

S2 Table: Diet quality of participants with and without IBD.

	Without IBD	IBD
Meeting Guidelines ^a	n (%)	
Fruits & Vegetable	1632 (13.1)	25 (10.9)
Grains	365 (2.9)	6 (2.6)
Milk & Dairy	3208 (25.7)	51 (22.2)
Meat & Alternatives	1685 (13.5)	37 (16.1)
Servings per day		
Total Fruits & Vegetables	5.3 (2.7)	4.9 (2.5)*
Vegetables	2.5 (1.5)	2.3 (1.4)*
Fruit	2.1 (1.4)	1.9 (1.3)*
Vegetable/Fruit juice	0.7 (1.0)	0.7 (1.0)
Green Vegetables	0.6 (0.9)	0.5 (0.8)
Total Grains	2.7 (1.8)	2.9 (2.1)
Whole Grains	1.9 (1.5)	1.7 (1.5)
Refined Grains	0.8 (1.0)	1.1 (1.4)*
Total Dairy Products	2.1 (1.2)	2.0 (1.2)
Total Meat & Alternatives	4.4 (2.4)	4.3 (2.5)
Meat & Poultry	1.6 (1.2)	1.6 (1.1)
Eggs	1.2 (1.2)	1.3 (1.4)
Fish	0.5 (0.7)	0.5 (0.7)
Tofu	0.0 (0.2)	0.0 (0.2)
Beans & Legumes	0.4 (0.6)	0.3 (0.5)
Nuts & Seeds	0.7 (0.7)	0.6 (0.7)
Other Diet Components		
Most often eaten on bread		
Butter	3883 (31.2)	71 (30.9)
Olive oil	301 (2.4)	-
Margarine	3957 (31.8)	85 (37.0)
Low-fat margarine	2858 (22.9)	45 (19.6)
None	1463 (11.7)	25 (10.9)
Fat/oil most often used cooking		
None	71 (0.6)	-
Margarine	448 (3.6)	11 (4.8)
Butter	124 (1.0)	-
Other	478 (3.8)	6 (2.6)
Olive oil	2790 (22.4)	44 (19.1)
Canola	850 (6.8)	13 (5.7)
Combination of above	7673 (61.6)	150 (65.2)
Type of milk usually consumed		
Homogenized	346 (2.8)	10 (4.3)
2% cow's milk	2166 (17.4)	44 (19.1)
1% cow's milk	3856 (30.9)	62 (27.)
Skim cow's milk	4261 (34.2)	69 (30.0)
Soy	417 (3.3)	8 (3.5)
Other	533 (4.3)	14 (6.1)
Regular soft drink frequency		
Never	5275 (42.3)	104 (45.2)

1-3 times per month	4910 (39.4)	87 (37.8)
1-4 times per week	1669 (13.4)	26 (11.3)
5-7 times per week	295 (2.4)	6 (2.6)
>1 per day	313 (2.5)	7 (2.2)
Diet soft drink frequency		
Never	7107 (57.0)	134 (58.3)
1-3 times per month	3226 (25.9)	55 (23.9)
1-4 times per week	1285 (10.3)	27 (11.7)
5-7 times per week	385 (3.1)	-
>1 per day	459 (3.7)	10 (4.3)
Amount of regular or diet soft drinks		
<10 ounces (<1 can/bottle)	9266 (74.4)	182 (79.1)
12-16 ounces (1 can/bottle)	3047 (24.5)	44 (19.1)
>16 ounces (>1 can/bottle)	149 (1.2)	-
Fast food frequency		
Never	1985 (15.9)	29 (12.9)
≤ 1 per month	5593 (44.9)	111 (48.3)
2-5 times per month	4447 (35.7)	85 (37.0)
2-4 times per week	343(2.8)	-
≥5 times per week	94 (0.8)	-

^aMeeting Guidelines: based on Canada's Guidelines for Healthy Eating by sex and age.

Abbreviations: IBD, inflammatory bowel disease

- Data suppressed due to small cell counts.

*Indicates significant difference from without IBD (p<0.05).