

Supplementary Materials: Drinking Water Intake Is Associated with Higher Diet Quality among French Adults

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Table S1. Food categorisations ¹.

Food Groups	Subgroups
Fruits and vegetables	Vegetables (cooked and raw) and soup Fresh and processed fruits Dried fruits and oilseeds
Starches	Refined starches Not refined starches Ready to eat cereals
Meats/Fishes/Eggs	Eggs Fishes Meats
Mixed dishes and sandwiches	Mixed dishes Sandwiches and savoury puff pastries
Dairy products	Milk Fresh dairies Cheese
Sweet products	Dairy dessert Cake, pies, sweet pastries Biscuits and sweets
Drinking water	Tap water Non-carbonated bottled water Carbonated bottled water
Beverages	Hot drinks (tea and coffee) Diet sweet beverages Sweet beverages Fruit juices
Added fats	Animal fats Vegetable fats Spices and sauces

¹ Subgroups considered as a fluid are in bold.

Table S2. Fat intakes (% energy) and micronutrient intakes (mg/day or µg/day) across tertiles by gender (means are adjusted for energy) ¹.

Variables	Men							Women						
	Tertile of Drinking Water Intake				p [†]	p [‡]	p for Trend	Tertile of Drinking Water Intake				p [†]	p [‡]	p for Trend [§]
	All	≤474 mL/Day	474–879 mL/Day	>879 mL/Day				All	≤500 mL/Day	500–934 mL/Day	>934 mL/Day			
Mean ± SD	Mean ± SD	Mean ± SD	Mean ± SD	Mean ± SD	Mean ± SD	Mean ± SD	Mean ± SD	Mean ± SD	Mean ± SD	Mean ± SD	Mean ± SD			
Linoleic acid (%energy)	4.9 ± 2.0	4.8 ± 2.0	4.9 ± 2.0	4.9 ± 2.1	0.813	0.569		5.3 ± 1.8	5.2 ± 1.9	5.3 ± 1.6	5.3 ± 2.0	0.800	0.904	
α-Linolenic acid (%energy)	0.5 ± 0.2	0.5 ± 0.3	0.4 ± 0.2	0.5 ± 0.3	0.085	0.053		0.5 ± 0.2	0.5 ± 0.2	0.5 ± 0.2	0.5 ± 0.2	0.017	0.017	0.877
Magnesium (mg/day)	344.2 ± 5.2	328.9 ± 4.1	340.7 ± 5.1	363.1 ± 6.2	<0001	0.016	0.004	287.5 ± 4.3	265.5 ± 3.7	289.6 ± 3.9	307.4 ± 5.4	<0001	<0001	<0001
Calcium (mg/day)	971.0 ± 20.5	944.5 ± 26.0	948.2 ± 18.4	1020.3 ± 17.2	0.006	0.026	0.053	836.4 ± 15.3	752.8 ± 14.0	837.6 ± 14.7	918.9 ± 17.2	<0001	<0001	<0001
Copper (mg/day)	1.7 ± 0.1	1.6 ± 0.1	1.6 ± 0.1	1.7 ± 0.1	0.310	0.126		1.4 ± 0.1	1.3 ± 0.1	1.4 ± 0.1	1.6 ± 0.1	0.005	0.004	0.001
Iron (mg/day)	13.0 ± 0.2	12.9 ± 0.2	13.3 ± 0.2	13.0 ± 0.2	0.392	0.566		10.5 ± 0.2	9.9 ± 0.1	10.4 ± 0.2	11.1 ± 0.2	<0001	<0001	<0001
Phosphorus (mg/day)	1411.0 ± 14.9	1423.8 ± 19.7	1409.7 ± 12.7	1399.6 ± 12.4	0.564	0.218		1114.0 ± 12.3	1089.5 ± 12.0	1121.0 ± 12.1	1131.6 ± 12.9	0.055	0.149	
Iodin (mg/day)	142.8 ± 3.3	142.6 ± 3.6	143.2 ± 3.2	142.6 ± 3.2	0.986	0.958		121.2 ± 2.3	115.4 ± 2.2	121.5 ± 2.0	126.7 ± 2.6	0.003	0.038	0.011
Selenium (mg/day)	86.5 ± 1.9	87.4 ± 2.4	87.9 ± 2.2	84.2 ± 1.2	0.211	0.232		77.7 ± 2.0	75.4 ± 1.7	79.2 ± 2.4	78.5 ± 1.8	0.141	0.334	
Zinc (mg/day)	12.1 ± 0.2	12.3 ± 0.2	12.3 ± 0.2	11.9 ± 0.2	0.098	0.085		9.0 ± 0.1	8.7 ± 0.1	9.1 ± 0.2	9.2 ± 0.1	0.024	0.013	0.005
Vitamin A (µg/day)	1250.1 ± 55.9	1239.2 ± 72.0	1203.3 ± 49.3	1307.7 ± 46.3	0.206	0.020*	0.161	1071.4 ± 43.9	1032.2 ± 49.1	1044.2 ± 32.7	1137.9 ± 49.8	0.145	0.128	
Vitamin B ₁ (mg/day)	1.3 ± 0.1	1.3 ± 0.1	1.3 ± 0.1	1.3 ± 0.1	0.891	0.606		1.1 ± 0.1	1.1 ± 0.1	1.1 ± 0.1	1.2 ± 0.1	0.033*	0.270	
Vitamin B ₂ (mg/day)	1.8 ± 0.1	1.9 ± 0.1	1.8 ± 0.1	1.8 ± 0.1	0.524	0.218		1.6 ± 0.1	1.5 ± 0.1	1.6 ± 0.1	1.6 ± 0.1	0.030*	0.222	
Niacin (mg/day)	21.6 ± 0.4	21.2 ± 0.4	21.6 ± 0.5	22.2 ± 0.3	0.134	0.497		16.7 ± 0.4	15.8 ± 0.3	16.6 ± 0.3	17.6 ± 0.5	0.007*	0.084	
Pantothenic acid (mg/day)	5.6 ± 0.1	5.8 ± 0.1	5.6 ± 0.1	5.6 ± 0.1	0.365	0.094		4.6 ± 0.1	4.5 ± 0.1	4.6 ± 0.1	4.8 ± 0.1	0.014*	0.078	
Vitamin B ₆ (mg/day)	1.9 ± 0.1	1.9 ± 0.1	1.9 ± 0.1	1.9 ± 0.1	0.978	0.811		1.6 ± 0.1	1.5 ± 0.1	1.5 ± 0.1	1.6 ± 0.1	0.002	0.032	0.009
Folic Acid (mg/day)	307.5 ± 6.0	300.1 ± 6.7	307.9 ± 6.0	314.6 ± 5.4	0.251	0.557		271.6 ± 5.6	257.0 ± 5.5	271.0 ± 5.6	286.8 ± 5.6	0.001*	0.009*	0.002
Vitamin B ₁₂ (µg/day)	6.6 ± 0.3	6.8 ± 0.3	6.7 ± 0.3	6.5 ± 0.3	0.769	0.751		5.2 ± 0.2	4.9 ± 0.2	5.1 ± 0.2	5.4 ± 0.2	0.164	0.199	
Vitamin C (mg/day)	91.9 ± 3.8	90.1 ± 3.6	89.4 ± 3.6	96.4 ± 4.3	0.482	0.326		95.2 ± 3.1	85.6 ± 2.7	100.4 ± 3.7	99.7 ± 3.0	0.001	0.002	0.002
Vitamin D (µg/day)	2.8 ± 0.1	2.7 ± 0.1	2.8 ± 0.1	3.0 ± 0.1	0.088	0.068		2.5 ± 0.1	2.6 ± 0.2	2.5 ± 0.1	2.5 ± 0.1	0.838	0.740	
Vitamin E (mg/day)	13.2 ± 0.5	12.4 ± 0.5	13.3 ± 0.5	13.9 ± 0.4	0.065	0.150		12.3 ± 0.3	11.9 ± 0.3	12.1 ± 0.3	12.8 ± 0.3	0.080	0.247	

¹ Values are survey-weighted means with standard deviations; † adjustment for energy intake (except for energy and variables expressed in % energy); ‡ adjustment for energy intake (except for energy and variables expressed in % energy), level of education, socio-occupational group, season, level of physical activity, smoker status, region, and quintile of income per consumption unit (ICU); § calculated only for significant differences.