

Supplementary Data

Supplemental Table 1. Food rankings for calcium, vitamin D and protein among participants in the Boston Puerto Rican Health Study

Food Group	Calcium	Vitamin D Ranking (1- 10)¹	Protein
Nutrition Supplement	1	1	-
Whole milk	2	2	5
2% milk	3	3	-
Skim milk	4	5	-
Processed cheese	5	-	-
Natural cheese	6	-	-
2% flavored milk	7	6	-
Yogurt	8	-	-
Beans	9	-	1
Bread (fortified)	10	-	-
Tuna salad	-	4	-
Cold cereal	-	7	-
Shell fish	-	8	7
1% milk	-	9	-
Eggs	-	10	-
Chicken legs (with skin)	-	-	2
Chicken legs (without skin)	-	-	4
White rice	-	-	3
Deli meat	-	-	6
Chicken breast	-	-	8
Beef (brisket & steak)	-	-	9
Beef (mixed dishes)	-	-	10

¹ Ranking of 1 indicates greatest food contribution to total nutrient intake