

Supplementary Materials:

Table S1. Food descriptions and amounts used to calculate the nutrient composition of the seven-day modified Paleolithic Wahls Elimination ¹ menus.

| Meal | Food Description | Grams ² | Household Units |
|--------------------------|---|--------------------|--|
| ----- Sunday/Day 1 ----- | | | |
| Breakfast | Smoothie | | |
| | kale, raw | 16.000 | 1 CP ³ |
| | orange, fresh | 96.000 | 1 small - 2 3/8" ⁴ diameter |
| | pineapple, fresh | 165.000 | 1 CP, chunks |
| | coconut, milk, ready-to-drink, canned, lite | 240.000 | 1 CP |
| | yeast, nutritional, with vitamin B-12 | 8.813 | 1 TB ⁵ |
| | Wahls Rosemary Chicken with Zucchini | | 1 serving (1/8 recipe) |
| | garlic, fresh | 2.250 | |
| | rosemary, fresh | 0.142 | |
| | chicken, thigh, cooked, skin eaten | 66.825 | |
| | squash, zucchini, cooked from fresh | 62.625 | |
| | mushrooms, cooked from fresh | 37.949 | |
| | carrots, cooked from fresh | 16.500 | |
| | vinegar, distilled | 3.719 | |
| | oil, coconut | 1.703 | |
| | Starwest Botanicals® Organic Kelp powder | 0.121 | 0.0625 TS ⁶ |
| | seaweed, kelp - raw | 0.4330 | |
| | nutrients, minerals, magnesium | 0.0000 | |
| | food industry additives and ingredients, water, lost in evaporation | -0.3160 | |
| | nutrients, minerals, sodium | 0.0020 | |
| | nutrients, minerals, potassium | 0.0020 | |
| | nutrients, minerals, calcium | 0.0000 | |
| | nutrients, minerals, iron | 0.0000 | |
| | nutrients, minerals, selenium | 0.0000 | |
| | salt, sea | 0.375 | |
| Lunch | Salad | | |
| | kale, raw | 32.000 | 2 CP |
| | bok choy, raw | 70.000 | 1 CP |
| | mango, fresh | 82.500 | 1/2 CP, sliced |
| | oil, olive | 9.000 | 2 TS |
| | vinegar, balsamic | 31.875 | 2 TB |
| | sardines, canned in oil, drained | 96.388 | 4 OZ ⁷ , before draining |
| | turnip, raw | 130.000 | 1 CP |
| | peach, fresh | 150.000 | 1 medium - 2 2/3" diameter |
| | Kombucha Tea | 121.550 | 4 FO ⁸ |
| | tea, brewed (from tea leaves or tea bag) - all flavors or plain, regular, unsweetened | 118.400 | |
| | sugar, white granulated | 3.150 | |
| Dinner | Wahls Seafood Stew with Oysters | | 1 serving (1/4 recipe) |
| | coconut, milk, ready-to-drink, canned, regular | 101.250 | |
| | Wahls Bone Broth | 121.488 | |
| | condensed soup, beef broth | 46.800 | |
| | water - tap | 13.200 | |
| | components for food fortification, minerals, sodium | -0.206 | |
| | components for food fortification, minerals, potassium | 0.052 | |
| | condensed soup, chicken broth | 30.000 | |
| | water - tap | 29.400 | |
| | fats, animal, chicken or turkey | 0.420 | |

| Meal | Food Description | Grams ² | Household Units |
|--------------------------|--|--------------------|---------------------------------|
| | salt, regular | -0.264 | |
| | vinegar, cider | 1.867 | |
| | Starwest Botanicals® Organic Kelp powder (see Sunday/Day1 Breakfast) | 0.020 | 0.01 TS |
| | salt, sea | -0.399 | |
| | mushrooms, cooked from fresh | 75.897 | |
| | onion, white, yellow or red, cooked | 32.000 | |
| | squash, butternut | 60.475 | |
| | Starwest Botanicals® Organic Kelp powder (see Sunday/Day1 Breakfast) | 0.486 | 0.25 TS |
| | salt, sea | 0.750 | |
| | oyster, cooked from fresh or frozen, Eastern | 56.699 | |
| | cauliflower, cooked from fresh | 48.360 | |
| | coriander leaf, fresh | 4.000 | |
| | avocado, black skin - California type | 34.000 | 1/4 each |
| | Salad | | |
| | lettuce, romaine or cos | 141.000 | 3 CP, chopped |
| | celery, raw | 40.000 | 1 medium - stalk - 7 1/2" to 8" |
| | mushrooms, raw | 35.000 | 1/2 CP, sliced |
| | garlic, fresh | 3.000 | 1 clove |
| | basil, dried | 0.088 | 1/8 TS |
| | oil, olive | 9.000 | 2 TS |
| | vinegar, balsamic | 31.875 | 2 TB |
| | blackberries, fresh | 108.000 | 3/4 CP |
| ----- Monday/Day 2 ----- | | | |
| Breakfast | Smoothie | | |
| | parsley, fresh | 60.000 | 1 CP |
| | grapes, fresh | 151.000 | 1 CP |
| | kiwi fruit, green | 69.000 | 1 each - 2" diameter |
| | yeast, nutritional, with vitamin B-12 | 8.813 | 1 TB |
| | water - tap | 237.000 | 1 CP, without ice |
| | molasses, blackstrap | 7.021 | 1 TS |
| | raisins, uncooked | 48.333 | 1/3 CP |
| | walnuts | 14.625 | 2 TB, chopped |
| | Homemade Almond Milk, Unsweetened Vanilla | 120.030 | 1/2 CP |
| | water, tap | 116.500 | |
| | nuts and seeds, almonds, raw (dried - unblanched) | 3.050 | |
| | ingredient, vanilla extract | 0.250 | |
| | spices, salt, regular | 0.231 | |
| Lunch | Wahls Skillet: Ham and Collards | | 1 serving (1/4 recipe) |
| | oil, coconut | 3.406 | |
| | garlic, fresh | 3.000 | |
| | vinegar, balsamic | 5.977 | |
| | Starwest Botanicals® Organic Kelp powder (see Sunday/Day1 Breakfast) | 0.486 | 0.25 TS |
| | salt, sea | 1.500 | |
| | pork, ham, regular cured, boneless, regular, regular, no visible fat eaten | 127.573 | |
| | pork, bacon, regular, regular cut, regular | 7.938 | |
| | collards, cooked from fresh | 70.538 | |
| | sweet potato, baked | 176.000 | 1 CP, chopped, after cooking |
| | oil, olive | 4.500 | 1 TS |
| | cinnamon (ground) | 0.325 | 1/8 TS |
| | raspberries, fresh, red | 123.000 | 1 CP, whole pieces |
| | Homemade Almond Milk, Unsweetened Vanilla (see | 360.093 | 1.5 CP |

| Meal | Food Description | Grams ² | Household Units |
|---------------------------|---|--------------------|-------------------------|
| | Monday/Day 2 Breakfast) | | |
| | sauerkraut | 59.000 | 1/4 CP |
| Dinner | Wahls Skillet: Lamb Chops and Broccoli | | 1 serving (1/4 recipe) |
| | oil, coconut | 3.406 | |
| | rosemary, fresh | 0.213 | |
| | vinegar, balsamic | 5.977 | |
| | Starwest Botanicals® Organic Kelp powder (see Sunday/Day1 Breakfast) | 0.486 | 0.25 TS |
| | salt, sea | 1.500 | |
| | lamb, chops, loin, no visible fat eaten | 67.631 | |
| | broccoli, cooked from fresh | 144.788 | |
| | Salad | | |
| | spinach, raw | 120.000 | 4 CP |
| | orange, fresh | 90.000 | 1/2 CP, sections |
| | mushrooms, raw | 17.500 | 1/4 CP, sliced |
| | onion, white, yellow or red, raw | 40.000 | 1/4 CP, chopped |
| | oil, olive | 13.500 | 1 TB |
| | vinegar, balsamic | 31.875 | 2 TB |
| | apple, fresh, with skin | 182.000 | 1 medium - 3" diameter |
| | Wahls Fudge | | 1 serving (1/20 recipe) |
| | oil, coconut | 10.900 | |
| | raisins, uncooked | 7.250 | |
| | nuts and seeds, walnuts | 5.000 | |
| | avocado, black skin - California type | 6.800 | |
| | coconut, dried (shredded or flaked), unsweetened | 2.000 | |
| | cinnamon (ground) | 0.195 | |
| | cocoa powder, unsweetened | 0.090 | |
| ----- Tuesday/Day 3 ----- | | | |
| Breakfast | Smoothie | | |
| | spinach, raw | 30.000 | 1 CP |
| | honeydew melon, fresh | 170.000 | 1 CP, cubed |
| | kiwi fruit, green | 69.000 | 1 each - 2" diameter |
| | Homemade Almond Milk, Unsweetened Vanilla (see Monday/Day2 Breakfast) | 240.062 | 1 CP |
| | yeast, nutritional, with vitamin B-12 | 8.813 | 1 TB |
| | Wahls Skillet: Lamb Chops and Broccoli | | 1 serving (1/4 recipe) |
| | oil, coconut | 3.406 | |
| | rosemary, fresh | 0.213 | |
| | vinegar, balsamic | 5.977 | |
| | Starwest Botanicals® Organic Kelp powder (see Sunday/Day1 Breakfast) | 0.486 | 0.25 TS |
| | salt, sea | 1.500 | |
| | lamb, chops, loin, no visible fat eaten | 67.631 | |
| | broccoli, cooked from fresh | 144.788 | |
| | carrots, raw | 61.000 | 1/2 CP, sliced |
| | dates | 42.600 | 6 each |
| Lunch | Wahls Salmon Salad | | 1 serving (1/3 recipe) |
| | salmon, canned - drained, pink, with salt | 113.006 | |
| | onion, white, yellow or red, raw | 11.667 | |
| | garlic, fresh | 1.000 | |
| | celery, raw | 8.417 | |
| | parsley, fresh | 5.000 | |
| | lime juice, canned, bottled, or boxed (substitute for peanut sauce) | 10.250 | |
| | Starwest Botanicals® Organic Kelp powder (see Sunday/Day1 Breakfast) | 0.216 | 0.11 TS |

| Meal | Food Description | Grams ² | Household Units |
|------------------------------------|--|--------------------|----------------------------|
| | salt, sea | 0.500 | |
| | Salad | | |
| | spinach, raw | 105.000 | 3.5 CP |
| | raspberries, fresh, red | 61.500 | 1/2 CP, whole pieces |
| | zucchini, raw | 56.500 | 1/2 CP, sliced |
| | oil, olive | 9.000 | 2 TS |
| | vinegar, balsamic | 31.875 | 2 TB |
| | watermelon, fresh | 152.000 | 1 CP, cubed |
| | honeydew melon, fresh | 170.000 | 1 CP, cubed |
| | Homemade Almond Milk, Unsweetened Vanilla (see Monday/Day 2 Breakfast) | 240.062 | 1 CP |
| Dinner | Wahls Skillet: Steak with Mustard Greens and Mushrooms | | 1 serving (1/4 recipe) |
| | oil, coconut | 3.406 | |
| | garlic, fresh | 3.000 | |
| | vinegar, balsamic | 5.977 | |
| | Starwest Botanicals® Organic Kelp powder (see Sunday/Day1 Breakfast) | 0.486 | 0.25 TS |
| | salt, sea | 1.500 | |
| | beef, steak - beef, t-bone, no visible fat eaten | 93.690 | |
| | mushrooms, cooked from fresh | 21.158 | |
| | mustard greens, cooked from fresh | 61.250 | |
| | squash, winter types (dark green or orange), cooked | 205.000 | 1 CP, cubed, after cooking |
| | butter, clarified butter or butter oil | 8.542 | 2 TS |
| | Wahls Fudge (see Monday/Day 2 Dinner) | 32.235 | 1 serving (1/20 recipe) |
| | pear, fresh | 178.000 | 1 medium - 2 1/2" diameter |
| | Homemade Almond Milk, Unsweetened Vanilla (see Monday/Day 2 Breakfast) | 240.062 | 1 CP |
| | sauerkraut | 59.000 | 1/4 CP |
| ----- Wednesday/Day 4 ----- | | | |
| Breakfast | Smoothie | | |
| | kale, raw | 16.000 | 1 CP |
| | orange, fresh | 96.000 | 1 small - 2 3/8" diameter |
| | coconut, milk, ready-to-drink, canned, lite | 240.000 | 1 CP |
| | yeast, nutritional, with vitamin B-12 | 8.813 | 1 TB |
| | almonds, raw (dried - unblanched) | 42.524 | 1.5 OZ, edible portion |
| | apricot, dried, uncooked | 21.000 | 6 half |
| | prune, dried, uncooked | 38.000 | 4 each |
| Lunch | Wahls Liver Pate | | 1 serving (1/4 recipe) |
| | pork, bacon, regular, regular cut, regular | 7.938 | |
| | mushrooms, cooked from fresh | 18.974 | |
| | Starwest Botanicals® Organic Kelp powder (see Sunday/Day1 Breakfast) | 0.243 | 0.125 TS |
| | onion, white, yellow or red, cooked | 43.375 | |
| | poultry, chicken, liver | 58.590 | |
| | vinegar, balsamic | 1.992 | |
| | salt, sea | 0.375 | |
| | oil, olive | 4.500 | |
| | oil, coconut | 4.542 | |
| | butter, clarified butter or butter oil | 4.271 | |
| | vinegar, balsamic | 7.969 | |
| | vinegar, cider | 7.469 | |
| | carrots, raw | 61.000 | 1 medium - 6" to 7" long |
| | grapes, fresh | 151.000 | 1 CP |
| | Homemade Almond Milk, Unsweetened Vanilla (see Monday/Day 2 Breakfast) | 480.124 | 2 CP |
| | Fermented Beets | 72.454 | 4 TB |

| Meal | Food Description | Grams ² | Household Units |
|----------------------------|--|--------------------|----------------------------------|
| | beets, raw | 70.654 | |
| | salt, sea | 1.800 | |
| Dinner | Wahls Coconut Milk Fish Soup | | 1 serving (1/4 recipe) |
| | Wahls Bone Broth (See Monday/Day 1 Dinner) | 364.465 | |
| | coconut, milk, ready-to-drink, canned, regular | 101.250 | |
| | Starwest Botanicals® Organic Kelp powder (see Sunday/Day1 Breakfast) | 0.486 | 0.25 TS |
| | salt, sea | 0.750 | |
| | Chinese cabbage, Pak-choi, cooked | 85.000 | |
| | broccoli, cooked from fresh | 64.350 | |
| | carrots, cooked from fresh | 14.000 | |
| | mushrooms, shiitake, raw | 56.699 | |
| | ginger root - raw | 1.500 | |
| | salmon, cooked from fresh or frozen, chinook (king) | 112.774 | |
| | lime juice, fresh | 7.563 | |
| | sweet potato, baked | 88.000 | 1/2 CP, chopped, after cooking |
| | Salad | | |
| | lettuce, romaine or cos | 164.500 | 3.5 CP, chopped |
| | cilantro, fresh | 8.000 | 1/2 CP |
| | garlic, fresh | 3.000 | 1 clove |
| | oil, olive | 9.000 | 2 TS |
| | lime juice, fresh | 30.250 | 2 TB |
| | strawberries, fresh | 152.000 | 1 CP, halves |
| | banana, fresh or ripe | 75.000 | 1/2 CP, sliced |
| ----- Thursday/Day 5 ----- | | | |
| Breakfast | Smoothie | | |
| | beets, raw | 68.000 | 1/2 CP, whole pieces |
| | mango, fresh | 82.500 | 1/2 CP, sliced |
| | blueberries, fresh | 74.000 | 1/2 CP |
| | coconut, milk, ready-to-drink, canned, lite | 240.000 | 1 CP |
| | ginger root - raw | 1.000 | 1/2 TS, sliced |
| | yeast, nutritional, with vitamin B-12 | 8.813 | 1 TB |
| | sardines, canned in oil, drained | 92.000 | 1 can - each 3 3/4 OZ net weight |
| | celery, raw | 50.500 | 1/2 CP |
| Lunch | Wahls Liver, Onions, and Mushrooms | | 1 serving (1/4 recipe) |
| | pork, bacon, regular, regular cut, regular | 15.876 | |
| | mushrooms, cooked from fresh | 37.949 | |
| | Starwest Botanicals® Organic Kelp powder (see Sunday/Day1 Breakfast) | 0.486 | 0.25 TS |
| | onion, white, yellow or red, cooked | 86.750 | |
| | poultry, chicken, liver | 117.180 | |
| | vinegar, balsamic | 3.984 | |
| | salt, sea | 0.750 | |
| | Salad | | |
| | bok choy, raw | 210.000 | 3 CP |
| | squash, summer type (green or yellow), raw | 56.500 | 1/2 CP, sliced |
| | garlic, fresh | 3.000 | 1 clove |
| | oil, olive | 9.000 | 2 TS |
| | lime juice, fresh | 30.250 | 2 TB |
| | plum, fresh | 132.000 | 2 medium - 2 1/8" diameter |
| | Homemade Almond Milk, Unsweetened Vanilla (see Monday/Day 2 Breakfast) | 240.062 | 1 CP |
| Dinner | Wahls Rosemary Chicken with Zucchini | | 1 serving (1/8 recipe) |
| | garlic, fresh | 2.25 | |

| Meal | Food Description | Grams ² | Household Units |
|--------------------------|--|--------------------|------------------------------|
| | rosemary, fresh | 0.142 | |
| | poultry, chicken, thigh, skin eaten | 66.825 | |
| | squash, zucchini, cooked from fresh | 62.625 | |
| | mushrooms, cooked from fresh | 37.949 | |
| | carrots, cooked from fresh | 16.5 | |
| | vinegar, distilled | 3.719 | |
| | oil, coconut | 1.703 | |
| | Starwest Botanicals® Organic Kelp powder (see Sunday/Day1 Breakfast) | 0.121 | 0.0625 TS |
| | salt, sea | 0.375 | |
| | squash, butternut | 240.000 | 1 CP, mashed |
| | Salad | | |
| | bok choy, raw | 210.000 | 3 CP |
| | carrots, raw | 61.000 | 1/2 CP, sliced |
| | cucumber, raw, with peel | 52.000 | 1/2 CP, sliced |
| | grapes, fresh | 75.500 | 1/2 CP |
| | garlic, fresh | 3.000 | 1 clove |
| | sunflower butter, without salt | 16.000 | 3 TS |
| | lime juice, fresh | 30.250 | 2 TB |
| | peach, fresh | 154.000 | 1 CP, sliced |
| | almonds, raw (dried - unblanched) | 11.500 | 2 TB, sliced |
| | Kombucha Tea (see Sunday/Day 1 Lunch) | 121.550 | 4 FO |
| ----- Friday/Day 6 ----- | | | |
| Breakfast | Smoothie | | |
| | cilantro, fresh | 16.000 | 1 CP |
| | orange, fresh | 96.000 | 1 small - 2 3/8" diameter |
| | pineapple, fresh | 165.000 | 1 CP, chunks |
| | yeast, nutritional, with vitamin B-12 | 8.813 | 1 TB |
| | water - tap | 237.000 | 1 CP, without ice |
| | grapefruit, fresh, pink or red | 115.000 | 1/2 CP, sections |
| | Homemade Almond Milk, Unsweetened Vanilla (see Monday/Day 2 Breakfast) | 240.062 | 1 CP |
| Lunch | Salad | | |
| | bok choy, raw | 210.000 | 3 CP |
| | lettuce, romaine or cos | 94.000 | 2 CP, chopped |
| | avocado, black skin - California type | 37.500 | 1/4 CP, cut pieces |
| | mango, fresh | 82.500 | 1/2 CP, sliced |
| | carrots, raw | 61.000 | 1/2 CP, sliced |
| | mushrooms, raw | 35.000 | 1/2 CP, sliced |
| | almonds, raw (dried - unblanched) | 13.500 | 2 TB, slivered |
| | oil, olive | 9.000 | 2 TS |
| | lime juice, fresh | 30.250 | 2 TB |
| | chicken, breast, skin eaten | 130.000 | 1 medium - split |
| | banana, fresh or ripe | 118.000 | 1 medium - 7" to 7 7/8" long |
| | grapes, fresh | 75.500 | 1/2 CP |
| | Kombucha Tea (see Sunday/Day 1 Lunch) | 121.550 | 4 FO |
| Dinner | Wahls Skillet: Salmon, Bacon, Mustard Greens, Onions | | 1 serving (1/4 recipe) |
| | oil, coconut | 3.406 | |
| | ginger root - raw | 3.000 | |
| | lime juice, fresh | 5.672 | |
| | Starwest Botanicals® Organic Kelp powder (see Sunday/Day1 Breakfast) | 0.121 | 0.0625 TS |
| | salt, sea | 1.500 | |
| | salmon, cooked from fresh or frozen, coho (silver), wild | 86.750 | |
| | pork, bacon, regular, regular cut, regular | 15.876 | |
| | onion, white, yellow or red, cooked | 34.125 | |

| Meal | Food Description | Grams ² | Household Units |
|----------------------------|--|--------------------|--------------------------------|
| | mustard greens, cooked from fresh | 70.438 | |
| | Wahls Mashed Turnips | | 1 serving (1/4 recipe) |
| | turnip, cooked | 87.260 | |
| | yeast, nutritional, with vitamin B-12 | 17.625 | |
| | chives, raw | 3.000 | |
| | garlic, fresh | 3.000 | |
| | oil, coconut | 6.813 | |
| | Starwest Botanicals® Organic Kelp powder (see Sunday/Day1 Breakfast) | 0.121 | 0.0625 TS |
| | salt, sea | 0.375 | |
| | pepper (ground), black | 0.144 | |
| | oil, olive | 4.500 | 1 TS |
| | peach, fresh | 150.000 | 1 medium - 2 2/3" diameter |
| | cherries, fresh, sweet | 77.000 | 1/2 CP |
| | Homemade Almond Milk, Unsweetened Vanilla (see Monday/Day 2 Breakfast) | 240.062 | 1 CP |
| ----- Saturday/Day 7 ----- | | | |
| Breakfast | Smoothie | | |
| | collards, raw | 36.000 | 1 CP |
| | watermelon, fresh | 76.000 | 1/2 CP, cubed |
| | cantaloupe, fresh | 80.000 | 1/2 CP, cubed |
| | coconut, milk, ready-to-drink, canned, lite | 240.000 | 1 CP |
| | yeast, nutritional, with vitamin B-12 | 8.813 | 1 TB |
| | cherries, fresh, sweet | 77.000 | 1/2 CP |
| | walnuts | 29.250 | 4 TB, chopped |
| Lunch | Wahls Kale Sausage Soup | | 1 serving (1/4 recipe) |
| | Wahls Bone Broth (See Monday/Day 1 Dinner) | 485.953 | |
| | kale, cooked from fresh | 18.200 | |
| | yams (sweet potato type), boiled | 66.880 | |
| | onion, white, yellow or red, cooked | 34.125 | |
| | Starwest Botanicals® Organic Kelp powder (see Sunday/Day1 Breakfast) | 0.486 | 0.25 TS |
| | salt, sea | 0.750 | |
| | sausage, bratwurst, regular, regular, regular | 75.000 | |
| | coconut, milk, ready-to-drink, canned, regular | 101.250 | |
| | Salad | | |
| | spinach, raw | 60.000 | 2 CP |
| | kale, raw | 32.000 | 2 CP |
| | cauliflower, raw | 53.500 | 1/2 CP |
| | garlic, fresh | 3.000 | 1 clove |
| | mushrooms, raw | 35.000 | 1/2 CP, sliced |
| | almonds, raw (dried - unblanched) | 16.250 | 2 TB, chopped |
| | oil, flax seed | 9.083 | 2 TS |
| | vinegar, cider | 29.875 | 2 TB |
| | pineapple, fresh | 165.000 | 1 CP, chunks |
| Dinner | Wahls Skillet: Pork Chops and Red Cabbage | | 1 serving (1/4 recipe) |
| | oil, coconut | 3.406 | |
| | garlic, fresh | 3.000 | |
| | vinegar, red wine | 5.602 | |
| | Starwest Botanicals® Organic Kelp powder (see Sunday/Day1 Breakfast) | 0.486 | 0.25 TS |
| | salt, sea | 1.500 | |
| | pork, chops, fresh, loin, no visible fat eaten | 91.852 | |
| | cabbage, red, cooked | 113.906 | |
| | sweet potato, baked | 132.000 | 3/4 CP, chopped, after cooking |

| Meal | Food Description | Grams ² | Household Units |
|------|------------------------------|--------------------|---------------------------------|
| | oil, olive | 4.500 | 1 TS |
| | asparagus, cooked from fresh | 90.000 | 6 medium - spear - 5 1/4" to 7" |
| | blueberries, fresh | 148.000 | 1 CP |
| | fermented carrots | 27.900 | 1/4 CP |
| | carrots, raw | 27.500 | |
| | salt, sea | 0.400 | |

¹ adapted from the Wahls™ menus and recipes published in: Wahls T, Adamson E. *The Wahls Protocol: How I Beat Progressive MS Using Paleo Principles and Functional Medicine*. New York: Avery; 2014; ² weights from the Minnesota Nutrition Data System for Research NDSR [computer program]. Version 2017. Minneapolis, MN, USA: Nutrition Coordinating Center; 2017. Values are unrounded and are not meant to imply this level of accuracy. Weights for cooked foods are the weight after cooking, edible portion. ³ CP = cup; ⁴ " = inches; ⁵ TB = tablespoon; ⁶ TS = teaspoon; ⁷ OZ = ounce; ⁸ FO = fluid ounce.

Table S2. Nutrient composition¹ of dietary supplements prescribed for modified Paleolithic Wahls Elimination diets.

| Nutrient | WahlsElim ^{2,3} |
|---|------------------------------|
| | Males & Females ≥19 years |
| Energy (kcal) | 45 |
| Total Protein (g) | 0 |
| Total Fat (g) | 5 |
| Total Carbohydrate (g) | 0 |
| Total Saturated Fatty Acids (SFA) (g) | 1 |
| Total Monounsaturated Fatty Acids (MUFA) (g) | 0 |
| Total Polyunsaturated Fatty Acids (PUFA) (g) | 0 |
| Omega-3 Fatty Acids in Supplements (mg) | 1100 |
| Cholesterol (mg) | 20 |
| PUFA 20:5 (eicosapentaenoic acid [EPA]) (g) | 0.4 |
| PUFA 22:6 (docosahexaenoic acid [DHA]) (g) | 0.5 |
| Total Vitamin A Activity (International Units) (IU) | 3350 |
| Vitamin D (calciferol) (mcg) | 160⁴ |
| Vitamin E (International Units) (IU) | 70 |
| Vitamin K (phylloquinone) (mcg) | 80 |
| Vitamin C (ascorbic acid) (mg) | 180 |
| Thiamin (vitamin B1) (mg) | 1.5 |
| Riboflavin (vitamin B2) (mg) | 1.7 |
| Niacin (vitamin B3) (mg) | 20 |
| Pantothenic Acid (mg) | 10 |
| Vitamin B-6 (mg) | 6 |
| Synthetic Folate (folic acid) (mcg) | 1400⁵ |
| Vitamin B-12 (cobalamin) (mcg) | 1025 |
| Biotin (mcg) | 30 |
| Lycopene (mcg) | 0 |
| Calcium (mg) | 162 |
| Chromium (mcg) | 120 |
| Copper (mg) | 2 |
| Iodine (mcg) | 150 |
| Iron (mg) | 0 |
| Magnesium (mg) | 100 |

| Nutrient | WahlsElim ^{2,3} |
|--|------------------------------|
| | Males & Females ≥19 years |
| Manganese (mg) | 4 |
| Molybdenum (mcg) | 75 |
| Phosphorus (mg) | 0 |
| Potassium (mg) | 0 |
| Selenium (mcg) | 105 |
| Sodium (mg) | 0 |
| Zinc (mg) | 15 |
| Total Dietary Fiber (g) | 0 |
| Soluble Dietary Fiber (g) | 0 |
| Insoluble Dietary Fiber (g) | 0 |
| Betaine (mg) | 0 |
| Choline (mg) | 0 |
| Caffeine (mg) | 0 |
| Phytic Acid (mg) | 0 |
| Total Trans-Fatty Acids (TRANS) (g) | 0 |
| PUFA 18:3 n-3 (alpha-linolenic acid [ALA]) (g) | 0 |

¹ Obtained from Nutrition Data System for Research (NDSR) software version 2017, developed by the Nutrition Coordinating Center (NCC), University of Minnesota, Minneapolis, Minnesota, USA (May 2017); ² Wahls Elimination menu; ³ all individuals participating in the clinical study comparing the Swank and Wahls Elimination diets (www.clinicaltrials.gov NCT02914964) will receive these supplements regardless of the diet to which they are randomized; ⁴ exceeds Tolerable Upper Intake Level of 100 mcg; ⁵ exceeds Tolerable Upper Intake Level of 1000 mcg.

Table S3. Food sources of energy and selected nutrients¹ on seven-day modified Paleolithic Wahls Elimination menus.

| Table S3A. Energy (7-day total 12,429 kcal) | | | | |
|---|------------------------------------|------------|---------|--------------|
| Rank | Food Group | Total kcal | % Total | Cumulative % |
| 1 | Beef/Pork/Lamb | 1344 | 10.8 | 10.8 |
| 2 | Nuts and seeds | 1289 | 10.4 | 21.2 |
| 3 | Coconut milk and coconut | 1116 | 9 | 30.2 |
| 4 | Fish and seafood | 987 | 7.9 | 38.1 |
| 5 | Fats, oil excluding coconut | 836 | 6.7 | 44.8 |
| 6 | Color-Orange-Fruit | 829 | 6.7 | 51.5 |
| 7 | Color-Orange-Vegetable | 740 | 6 | 57.4 |
| 8 | Color-Green-Fruit | 697 | 5.6 | 63.1 |
| 9 | Sulfur | 662 | 5.3 | 68.4 |
| 10 | Color-Blue-Fruit | 633 | 5.1 | 73.5 |
| 11 | Poultry | 559 | 4.5 | 78 |
| 12 | Fats, oil, coconut | 508 | 4.1 | 82.1 |
| 13 | Color-White-Fruit | 368 | 3 | 85 |
| 14 | Color-Red-Fruit | 358 | 2.9 | 87.9 |
| 15 | Nutritional yeast with vitamin B12 | 297 | 2.4 | 90.3 |
| 16 | Organ Meat | 294 | 2.4 | 92.7 |
| 17 | Leafy | 291 | 2.3 | 95 |
| 18 | Vinegar | 159 | 1.3 | 96.3 |
| 19 | Broth | 146 | 1.2 | 97.5 |

Table S3A. Energy (7-day total 12,429 kcal)

| Rank | Food Group | Total kcal | % Total | Cumulative % |
|------|---|------------|------------|--------------|
| 20 | Clarified Butter and Animal Fat | 112 | 0.9 | 98.4 |
| 21 | Color-Red-Vegetable | 60 | 0.5 | 98.8 |
| 22 | Sweeteners | 57 | 0.5 | 99.3 |
| 23 | Color-Green-Vegetable | 52 | 0.4 | 99.7 |
| 24 | Ingredients (e.g., vanilla, baking soda, cocoa) | 15 | 0.1 | 99.8 |
| 25 | Kelp, dried powder | 10 | 0.1 | 99.9 |
| 26 | Spices | 8 | 0.1 | 100 |
| 27 | Tea | 4 | 0 | 100 |

Table S3B: Total Fat (7-day total 611.9 g fat)

| Rank | Food Group | Total g | % Total | Cumulative % |
|------|---|--------------|-------------|--------------|
| 1 | Nuts and seeds | 116.3 | 19.0 | 19.0 |
| 2 | Coconut milk and coconut | 116.0 | 18.9 | 37.9 |
| 3 | Fats, oil excluding coconut | 94.6 | 15.5 | 53.4 |
| 4 | Beef/Pork/Lamb | 79.1 | 12.9 | 66.3 |
| 5 | Fats, oil, coconut | 56.5 | 9.2 | 75.6 |
| 6 | Fish and seafood | 48.0 | 7.8 | 83.4 |
| 7 | Poultry | 27.2 | 4.5 | 87.9 |
| 8 | Color-Green-Fruit | 15.2 | 2.5 | 90.3 |
| 9 | Clarified Butter and Animal Fat | 12.7 | 2.1 | 92.4 |
| 10 | Organ Meat | 11.4 | 1.9 | 94.3 |
| 11 | Sulfur | 6.5 | 1.1 | 95.3 |
| 12 | Broth | 5.8 | 1 | 96.3 |
| 13 | Leafy | 5.4 | 0.9 | 97.2 |
| 14 | Nutritional yeast with vitamin B12 | 4.1 | 0.7 | 97.9 |
| 15 | Color-Orange-Fruit | 3.4 | 0.6 | 98.4 |
| 16 | Color-Orange-Vegetable | 2.5 | 0.4 | 98.8 |
| 17 | Color-Red-Fruit | 2.5 | 0.4 | 99.2 |
| 18 | Color-Blue-Fruit | 2.2 | 0.4 | 99.6 |
| 19 | Color-White-Fruit | 1.2 | 0.2 | 99.8 |
| 20 | Color-Green-Vegetable | 0.9 | 0.1 | 99.9 |
| 21 | Color-Red-Vegetable | 0.2 | 0 | 100 |
| 22 | Kelp, dried powder | 0.1 | 0 | 100 |
| 23 | Spices | 0.1 | 0 | 100 |
| 24 | Ingredients (e.g., vanilla, baking soda, cocoa) | 0.0 | 0 | 100 |

Table S3C: Saturated Fat (7-day total 236.5 g saturated fat)

| Rank | Food Group | Total g | % Total | Cumulative % |
|------|---------------------------------|--------------|-------------|--------------|
| 1 | Coconut milk and coconut | 102.8 | 43.5 | 43.5 |
| | - Coconut milk, regular (304g) | 47 | | |
| | - Coconut milk, lite (960g) | 53.6 | | |
| | - Coconut, dried (4g) | 2.3 | | |

Table S3C: Saturated Fat (7-day total 236.5 g saturated fat)

| Rank | Food Group | Total g | % Total | Cumulative % |
|------|---|-------------|-------------|--------------|
| 2 | Fats, oil, coconut | 47.0 | 19.9 | 63.3 |
| 3 | Beef/Pork/Lamb | 28.2 | 11.9 | 75.3 |
| 4 | Fats, oil excluding coconut | 12.6 | 5.3 | 80.6 |
| 5 | Nuts and seeds | 9.6 | 4 | 84.6 |
| 6 | Fish and seafood | 9.0 | 3.8 | 88.4 |
| 7 | Clarified Butter and Animal Fat | 7.9 | 3.4 | 91.8 |
| 8 | Poultry | 7.5 | 3.2 | 95 |
| 9 | Organ Meat | 3.6 | 1.5 | 96.5 |
| 10 | Color-Green-Fruit | 2.2 | 0.9 | 97.4 |
| 11 | Broth | 1.7 | 0.7 | 98.2 |
| 12 | Sulfur | 1.1 | 0.5 | 98.6 |
| 13 | Leafy | 0.6 | 0.3 | 98.9 |
| 14 | Color-Orange-Vegetable | 0.6 | 0.2 | 99.2 |
| 15 | Nutritional yeast with vitamin B12 | 0.5 | 0.2 | 99.4 |
| 16 | Color-Orange-Fruit | 0.5 | 0.2 | 99.6 |
| 17 | Color-White-Fruit | 0.3 | 0.1 | 99.7 |
| 18 | Color-Green-Vegetable | 0.2 | 0.1 | 99.8 |
| 19 | Color-Blue-Fruit | 0.2 | 0.1 | 99.9 |
| 20 | Color-Red-Fruit | 0.2 | 0.1 | 99.9 |
| 21 | Kelp, dried powder | 0.1 | 0 | 100 |
| 22 | Spices | 0.0 | 0 | 100 |
| 23 | Color-Red-Vegetable | 0.0 | 0 | 100 |
| 24 | Ingredients (e.g., vanilla, baking soda, cocoa) | 0.0 | 0 | 100 |
| 25 | Tea | 0.0 | 0 | 100 |

Table S3D: Linoleic Acid (7-day total 81.8 g linoleic acid)

| Rank | Food Group | Total g | % Total | Cumulative % |
|----------|------------------------------------|-------------|-------------|--------------|
| 1 | Nuts and seeds | 39.9 | 48.8 | 48.8 |
| | - Almonds (145g) | 17.8 | | |
| | - Sunflower seed butter (16g) | 1.6 | | |
| | - Walnuts (54g) | 20.5 | | |
| 2 | Fats, oil excluding coconut | 9.6 | 11.8 | 60.6 |
| | - Flax seed oil (9g) | 1.3 | | |
| | - Olive oil (86g) | 8.3 | | |
| 3 | Beef/Pork/Lamb | 7.4 | 9.1 | 69.7 |
| 4 | Fish and seafood | 7.0 | 8.6 | 78.3 |
| 5 | Poultry | 5.1 | 6.3 | 84.6 |
| 6 | Color-Green-Fruit | 2.0 | 2.5 | 87.1 |
| 7 | Sulfur | 1.6 | 1.9 | 89 |
| 8 | Coconut milk and coconut | 1.3 | 1.6 | 90.6 |
| 9 | Organ Meat | 1.3 | 1.5 | 92.1 |
| 10 | Broth | 1.1 | 1.4 | 93.5 |
| 11 | Fats, oil, coconut | 1.0 | 1.2 | 94.7 |
| 12 | Color-Orange-Vegetable | 0.9 | 1.1 | 95.8 |
| 13 | Color-Red-Fruit | 0.8 | 1 | 96.7 |

Table S3D: Linoleic Acid (7-day total 81.8 g linoleic acid)

| Rank | Food Group | Total g | % Total | Cumulative % |
|------|------------------------------------|---------|---------|--------------|
| 14 | Color-Orange-Fruit | 0.7 | 0.8 | 97.5 |
| 15 | Leafy | 0.6 | 0.7 | 98.3 |
| 16 | Color-Blue-Fruit | 0.5 | 0.6 | 98.9 |
| 17 | Color-White-Fruit | 0.3 | 0.4 | 99.3 |
| 18 | Clarified Butter and Animal Fat | 0.3 | 0.4 | 99.7 |
| 19 | Color-Green-Vegetable | 0.2 | 0.2 | 99.9 |
| 20 | Color-Red-Vegetable | 0.1 | 0.1 | 100 |
| 21 | Spices | 0.0 | 0 | 100 |
| 22 | Nutritional yeast with vitamin B12 | 0.0 | 0 | 100 |
| 23 | Tea | 0.0 | 0 | 100 |

Table S3E: Dietary Fiber (7-day total 276.3 g dietary fiber)

| Rank | Food Group | Total g | % Total | Cumulative % |
|----------|---|-------------|-------------|--------------|
| 1 | Sulfur | 46.4 | 16.8 | 16.8 |
| 2 | Color-Orange-Vegetable | 39.7 | 14.4 | 31.2 |
| 3 | Leafy | 29.0 | 10.5 | 41.7 |
| 4 | Color-Orange-Fruit | 28.8 | 10.4 | 52.1 |
| 5 | Nuts and seeds | 22.6 | 8.2 | 60.3 |
| 6 | Color-Blue-Fruit | 21.3 | 7.7 | 68 |
| 7 | Color-Red-Fruit | 21.0 | 7.6 | 75.6 |
| 8 | Nutritional yeast with vitamin B12 | 19.3 | 7 | 82.6 |
| 9 | Color-Green-Fruit | 17.3 | 6.3 | 88.9 |
| 10 | Color-White-Fruit | 15.0 | 5.4 | 94.3 |
| 11 | Coconut milk and coconut | 6.8 | 2.5 | 96.8 |
| 12 | Color-Green-Vegetable | 4.0 | 1.4 | 98.2 |
| 13 | Color-Red-Vegetable | 3.9 | 1.4 | 99.6 |
| 14 | Spices | 0.7 | 0.2 | 99.9 |
| 15 | Kelp, dried powder | 0.3 | 0.1 | 100 |
| 16 | Ingredients (e.g., vanilla, baking soda, cocoa) | 0.1 | 0 | 100 |

Table S3F: Vitamin A (7-day total 24,899 mcg RAE vitamin A)

| Rank | Food Group | Total mcg | % Total | Cumulative % |
|----------|---------------------------------|-------------|-------------|--------------|
| 1 | Color-Orange-Vegetable | 9216 | 37 | 37 |
| 2 | Organ Meat | 6998 | 28.1 | 65.1 |
| | - Chicken Liver (176g; 6.2oz) | 6998 | | |
| 3 | Leafy | 5361 | 21.5 | 86.7 |
| 4 | Sulfur | 2074 | 8.3 | 95 |
| 5 | Color-Orange-Fruit | 438 | 1.8 | 96.7 |
| 6 | Fish and seafood | 310 | 1.2 | 98 |
| 7 | Color-Red-Fruit | 140 | 0.6 | 98.5 |
| 8 | Clarified Butter and Animal Fat | 108 | 0.4 | 99 |

Table S3F: Vitamin A (7-day total 24,899 mcg RAE vitamin A)

| Rank | Food Group | Total mcg | % Total | Cumulative % |
|------|-----------------------|-----------|---------|--------------|
| 9 | Color-Green-Vegetable | 101 | 0.4 | 99.4 |
| 10 | Color-Blue-Fruit | 55 | 0.2 | 99.6 |
| 11 | Color-Green-Fruit | 39 | 0.2 | 99.8 |
| 12 | Poultry | 33 | 0.1 | 99.9 |
| 13 | Color-White-Fruit | 13 | 0.1 | 99.9 |
| 14 | Beef/Pork/Lamb | 7 | 0 | 100 |
| 15 | Color-Red-Vegetable | 2 | 0 | 100 |
| 16 | Spices | 1 | 0 | 100 |
| 17 | Kelp, dried powder | 1 | 0 | 100 |
| 18 | Nuts and seeds | 1 | 0 | 100 |

Table S3G: Retinol (7-day total 7447 mcg retinol)

| Rank | Food Group | Total mcg | % Total | Cumulative % |
|----------|---|---------------------|-------------|--------------|
| 1 | Organ Meat <i>- Chicken Liver (176g; 6.2oz)</i> | 6992 6992 | 93.9 | 93.9 |
| 2 | Fish and seafood | 310 | 4.2 | 98.1 |
| 3 | Clarified Butter and Animal Fat | 106 | 1.4 | 99.5 |
| 4 | Poultry | 33 | 0.4 | 99.9 |
| 5 | Beef/Pork/Lamb | 7 | 0.1 | 100 |

Table S3H: Vitamin C (7-day total 2552 mg vitamin C)

| Rank | Food Group | Total mg | % Total | Cumulative % |
|----------|---------------------------|------------|-------------|--------------|
| 1 | Sulfur | 754 | 29.6 | 29.6 |
| 2 | Color-Orange-Fruit | 587 | 23 | 52.6 |
| 3 | Leafy | 380 | 14.9 | 67.5 |
| 4 | Color-Green-Fruit | 252 | 9.9 | 77.3 |
| 5 | Color-Red-Fruit | 203 | 7.9 | 85.3 |
| 6 | Color-Orange-Vegetable | 179 | 7 | 92.3 |
| 7 | Color-Blue-Fruit | 59 | 2.3 | 94.6 |
| 8 | Organ Meat | 49 | 1.9 | 96.5 |
| 9 | Color-White-Fruit | 33 | 1.3 | 97.8 |
| 10 | Color-Green-Vegetable | 31 | 1.2 | 99 |
| 11 | Coconut milk and coconut | 8 | 0.3 | 99.3 |
| 12 | Color-Red-Vegetable | 7 | 0.3 | 99.6 |
| 13 | Fish and seafood | 6 | 0.2 | 99.8 |
| 14 | Broth | 3 | 0.1 | 99.9 |
| 15 | Nuts and seeds | 1 | 0 | 99.9 |
| 16 | Kelp, dried powder | 1 | 0 | 100 |
| 17 | Spices | 0 | 0 | 100 |
| 18 | Beef/Pork/Lamb | 0 | 0 | 100 |

Table S3H: Vitamin C (7-day total 2552 mg vitamin C)

| Rank | Food Group | Total mg | % Total | Cumulative % |
|------|------------|----------|---------|--------------|
| 19 | Vinegar | 0 | 0 | 100 |

Table S3I: Vitamin D (7-day total 86 mcg vitamin D)

| Rank | Food Group | Total mcg | % Total | Cumulative % |
|----------|---------------------------------|-----------|-----------|--------------|
| 1 | Fish and seafood | 81 | 94 | 94 |
| | - Salmon (11 oz) | 71 | 83 | |
| | - Sardines (6.6 oz) | 9 | 11 | |
| | - Oysters (2.0 oz) | 0 | 0 | |
| 2 | Beef/Pork/Lamb | 4 | 4.3 | 98.3 |
| | - Pork (9.4 oz) | 2 | 2.2 | |
| | - Bratwurst (2.6 oz) | 1 | 1 | |
| | - Lamb (4.8 oz) | 0 | 0.9 | |
| | - Beef (3.3 oz) | 0 | 0.2 | |
| 3 | Sulfur | 1 | 1.1 | 99.4 |
| 4 | Poultry | 0 | 0.4 | 99.8 |
| 5 | Broth | 0 | 0.2 | 100 |
| 6 | Clarified Butter and Animal Fat | 0 | 0 | 100 |

Table S3J: (7-day total 123 mg vitamin E)

| Rank | Food Group | Total mg | % Total | Cumulative % |
|----------|-------------------------------|-----------|-------------|--------------|
| 1 | Nuts and seeds | 41 | 33.6 | 33.6 |
| | - Almonds (145g) | 37 | | |
| | - Sunflower seed butter (16g) | 4 | | |
| | - Walnuts (54g) | 0 | | |
| 2 | Leafy | 13 | 10.8 | 44.4 |
| 3 | Fats, oil excluding coconut | 12 | 10 | 54.4 |
| | - Flax seed oil (9g) | 0 | | |
| | - Olive oil (86g) | 12 | | |
| 4 | Color-Orange-Vegetable | 10 | 8.5 | 63 |
| 5 | Sulfur | 10 | 7.9 | 70.9 |
| 6 | Fish and seafood | 10 | 7.9 | 78.8 |
| 7 | Color-Orange-Fruit | 7 | 6.1 | 84.9 |
| 8 | Color-Green-Fruit | 6 | 4.6 | 89.5 |
| 9 | Color-Blue-Fruit | 3 | 2.8 | 92.3 |
| 10 | Color-Red-Fruit | 2 | 1.9 | 94.2 |
| 11 | Beef/Pork/Lamb | 2 | 1.6 | 95.8 |
| 12 | Organ Meat | 1 | 1.2 | 97 |
| 13 | Color-White-Fruit | 1 | 0.8 | 97.8 |
| 14 | Poultry | 1 | 0.8 | 98.6 |
| 15 | Color-Green-Vegetable | 0 | 0.4 | 99 |

Table S3J: (7-day total 123 mg vitamin E)

| Rank | Food Group | Total mg | % Total | Cumulative % |
|------|---------------------------------|----------|---------|--------------|
| 16 | Clarified Butter and Animal Fat | 0 | 0.3 | 99.3 |
| 17 | Coconut milk and coconut | 0 | 0.3 | 99.5 |
| 18 | Kelp, dried powder | 0 | 0.2 | 99.7 |
| 19 | Broth | 0 | 0.1 | 99.8 |
| 20 | Spices | 0 | 0.1 | 99.9 |
| 21 | Fats, oil, coconut | 0 | 0.1 | 100 |
| 22 | Color-Red-Vegetable | 0 | 0 | 100 |

Table S3K: Vitamin K (7-day total 6623 mg vitamin K)

| Rank | Food Group | Total mg | % Total | Cumulative % |
|----------|---|-------------|-------------|--------------|
| 1 | Leafy | 5133 | 77.5 | 77.5 |
| 2 | Sulfur | 985 | 14.9 | 92.4 |
| 3 | Color-Green-Fruit | 150 | 2.3 | 94.7 |
| 4 | Color-Blue-Fruit | 99 | 1.5 | 96.1 |
| 5 | Color-Orange-Vegetable | 53 | 0.8 | 96.9 |
| 6 | Fats, oil excluding coconut | 52 | 0.8 | 97.7 |
| 7 | Color-Green-Vegetable | 45 | 0.7 | 98.4 |
| 8 | Color-Orange-Fruit | 28 | 0.4 | 98.8 |
| 9 | Color-Red-Fruit | 21 | 0.3 | 99.2 |
| 10 | Kelp, dried powder | 15 | 0.2 | 99.4 |
| 11 | Color-White-Fruit | 13 | 0.2 | 99.6 |
| 12 | Beef/Pork/Lamb | 9 | 0.1 | 99.7 |
| 13 | Fish and seafood | 7 | 0.1 | 99.8 |
| 14 | Coconut milk and coconut | 4 | 0.1 | 99.9 |
| 15 | Poultry | 3 | 0.1 | 99.9 |
| 16 | Spices | 2 | 0 | 100 |
| 17 | Nuts and seeds | 1 | 0 | 100 |
| 18 | Clarified Butter and Animal Fat | 1 | 0 | 100 |
| 19 | Fats, oil, coconut | 0 | 0 | 100 |
| 20 | Color-Red-Vegetable | 0 | 0 | 100 |
| 21 | Ingredients (e.g., vanilla, baking soda, cocoa) | 0 | 0 | 100 |

Table S3L: Vitamin B1 (7-day total 57.0 mg vitamin B1)

| Rank | Food Group | Total mg | % Total | Cumulative % |
|----------|---|-------------|-------------|--------------|
| 1 | Nutritional yeast with vitamin B12 | 47.6 | 83.6 | 83.6 |
| | - Nutritional Yeast (79g; 9 tablespoons) | 47.6 | | |
| 2 | Beef/Pork/Lamb | 2.3 | 4 | 87.5 |
| | - Pork (9.4 oz) | 1.8 | | |
| | - Bratwurst (2.6 oz) | 0.3 | | |
| | - Lamb (4.8 oz) | 0.2 | | |

Table S3L: Vitamin B1 (7-day total 57.0 mg vitamin B1)

| Rank | Food Group | Total mg | % Total | Cumulative % |
|------|--------------------------|----------|---------|--------------|
| | - Beef (3.3 oz) | 0.1 | | |
| 3 | Sulfur | 1.4 | 2.4 | 89.9 |
| 4 | Color-Orange-Vegetable | 0.9 | 1.7 | 91.6 |
| 5 | Color-Orange-Fruit | 0.9 | 1.6 | 93.2 |
| 6 | Leafy | 0.8 | 1.5 | 94.7 |
| 7 | Color-Green-Fruit | 0.6 | 1 | 95.7 |
| 8 | Organ Meat | 0.5 | 0.9 | 96.6 |
| 9 | Nuts and seeds | 0.5 | 0.9 | 97.5 |
| 10 | Fish and seafood | 0.3 | 0.6 | 98 |
| 11 | Color-Red-Fruit | 0.3 | 0.5 | 98.5 |
| 12 | Color-Blue-Fruit | 0.2 | 0.4 | 98.9 |
| 13 | Poultry | 0.1 | 0.3 | 99.2 |
| 14 | Coconut milk and coconut | 0.1 | 0.2 | 99.4 |
| 15 | Color-White-Fruit | 0.1 | 0.2 | 99.6 |
| 16 | Color-Green-Vegetable | 0.1 | 0.2 | 99.8 |
| 17 | Broth | 0.1 | 0.1 | 99.9 |
| 18 | Color-Red-Vegetable | 0.0 | 0.1 | 100 |
| 19 | Kelp, dried powder | 0.0 | 0 | 100 |
| 20 | Sweeteners | 0.0 | 0 | 100 |
| 21 | Spices | 0.0 | 0 | 100 |

Table S3M: Vitamin B2 (7-day total 63.2 mg vitamin B2)

| Rank | Food Group | Total mg | % Total | Cumulative % |
|----------|---|-------------|-------------|--------------|
| 1 | Nutritional yeast with vitamin B12 | 47.6 | 75.3 | 75.3 |
| | - Nutritional Yeast (79g; 9 tablespoons) | 47.6 | | |
| 2 | Organ Meat | 3.5 | 5.5 | 80.9 |
| | - Chicken Liver (176g; 6.2oz) | 3.5 | | |
| 3 | Sulfur | 2.7 | 4.3 | 85.2 |
| 4 | Nuts and seeds | 1.8 | 2.8 | 87.9 |
| 5 | Beef/Pork/Lamb | 1.5 | 2.4 | 90.3 |
| 6 | Leafy | 1.3 | 2.1 | 92.4 |
| 7 | Fish and seafood | 1.1 | 1.7 | 94.1 |
| 8 | Color-Orange-Vegetable | 0.9 | 1.4 | 95.5 |
| 9 | Color-Orange-Fruit | 0.6 | 0.9 | 96.4 |
| 10 | Color-Green-Fruit | 0.5 | 0.8 | 97.2 |
| 11 | Poultry | 0.4 | 0.7 | 97.9 |
| 12 | Color-Blue-Fruit | 0.3 | 0.5 | 98.4 |
| 13 | Color-Red-Fruit | 0.2 | 0.4 | 98.8 |
| 14 | Color-White-Fruit | 0.2 | 0.4 | 99.2 |
| 15 | Broth | 0.2 | 0.3 | 99.5 |
| 16 | Color-Green-Vegetable | 0.2 | 0.2 | 99.7 |
| 17 | Color-Red-Vegetable | 0.1 | 0.1 | 99.8 |
| 18 | Tea | 0.1 | 0.1 | 99.9 |

Table S3M: Vitamin B2 (7-day total 63.2 mg vitamin B2)

| Rank | Food Group | Total mg | % Total | Cumulative % |
|------|---|----------|---------|--------------|
| 19 | Kelp, dried powder | 0.0 | 0.1 | 100 |
| 20 | Sweeteners | 0.0 | 0 | 100 |
| 21 | Coconut milk and coconut | 0.0 | 0 | 100 |
| 22 | Spices | 0.0 | 0 | 100 |
| 23 | Ingredients (e.g., vanilla, baking soda, cocoa) | 0.0 | 0 | 100 |

Table S3N: Vitamin B3 (7-day total 477 mg vitamin B3)

| Rank | Food Group | Total mg | % Total | Cumulative % |
|----------|---|------------|-------------|--------------|
| 1 | Nutritional yeast with vitamin B12 | 278 | 58.2 | 58.2 |
| | - <i>Nutritional Yeast (79g; 9 tablespoons)</i> | 278 | | |
| 2 | Fish and seafood | 38 | 7.9 | 66.1 |
| 3 | Beef/Pork/Lamb | 33 | 7 | 73.1 |
| 4 | Sulfur | 26 | 5.5 | 78.6 |
| 5 | Poultry | 20 | 4.1 | 82.7 |
| 6 | Organ Meat | 19 | 4.1 | 86.8 |
| | - <i>Chicken Liver (176g; 6.2oz)</i> | 19 | | |
| 7 | Color-Orange-Vegetable | 13 | 2.8 | 89.6 |
| 8 | Color-Orange-Fruit | 10 | 2.1 | 91.7 |
| 9 | Broth | 8 | 1.6 | 93.3 |
| 10 | Leafy | 7 | 1.5 | 94.8 |
| 11 | Nuts and seeds | 7 | 1.5 | 96.2 |
| 12 | Color-Green-Fruit | 5 | 1 | 97.2 |
| 13 | Color-Blue-Fruit | 4 | 0.8 | 98 |
| 14 | Coconut milk and coconut | 3 | 0.7 | 98.7 |
| 15 | Color-Red-Fruit | 3 | 0.5 | 99.2 |
| 16 | Color-White-Fruit | 2 | 0.4 | 99.6 |
| 17 | Color-Green-Vegetable | 1 | 0.3 | 99.8 |
| 18 | Color-Red-Vegetable | 0 | 0.1 | 99.9 |
| 19 | Kelp, dried powder | 0 | 0 | 100 |
| 20 | Sweeteners | 0 | 0 | 100 |
| 21 | Spices | 0 | 0 | 100 |
| 22 | Ingredients (e.g., vanilla, baking soda, cocoa) | 0 | 0 | 100 |

Table S3O: vitamin B6 (7-day total 66.8 mg vitamin B6)

| Rank | Food Group | Total mg | % Total | Cumulative % |
|----------|---|-------------|-------------|--------------|
| 1 | Nutritional yeast with vitamin B12 | 47.6 | 71.3 | 71.3 |
| | - <i>Nutritional Yeast (79g; 9 tablespoons)</i> | 47.6 | | |
| 2 | Sulfur | 4.3 | 6.5 | 77.8 |
| 3 | Color-Orange-Vegetable | 2.5 | 3.8 | 81.5 |
| 4 | Beef/Pork/Lamb | 1.8 | 2.6 | 84.2 |
| 5 | Leafy | 1.6 | 2.4 | 86.5 |
| 6 | Fish and seafood | 1.5 | 2.2 | 88.7 |

Table S3O: vitamin B6 (7-day total 66.8 mg vitamin B6)

| Rank | Food Group | Total mg | % Total | Cumulative % |
|------|---|------------|---------|--------------|
| 7 | Organ Meat - Chicken Liver (176g; 6.2oz) | 1.3 1.3 | 2 | 90.7 |
| 8 | Color-Orange-Fruit | 1.3 | 1.9 | 92.6 |
| 9 | Color-Green-Fruit | 1.1 | 1.6 | 94.2 |
| 10 | Color-White-Fruit | 0.8 | 1.3 | 95.5 |
| 11 | Poultry | 0.8 | 1.2 | 96.7 |
| 12 | Nuts and seeds | 0.6 | 0.9 | 97.6 |
| 13 | Color-Blue-Fruit | 0.4 | 0.7 | 98.3 |
| 14 | Color-Red-Fruit | 0.4 | 0.6 | 98.9 |
| 15 | Color-Green-Vegetable | 0.3 | 0.4 | 99.3 |
| 16 | Coconut milk and coconut | 0.2 | 0.3 | 99.6 |
| 17 | Broth | 0.1 | 0.2 | 99.7 |
| 18 | Color-Red-Vegetable | 0.1 | 0.1 | 99.9 |
| 19 | Sweeteners | 0.1 | 0.1 | 100 |
| 20 | Spices | 0.0 | 0 | 100 |

Table S3P: Folate (7-day total 6617 mcg DFE folate)

| Rank | Food Group | Total mcg DFE | % Total | Cumulative % |
|------|---|---------------------|-------------|--------------|
| 1 | Leafy | 1478 | 22.3 | 22.3 |
| 2 | Sulfur | 1266 | 19.1 | 41.5 |
| 3 | Nutritional yeast with vitamin B12 - Nutritional Yeast (79g; 9 tablespoons) | 1190 1190 | 18 | 59.4 |
| 4 | Organ Meat - Chicken Liver (176g; 6.2oz) | 1016 1016 | 15.4 | 74.8 |
| 5 | Color-Orange-Fruit | 346 | 5.2 | 80 |
| 6 | Color-Orange-Vegetable | 200 | 3 | 83.1 |
| 7 | Color-Green-Fruit | 198 | 3 | 86 |
| 8 | Nuts and seeds | 154 | 2.3 | 88.4 |
| 9 | Color-Red-Vegetable | 151 | 2.3 | 90.7 |
| 10 | Color-Red-Fruit | 103 | 1.6 | 92.2 |
| 11 | Color-Green-Vegetable | 88 | 1.3 | 93.6 |
| 12 | Fish and seafood | 82 | 1.2 | 94.8 |
| 13 | Coconut milk and coconut | 76 | 1.1 | 95.9 |
| 14 | Color-Blue-Fruit | 60 | 0.9 | 96.8 |
| 15 | Color-White-Fruit | 57 | 0.9 | 97.7 |
| 16 | Beef/Pork/Lamb | 51 | 0.8 | 98.5 |
| 17 | Kelp, dried powder | 40 | 0.6 | 99.1 |
| 18 | Broth | 28 | 0.4 | 99.5 |
| 19 | Tea | 18 | 0.3 | 99.8 |
| 20 | Poultry | 13 | 0.2 | 100 |
| 21 | Spices | 2 | 0 | 100 |
| 22 | Sweeteners | 0 | 0 | 100 |

Table S3P: Folate (7-day total 6617 mcg DFE folate)

| Rank | Food Group | Total mcg DFE | % Total | Cumulative % |
|------|---|---------------|---------|--------------|
| 23 | Ingredients (e.g., vanilla, baking soda, cocoa) | 0 | 0 | 100 |

Table S3Q: Vitamin B12 (7-day total 118.8 mcg vitamin B12)

| Rank | Food Group | Total mcg | % Total | Cumulative % |
|----------|---|-------------|-------------|--------------|
| 1 | Fish and seafood | 39.9 | 33.6 | 33.6 |
| | - Salmon (11 oz) | 13.2 | | |
| | - Sardines (6.6 oz) | 16.8 | | |
| | - Oysters (2.0 oz) | 9.9 | | |
| 2 | Nutritional yeast with vitamin B12 | 39.7 | 33.4 | 67 |
| | - Nutritional Yeast (79g; 9 tablespoons) | 39.7 | | |
| 3 | Organ Meat | 29.6 | 24.9 | 91.9 |
| | - Chicken Liver (176g; 6.2oz) | 29.6 | | |
| 4 | Beef/Pork/Lamb | 7.9 | 6.6 | 98.5 |
| 5 | Broth | 1.0 | 0.8 | 99.4 |
| 6 | Poultry | 0.7 | 0.6 | 100 |
| 7 | Sulfur | 0.0 | 0 | 100 |
| 8 | Clarified Butter and Animal Fat | 0.0 | 0 | 100 |

Table S3R: Choline (7-day total 3120 mg choline)

| Rank | Food Group | Total mg | % Total | Cumulative % |
|----------|------------------------------------|------------|-------------|--------------|
| 1 | Beef/Pork/Lamb | 518 | 16.6 | 16.6 |
| | - Pork (9.4 oz) | 231 | | |
| | - Bratwurst (2.6 oz) | 41 | | |
| | - Lamb (4.8 oz) | 136 | | |
| | - Beef (3.3 oz) | 109 | | |
| 2 | Fish and seafood | 510 | 16.4 | 32.9 |
| | - Salmon (11 oz) | 295 | | |
| | - Sardines (6.6 oz) | 141 | | |
| | - Oysters (2.0 oz) | 74 | | |
| 3 | Organ Meat | 510 | 16.3 | 49.3 |
| | - Chicken Liver (176g; 6.2oz) | 510 | | |
| 4 | Sulfur | 429 | 13.8 | 63 |
| 5 | Poultry | 189 | 6.1 | 69.1 |
| 6 | Leafy | 149 | 4.8 | 73.9 |
| 7 | Color-Orange-Vegetable | 144 | 4.6 | 78.5 |
| 8 | Color-Orange-Fruit | 114 | 3.7 | 82.2 |
| 9 | Nuts and seeds | 106 | 3.4 | 85.6 |
| 10 | Nutritional yeast with vitamin B12 | 105 | 3.4 | 88.9 |
| 11 | Color-Green-Fruit | 81 | 2.6 | 91.5 |

Table S3R: Choline (7-day total 3120 mg choline)

| | | | | |
|----|---|----|-----|------|
| 12 | Color-Red-Fruit | 59 | 1.9 | 93.4 |
| 13 | Coconut milk and coconut | 42 | 1.4 | 94.8 |
| 14 | Color-Blue-Fruit | 39 | 1.2 | 96 |
| 15 | Broth | 38 | 1.2 | 97.2 |
| 16 | Color-White-Fruit | 34 | 1.1 | 98.3 |
| 17 | Color-Green-Vegetable | 26 | 0.8 | 99.2 |
| 18 | Color-Red-Vegetable | 8 | 0.3 | 99.4 |
| 19 | Vinegar | 7 | 0.2 | 99.7 |
| 20 | Clarified Butter and Animal Fat | 3 | 0.1 | 99.8 |
| 21 | Kelp, dried powder | 3 | 0.1 | 99.9 |
| 22 | Spices | 2 | 0.1 | 99.9 |
| 23 | Tea | 1 | 0 | 100 |
| 24 | Sweeteners | 1 | 0 | 100 |
| 25 | Fats, oil excluding coconut | 0 | 0 | 100 |
| 26 | Fats, oil, coconut | 0 | 0 | 100 |
| 27 | Ingredients (e.g., vanilla, baking soda, cocoa) | 0 | 0 | 100 |

Table S3S: Betaine (7-day total 938 mg betaine)

| Rank | Food Group | Total mg | % Total | Cumulative % |
|------|------------------------------------|------------|-------------|--------------|
| 1 | Leafy | 325 | 34.7 | 34.7 |
| 2 | Color-Red-Vegetable | 178 | 19 | 53.7 |
| 3 | Color-Orange-Vegetable | 158 | 16.9 | 70.6 |
| 4 | Beef/Pork/Lamb | 76 | 8.1 | 78.7 |
| 5 | Nutritional yeast with vitamin B12 | 53 | 5.6 | 84.3 |
| 6 | Sulfur | 43 | 4.6 | 88.9 |
| 7 | Fish and seafood | 41 | 4.3 | 93.2 |
| 8 | Organ Meat | 22 | 2.4 | 95.6 |
| 9 | Poultry | 15 | 1.6 | 97.2 |
| 10 | Nuts and seeds | 7 | 0.7 | 97.9 |
| 11 | Tea | 4 | 0.4 | 98.3 |
| 12 | Broth | 3 | 0.4 | 98.7 |
| 13 | Color-Red-Fruit | 3 | 0.3 | 99 |
| 14 | Color-Orange-Fruit | 3 | 0.3 | 99.3 |
| 15 | Color-Green-Fruit | 2 | 0.3 | 99.5 |
| 16 | Color-Blue-Fruit | 1 | 0.2 | 99.7 |
| 17 | Coconut milk and coconut | 1 | 0.1 | 99.8 |
| 18 | Color-White-Fruit | 1 | 0.1 | 99.8 |
| 19 | Color-Green-Vegetable | 1 | 0.1 | 99.9 |
| 20 | Vinegar | 0 | 0 | 100 |
| 21 | Spices | 0 | 0 | 100 |
| 22 | Fats, oil excluding coconut | 0 | 0 | 100 |
| 23 | Sweeteners | 0 | 0 | 100 |
| 24 | Kelp, dried powder | 0 | 0 | 100 |
| 25 | Clarified Butter and Animal Fat | 0 | 0 | 100 |

Table S3S: Betaine (7-day total 938 mg betaine)

| Rank | Food Group | Total mg | % Total | Cumulative % |
|------|---|----------|---------|--------------|
| 26 | Ingredients (e.g., vanilla, baking soda, cocoa) | 0 | 0 | 100 |

Table S3T: Beta-Carotene (7-day total 195,808 mcg beta-carotene)

| Rank | Food Group | Total mcg | % Total | Cumulative % |
|------|---------------------------------|--------------|-------------|--------------|
| 1 | Color-Orange-Vegetable | 97827 | 50 | 50 |
| 2 | Leafy | 64168 | 32.8 | 82.7 |
| 3 | Sulfur | 24884 | 12.7 | 95.4 |
| 4 | Color-Orange-Fruit | 4831 | 2.5 | 97.9 |
| 5 | Color-Red-Fruit | 1571 | 0.8 | 98.7 |
| 6 | Color-Green-Vegetable | 1197 | 0.6 | 99.3 |
| 7 | Color-Blue-Fruit | 612 | 0.3 | 99.6 |
| 8 | Color-Green-Fruit | 445 | 0.2 | 99.9 |
| 9 | Color-White-Fruit | 124 | 0.1 | 99.9 |
| 10 | Organ Meat | 53 | 0 | 100 |
| 11 | Color-Red-Vegetable | 28 | 0 | 100 |
| 12 | Clarified Butter and Animal Fat | 25 | 0 | 100 |
| 13 | Kelp, dried powder | 16 | 0 | 100 |
| 14 | Spices | 15 | 0 | 100 |
| 15 | Nuts and seeds | 13 | 0 | 100 |

Table S3U: Beta-Cryptoxanthin (7-day total 10,687 mcg beta-cryptoxanthin)

| Rank | Food Group | Total mcg | % Total | Cumulative % |
|------|-------------------------------|-------------|-------------|--------------|
| 1 | Color-Orange-Vegetable | 9363 | 87.6 | 87.6 |
| | - Carrots (319g) | 0 | | |
| | - Squash, winter (505g) | 9363 | | |
| | - Squash, summer (57g) | 0 | | |
| | - Sweet potato/yam (463g) | 0 | | |
| 2 | Color-Orange-Fruit | 768 | 7.2 | 94.8 |
| 3 | Leafy | 209 | 2 | 96.8 |
| 4 | Color-Red-Fruit | 185 | 1.7 | 98.5 |
| 5 | Color-Blue-Fruit | 82 | 0.8 | 99.2 |
| 6 | Color-White-Fruit | 24 | 0.2 | 99.5 |
| 7 | Color-Green-Fruit | 23 | 0.2 | 99.7 |
| 8 | Organ Meat | 19 | 0.2 | 99.9 |
| 9 | Color-Green-Vegetable | 14 | 0.1 | 100 |
| 10 | Spices | 1 | 0 | 100 |

Table S3V: Lutein + Zeaxanthin (7-day total 98,704 mcg lutein + zeaxanthin)

| Rank | Food Group | Total mcg | % Total | Cumulative % |
|------|---|--------------|-------------|--------------|
| 1 | Leafy | 82331 | 83.4 | 83.4 |
| 2 | Sulfur | 5240 | 5.3 | 88.7 |
| 3 | Color-Orange-Vegetable | 5119 | 5.2 | 93.9 |
| 4 | Color-Green-Vegetable | 2933 | 3 | 96.9 |
| 5 | Color-Orange-Fruit | 993 | 1 | 97.9 |
| 6 | Color-Green-Fruit | 817 | 0.8 | 98.7 |
| 7 | Color-Blue-Fruit | 490 | 0.5 | 99.2 |
| 8 | Color-Red-Fruit | 445 | 0.5 | 99.7 |
| 9 | Color-White-Fruit | 174 | 0.2 | 99.8 |
| 10 | Organ Meat | 146 | 0.1 | 100 |
| 11 | Spices | 10 | 0 | 100 |
| 12 | Nuts and seeds | 6 | 0 | 100 |
| 13 | Ingredients (e.g., vanilla, baking soda, cocoa) | 0 | 0 | 100 |

Table S3W: Lycopene (7-day total 12,038 mcg lycopene)

| Rank | Food Group | Total mcg | % Total | Cumulative % |
|------|--------------------------|---------------|-------------|--------------|
| 1 | Color-Red-Fruit | 11,965 | 99.4 | 99.4 |
| | - Cherries (154g) | 0 | | |
| | - Pink grapefruit (115g) | 1632 | | |
| | - Raspberries (185g) | 0 | | |
| | - Strawberries (152g) | 0 | | |
| | - Watermelon (228g) | 10333 | | |
| 2 | Organ Meat | 37 | 0.3 | 99.7 |
| 3 | Sulfur | 27 | 0.2 | 99.9 |
| 4 | Color-Orange-Fruit | 7 | 0.1 | 100 |
| 5 | Color-Orange-Vegetable | 3 | 0 | 100 |
| 6 | Spices | 0 | 0 | 100 |

Table S3X: Calcium (7-day total 5707 mg calcium)

| Rank | Food Group | Total g | % Total | Cumulative % |
|------|---------------------|-------------|-------------|--------------|
| 1 | Sulfur | 1290 | 22.6 | 22.6 |
| | - Mushrooms (409g) | 19 | | |
| | - Broccoli (354g) | 142 | | |
| | - Cabbage (232g) | 83 | | |
| | - Onions (282g) | 63 | | |
| | - Bok Choy (785g) | 814 | | |
| | - Asparagus (90g) | 21 | | |
| | - Turnips (217g) | 68 | | |
| | - Garlic (32.5g) | 59 | | |
| | - Chives (3g) | 3 | | |
| | - Cauliflower(102g) | 20 | | |

Table S3X: Calcium (7-day total 5707 mg calcium)

| Rank | Food Group | Total g | % Total | Cumulative % |
|----------|---|-------------|-------------|--------------|
| 2 | Fish and seafood | 1176 | 20.6 | 43.2 |
| | - Salmon (11 oz) | 390 | | |
| | - Sardines (6.6 oz) | 720 | | |
| | - Oysters (2.0 oz) | 66 | | |
| 3 | Leafy | 1048 | 18.4 | 61.6 |
| | - Kale (114g) | 157 | | |
| | - Spinach (315g) | 312 | | |
| | - Mustard greens (132g) | 155 | | |
| | - Romaine (400g) | 132 | | |
| | - Cilantro (28g) | 19 | | |
| | - Parsley (65g) | 90 | | |
| | - Collards (107g) | 183 | | |
| 4 | Nuts and seeds | 452 | 7.9 | 69.5 |
| 5 | Color-Orange-Vegetable | 449 | 7.9 | 77.4 |
| 6 | Color-Orange-Fruit | 289 | 5.1 | 82.4 |
| 7 | Color-Green-Fruit | 144 | 2.5 | 84.9 |
| 8 | Color-Red-Fruit | 132 | 2.3 | 87.2 |
| 9 | Color-Blue-Fruit | 117 | 2 | 89.3 |
| 10 | Color-Green-Vegetable | 79 | 1.4 | 90.7 |
| 11 | Sweeteners | 67 | 1.2 | 91.9 |
| 12 | Kelp, dried powder | 62 | 1.1 | 92.9 |
| 13 | Nutritional yeast with vitamin B12 | 56 | 1 | 93.9 |
| 14 | Broth | 50 | 0.9 | 94.8 |
| 15 | Vinegar | 49 | 0.9 | 95.7 |
| 16 | Poultry | 49 | 0.9 | 96.5 |
| 17 | Beef/Pork/Lamb | 47 | 0.8 | 97.3 |
| 18 | Coconut milk and coconut | 46 | 0.8 | 98.1 |
| 19 | Color-White-Fruit | 37 | 0.6 | 98.8 |
| 20 | Color-Red-Vegetable | 22 | 0.4 | 99.2 |
| 21 | Organ Meat | 19 | 0.3 | 99.5 |
| 22 | Spices | 13 | 0.2 | 99.7 |
| 23 | Salt | 13 | 0.2 | 100 |
| 24 | Fats, oil excluding coconut | 1 | 0 | 100 |
| 25 | Ingredients (e.g., vanilla, baking soda, cocoa) | 1 | 0 | 100 |
| 26 | Fats, oil, coconut | 1 | 0 | 100 |
| 27 | Clarified Butter and Animal Fat | 1 | 0 | 100 |

Table S3Y: Copper (7-day total 21.2 mg copper)

| Rank | Food Group | Total mg | % Total | Cumulative % |
|----------|-------------------------|------------|-----------|--------------|
| 1 | Fish and seafood | 3.8 | 18 | 18 |
| | - Oysters (57g) | 3.2 | | |
| 2 | Sulfur | 2.8 | 13 | 31 |
| | - Mushrooms (409g) | 1.6 | | |
| | - Broccoli (354g) | 0.2 | | |
| | - Cabbage (232g) | 0.2 | | |
| | - Onions (282g) | 0.2 | | |

Table S3Y: Copper (7-day total 21.2 mg copper)

| Rank | Food Group | Total mg | % Total | Cumulative % |
|----------|---|------------|-------------|--------------|
| | - Bok Choy (785g) | 0.2 | | |
| | - Asparagus (90g) | 0.1 | | |
| | - Turnips (217g) | 0.1 | | |
| | - Garlic (32.5g) | 0.1 | | |
| | - Other ² | 0.0 | | |
| 3 | Nuts and seeds | 2.6 | 12.3 | 43.3 |
| | - Almonds (145g) | 1.5 | | |
| | - Walnuts (54g) | 0.9 | | |
| | - Sunflower butter (16g) | 0.3 | | |
| 4 | Leafy | 2.5 | 11.7 | 54.9 |
| | - Kale (114g) | 1.5 | | |
| | - Spinach (315g) | 0.4 | | |
| | - Mustard greens (132g) | 0.2 | | |
| | - Romaine (400g) | 0.2 | | |
| | - Cilantro (28g) | 0.1 | | |
| | - Parsley (65g) | 0.1 | | |
| | - Collards (107g) | 0.1 | | |
| 5 | Color-Orange-Fruit | 1.4 | 6.6 | 61.6 |
| 6 | Coconut milk and coconut | 1.3 | 6.1 | 67.7 |
| 7 | Color-Orange-Vegetable | 1.2 | 5.8 | 73.4 |
| 8 | Color-Green-Fruit | 1.0 | 4.8 | 78.3 |
| 9 | Organ Meat | 0.9 | 4.1 | 82.4 |
| 10 | Color-Blue-Fruit | 0.8 | 3.7 | 86 |
| 11 | Nutritional yeast with vitamin B12 | 0.6 | 3 | 89.1 |
| 12 | Beef/Pork/Lamb | 0.5 | 2.5 | 91.5 |
| 13 | Color-Red-Fruit | 0.5 | 2.2 | 93.7 |
| 14 | Color-White-Fruit | 0.3 | 1.6 | 95.3 |
| 15 | Broth | 0.3 | 1.3 | 96.7 |
| 16 | Poultry | 0.2 | 0.8 | 97.5 |
| 17 | Color-Green-Vegetable | 0.2 | 0.7 | 98.2 |
| 18 | Sweeteners | 0.1 | 0.7 | 98.8 |
| 19 | Color-Red-Vegetable | 0.1 | 0.5 | 99.3 |
| 20 | Vinegar | 0.0 | 0.2 | 99.6 |
| 21 | Tea | 0.0 | 0.2 | 99.7 |
| 22 | Kelp, dried powder | 0.0 | 0.1 | 99.9 |
| 23 | Spices | 0.0 | 0.1 | 100 |
| 24 | Ingredients (e.g., vanilla, baking soda, cocoa) | 0.0 | 0 | 100 |

Table S3Z: Iron (7-day total 133.1 mg iron)

| Rank | Food Group | Total mg | % Total | Cumulative % |
|----------|-------------------------|-------------|-------------|--------------|
| 1 | Leafy | 20.6 | 15.5 | 15.5 |
| | - Collards (107g) | 1.0 | | |
| | - Cilantro (28g) | 0.5 | | |
| | - Kale (114g) | 1.6 | | |
| | - Romaine (400g) | 3.9 | | |
| | - Mustard greens (132g) | 1.1 | | |
| | - Parsley (65g) | 4.0 | | |
| | - Spinach (315g) | 8.5 | | |

Table S3Z: Iron (7-day total 133.1 mg iron)

| Rank | Food Group | Total mg | % Total | Cumulative % |
|------|---|-------------|-------------|--------------|
| 2 | Organ Meat | 20.4 | 15.4 | 30.8 |
| | - Chicken Liver (176g; 6.2 oz) | 20.4 | | |
| 3 | Sulfur | 19.2 | 14.4 | 45.3 |
| 4 | Fish and seafood | 13.1 | 9.9 | 55.1 |
| 5 | Beef/Pork/Lamb | 8.9 | 6.7 | 61.8 |
| 6 | Nuts and seeds | 7.6 | 5.7 | 67.5 |
| 7 | Color-Orange-Vegetable | 7.1 | 5.3 | 72.9 |
| 8 | Coconut milk and coconut | 6.2 | 4.6 | 77.5 |
| 9 | Color-Orange-Fruit | 4.1 | 3.1 | 80.6 |
| 10 | Nutritional yeast with vitamin B12 | 3.8 | 2.9 | 83.4 |
| 11 | Color-Blue-Fruit | 3.5 | 2.6 | 86 |
| 12 | Color-Green-Fruit | 3.3 | 2.5 | 88.5 |
| 13 | Color-Red-Fruit | 3.1 | 2.3 | 90.8 |
| 14 | Poultry | 3.1 | 2.3 | 93.1 |
| 15 | Broth | 2.6 | 2 | 95.1 |
| 16 | Vinegar | 1.3 | 1 | 96.1 |
| 17 | Color-Red-Vegetable | 1.1 | 0.8 | 96.9 |
| 18 | Color-White-Fruit | 1.0 | 0.8 | 97.7 |
| 19 | Color-Green-Vegetable | 1.0 | 0.8 | 98.5 |
| 20 | Kelp, dried powder | 0.9 | 0.7 | 99.2 |
| 21 | Fats, oil excluding coconut | 0.5 | 0.4 | 99.5 |
| 22 | Sweeteners | 0.2 | 0.2 | 99.7 |
| 23 | Spices | 0.2 | 0.2 | 99.9 |
| 24 | Tea | 0.1 | 0.1 | 99.9 |
| 25 | Ingredients (e.g., vanilla, baking soda, cocoa) | 0.0 | 0 | 100 |
| 26 | Fats, oil, coconut | 0.0 | 0 | 100 |
| 27 | Salt | 0.0 | 0 | 100 |

Table S3AA: Magnesium (7-day total 3191 mg magnesium)

| Rank | Food Group | Total mg | % Total | Cumulative % |
|------|------------------------------------|------------|-------------|--------------|
| 1 | Nuts and seeds | 526 | 16.5 | 16.5 |
| 2 | Leafy | 435 | 13.6 | 30.1 |
| 3 | Sulfur | 388 | 12.2 | 42.3 |
| 4 | Fish and seafood | 296 | 9.3 | 51.5 |
| 5 | Color-Orange-Vegetable | 280 | 8.8 | 60.3 |
| 6 | Color-Orange-Fruit | 179 | 5.6 | 65.9 |
| 7 | Coconut milk and coconut | 137 | 4.3 | 70.2 |
| 8 | Beef/Pork/Lamb | 126 | 3.9 | 74.2 |
| 9 | Color-Green-Fruit | 125 | 3.9 | 78.1 |
| 10 | Color-Red-Fruit | 110 | 3.5 | 81.6 |
| 11 | Nutritional yeast with vitamin B12 | 103 | 3.2 | 84.8 |
| 12 | Color-Blue-Fruit | 98 | 3.1 | 87.9 |
| 13 | Color-White-Fruit | 74 | 2.3 | 90.2 |

Table S3AA: Magnesium (7-day total 3191 mg magnesium)

| Rank | Food Group | Total mg | % Total | Cumulative % |
|-------------|---|-----------------|----------------|---------------------|
| 14 | Poultry | 58 | 1.8 | 92 |
| 15 | Color-Green-Vegetable | 52 | 1.6 | 93.6 |
| 16 | Organ Meat | 44 | 1.4 | 95 |
| 17 | Sweeteners | 33 | 1 | 96 |
| 18 | Color-Red-Vegetable | 32 | 1 | 97 |
| 19 | Kelp, dried powder | 31 | 1 | 98 |
| 20 | Broth | 23 | 0.7 | 98.7 |
| 21 | Vinegar | 23 | 0.7 | 99.4 |
| 22 | Tea | 11 | 0.3 | 99.8 |
| 23 | Spices | 4 | 0.1 | 99.9 |
| 24 | Ingredients (e.g., vanilla, baking soda, cocoa) | 1 | 0 | 100 |
| 25 | Salt | 1 | 0 | 100 |

Table S3AB: Potassium (7-day total 27,117 mg potassium)

| Rank | Food Group | Total mg | % Total | Cumulative % |
|-------------|------------------------------------|-----------------|----------------|---------------------|
| 1 | Sulfur | 6426 | 17.3 | 17.3 |
| | - Mushrooms (409g) | 1380 | | |
| | - Broccoli (354g) | 1037 | | |
| | - Cabbage (232g) | 499 | | |
| | - Onions (282g) | 458 | | |
| | - Bok Choy (785g) | 2079 | | |
| | - Asparagus (90g) | 202 | | |
| | - Turnips (217g) | 403 | | |
| | - Garlic (32.5g) | 130 | | |
| | - Chives (3g) | 9 | | |
| | - Cauliflower(102g) | 229 | | |
| 2 | Color-Orange-Vegetable | 4510 | 12.1 | 29.5 |
| | - Carrots (319g) | 979 | | |
| | - Winter squash (505g) | 1347 | | |
| | - Summer squash (57g) | 148 | | |
| | - Sweet potato/yam (463g) | 2035 | | |
| 3 | Leafy | 4136 | 11.1 | 40.6 |
| 4 | Color-Orange-Fruit | 2960 | 8 | 48.6 |
| 5 | Color-Green-Fruit | 2667 | 7.2 | 55.8 |
| 6 | Fish and seafood | 2149 | 5.8 | 61.6 |
| 7 | Beef/Pork/Lamb | 1929 | 5.2 | 66.8 |
| 8 | Nutritional yeast with vitamin B12 | 1586 | 4.3 | 71 |
| 9 | Color-Blue-Fruit | 1581 | 4.3 | 75.3 |
| 10 | Nuts and seeds | 1391 | 3.7 | 79 |
| 11 | Broth | 1297 | 3.5 | 82.5 |
| 12 | Color-Red-Fruit | 1264 | 3.4 | 85.9 |
| 13 | Coconut milk and coconut | 1179 | 3.2 | 89.1 |
| 14 | Color-White-Fruit | 1092 | 2.9 | 92 |
| 15 | Color-Green-Vegetable | 812 | 2.2 | 94.2 |

| Table S3AB: Potassium (7-day total 27,117 mg potassium) | | | | |
|--|---|-----------------|----------------|---------------------|
| Rank | Food Group | Total mg | % Total | Cumulative % |
| 16 | Poultry | 548 | 1.5 | 95.7 |
| 17 | Organ Meat | 462 | 1.2 | 97 |
| 18 | Color-Red-Vegetable | 451 | 1.2 | 98.2 |
| 19 | Vinegar | 226 | 0.6 | 98.8 |
| 20 | Sweeteners | 150 | 0.4 | 99.2 |
| 21 | Tea | 131 | 0.4 | 99.5 |
| 22 | Kelp, dried powder | 124 | 0.3 | 99.9 |
| 23 | Spices | 35 | 0.1 | 100 |
| 24 | Ingredients (e.g., vanilla, baking soda, cocoa) | 10 | 0 | 100 |
| 25 | Fats, oil excluding coconut | 1 | 0 | 100 |
| 26 | Clarified Butter and Animal Fat | 1 | 0 | 100 |
| 27 | Salt | 0 | 0 | 100 |

| Table S3AC: Sodium (7-day total 16,560 mg sodium) | | | | |
|--|---|-----------------|----------------|---------------------|
| Rank | Food Group | Total mg | % Total | Cumulative % |
| 1 | Salt | 6757 | 40.8 | 40.8 |
| 2 | Beef/Pork/Lamb | 3594 | 21.7 | 62.5 |
| 3 | Broth | 1634 | 9.9 | 72.4 |
| 4 | Sulfur | 1608 | 9.7 | 82.1 |
| 5 | Fish and seafood | 1221 | 7.4 | 89.5 |
| 6 | Leafy | 399 | 2.4 | 91.9 |
| 7 | Color-Orange-Vegetable | 390 | 2.4 | 94.2 |
| 8 | Poultry | 209 | 1.3 | 95.5 |
| 9 | Kelp, dried powder | 149 | 0.9 | 96.4 |
| 10 | Organ Meat | 134 | 0.8 | 97.2 |
| 11 | Color-Red-Vegetable | 108 | 0.7 | 97.8 |
| 12 | Color-Green-Vegetable | 88 | 0.5 | 98.4 |
| 13 | Color-Green-Fruit | 86 | 0.5 | 98.9 |
| 14 | Coconut milk and coconut | 44 | 0.3 | 99.2 |
| 15 | Vinegar | 41 | 0.2 | 99.4 |
| 16 | Nutritional yeast with vitamin B12 | 25 | 0.2 | 99.6 |
| 17 | Color-Orange-Fruit | 22 | 0.1 | 99.7 |
| 18 | Color-Blue-Fruit | 12 | 0.1 | 99.8 |
| 19 | Tea | 11 | 0.1 | 99.8 |
| 20 | Sweeteners | 10 | 0.1 | 99.9 |
| 21 | Color-Red-Fruit | 6 | 0 | 99.9 |
| 22 | Color-White-Fruit | 6 | 0 | 100 |
| 23 | Nuts and seeds | 3 | 0 | 100 |
| 24 | Fats, oil excluding coconut | 2 | 0 | 100 |
| 25 | Spices | 1 | 0 | 100 |
| 26 | Ingredients (e.g., vanilla, baking soda, cocoa) | 0 | 0 | 100 |
| 27 | Clarified Butter and Animal Fat | 0 | 0 | 100 |

¹ Calculations were done using multiple decimal places, but results are rounded for display purposes.