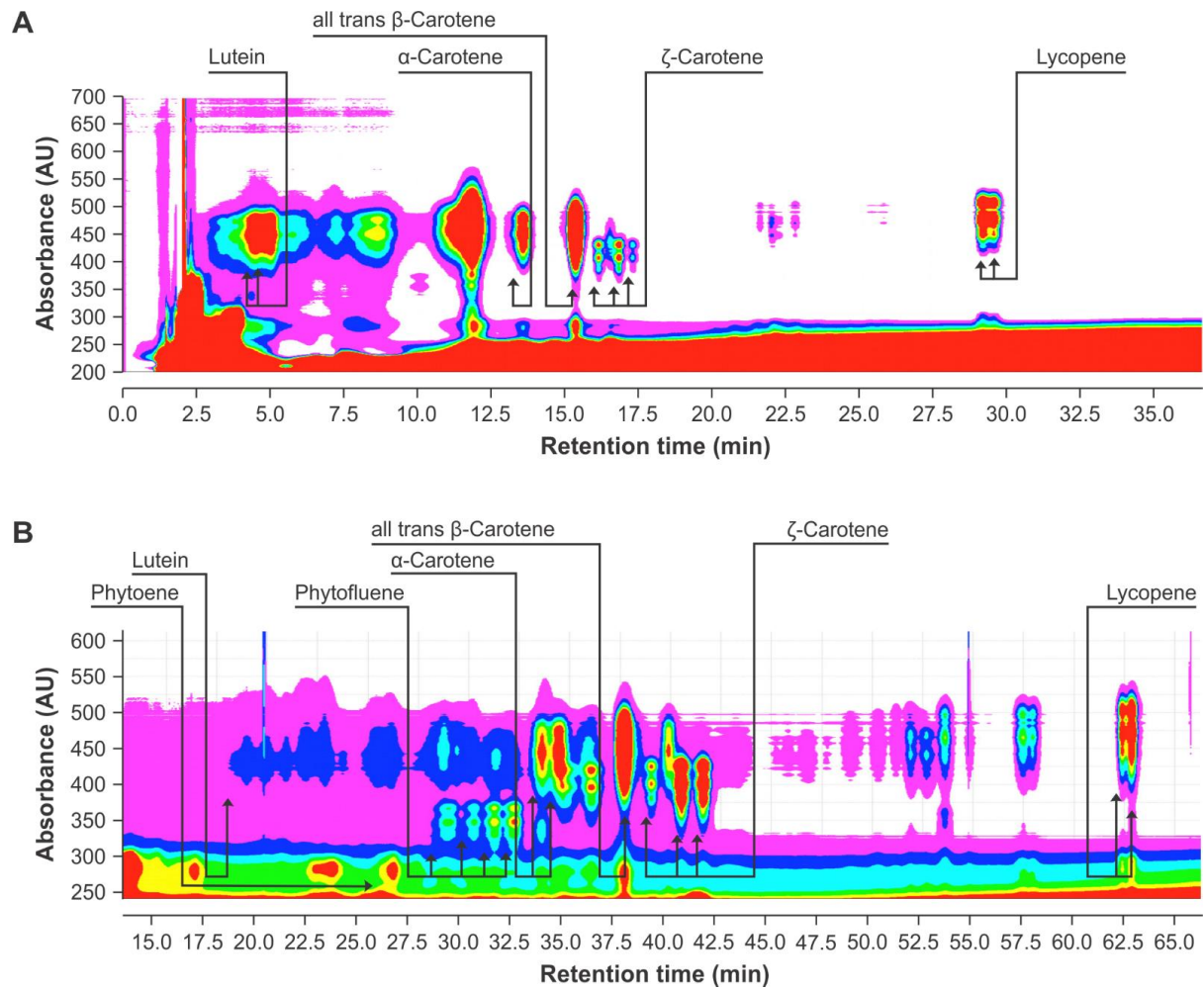


Supplemental Table 1: Daily energy intake, macro- and micro- nutrients intake

	Mean	SD
Energy (Kcal)	2029	783
Protein (g)	104	41
Protein (%)	21	6
Carbohydrate (g)	209	98
Carbohydrate (%)	40	9
Total fat (g)	82	41
Fat (%)	35	7
Saturated fat (g)	32	17
Polyunsaturated fat (g)	13	8
Monounsaturated fat (g)	32	17
Cholesterol (mg)	335	176
Starch (g)	108	49
Sugars (g)	99	71
Dietary fibre (g)	22	8
Alcohol (g)	1	4
Total Vitamin A equivalents (μg)	696	385
Retinol (μg)	353	231
β -carotene-equivalents (μg)	2094	1792
Vitamin C (mg)	88	69
Vitamin D (μg)	4	4
Vitamin E (mg)	10	5
Sodium (mg)	2617	1196
Potassium (mg)	3069	934
Magnesium (mg)	365	130
Calcium (mg)	885	380

Dietary data available in cohort 2 ($n=64$)

Supplementary Data



Supplemental Figure 1: Representative HPLC analysis spectra of serum (A) and adipose tissue (B) carotenoids (spectrum range 200-700 nm).