

**Table S1.** Proportions of population groups reaching the recommended daily intake (RI) values according to usual intake distributions in men and women by education, income and urbanisation level.

| Nutrient                         | Reference value | Education |         |            |         |          |         |                          | Income         |         |                       |         |                 |         |                          | Urbanisation level |         |                |         |           |         |                          |
|----------------------------------|-----------------|-----------|---------|------------|---------|----------|---------|--------------------------|----------------|---------|-----------------------|---------|-----------------|---------|--------------------------|--------------------|---------|----------------|---------|-----------|---------|--------------------------|
|                                  |                 | Low (1)   |         | Middle (2) |         | High (3) |         | Sign. Diff. <sup>2</sup> | Lowest Qrt (1) |         | Middle (2-3. Qrt) (2) |         | Highest Qrt (3) |         | Sign. Diff. <sup>2</sup> | Urban (1)          |         | Semi-urban (2) |         | Rural (3) |         | Sign. Diff. <sup>2</sup> |
|                                  |                 | %         | 95% CI  | %          | 95% CI  | %        | 95% CI  |                          | %              | 95% CI  | %                     | 95% CI  | %               | 95% CI  |                          | %                  | 95% CI  | %              | 95% CI  | %         | 95% CI  |                          |
| Men                              |                 |           |         |            |         |          |         |                          |                |         |                       |         |                 |         |                          |                    |         |                |         |           |         |                          |
| Protein (E%)                     | 10-20           | 100       | 100–100 | 100        | 100–100 | 100      | 100–100 | NS                       | 100            | 100–100 | 100                   | 100–100 | 100             | 100–100 | NS                       | 100                | 100–100 | 100            | 100–100 | 100       | 100–100 | NS                       |
| Total carbohydrates (E%)         | 45-60           | 45        | 40–52   | 31         | 23–38   | 41       | 35–47   | 1>2                      | 32             | 23–40   | 45                    | 41–51   | 37              | 30–43   | 2>1                      | 39                 | 34–45   | 33             | 26–41   | 53        | 47–62   | 3>1,2                    |
| Fibre (g)                        | > 35            | 4         | 1–7     | 4          | 2–6     | 12       | 7–16    | 3>1,2                    | 5              | 2–8     | 6                     | 3–8     | 7               | 3–10    | NS                       | 5                  | 3–7     | 5              | 2–8     | 6         | 1–10    | NS                       |
| Fat (E%)                         | 25-40           | 100       | 99–100  | 100        | 100–100 | 99       | 99–100  | NS                       | 100            | 99–100  | 100                   | 100–100 | 100             | 99–100  | NS                       | 100                | 100–100 | 100            | 100–100 | 100       | 99–100  | NS                       |
| Saturated f.a. (SFA) (E%)        | <10             | 1         | 0–3     | 1          | 0–2     | 7        | 4–11    | 3>1,2                    | 4              | 2–7     | 1                     | 0–3     | 3               | 1–5     | NS                       | 3                  | 1–5     | 2              | 1–4     | 2         | 0–5     | NS                       |
| Polyunsaturated f.a. (PUFA) (E%) | 5-10            | 97        | 92–100  | 94         | 89–99   | 97       | 93–100  | NS                       | 98             | 94–100  | 92                    | 88–97   | 97              | 94–100  | NS                       | 97                 | 93–99   | 97             | 93–100  | 82        | 75–91   | 3<1,2                    |
| N-3 PUFA (E%)                    | 1               | 98        | 94–100  | 98         | 94–100  | 96       | 92–99   | NS                       | 99             | 95–100  | 94                    | 89–98   | 99              | 97–100  | NS                       | 98                 | 96–100  | 97             | 91–100  | 85        | 78–96   | 3<1                      |
| Salt (g)                         | ≤5              | 3         | 1–4     | 2          | 0–3     | 3        | 1–5     | NS                       | 2              | 0–3     | 3                     | 1–5     | 2               | 1–4     | NS                       | 3                  | 2–5     | 2              | 0–3     | 2         | 0–4     | NS                       |
| Women                            |                 |           |         |            |         |          |         |                          |                |         |                       |         |                 |         |                          |                    |         |                |         |           |         |                          |
| Protein (E%)                     | 10-20           | 100       | 100–100 | 100        | 100–100 | 100      | 100–100 | NS                       | 100            | 100–100 | 100                   | 100–100 | 100             | 100–100 | NS                       | 100                | 100–100 | 100            | 100–100 | 100       | 100–100 | NS                       |
| Total carbo hy- drates (E%)      | 45-60           | 50        | 43–56   | 51         | 45–56   | 53       | 41–64   | NS                       | 57             | 50–64   | 50                    | 44–55   | 41              | 36–48   | 1>3                      | 46                 | 40–52   | 56             | 50–65   | 52        | 47–57   | NS                       |
| Fibre (g)                        | >25             | 14        | 10–19   | 24         | 19–29   | 32       | 26–36   | 2,3>1                    | 20             | 16–26   | 21                    | 17–25   | 26              | 22–31   | NS                       | 23                 | 19–28   | 23             | 18–29   | 19        | 13–24   | NS                       |
| Fat (E%)                         | 25-40           | 100       | 99–100  | 99         | 98–100  | 100      | 99–100  | NS                       | 99             | 98–100  | 100                   | 99–100  | 100             | 99–100  | NS                       | 100                | 99–100  | 97             | 95–99   | 99        | 98–100  | 2<1                      |
| Saturated f.a. (SFA) (E%)        | <10             | 6         | 3–9     | 6          | 1–10    | 6        | 2–10    | NS                       | 6              | 2–11    | 5                     | 2–8     | 4               | 1–7     | NS                       | 5                  | 2–8     | 14             | 9–17    | 4         | 1–6     | 2>1,3                    |
| Polyunsaturated f.a. (PUFA) (E%) | 5-10            | 85        | 79–91   | 90         | 85–96   | 94       | 90–98   | NS                       | 89             | 83–96   | 90                    | 85–94   | 95              | 91–100  | NS                       | 91                 | 87–94   | 96             | 90–100  | 86        | 80–92   | NS                       |
| N-3 PUFA (E%)                    | 1               | 88        | 82–94   | 92         | 88–96   | 98       | 95–100  | 3>1                      | 93             | 87–99   | 92                    | 88–96   | 97              | 93–100  | NS                       | 94                 | 91–97   | 93             | 87–99   | 93        | 87–100  | NS                       |
| Salt (g)                         | ≤5              | 15        | 8–21    | 16         | 10–20   | 11       | 5–15    | NS                       | 15             | 9–20    | 14                    | 9–19    | 15              | 9–20    | NS                       | 14                 | 9–18    | 15             | 9–20    | 18        | 12–24   | NS                       |
| Iron (18-50 years) (mg)          | 15              | 1         | 0–2     | 3          | 1–6     | 7        | 2–10    | 3>1                      | 1              | 0–3     | 3                     | 1–5     | 3               | 0–5     | NS                       | 4                  | 1–6     | 3              | 1–6     | 1         | 0–2     | NS                       |

<sup>1</sup> For protein, total carbohydrates, fat and polyunsaturated fatty acids the lower bound of RI is used for the analyses. <sup>2</sup> Significant differences in proportions between socio-demographic groups were evaluated by non-overlapping 95% CI.

**Table S2.** Proportions of population groups exceeding the upper value of macronutrient RI range (E%) or the UL value [26] and evaluation of the intakes.

| Education                        |  |         |            |          |                          |  |                |            |                 |                          |  |           |                |           |                          |  |  |  | Income |  |  |  |  | Urbanisation level |  |  |  |  |
|----------------------------------|--|---------|------------|----------|--------------------------|--|----------------|------------|-----------------|--------------------------|--|-----------|----------------|-----------|--------------------------|--|--|--|--------|--|--|--|--|--------------------|--|--|--|--|
| Nutrient                         |  | Low (1) | Middle (2) | High (3) |                          | Evaluation   | Lowest Qrt (1) | Middle (2) | Highest Qrt (3) |                          | Evaluation   | Urban (1) | Semi-urban (2) | Rural (3) |                          | Evaluation   | Overall evaluation <sup>1</sup>                              |  |        |  |  |  |  |                    |  |  |  |  |
| Men                              | Upper value of the RI range (E%) or the UL | %       | %          | %        | Sign. Diff. <sup>2</sup> | < 2.5% of population above the upper value of the RI range or > UL | %              | %          | %               | Sign. Diff. <sup>2</sup> | < 2.5% of population above the upper value of the RI range or > UL | %         | %              | %         | Sign. Diff. <sup>2</sup> | < 2.5% of population above the upper value of the RI range or > UL |  |  |        |  |  |  |  |                    |  |  |  |  |
| Protein (E%)                     | 20   | 18.1    | 21.9       | 25.2     | NS                       | No   | 29.8           | 16.2       | 32.9            | NS                       | No   | 27.1      | 16.9           | 4.8       | NS                       | No   | High intake  |  |        |  |  |  |  |                    |  |  |  |  |
| Total carbohydrates (E%)         | 60   | 0.4     | 0.0        | 0.2      | NS                       | Yes  | 0.0            | 0.1        | 0.2             | NS                       | Yes  | 0.1       | 0.0            | 0.1       | NS                       | Yes  | Safe intake  |  |        |  |  |  |  |                    |  |  |  |  |
| Fat (E%)                         | 40   | 30.2    | 41.5       | 39.3     | NS                       | No   | 41.8           | 30.8       | 37.6            | NS                       | No   | 36.5      | 37.3           | 30.2      | NS                       | No   | High intake  |  |        |  |  |  |  |                    |  |  |  |  |
| Saturated f.a. (SFA) (E%)        | 10   | 98.6    | 98.9       | 92.9     | 3<1,2                    | No   | 95.9           | 98.7       | 97.0            | NS                       | No   | 96.9      | 97.5           | 98.1      | NS                       | No   | High intake  |  |        |  |  |  |  |                    |  |  |  |  |
| Polyunsaturated f.a. (PUFA) (E%) | 10   | 0.0     | 0.8        | 1.1      | NS                       | Yes  | 0.4            | 1.0        | 0.3             | NS                       | Yes  | 0.9       | 0.1            | 0.2       | NS                       | Yes  | Safe intake  |  |        |  |  |  |  |                    |  |  |  |  |
| Salt (g)                         | 5  | 97.5    | 98.3       | 97.0     | NS                       | No   | 98.4           | 97.2       | 97.6            | NS                       | No   | 96.7      | 98.5           | 97.7      | NS                       | No   | High intake  |  |        |  |  |  |  |                    |  |  |  |  |
| Vitamin D (µg)                   | 100  | 0.0     | 0.0        | 0.0      | NS                       | Yes  | 0.0            | 0.0        | 0.0             | NS                       | Yes  | 0.0       | 0.0            | 0.0       | NS                       | Yes  | Safe intake  |  |        |  |  |  |  |                    |  |  |  |  |
| Vitamin E (mg)                   | 300  | 0.0     | 0.0        | 0.0      | NS                       | Yes  | 0.0            | 0.0        | 0.0             | NS                       | Yes  | 0.0       | 0.0            | 0.0       | NS                       | Yes  | Safe intake  |  |        |  |  |  |  |                    |  |  |  |  |
| Folate (µg)                      | 1000                                       | 0.0     | 0.0        | 0.0      | NS                       | Yes  | 0.0            | 0.0        | 0.0             | NS                       | Yes  | 0.0       | 0.0            | 0.0       | NS                       | Yes  | Safe intake  |  |        |  |  |  |  |                    |  |  |  |  |
| Vitamin C (mg)                   | 1000                                       | 0.0     | 0.0        | 0.0      | NS                       | Yes  | 0.0            | 0.0        | 0.0             | NS                       | Yes  | 0.0       | 0.0            | 0.0       | NS                       | Yes  | Safe intake  |  |        |  |  |  |  |                    |  |  |  |  |
| Calcium (mg)                     | 2500                                       | 0.6     | 1.1        | 0.6      | NS                       | Yes  | 1.1            | 0.6        | 1.5             | NS                       | Yes  | 0.7       | 0.8            | 0.1       | NS                       | Yes  | Safe intake  |  |        |  |  |  |  |                    |  |  |  |  |
| Iron (mg)                        | 25   | 0.0     | 0.2        | 0.3      | NS                       | Yes  | 0.3            | 0.1        | 0.1             | NS                       | Yes  | 0.2       | 0.0            | 0.3       | NS                       | Yes  | Safe intake  |  |        |  |  |  |  |                    |  |  |  |  |
| Iodine (µg)                      | 600  | 0.0     | 0.0        | 0.0      | NS                       | Yes  | 0.0            | 0.0        | 0.0             | NS                       | Yes  | 0.0       | 0.0            | 0.0       | NS                       | Yes  | Safe intake  |  |        |  |  |  |  |                    |  |  |  |  |
| Zinc (mg)                        | 25   | 0.2     | 0.6        | 0.1      | NS                       | Yes  | 0.8            | 0.2        | 0.2             | NS                       | Yes  | 0.4       | 0.1            | 0.1       | NS                       | Yes  | Safe intake  |  |        |  |  |  |  |                    |  |  |  |  |
| Women                            |  |         |            |          |                          |  |                |            |                 |                          |  |           |                |           |                          |  |  |  |        |  |  |  |  |                    |  |  |  |  |
| Protein (E%)                     | 20   | 18.9    | 19.4       | 4.0      | NS                       | No   | 11.0           | 16.0       | 21.1            | NS                       | No   | 16.0      | 14.6           | 8.6       | NS                       | No   | High intake  |  |        |  |  |  |  |                    |  |  |  |  |
| Total carbohydrates (E%)         | 60   | 0.4     | 0.3        | 0.0      | NS                       | Yes  | 0.1            | 0.2        | 0.1             | NS                       | Yes  | 0.0       | 1.2            | 0.3       | 1<2,3                    | Yes  | Safe intake  |  |        |  |  |  |  |                    |  |  |  |  |
| Fat (E%)                         | 40   | 28.3    | 28.7       | 31.0     | NS                       | No   | 25.8           | 30.5       | 35.4            | NS                       | No   | 31.6      | 24.4           | 31.2      | NS                       | No   | High intake  |  |        |  |  |  |  |                    |  |  |  |  |
| Saturated f.a. (SFA) (E%)        | 10   | 94.1    | 94.2       | 93.5     | NS                       | No   | 93.6           | 94.9       | 95.7            | NS                       | No   | 95.4      | 86.0           | 96.4      | 2>1,3                    | No   | High intake  |  |        |  |  |  |  |                    |  |  |  |  |
| Polyunsaturated f.a. (PUFA) (E%) | 10   | 1.5     | 1.3        | 4.8      | NS                       | 1,2 Yes, 3 No  | 2.9            | 1.5        | 2.2             | NS                       | Yes  | 4.2       | 0.0            | 1.4       | 1>2                      | 1 No, 2,3 Yes  | Safe intake, but high intake edu3, income 1, and urban women |  |        |  |  |  |  |                    |  |  |  |  |
| Salt (g)                         | 5  | 85.0    | 84.0       | 89.0     | NS                       | No   | 85.0           | 85.8       | 84.9            | NS                       | No   | 86.0      | 85.0           | 82.0      | NS                       | No   | High intake  |  |        |  |  |  |  |                    |  |  |  |  |
| Vitamin D (µg)                   | 100  | 0.0     | 0.0        | 0.0      | NS                       | Yes  | 0.0            | 0.0        | 0.0             | NS                       | Yes  | 0.0       | 0.0            | 0.0       | NS                       | Yes  | Safe intake  |  |        |  |  |  |  |                    |  |  |  |  |
| Vitamin E (mg)                   | 300  | 0.0     | 0.0        | 0.0      | NS                       | Yes  | 0.0            | 0.0        | 0.0             | NS                       | Yes  | 0.0       | 0.0            | 0.0       | NS                       | Yes  | Safe intake  |  |        |  |  |  |  |                    |  |  |  |  |
| Folate (µg)                      | 1000                                       | 0.0     | 0.0        | 0.0      | NS                       | Yes  | 0.0            | 0.0        | 0.0             | NS                       | Yes  | 0.0       | 0.0            | 0.0       | NS                       | Yes  | Safe intake  |  |        |  |  |  |  |                    |  |  |  |  |
| Vitamin C (mg)                   | 1000                                       | 0.0     | 0.0        | 0.0      | NS                       | Yes  | 0.0            | 0.0        | 0.0             | NS                       | Yes  | 0.0       | 0.0            | 0.0       | NS                       | Yes  | Safe intake  |  |        |  |  |  |  |                    |  |  |  |  |
| Calcium (mg)                     | 2500                                       | 0.0     | 0.0        | 0.0      | NS                       | Yes  | 0.0            | 0.0        | 0.0             | NS                       | Yes  | 0.0       | 0.0            | 0.1       | NS                       | Yes  | Safe intake  |  |        |  |  |  |  |                    |  |  |  |  |
| Iron (mg)                        | 25   | 0.0     | 0.0        | 0.0      | NS                       | Yes  | 0.0            | 0.0        | 0.0             | NS                       | Yes  | 0.0       | 0.0            | 0.0       | NS                       | Yes  | Safe intake  |  |        |  |  |  |  |                    |  |  |  |  |

|             |     |     |     |     |    |     |     |     |     |    |     |     |     |     |    |     |             |
|-------------|-----|-----|-----|-----|----|-----|-----|-----|-----|----|-----|-----|-----|-----|----|-----|-------------|
| Iodine (µg) | 600 | 0.0 | 0.0 | 0.0 | NS | Yes | 0.0 | 0.0 | 0.0 | NS | Yes | 0.0 | 0.0 | 0.0 | NS | Yes | Safe intake |
| Zinc (mg)   | 25  | 0.0 | 0.0 | 0.0 | NS | Yes | 0.0 | 0.0 | 0.0 | NS | Yes | 0.0 | 0.0 | 0.0 | NS | Yes | Safe intake |

<sup>1</sup> If >2.5% of the population group exceeded the upper limit of the recommended daily intake (RI) range or the upper intake level (UL), the intake was evaluated to be “high”. If below, the intake was considered “safe”. <sup>2</sup> Significant differences in proportions between socio-demographic groups were evaluated by non-overlapping 95% CI.

**Table S3.** Average nutrient intakes in men and women by education, income and urbanisation level.

| <b>Men</b>                |                       |           |                               |           |                        |           |                     |                             |
|---------------------------|-----------------------|-----------|-------------------------------|-----------|------------------------|-----------|---------------------|-----------------------------|
| <b>Education</b>          | <b>Low (1)</b>        |           | <b>Middle (2)</b>             |           | <b>High (3)</b>        |           | <b>General test</b> | <b>Pair-wise comparison</b> |
| <b>Nutrient</b>           | Mean                  | 95% CI    | Mean                          | 95% CI    | Mean                   | 95% CI    | P-value             | Sign. Diff. <sup>1</sup>    |
| Vitamin A (µg RE)         | 953                   | 840–1067  | 850                           | 741–960   | 909                    | 769–1049  | NS                  | NS                          |
| Vitamin D (µg)            | 13.7                  | 12.5–15   | 12.3                          | 10.9–13.8 | 12.4                   | 11.4–13.5 | NS                  | NS                          |
| Vitamin E (mg)            | 11.5                  | 10.9–12.1 | 11.7                          | 10.7–12.7 | 12.4                   | 11.7–13.1 | 0.004               | 3>1,2                       |
| Vitamin B1 (mg)           | 1.4                   | 1.3–1.4   | 1.3                           | 1.3–1.4   | 1.3                    | 1.3–1.4   | NS                  | NS                          |
| Vitamin B2 (mg)           | 2.0                   | 1.9–2.1   | 1.9                           | 1.8–2.1   | 1.9                    | 1.8–2     | NS                  | NS                          |
| Folate (µg)               | 236                   | 224–247   | 238                           | 222–254   | 261                    | 247–275   | 0.000               | 3>1,2                       |
| Vitamin B12 (µg)          | 6.8                   | 6.2–7.5   | 6.3                           | 5.6–6.9   | 6.5                    | 5.9–7.1   | NS                  | NS                          |
| Vitamin C (mg)            | 92                    | 82–102    | 90                            | 80–101    | 114                    | 104–125   | 0.001               | 3>1,2                       |
| Calcium (mg)              | 1182                  | 1100–1263 | 1186                          | 1084–1287 | 1174                   | 1109–1240 | NS                  | NS                          |
| Iron (mg)                 | 11.2                  | 10.5–11.8 | 11.4                          | 10.8–12.1 | 12.0                   | 11.4–12.5 | 0.007               | 3>1,2                       |
| Iodine (µg)               | 235                   | 224–245   | 238                           | 221–256   | 236                    | 224–247   | NS                  | NS                          |
| Zinc (mg)                 | 12.8                  | 12.2–13.5 | 13.2                          | 12.3–14.1 | 12.4                   | 11.8–12.9 | NS                  | NS                          |
| <b>Income</b>             | <b>Lowest Qrt (1)</b> |           | <b>Middle (2.-3. Qrt) (2)</b> |           | <b>Highest Qrt (3)</b> |           | <b>General test</b> | <b>Pair-wise comparison</b> |
| <b>Nutrient</b>           | Mean                  | 95% CI    | Mean                          | 95% CI    | Mean                   | 95% CI    | P-value             | Sign. Diff. <sup>1</sup>    |
| Vitamin A (µg RE)         | 960                   | 837–1084  | 845                           | 753–937   | 977                    | 803–1152  | NS                  | NS                          |
| Vitamin D (µg)            | 13.4                  | 11.9–15   | 12.8                          | 11.8–13.8 | 12.1                   | 10.9–13.4 | NS                  | NS                          |
| Vitamin E (mg)            | 12.0                  | 10.9–13.1 | 11.6                          | 11.1–12.2 | 12.3                   | 11.5–13   | NS                  | NS                          |
| Vitamin B1 (mg)           | 1.3                   | 1.3–1.4   | 1.4                           | 1.3–1.4   | 1.4                    | 1.3–1.4   | NS                  | NS                          |
| Vitamin B2 (mg)           | 2.1                   | 2–2.2     | 1.9                           | 1.8–2     | 2.0                    | 1.9–2.1   | NS                  | NS                          |
| Folate (µg)               | 249                   | 232–266   | 238                           | 226–250   | 257                    | 242–272   | NS                  | NS                          |
| Vitamin B12 (µg)          | 6.7                   | 6–7.5     | 6.0                           | 5.6–6.5   | 7.3                    | 6.5–8.1   | 0.019               | 2<3                         |
| Vitamin C (mg)            | 92                    | 79–105    | 95                            | 86–105    | 115                    | 103–127   | 0.008               | 1<3, 2<3                    |
| Calcium (mg)              | 1260                  | 1149–1370 | 1138                          | 1079–1197 | 1192                   | 1082–1303 | NS                  | NS                          |
| Iron (mg)                 | 11.5                  | 10.7–12.3 | 11.2                          | 10.7–11.7 | 12.2                   | 11.5–12.9 | 0.014               | 1<3                         |
| Iodine (µg)               | 245                   | 226–263   | 231                           | 221–240   | 237                    | 221–253   | NS                  | NS                          |
| Zinc (mg)                 | 13.4                  | 12.5–14.4 | 12.4                          | 11.9–12.9 | 13.2                   | 12.3–14   | NS                  | NS                          |
| <b>Urbanisation level</b> | <b>Urban (1)</b>      |           | <b>Semi-urban (2)</b>         |           | <b>Rural (3)</b>       |           | <b>General test</b> | <b>Pair-wise comparison</b> |
| <b>Nutrient</b>           | Mean                  | 95% CI    | Mean                          | 95% CI    | Mean                   | 95% CI    | P-value             | Sign. Diff. <sup>1</sup>    |
| Vitamin A (µg RE)         | 893                   | 824–963   | 919                           | 782–1055  | 924                    | 682–1167  | NS                  | NS                          |
| Vitamin D (µg)            | 12.8                  | 11.8–13.8 | 12.4                          | 11.2–13.7 | 13.9                   | 11.9–15.9 | NS                  | NS                          |
| Vitamin E (mg)            | 12.1                  | 11.4–12.8 | 11.7                          | 11–12.4   | 10.9                   | 9.8–11.9  | NS                  | NS                          |
| Vitamin B1 (mg)           | 1.3                   | 1.3–1.4   | 1.4                           | 1.3–1.5   | 1.4                    | 1.3–1.5   | NS                  | NS                          |
| Vitamin B2 (mg)           | 1.9                   | 1.8–2     | 2.0                           | 1.9–2.1   | 2.0                    | 1.9–2.1   | NS                  | NS                          |
| Folate (µg)               | 250                   | 238–262   | 233                           | 218–247   | 240                    | 221–259   | NS                  | NS                          |
| Vitamin B12 (µg)          | 6.5                   | 6–6.9     | 6.5                           | 5.8–7.1   | 6.8                    | 5.5–8.2   | NS                  | NS                          |
| Vitamin C (mg)            | 104                   | 95–112    | 87                            | 78–95     | 93                     | 80–107    | 0.026               | 1>2                         |
| Calcium (mg)              | 1169                  | 1094–1244 | 1192                          | 1099–1285 | 1207                   | 1106–1309 | 0.026               | 1<3                         |
| Iron (mg)                 | 11.6                  | 11.1–12.1 | 11.2                          | 10.6–11.9 | 11.5                   | 10.2–12.8 | NS                  | NS                          |
| Iodine (µg)               | 236                   | 223–248   | 236                           | 226–247   | 235                    | 221–250   | NS                  | NS                          |
| Zinc (mg)                 | 12.8                  | 12.2–13.4 | 13.0                          | 12.2–13.8 | 12.7                   | 11.9–13.5 | NS                  | NS                          |

| <b>Women</b>            |                |           |                        |          |                 |           |              |                          |
|-------------------------|----------------|-----------|------------------------|----------|-----------------|-----------|--------------|--------------------------|
| Education               | Low (1)        |           | Middle (2)             |          | High (3)        |           | General test | Pair-wise comparison     |
| Nutrient                | Mean           | 95% CI    | Mean                   | 95% CI   | Mean            | 95% CI    | P-value      | Sign. Diff. <sup>1</sup> |
| Vitamin A (µg RE)       | 666            | 609–723   | 764                    | 681–848  | 824             | 729–918   | 0,003        | 3,2>1                    |
| Vitamin D (µg)          | 9.6            | 8.9–10.4  | 9.3                    | 8.8–9.8  | 10.0            | 9.3–10.7  | NS           | NS                       |
| Vitamin E (mg)          | 9.5            | 8.9–10.1  | 10.0                   | 9.4–10.7 | 11.5            | 10.9–12   | 0,000        | 3>1,2                    |
| Vitamin B1 (mg)         | 1.0            | 1–1.1     | 1.1                    | 1–1.1    | 1.1             | 1–1.1     | NS           | NS                       |
| Vitamin B2 (mg)         | 1.6            | 1.5–1.6   | 1.6                    | 1.5–1.7  | 1.6             | 1.6–1.7   | NS           | NS                       |
| Folate (µg)             | 198            | 186–210   | 221                    | 211–231  | 241             | 228–254   | 0,000        | 3,2>1                    |
| Vitamin B12 (µg)        | 4.7            | 4.3–5.1   | 4.8                    | 4.4–5.2  | 5.3             | 4.8–5.7   | NS           | NS                       |
| Vitamin C (mg)          | 98             | 87–109    | 114                    | 102–125  | 120             | 110–130   | 0,001        | 3,2>1                    |
| Calcium (mg)            | 961            | 911–1010  | 978                    | 933–1024 | 1025            | 980–1069  | NS           | NS                       |
| Iron (51-74 years) (mg) | 9.43           | 8.8–10.1  | 9.14                   | 8.6–9.6  | 9.93            | 9.2–10.6  | NS           | NS                       |
| Iodine (µg)             | 183            | 174–191   | 183                    | 175–191  | 194             | 186–202   | NS           | NS                       |
| Zinc (mg)               | 9.4            | 9–9.7     | 9.5                    | 9.1–10   | 10.0            | 9.6–10.4  | NS           | NS                       |
| Income                  | Lowest Qrt (1) |           | Middle (2.-3. Qrt) (2) |          | Highest Qrt (3) |           | General test | Pair-wise comparison     |
| Nutrient                | Mean           | 95% CI    | Mean                   | 95% CI   | Mean            | 95% CI    | P-value      | Sign. Diff. <sup>1</sup> |
| Vitamin A (µg RE)       | 675            | 609–742   | 786                    | 706–865  | 764             | 697–830   | NS           | NS                       |
| Vitamin D (µg)          | 8.9            | 8.1–9.8   | 9.9                    | 9.3–10.4 | 10.0            | 9.3–10.7  | 0.039        | 1<3                      |
| Vitamin E (mg)          | 9.7            | 8.9–10.4  | 10.0                   | 9.5–10.5 | 11.5            | 10.8–12.2 | 0.000        | 3>1,2                    |
| Vitamin B1 (mg)         | 1.0            | 1–1.1     | 1.1                    | 1–1.1    | 1.1             | 1–1.1     | NS           | NS                       |
| Vitamin B2 (mg)         | 1.5            | 1.4–1.6   | 1.6                    | 1.6–1.7  | 1.7             | 1.6–1.8   | 0.027        | 1<3                      |
| Folate (µg)             | 206            | 194–217   | 223                    | 212–233  | 235             | 224–245   | 0.000        | 3>1,2                    |
| Vitamin B12 (µg)        | 4.5            | 4.1–4.8   | 4.9                    | 4.6–5.3  | 5.3             | 4.9–5.8   | 0.021        | 1<3                      |
| Vitamin C (mg)          | 107            | 91–123    | 109                    | 101–118  | 121             | 111–131   | 0.003        | 1<3                      |
| Calcium (mg)            | 937            | 872–1001  | 986                    | 955–1017 | 1057            | 1003–1112 | 0.004        | NS                       |
| Iron (51-74 years) (mg) | 9.02           | 8.3–9.7   | 9.56                   | 9.1–10   | 9.87            | 9.3–10.4  | NS           | NS                       |
| Iodine (µg)             | 181            | 173–190   | 186                    | 179–193  | 194             | 185–203   | NS           | NS                       |
| Zinc (mg)               | 9.3            | 8.8–9.9   | 9.6                    | 9.3–9.8  | 10.1            | 9.6–10.6  | NS           | NS                       |
| Urbanisation level      | Urban (1)      |           | Semi-urban (2)         |          | Rural (3)       |           | General test | Pair-wise comparison     |
| Nutrient                | Mean           | 95% CI    | Mean                   | 95% CI   | Mean            | 95% CI    | P-value      | Sign. Diff. <sup>1</sup> |
| Vitamin A (µg RE)       | 767            | 706–828   | 728                    | 615–841  | 703             | 637–769   | NS           | NS                       |
| Vitamin D (µg)          | 9.4            | 9–9.9     | 9.9                    | 9.2–10.6 | 10.0            | 9–11      | NS           | NS                       |
| Vitamin E (mg)          | 10.6           | 10.2–11.1 | 9.8                    | 9.1–10.6 | 9.5             | 8.8–10.2  | NS           | NS                       |
| Vitamin B1 (mg)         | 1.1            | 1–1.1     | 1.1                    | 1–1.1    | 1.1             | 1–1.1     | NS           | NS                       |
| Vitamin B2 (mg)         | 1.6            | 1.5–1.6   | 1.7                    | 1.6–1.7  | 1.6             | 1.5–1.7   | NS           | NS                       |
| Folate (µg)             | 227            | 218–236   | 213                    | 198–227  | 199             | 184–213   | 0.016        | 1>3                      |
| Vitamin B12 (µg)        | 4.9            | 4.6–5.2   | 5.0                    | 4.4–5.6  | 4.7             | 4.2–5.2   | NS           | NS                       |
| Vitamin C (mg)          | 119            | 110–128   | 99                     | 88–110   | 98              | 85–111    | 0.048        | NS                       |
| Calcium (mg)            | 985            | 951–1020  | 1005                   | 950–1060 | 962             | 899–1025  | NS           | NS                       |
| Iron (51-74 years) (mg) | 9.52           | 9.1–10    | 9.19                   | 8.6–9.8  | 9.55            | 8.8–10.3  | NS           | NS                       |
| Iodine (µg)             | 183            | 178–189   | 192                    | 183–201  | 189             | 175–203   | NS           | NS                       |
| Zinc (mg)               | 9.6            | 9.3–9.9   | 9.6                    | 9.1–10   | 9.8             | 9.4–10.2  | NS           | NS                       |

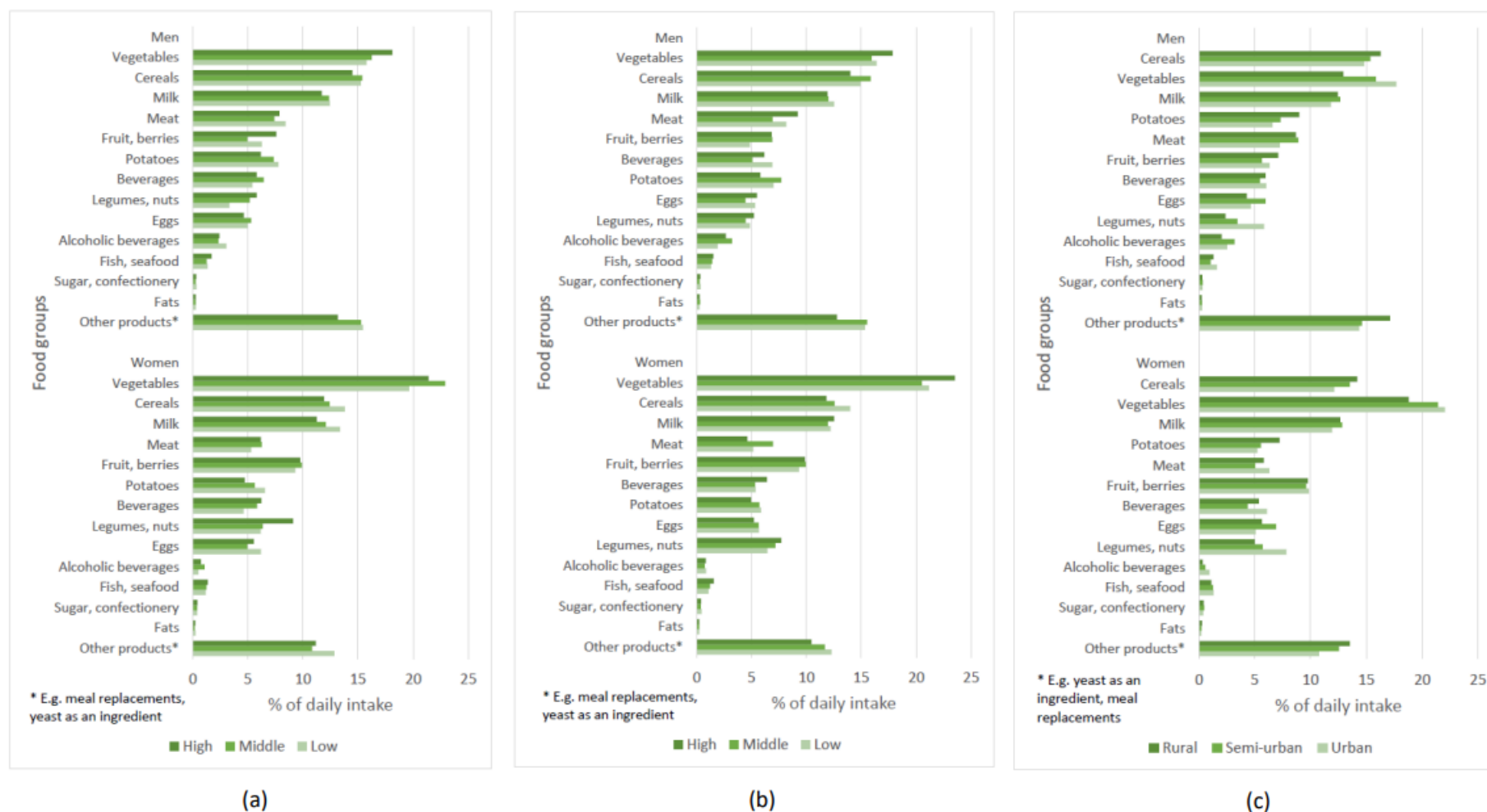
<sup>1</sup> Considered significantly different and marked with numbers, if the general test  $p < 0.05$  and pair-wise comparison  $p < 0.05$ .

**Table S4.** Nutrient intakes from food and combined intakes from food and food supplements and proportion of men and women reaching the dietary reference intakes, modified from [28].

|                               |                      | Evaluation |                 |                 |                 |                 |                 |                          |  |   |  |                    |
|-------------------------------|----------------------|------------|-----------------|-----------------|-----------------|-----------------|-----------------|--------------------------|--|---|--|--------------------|
| Nutrient                      | Source               | AR/RI      | AR              | >AR%            | >90% >AR        | RI              | Mean            | Mean according to the RI | Upper value of the RI range (E%) or the UL | % of population >the upper value of the RI range or >UL | <2.5% of population above the upper value of the RI range or >UL | Overall evaluation |
| <b>Men</b>                    |                      |            |                 |                 |                 |                 |                 |                          |  |   |  |                    |
| Fat (E%)                      | Food                 | RI         | NA <sup>1</sup> | NA <sup>1</sup> | NA <sup>1</sup> | 25-40           | 38.7            | Yes                      | 40   | n.a. <sup>2</sup>                                       | n.a. <sup>2</sup>  | n.a. <sup>2</sup>  |
| Saturated f.a. (E%)           | Food                 | RI         | NA <sup>1</sup> | NA <sup>1</sup> | NA <sup>1</sup> | <10             | 15.1            | No                       | 10   | n.a. <sup>2</sup>                                       | n.a. <sup>2</sup>  | n.a. <sup>2</sup>  |
| Monounsaturated f.a. (E%)     | Food                 | RI         | NA <sup>1</sup> | NA <sup>1</sup> | NA <sup>1</sup> | 10-20           | 14.6            | Yes                      | 20   | n.a. <sup>2</sup>                                       | n.a. <sup>2</sup>  | n.a. <sup>2</sup>  |
| Polyunsaturated f.a. (E%)     | Food                 | RI         | NA <sup>1</sup> | NA <sup>1</sup> | NA <sup>1</sup> | 5-10            | 6.8             | Yes                      | 10   | n.a. <sup>2</sup>                                       | n.a. <sup>2</sup>  | n.a. <sup>2</sup>  |
| N-3 polyunsaturated f.a. (E%) | Food                 | RI         | NA <sup>1</sup> | NA <sup>1</sup> | NA <sup>1</sup> | 1               | 1.6             | Yes                      | NA <sup>1</sup>                            | NA <sup>1</sup>   | NA <sup>1</sup>  | NA <sup>1</sup>    |
| Carbohydrates (E%)            | Food                 | RI         | NA <sup>1</sup> | NA <sup>1</sup> | NA <sup>1</sup> | 45-60           | 41.3            | No                       | 60   | n.a. <sup>2</sup>                                       | n.a. <sup>2</sup>  | n.a. <sup>2</sup>  |
| Protein (E%)                  | Food                 | RI         | NA <sup>1</sup> | NA <sup>1</sup> | NA <sup>1</sup> | 10-20           | 18              | Yes                      | 20   | n.a. <sup>2</sup>                                       | n.a. <sup>2</sup>  | n.a. <sup>2</sup>  |
| Vitamin A (µg RE)             | Food                 | AR         | 600             | 76              | No              | NA <sup>1</sup> | NA <sup>1</sup> | NA <sup>1</sup>          | n.a. <sup>2</sup>                          | NA <sup>1</sup>   | NA <sup>1</sup>  | NA <sup>1</sup>    |
|                               | Food and supplements | AR         | 600             | 82              | No              | NA <sup>1</sup> | NA <sup>1</sup> | NA <sup>1</sup>          | n.a. <sup>2</sup>                          | NA <sup>1</sup>   | NA <sup>1</sup>  | NA <sup>1</sup>    |
| Vitamin D (µg)                | Food                 | AR         | 7.5             | 86              | No              | NA <sup>1</sup> | NA <sup>1</sup> | NA <sup>1</sup>          | 100  | 0   | Yes  | Safe intake        |
|                               | Food and supplements | AR         | 7.5             | 93              | Yes             | NA <sup>1</sup> | NA <sup>1</sup> | NA <sup>1</sup>          | 100  | 0.9   | Yes  | Safe intake        |
| Vitamin E (mg)                | Food                 | AR         | 6               | 97.2            | Yes             | NA <sup>1</sup> | NA <sup>1</sup> | NA <sup>1</sup>          | 300  | 0   | Yes  | Safe intake        |
|                               | Food and supplements | AR         | 6               | 97.7            | Yes             | NA <sup>1</sup> | NA <sup>1</sup> | NA <sup>1</sup>          | 300  | 0   | Yes  | Safe intake        |
| Vitamin B1 (Thiamine) (mg)    | Food                 | AR         | 1.2             | 64              | No              | NA <sup>1</sup> | NA <sup>1</sup> | NA <sup>1</sup>          | n.a. <sup>2</sup>                          | NA <sup>1</sup>   | NA <sup>1</sup>  | NA <sup>1</sup>    |
|                               | Food and supplements | AR         | 1.2             | 77              | No              | NA <sup>1</sup> | NA <sup>1</sup> | NA <sup>1</sup>          | n.a. <sup>2</sup>                          | NA <sup>1</sup>   | NA <sup>1</sup>  | NA <sup>1</sup>    |
| Vitamin B2 (Riboflavin) (mg)  | Food                 | AR         | 1.4             | 82              | No              | NA <sup>1</sup> | NA <sup>1</sup> | NA <sup>1</sup>          | n.a. <sup>2</sup>                          | NA <sup>1</sup>   | NA <sup>1</sup>  | NA <sup>1</sup>    |
|                               | Food and supplements | AR         | 1.4             | 89              | No              | NA <sup>1</sup> | NA <sup>1</sup> | NA <sup>1</sup>          | n.a. <sup>2</sup>                          | NA <sup>1</sup>   | NA <sup>1</sup>  | NA <sup>1</sup>    |
| Folate (µg)                   | Food                 | AR         | 200             | 71              | No              | NA <sup>1</sup> | NA <sup>1</sup> | NA <sup>1</sup>          | 1000                                       | 0   | Yes  | Safe intake        |
|                               | Food and supplements | AR         | 200             | 80              | No              | NA <sup>1</sup> | NA <sup>1</sup> | NA <sup>1</sup>          | 1000                                       | 0.03  | Yes  | Safe intake        |
| Vitamin B12 (µg)              | Food                 | AR         | 1.4             | 99.9            | Yes             | NA <sup>1</sup> | NA <sup>1</sup> | NA <sup>1</sup>          | n.a. <sup>2</sup>                          | NA <sup>1</sup>   | NA <sup>1</sup>  | NA <sup>1</sup>    |
|                               | Food and supplements | AR         | 1.4             | 100             | Yes             | NA <sup>1</sup> | NA <sup>1</sup> | NA <sup>1</sup>          | n.a. <sup>2</sup>                          | NA <sup>1</sup>   | NA <sup>1</sup>  | NA <sup>1</sup>    |
| Vitamin C (mg)                | Food                 | AR         | 60              | 75              | No              | NA <sup>1</sup> | NA <sup>1</sup> | NA <sup>1</sup>          | 1000                                       | 0   | Yes  | Safe intake        |
|                               | Food and supplements | AR         | 60              | 84              | No              | NA <sup>1</sup> | NA <sup>1</sup> | NA <sup>1</sup>          | 1000                                       | 0.9   | Yes  | Safe intake        |
| Salt (g)                      | Food                 | RI         | NA <sup>1</sup> | NA <sup>1</sup> | NA <sup>1</sup> | 5               | 2.4             | No                       | n.a. <sup>2</sup>                          | NA <sup>1</sup>   | NA <sup>1</sup>  | NA <sup>1</sup>    |
|                               | Food and supplements | RI         | NA <sup>1</sup> | NA <sup>1</sup> | NA <sup>1</sup> | NA <sup>1</sup> | NA <sup>1</sup> | No                       | n.a. <sup>2</sup>                          | NA <sup>1</sup>   | NA <sup>1</sup>  | NA <sup>1</sup>    |
| Calcium (mg)                  | Food                 | AR         | 500             | 97.3            | Yes             | NA <sup>1</sup> | NA <sup>1</sup> | NA <sup>1</sup>          | 2500                                       | 0.6   | Yes  | Safe intake        |
|                               | Food and supplements | AR         | 500             | 97.7            | Yes             | NA <sup>1</sup> | NA <sup>1</sup> | NA <sup>1</sup>          | 2500                                       | 0.6   | Yes  | Safe intake        |
| Iron (mg)                     | Food                 | AR         | 7               | 94.8            | Yes             | NA <sup>1</sup> | NA <sup>1</sup> | NA <sup>1</sup>          | 25   | 0.09  | Yes  | Safe intake        |
|                               | Food and supplements | AR         | 7               | 95.3            | Yes             | NA <sup>1</sup> | NA <sup>1</sup> | NA <sup>1</sup>          | 25   | 0.1   | Yes  | Safe intake        |
| Iodine (µg)                   | Food                 | AR         | 100             | 99.6            | Yes             | NA <sup>1</sup> | NA <sup>1</sup> | NA <sup>1</sup>          | 600  | 0   | Yes  | Safe intake        |
|                               | Food and supplements | AR         | 100             | 99.7            | Yes             | NA <sup>1</sup> | NA <sup>1</sup> | NA <sup>1</sup>          | 600  | 0   | Yes  | Safe intake        |
| Zinc (mg)                     | Food                 | AR         | 6               | 99.2            | Yes             | NA <sup>1</sup> | NA <sup>1</sup> | NA <sup>1</sup>          | 25   | 0.2   | Yes  | Safe intake        |
|                               | Food and supplements | AR         | 6               | 99.5            | Yes             | NA <sup>1</sup> | NA <sup>1</sup> | NA <sup>1</sup>          | 25   | 4   | No   | High intake        |

| Women                         |                      |    |                 |                   |                   |                 |                   |                   |                   |                   |                   |                   |
|-------------------------------|----------------------|----|-----------------|-------------------|-------------------|-----------------|-------------------|-------------------|-------------------|-------------------|-------------------|-------------------|
| Fat (E%)                      | Food                 | RI | NA <sup>1</sup> | NA <sup>1</sup>   | NA <sup>1</sup>   | 25-40           | 37.7              | Yes               | 40                | n.a. <sup>2</sup> | n.a. <sup>2</sup> | n.a. <sup>2</sup> |
| Saturated f.a. (E%)           | Food                 | RI | NA <sup>1</sup> | NA <sup>1</sup>   | NA <sup>1</sup>   | <10             | 14.4              | No                | 10                | n.a. <sup>2</sup> | n.a. <sup>2</sup> | n.a. <sup>2</sup> |
| Monounsaturated f.a. (E%)     | Food                 | RI | NA <sup>1</sup> | NA <sup>1</sup>   | NA <sup>1</sup>   | 10-20           | 14.3              | Yes               | 20                | n.a. <sup>2</sup> | n.a. <sup>2</sup> | n.a. <sup>2</sup> |
| Polyunsaturated f.a. (E%)     | Food                 | RI | NA <sup>1</sup> | NA <sup>1</sup>   | NA <sup>1</sup>   | 5-10            | 6.9               | Yes               | 10                | n.a. <sup>2</sup> | n.a. <sup>2</sup> | n.a. <sup>2</sup> |
| N-3 polyunsaturated f.a. (E%) | Food                 | RI | NA <sup>1</sup> | NA <sup>1</sup>   | NA <sup>1</sup>   | 1               | 1.7               | Yes               |                   | NA <sup>1</sup>   | NA <sup>1</sup>   | NA <sup>1</sup>   |
| Carbohydrates (E%)            | Food                 | RI | NA <sup>1</sup> | NA <sup>1</sup>   | NA <sup>1</sup>   | 45-60           | 42.5              | No                | 60                | n.a. <sup>2</sup> | n.a. <sup>2</sup> | n.a. <sup>2</sup> |
| Protein (E%)                  | Food                 | RI | NA <sup>1</sup> | NA <sup>1</sup>   | NA <sup>1</sup>   | 10-20           | 17.5              | Yes               | 20                | n.a. <sup>2</sup> | n.a. <sup>2</sup> | n.a. <sup>2</sup> |
| Vitamin A (µg RE)             | Food                 | AR | 500             | 14                | No                | NA <sup>1</sup> | NA <sup>1</sup>   | NA <sup>1</sup>   | n.a. <sup>2</sup> | NA <sup>1</sup>   | NA <sup>1</sup>   | NA <sup>1</sup>   |
|                               | Food and supplements | AR | 500             | 10                | No                | NA <sup>1</sup> | NA <sup>1</sup>   | NA <sup>1</sup>   | n.a. <sup>2</sup> | NA <sup>1</sup>   | NA <sup>1</sup>   | NA <sup>1</sup>   |
| Vitamin D (µg)                | Food                 | AR | 7.5             | 30                | No                | NA <sup>1</sup> | NA <sup>1</sup>   | NA <sup>1</sup>   | 100               | 0                 | Yes               | Safe intake       |
|                               | Food and supplements | AR | 7.5             | 7                 | Yes               | NA <sup>1</sup> | NA <sup>1</sup>   | NA <sup>1</sup>   | 100               | 1.3               | Yes               | Safe intake       |
| Vitamin E (mg)                | Food                 | AR | 5               | 2.4               | Yes               | NA <sup>1</sup> | NA <sup>1</sup>   | NA <sup>1</sup>   | 300               | 0                 | Yes               | Safe intake       |
|                               | Food and supplements | AR | 5               | 1.3               | Yes               | NA <sup>1</sup> | NA <sup>1</sup>   | NA <sup>1</sup>   | 300               | 0                 | Yes               | Safe intake       |
| Vitamin B1 (Thiamine) (mg)    | Food                 | AR | 0.9             | 25                | No                | NA <sup>1</sup> | NA <sup>1</sup>   | NA <sup>1</sup>   | n.a. <sup>2</sup> | NA <sup>1</sup>   | NA <sup>1</sup>   | NA <sup>1</sup>   |
|                               | Food and supplements | AR | 0.9             | 12                | No                | NA <sup>1</sup> | NA <sup>1</sup>   | NA <sup>1</sup>   | n.a. <sup>2</sup> | NA <sup>1</sup>   | NA <sup>1</sup>   | NA <sup>1</sup>   |
| Vitamin B2 (Riboflavin) (mg)  | Food                 | AR | 1.1             | 9                 | Yes               | NA <sup>1</sup> | NA <sup>1</sup>   | NA <sup>1</sup>   | n.a. <sup>2</sup> | NA <sup>1</sup>   | NA <sup>1</sup>   | NA <sup>1</sup>   |
|                               | Food and supplements | AR | 1.1             | 5                 | Yes               | NA <sup>1</sup> | NA <sup>1</sup>   | NA <sup>1</sup>   | n.a. <sup>2</sup> | NA <sup>1</sup>   | NA <sup>1</sup>   | NA <sup>1</sup>   |
| Folate (µg)                   | Food                 | AR | 200             | 38                | No                | NA <sup>1</sup> | NA <sup>1</sup>   | NA <sup>1</sup>   | 1000              | 0                 | Yes               | Safe intake       |
|                               | Food and supplements | AR | 200             | 21                | No                | NA <sup>1</sup> | NA <sup>1</sup>   | NA <sup>1</sup>   | 1000              | 0.2               | Yes               | Safe intake       |
| Vitamin B12 (µg)              | Food                 | AR | 1.4             | 0.05              | Yes               | NA <sup>1</sup> | NA <sup>1</sup>   | NA <sup>1</sup>   | n.a. <sup>2</sup> | NA <sup>1</sup>   | NA <sup>1</sup>   | NA <sup>1</sup>   |
|                               | Food and supplements | AR | 1.4             | 0.01              | Yes               | NA <sup>1</sup> | NA <sup>1</sup>   | NA <sup>1</sup>   | n.a. <sup>2</sup> | NA <sup>1</sup>   | NA <sup>1</sup>   | NA <sup>1</sup>   |
| Vitamin C (mg)                | Food                 | AR | 50              | 7                 | Yes               | NA <sup>1</sup> | NA <sup>1</sup>   | NA <sup>1</sup>   | 1000              | 0                 | Yes               | Safe intake       |
|                               | Food and supplements | AR | 50              | 4                 | Yes               | NA <sup>1</sup> | NA <sup>1</sup>   | NA <sup>1</sup>   | 1000              | 0.4               | Yes               | Safe intake       |
| Salt (g)                      | Food                 | RI | NA <sup>1</sup> | NA <sup>1</sup>   | NA <sup>1</sup>   | 5               | 14                | No                | n.a. <sup>2</sup> | NA <sup>1</sup>   | NA <sup>1</sup>   | NA <sup>1</sup>   |
|                               | Food and supplements | RI | NA <sup>1</sup> | NA <sup>1</sup>   | NA <sup>1</sup>   | NA <sup>1</sup> | NA <sup>1</sup>   | No                | n.a. <sup>2</sup> | NA <sup>1</sup>   | NA <sup>1</sup>   | NA <sup>1</sup>   |
| Calcium (mg)                  | Food                 | AR | 500             | 2.5               | Yes               | NA <sup>1</sup> | NA <sup>1</sup>   | NA <sup>1</sup>   | 2500              | 0                 | Yes               | Safe intake       |
|                               | Food and supplements | AR | 500             | 1.8               | Yes               | NA <sup>1</sup> | NA <sup>1</sup>   | NA <sup>1</sup>   | 2500              | 0.07              | Yes               | Safe intake       |
| Iron (mg)                     | Food                 | AR | 10              | NA                | NA <sup>1</sup>   | 15              | NA <sup>1</sup>   | NA <sup>1</sup>   | 25                | 0                 | Yes               | Safe intake       |
| Pre-menopausal women          | Food and supplements | AR | 10              | NA                | NA <sup>1</sup>   | 15              | n.a. <sup>2</sup> | n.a. <sup>2</sup> | 25                | 0.01              | Yes               | Safe intake       |
| Iron (mg)                     | Food                 | AR | 6               | n.a. <sup>2</sup> | n.a. <sup>2</sup> | 9               | n.a. <sup>2</sup> | n.a. <sup>2</sup> | 25                | 0                 | Yes               | Safe intake       |
| Post-menopausal women         | Food and supplements | AR | 6               | n.a. <sup>2</sup> | n.a. <sup>2</sup> | 9               | n.a. <sup>2</sup> | n.a. <sup>2</sup> | 25                | 0.01              | Yes               | Safe intake       |
| Iodine (µg)                   | Food                 | AR | 100             | 1.3               | Yes               | NA <sup>1</sup> | NA <sup>1</sup>   | NA <sup>1</sup>   | 600               | 0                 | Yes               | Safe intake       |
|                               | Food and supplements | AR | 100             | 1.1               | Yes               | NA <sup>1</sup> | NA <sup>1</sup>   | NA <sup>1</sup>   | 600               | 0                 | Yes               | Safe intake       |
| Zinc (mg)                     | Food                 | AR | 0.4             | 7                 | Yes               | NA <sup>1</sup> | NA <sup>1</sup>   | NA <sup>1</sup>   | 25                | 0                 | Yes               | Safe intake       |
|                               | Food and supplements | AR | 0.4             | 7                 | Yes               | NA <sup>1</sup> | NA <sup>1</sup>   | NA <sup>1</sup>   | 25                | 2.7               | No                | High intake       |

<sup>1</sup>Assessment not applicable <sup>2</sup> Data or value not available RI, recommended daily intake; AR, average requirement; UL, upper intake level.



**Figure S1.** Food groups as sources of folate in the diet of men and women according to the (a) educational group, (b) income level and (c) urbanisation level (% of daily intake).