

Table S1. Estimated daily usual micronutrient intakes from foods, and micronutrient density among non-Hispanic White women aged 19-39 years by body weight status, NHANES 2003-2014 (n = 1,916)

Micronutrients	Mean \pm SE ^a			<i>p</i> -value*
	Normal/under-weight (n = 908)	Overweight (n = 441)	Obese (n = 567)	
Vitamin A, μ g	600.4 \pm 31.0	572.9 \pm 25.8	547.1 \pm 27.7	0.0002
Vitamin B ₂ , mg	2.1 \pm 0.1	2.0 \pm 0.1	2.0 \pm 0.1	0.049
Vitamin B ₆ , mg	1.8 \pm 0.1	1.7 \pm 0.1	1.7 \pm 0.1	0.0004
Vitamin B ₁₂ , μ g	4.6 \pm 0.2	4.6 \pm 0.2	4.6 \pm 0.2	0.81
Vitamin C, mg	71.4 \pm 4.2	66.2 \pm 3.8	61.3 \pm 4.4	<0.0001
Vitamin D, μ g	4.2 \pm 0.3	4.1 \pm 0.2	4.1 \pm 0.3	0.44
Folate, μ g	389.9 \pm 11.5	369.1 \pm 10.9	349.3 \pm 12.2	<0.0001
Calcium, mg	967.6 \pm 34.4	957.4 \pm 29.8	948.7 \pm 33.3	0.21
Magnesium, mg	282.5 \pm 8.3	272.5 \pm 6.6	262.6 \pm 7.0	<0.0001
Phosphorus, mg	1267.3 \pm 35.6	1266.7 \pm 30.9	1266.2 \pm 33.8	0.92
Copper, μ g	793.3 \pm 33.4	756.9 \pm 29.0	723.0 \pm 28.6	0.002
Iron, mg	13.9 \pm 0.4	13.6 \pm 0.3	13.3 \pm 0.4	0.001
Zinc, mg	10.3 \pm 0.3	10.4 \pm 0.4	10.4 \pm 0.4	0.53
Energy, kcal	2070.1 \pm 43.1	2047.7 \pm 35.3	2025.7 \pm 38.9	0.08

^a SE: standard error

** *p*-value from linear regression by modeling estimated average usual dietary intake of micronutrient by BMI status

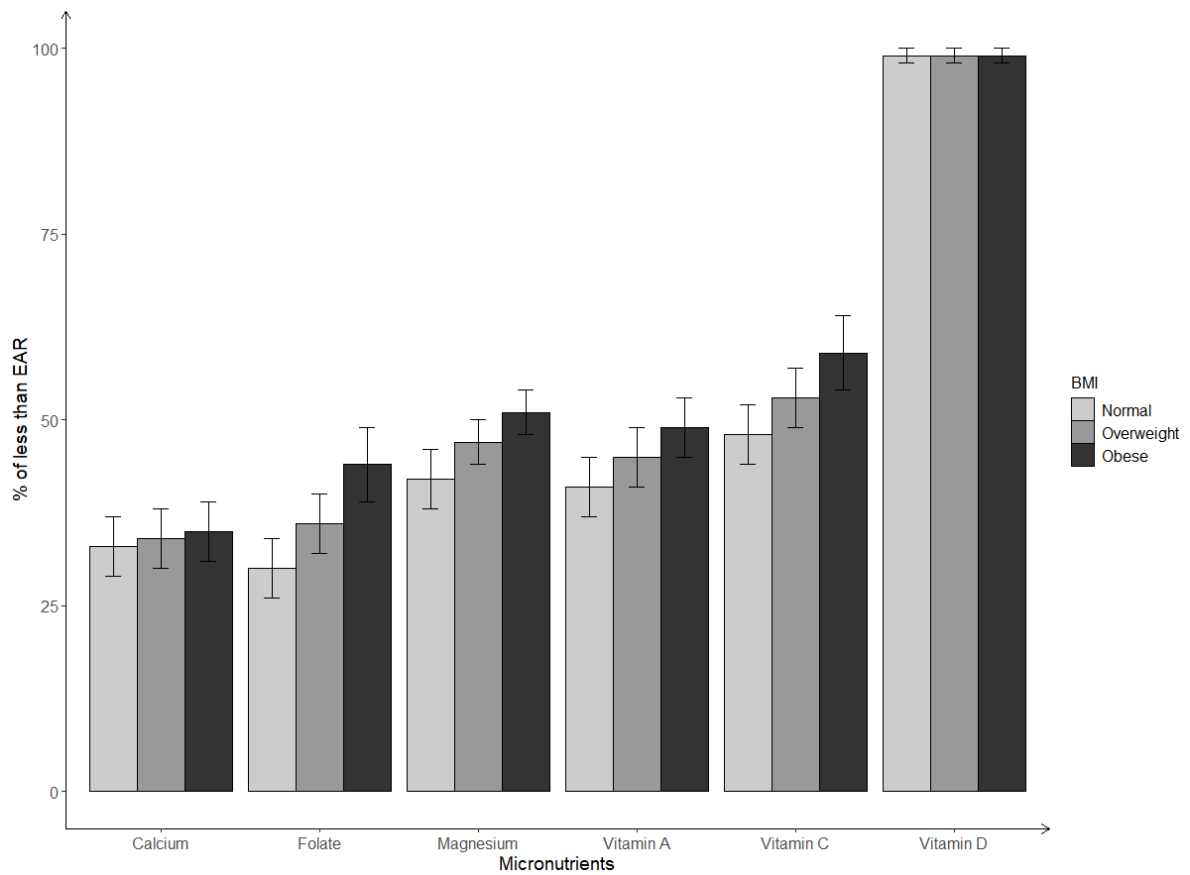


Figure S1. Percentage of non-Hispanic white women aged 19-39 years with dietary micronutrient intakes below EARs by body weight status ^a.

^a Body weight status categorized by BMI into three groups: normal/under-weight: BMI ≤ 25.0 ; overweight: $25.0 < \text{BMI} < 29.9$; obese: $\text{BMI} \geq 30.0$.