

Supplemental

Table S1. Selection of responses variables in the reduced rank regression (RRR) analysis.

| | 1st Model | 2nd Model | 3rd Model | 4th Model | Final Model |
|--|---------------|------------|------------|------------|-------------|
| | Vitamin B6 | Vitamin B6 | Vitamin B6 | Vitamin B6 | Vitamin B6 |
| | Vitamin B12 | | | | |
| | Vitamin C | Vitamin C | Vitamin C | Vitamin C | Vitamin C |
| | Vitamin E | Vitamin E | | | |
| Responses | Calcium | Calcium | | | |
| | Zinc | Zinc | Zinc | | |
| | Folate | Folate | Folate | Folate | |
| | Iron | Iron | Iron | Iron | Iron |
| | Saturated fat | | | | |
| Explained variation in food groups (%) | 16.5 | 14.5 | 13.5 | 13.8 | 14.2 |
| Explained variation in responses (%) | 10.7 | 12.1 | 15.0 | 16.1 | 17.8 |