

## Online Supporting Material

**Supplemental Table 1** Percent of adult (18+ y) men and women participating in the CoASTAL cohort meeting the DRI for the macronutrients, cholesterol, and fiber in comparison to adult (19+ y) men and women sampled in NHANES 2001-2002<sup>1,2</sup>

Variables <sup>3</sup>	Men					Women				
	DRI	NHANES 01-02 <i>n</i> = 2380	Total sample <i>n</i> = 175	Plausible rEI <i>n</i> = 89	Implausible rEI <i>n</i> = 86	DRI	NHANES 01-02 <i>n</i> = 2267	Total sample <i>n</i> = 243	Plausible rEI <i>n</i> = 147	Implausible rEI <i>n</i> = 96
	AMDR		% within AMDR			AMDR		% within AMDR		
PRO, % energy	10-35	...	98	99	98	10-35	...	96	97	96
CHO, % energy	45-65	...	58	57	59	45-65	...	68	70	65
TFA, % energy	20-35	...	38	36	40	20-35	...	43	40	47
SFA, % energy	<10	...	27	25	30	<10	...	31	27	37
	EAR		% less than EAR			EAR		% less than EAR		
PRO	0.66- 0.73	<3	23	3	43***	0.66- 0.71	7	26	11	48***
CHO	100	<3	3	0	7	100	<3	4	0	10
	AI		% greater than AI			AI		% greater than AI		
Dietary fiber	30-38	<3	2	2	1	21-26	8	0	0	0
Linoleic acid	14-17	53	39	56	21***	11-12	56	59	74	37***
ALA	1.6	52	33	51	14***	1.1	61	58	71	39***
EPA + DHA	0.65	...	14	16	12	0.65	...	7	10	4

<sup>1</sup> Values are %. Asterisks indicate different from plausible rEI: \*  $P < 0.05$ , \*\*  $P < 0.01$ , \*\*\*  $P < 0.001$ .

<sup>2</sup> As estimated by 24-h recall from Moshfegh A, Goldman J, Cleveland L. What we eat in America, NHANES 2001-2002: Usual nutrient intakes from food compared to dietary reference intakes. USDA, ARS: 2005. p. 1-56.

<sup>3</sup> PRO=protein, CHO=carbohydrate, TFA=total fat, SFA=saturated fat, ALA = linolenic acid

**Supplemental Table 2** Percent of adult (18+ y) men and women participating in the CoASTAL cohort meeting the DRI for vitamins in comparison to adult (20+ y) men and women sampled in NHANES 2001-2002<sup>1,2</sup>

Vitamins	Men					Women				
	DRI	NHANES 01-02 <i>n</i> = 2380	Total sample <i>n</i> = 175	Plausible rEI <i>n</i> = 89	Implausible rEI <i>n</i> = 86	DRI	NHANES 01-02 <i>n</i> = 2267	Total sample <i>n</i> = 243	Plausible rEI <i>n</i> = 147	Implausible rEI <i>n</i> = 96
	EAR		% less than EAR			EAR		% less than EAR		
Vitamin A	625-630	57	66	58	74*	485-500	48	51	48	56
Vitamin E	12	89	89	88	90	12	97	89	87	93
Vitamin C <sup>3</sup>	63-75	40	65	53	78**	56-60	38	51	45	59*
Vitamin B-6	1.1-1.4	7	19	5	35***	1.0-1.3	28	25	14	42***
Vitamin B-12 <sup>4</sup>	2.0	...	10	2	17**	2.0	...	10	8	14
Thiamin	1.0	4	9	0	19	0.9	10	10	1	23***
Riboflavin	1.1	<3	7	1	13*	0.9	<3	5	1	13**
Niacin	12	<3	6	0	13	11	5	5	1	13**
Folate	320-330	6	17	3	30***	320-330	16	19	12	31***
	AI		% greater than AI			AI		% greater than AI		
Vitamin K	75-120	20	12	15	9	75-90	41	24	27	20

<sup>1</sup> Values are %. Asterisks indicate different from plausible rEI: \*  $P < 0.05$ , \*\*  $P < 0.01$ , \*\*\*  $P < 0.001$ .

<sup>2</sup> As estimated by 24-h recall from Moshfegh A, Goldman J, Cleveland L. What we eat in America, NHANES 2001-2002: Usual nutrient intakes from food compared to dietary reference intakes. USDA, ARS: 2005. p. 1-56.

<sup>3</sup> Smoking status was not considered; smoking may change vitamin C requirements

<sup>4</sup> Comparison to EAR for ages 50 and older are difficult because 10-30 percent of older people may malabsorb food-bound Vitamin B-12

**Supplemental Table 3** Percent of adult (18+ y) men and women participating in the CoASTAL cohort meeting the DRI for minerals in comparison to adult (20+ y) men and women sampled in NHANES 2001-2002<sup>1,2</sup>

Minerals	Men					Women				
	DRI	NHANES 01-02 <i>n</i> = 2380	Total sample <i>n</i> = 175	Plausible rEI <i>n</i> = 89	Implausible rEI <i>n</i> = 86	DRI	NHANES 01-02 <i>n</i> = 2267	Total sample <i>n</i> = 243	Plausible rEI <i>n</i> = 147	Implausible rEI <i>n</i> = 96
	EAR		% less than EAR			EAR		% less than EAR		
Phosphorous	580-1055	<3	5	0	11	580-1055	3	7	0	18
Magnesium	330-350	64	80	72	88*	255-300	67	68	61	77**
Iron	6.0-7.7	<3	3	0	7	5.0-8.1	10	9	1	20***
Zinc	8.5-9.4	11	34	18	51***	6.8-7.3	17	19	11	31***
Copper	0.685-0.700	<3	14	2	27***	0.685-0.700	10	19	10	33***
Selenium	45	<3	0	0	0	45	<3	5	0	12
	AI		% greater than AI			AI		% greater than AI		
Calcium	1000-1300	37	19	27	11**	1000-1300	12	12	12	13
Potassium	4700	6	9	12	5	4700	<3	1	1	2
Sodium	1200-1500	>97	55	73	36***	1200-1500	>97	42	46	34

<sup>1</sup> Values are %. Asterisks indicate different from plausible rEI: \*  $P < 0.05$ , \*\*  $P < 0.01$ , \*\*\*  $P < 0.001$ .

<sup>2</sup> As estimated by 24-h recall from Moshfegh A, Goldman J, Cleveland L. What we eat in America, NHANES 2001-2002: Usual nutrient intakes from food compared to dietary reference intakes. USDA, ARS: 2005. p. 1-56.