SUPPLEMENTAL TABLE 1: Fractional absorption of zinc measured in studies with zinc fortified foods using the DITR technique

Study	**Studied population**	**Fortified food**	**Phytate content of test meal** ***mg***	**Phytate:zinc molar ratio**	**Zn compound**	**Zn content of test meal[1]** ***mg***	**Zn tracer[2]** ***mg***	**FAZ** ***%***
Herman et al. 2002 (20)	Children, 4-8 y, healthy	White wheat flour dumplings	29	1.64	Zn sulfate Zn oxide	0.25 (native) 0.25 (native)	1.5 (^{67}Zn) 1.5 (^{67}Zn)	23.7 24.1
Avalos et al. 2004 (23)	Children, 6-9 y, healthy	Multiple micronutrient fortified beverage *alone* Multiple micronutrient fortified beverage *with a test meal*	0 NA	NA NA	Zn gluconate Zn gluconate	3.75 (native) 4.85 (native)[3]	2.0 (^{67}Zn) 0.4 (^{70}Zn)	22.8 24.5
de Romana et al. 2005 (21)	Children, 3-4 y, stunted	Wheat biscuits and noodles as breakfast and lunch (tracer in accompanying water)	399	6.4 *low Zn group* 3.2 *high Zn group*	Zn sulfate Zn sulfate	5.9 (2.9 native + 3.0 fortified Zn) 11.9 (2.9 native + 9.0 fortified Zn)	0.3 (^{70}Zn) 0.3 (^{70}Zn)	23.7 13.3
Hotz et al. 2005 (22)	Women, 19-44 y, healthy	Maize tortillas	564	17	Zn oxide Zn sulfate Zn oxide + EDTA NaZnEDTA	2.3 (native) 2.3 (native) 2.3 (native) 2.3 (native)	1 (^{67}Zn) 1 (^{67}Zn) 1 (^{67}Zn) 1 (^{67}Zn)	10.8 10.0 12.7 12.7

[1]Excluding tracer
[2]All studies used the same chemical form for the tracer as in the fortified foods
[3]Unlabeled zinc was added to reach the same total zinc content as in test drink alone for the sum of native, unlabeled and labeled zinc
FAZ (Fractional absorption of zinc), NA (Not available)