphorous (mg)
Phosphorous^a (mg)
Potassium (mg)
Potassium^a (mg)
Selenium (μg)
Sodium (mg)
Zinc (mg)
Zinc^a (mg)

Plant-Compounds

Carotene (IU)
Carotene^a (IU)
Beta Carotene (μg)
Beta Carotene^a (μg)
Alpha Carotene (μg)
Beta Cryptoxanthin (μg)
Lycopene (μg)
Lutein and Zeaxanthin (μg)

Miscellaneous

Ethanol (g)
Fiber (g)
Caffeine (mg)

^a without supplements