

**Supplemental Table 1. Frequencies of self-reported intake of micronutrient-rich foods and supplements**

	<b>young male (n = 221)</b>	<b>young female (n = 244)</b>	<b>old male (n = 761)</b>	<b>old female (n = 747)</b>	<b>P</b>
<b>Raw tomato</b>					< 0.001
<i>Never</i>	4.1 (9)	4.1 (10)	2.8 (21)	1.9 (14)	
<i>≤ 1 per month</i>	8.1 (18)	9.0 (22)	6.8 (52)	1.6 (12)	
<i>2-3 per month</i>	23.1 (51)	13.5 (33)	13.3 (101)	9.4 (70)	
<i>1-2 per week</i>	35.3 (78)	26.2 (64)	28.5 (217)	23.3 (174)	
<i>3-4 per week</i>	16.7 (37)	29.5 (72)	24.4 (186)	30.4 (227)	
<i>5-6 per week</i>	8.1 (18)	12.7 (31)	13.4 (102)	17.9 (134)	
<i>≥ 1 per day</i>	4.5 (10)	4.9 (12)	10.8 (82)	15.5 (116)	
<b>Tomato sauce</b>					< 0.001
<i>Never</i>	5.0 (11)	1.6 (4)	15.8 (129)	9.3 (77)	
<i>≤ 1 per month</i>	16.8 (41)	18.9 (50)	36.7 (283)	36.0 (280)	
<i>2-3 per month</i>	40.9 (92)	44.0 (110)	35.5 (274)	39.8 (315)	
<i>1-2 per week</i>	31.8 (72)	28.4 (73)	10.6 (81)	12.8 (102)	
<i>≥ 3 per week</i>	5.5 (12)	7.0 (19)	1.5 (11)	2.0 (15)	
<b>Ketchup</b>					< 0.001
<i>Never</i>	14.5 (32)	24.7 (60)	22.1 (165)	28.6 (212)	
<i>≤ 1 per month</i>	29.1 (64)	37.0 (90)	38.4 (287)	41.9 (310)	
<i>2-3 per month</i>	30.9 (68)	26.7 (65)	27.4 (205)	19.9 (147)	
<i>1-2 per week</i>	19.5 (43)	9.9 (24)	10.7 (80)	8.1 (60)	
<i>≥ 3 per week</i>	5.9 (13)	1.6 (4)	1.5 (11)	1.5 (11)	
<b>Carrot juice</b>					0.008
<i>Never</i>	62.4 (138)	54.9 (134)	54.0 (407)	48.9 (359)	
<i>≤ 1 per month</i>	22.2 (49)	32.4 (79)	27.1 (204)	29.2 (214)	
<i>2-3 per month</i>	6.8 (15)	8.6 (21)	10.6 (80)	14.7 (108)	
<i>1-3 per week</i>	6.8 (15)	2.5 (6)	5.7 (43)	5.0 (37)	
<i>≥ 4-6 per week</i>	1.8 (4)	1.6 (4)	2.6 (20)	2.2 (16)	
<b>Multivitamin juice</b>					< 0.001
<i>Never</i>	16.3 (36)	30.7 (75)	51.4 (388)	54.4 (400)	
<i>≤ 1 per month</i>	33.0 (73)	34.4 (84)	26.9 (203)	26.7 (196)	
<i>2-3 per month</i>	24.9 (55)	20.9 (51)	12.8 (97)	11.0 (81)	
<i>1-3 per week</i>	17.6 (39)	7.8 (19)	6.0 (45)	5.3 (39)	
<i>≥ 4-6 per week</i>	8.2 (18)	6.1 (15)	2.9 (22)	2.6 (19)	
<b>Nuts</b>					< 0.001
<i>Never</i>	10.9 (24)	7.8 (19)	8.6 (65)	6.2 (46)	
<i>≤ 1 per month</i>	39.5 (87)	39.3 (96)	32.2 (244)	27.8 (207)	
<i>2-3 per month</i>	29.1 (64)	27.5 (67)	24.6 (186)	27.0 (201)	
<i>1-2 per week</i>	11.4 (25)	14.8 (36)	18.4 (139)	19.3 (144)	
<i>≥ 3 per week</i>	9.2 (20)	10.6 (26)	16.3 (123)	19.9 (147)	
<b>Orange juice</b>					< 0.001
<i>Never</i>	5.0 (11)	6.6 (16)	14.9 (111)	20.5 (151)	
<i>≤ 1 per month</i>	24.1 (53)	23.5 (57)	29.0 (216)	33.0 (243)	
<i>2-3 per month</i>	20.9 (46)	25.9 (63)	24.7 (184)	20.6 (152)	
<i>1-3 per week</i>	30.0 (66)	25.5 (62)	17.6 (131)	14.9 (110)	
<i>≥ 4-6 per week</i>	20.1 (44)	18.5 (45)	13.9 (104)	10.9 (81)	

	young male (n = 221)	young female (n = 244)	old male (n = 761)	old female (n = 747)	<i>P</i>
<b>Carrots</b>					0.056
<i>Never</i>	3.2 (4)	0.0 (0)	1.6 (8)	1.1 (3)	
<i>1-2/year</i>	5.6 (7)	1.7 (2)	3.4 (17)	3.3 (9)	
<i>3-5/year</i>	14.5 (18)	13.6 (16)	13.9 (69)	7.7 (21)	
<i>6-20/year</i>	29.0 (36)	22.0 (26)	29.6 (147)	27.9 (76)	
<i>&gt; 20/year</i>	47.6 (59)	62.7 (74)	51.4 (255)	59.9 (163)	
<b>Tangerine</b>					< 0.001
<i>Never</i>	6.5 (8)	1.7 (2)	2.8 (14)	2.6 (7)	
<i>1-2/year</i>	12.9 (16)	13.6 (16)	4.2 (21)	1.8 (5)	
<i>3-5/year</i>	25.8 (32)	19.5 (23)	12.7 (63)	13.6 (37)	
<i>6-20/year</i>	33.9 (42)	30.5 (36)	33.0 (164)	28.7 (78)	
<i>&gt; 20/year</i>	21.0 (26)	34.7 (41)	47.3 (235)	53.3 (145)	
<b>Flax seeds</b>					0.002
<i>Never</i>	81.9 (181)	70.1 (171)	76.6 (579)	71.8 (534)	
<i>≤ 1 per month</i>	11.3 (25)	15.2 (37)	9.5 (72)	10.6 (79)	
<i>2-3 per month</i>	3.2 (7)	6.6 (16)	4.4 (33)	5.4 (40)	
<i>1-2 per week</i>	1.4 (3)	4.5 (11)	2.8 (21)	4.2 (31)	
<i>≥ 3 per week</i>	2.3 (5)	3.7 (9)	6.7 (51)	8.1 (60)	
<b>Spinach</b>					0.003
<i>Never</i>	11.0 (24)	6.6 (16)	14.2 (106)	8.1 (60)	
<i>≤ 1 per month</i>	56.2 (123)	60.9 (148)	56.9 (425)	57.4 (424)	
<i>2-3 per month</i>	29.7 (65)	26.7 (65)	24.8 (185)	30.7 (227)	
<i>1-2 per week</i>	3.2 (7)	5.8 (14)	4.1 (31)	3.8 (28)	
<b>Vitamins/Minerals</b>					< 0.001
<i>No (=0)</i>	70.8 (155)	55.8 (135)	68.9 (511)	49.9 (368)	
<i>Yes (=1)</i>	29.2 (64)	44.2 (107)	31.1 (31)	50.1 (369)	

Given as % (n). Raw Tomato: N=1973 (young male: n=221; young female: n=244; old male: n=761; old female: n=747); Ketchup: N=1951 (n=220, n=243, n=748, n=740); Tomato sauce: N=1951 (n=220, n=243, n=747, n=741); Carrot juice: N=1953 (n=221, n=244, n=754, n=734); Multivitamin juice: N=1955 (n=221, n=244, n=755, n=735); Nuts: N=1966 (n=220, n=244, n=757, n=745); Orange juice: N=1946 (n=220, n=243, n=746, n=737); Carrots: N=1010 (n=124, n=118, n=496, n=272); Tangerine: N=1011 (n=124, n=118, n=497, n=272); Flax seeds: N=1965 (n=221, n=244, n=756, n=744), Spinach: N=1948 (n=219, n=243, n=747, n=739), Vitamins/Minerals: N=1940 (n=219, n=242, n=742, n=737).