

## Supplementary Material

**Supplementary Table S1.** Urinary iodine concentration (UIC) in two morning spot urine samples ( $\mu\text{g/L}$ ) and total iodine intake from food and supplements by two 24-hour food records ( $\mu\text{g/day}$ ) in all participants and by non-overlapping subgroups.

Subgroup	n	UIC	UIC	<i>p</i> -value <sup>2</sup>	Iodine intake	Iodine intake	<i>p</i> -value <sup>2</sup>
		day 1	day 2		day 1	day 2	
		<i>Median (P25, P75)</i>	<i>Median (P25, P75)</i>		<i>Median (P25, P75)</i>	<i>Median (P25, P75)</i>	
All participants	276	93 (55, 140)	93 (55, 156)	0.46	97 (65, 188)	107 (61, 175)	0.45
Subgroup							
Children 3–9 years	47	148 (114, 188)	149 (96, 190)	0.94	83 (64, 143)	104 (63, 140)	0.36
Adolescents 10–17 y	46	102 (73, 139)	112 (78, 167)	0.05	91 (57, 177)	105 (57, 183)	0.40
Adults 18–64 years	71	86 (51, 138)	92 (56, 155)	0.70	111 (72, 194)	105 (63, 181)	0.65
Elderly 65+ years	23	60 (35, 174)	67 (51, 83)	0.52	116 (73, 184)	115 (54, 158)	0.39
Pregnant women	45	75 (49, 97)	87 (49, 133)	0.23	156 (87, 239)	140 (102, 229)	0.20
OL-vegetarians <sup>3</sup>	25	93 (37, 120)	75 (46, 132)	0.84	103 (62, 207)	92 (74, 139)	0.31
Vegans <sup>3</sup>	19	50 (37, 70)	28 (22, 52)	0.07	29 (15, 90)	22 (16, 87)	0.45

<sup>1</sup> Calculated total iodine intake from food and supplements. <sup>2</sup> *P*-value by the Wilcoxon signed rank test of two related samples. <sup>3</sup> Ovo-Lacto vegetarians (OL-vegetarians) are individuals who reported no meat and fish, but reported intake of eggs and/or milk products in their diet. Vegans are individuals who reported no animal products in their diet.