

Supplementary Table 1. Total lipids and main fatty acids intake from two 24 h dietary recalls from two cohorts of Nutritional Study in Spanish Pediatric Population (EsNuPI): Spanish reference cohort and adapted milk consumer cohort, according to age group and sex ($n = 1448$).

Spanish Reference Cohort (SRS)													
(g)	<i>n</i>	Total			1 to <3 years			3 to <6 years			6 to <10 years		
		Total	Boys	Girls	Total	Boys	Girls	Total	Boys	Girls	Total	Boys	Girls
		707	357	350	162	84	78	244	122	122	301	151	150
Total Fat		59.77 (24.86)	60.18 (25.57)	58.79 (26.29)	47.34 (22.89)	48.87 (22.72)	46.95 (23.53)	60.34 (20.73)	60.13 (20.14)	61.18 (21.51)	64.77 (27.29)	65.02 (27.27)	64.77 (28.93)
SFAs		21.23 (10.75)	21.35 (10.70)	20.93 (11.22)	16.88 (8.53)	16.44 (8.86)	17.50 (8.16)	22.18 (9.44)	21.62 (8.63)	22.76 (9.89)	23.45 (10.60)	23.96 (11.02)	22.93 (11.35)
MUFAs		25.13 (11.38)	25.50 (11.16)	24.5 (11.49)	19.25 (11.56)	19.37 (11.96)	18.63 (11.09)	25.29 (10.33)	25.29 (10.61)	25.42 (10.91)	27.62 (11.83)	28.44 (12.57)	26.63 (12.05)
PUFAs		7.16 (4.56)	7.20 (4.22)	6.94 (4.74)	5.15 (4.16)	5.30 (4.55)	4.78 (3.76)	7.16 (3.83)	7.15 (3.88)	7.17 (3.94)	8.17 (4.21)	8.38 (4.09)	8.04 (4.43)
n-3		0.59 (0.35)	0.59 (0.36)	0.60 (0.35)	0.49 (0.30)	0.52 (0.32)	0.44 (0.28)	0.59 (0.33)	0.58 (0.35)	0.61 (0.35)	0.66 (0.37)	0.66 (0.34)	0.66 (0.38)
n-6		5.91 (3.99)	6.05 (3.78)	5.82 (4.02)	4.51 (3.51)	4.75 (3.61)	4.25 (3.13)	5.91 (3.77)	5.98 (3.65)	5.81 (3.78)	6.75 (4.01)	6.93 (3.83)	6.55 (4.26)
n-6: n-3		10.14 (6.09)	10.22 (6.27)	9.92 (6.24)	9.25 (6.36)	8.25 (5.89)	9.61 (7.66)	10.13 (5.95)	10.42 (6.04)	9.53 (5.83)	10.50 (5.81)	10.68 (5.73)	10.44 (5.71)
Adapted Milk Consumers Cohort (AMS)													
(g)	<i>n</i>	Total			1 to <3 years			3 to <6 years			6 to <10 years		
		Total	Boys	Girls	Total	Boys	Girls	Total	Boys	Girls	Total	Boys	Girls
		741	371	370	294	144	150	262	128	134	185	99	86
Total Fat		54.94* (27.42)	54.14* (28.15)	56.11* (27.17)	43.20 (20.71)	43.54 (21.14)	43.14 (20.73)	61.12 (26.85)	57.02 (27.06)	62.61 (26.12)	64.90 (24.44)	65.44 (25.79)	64.10 (22.76)
SFAs		18.46* (10.48)	18.23* (10.38)	18.77* (10.52)	14.90 (7.91)	15.22 (7.63)	14.49* (8.12)	20.88 (10.57)	20.17 (11.06)	21.15 (10.22)	22.00 (9.75)	22.17 (9.80)	21.65 (9.89)
MUFAs		23.56* (12.14)	23.66* (12.77)	23.37 (12.06)	18.38 (11.12)	18.45 (11.55)	18.28 (10.42)	25.40 (12.10)	24.40 (11.96)	25.73 (12.31)	28.00 (11.26)	27.55 (10.59)	28.33 (11.20)
PUFAs		6.60* (4.36)	6.60* (4.54)	6.60 (4.41)	4.90 (3.57)	4.88 (3.74)	4.91 (3.48)	7.50 (4.67)	7.45 (4.32)	7.56 (4.81)	8.51 (4.38)	8.72 (4.72)	8.34 (3.66)
n-3		0.64* (0.34)	0.63* (0.35)	0.64* (0.34)	0.58 (0.29)	0.58 (0.28)	0.58* (0.32)	0.68 (0.36)	0.68* (0.37)	0.68* (0.36)	0.71 (0.37)	0.71 (0.36)	0.72 (0.36)

n-6	5.21*	5.23*	5.18*	4.20	4.15	4.23	5.62	5.61	5.64	6.53	6.61	6.48
	(3.82)	(3.98)	(3.75)	(2.75)	(2.87)	(2.64)	(4.08)	(3.72)	(4.30)	(3.99)	(4.42)	(3.59)
n-6: n-3	8.38*	8.51*	8.30*	7.33	7.24*	7.42*	9.21	9.51*	9.02	8.91	8.94*	8.89
	(5.29)	(5.27)	(5.32)	(4.54)	(4.52)	(4.66)	(5.33)	(5.70)	(4.90)	(4.75)	(4.99)	(4.59)

SFAs: saturated fatty acids; MUFAs, monounsaturated fatty acids; PUFAs, polyunsaturated fatty acids; n-3, omega-3 fatty acids; n-6, omega-6 fatty acids. Average gram intake values for two 24 h dietary recalls were used. Results are expressed as median \pm interquartile range (in brackets). Mann-Whitney U test was used to evaluate differences by total and sex groups between SRS and AMS (significant differences are marked with an asterisk [*] in the median values of the AMS). *p*-value < 0.05 was considered statistically significant.

Supplementary Table 2. Total lipid and main fatty acid intake based on two 24 h dietary recalls from plausible reporters of two cohorts of Nutritional Study in Spanish Pediatric Population (EsNuPI), according to age group ($n = 1216$).

Spanish Reference Cohort (SRS)																	
(g)	Total $n = 598$				1 to <3 years $n = 120$				3 to <6 years $n = 211$				6 to <10 years $n = 267$				
	Mean	SD	Median	IQR	Mean	SD	Median	IQR	Mean	SD	Median	IQR	Mean	SD	Median	IQR	p
Total Fat	61.43	18.97	60.13	23.46	47.25	14.80	46.35 ^a	19.61	60.90	15.88	60.15 ^b	19.96	68.23	19.32	65.51 ^c	25.47	<0.001
SFAs	22.24	8.17	21.12	10.33	16.38	7.21	15.95 ^a	7.09	22.42	6.67	22.05 ^b	8.82	24.74	8.35	23.81 ^c	10.42	<0.001
MUFA	25.44	8.93	25.24	10.97	18.14	7.95	18.68 ^a	9.68	25.61	7.44	25.50 ^b	10.07	28.59	8.53	27.97 ^c	10.74	<0.001
PUFA	7.80	3.70	7.23	4.39	5.30	3.07	5.07 ^a	4.27	7.73	3.23	7.15 ^b	3.40	8.98	3.74	8.30 ^c	4.10	<0.001
n-3	0.64	0.29	0.60	0.35	0.52	0.28	0.45 ^a	0.29	0.63	0.26	0.59 ^b	0.31	0.70	0.29	0.66 ^c	0.35	<0.001
n-6	6.56	3.36	6.03	3.80	4.80	2.50	4.38 ^a	3.39	6.45	3.11	5.90 ^b	3.35	7.44	3.57	6.91 ^c	3.98	<0.001
n-6: n-3	11.54	7.38	10.22	6.18	11.92	11.73	8.59 ^a	6.87	11.21	5.32	10.19	6.39	11.63	6.19	10.56 ^b	5.78	0.030
Adapted Milk Consumers Cohort (AMS)																	
(g)	Total $n = 618$				1 to <3 years $n = 236$				3 to <6 years $n = 224$				6 to <10 years $n = 158$				
	Mean	SD	Median	IQR	Mean	SD	Median	IQR	Mean	SD	Median	IQR	Mean	SD	Median	IQR	p
Total Fat	56.19	18.23	54.16 [*]	25.60	44.39	12.65	42.65 ^a	17.18	59.89	16.75	58.60 ^b	24.89	68.60	16.87	65.47 ^c	24.02	<0.001
SFAs	19.22	7.24	18.37 [*]	9.85	14.71	5.00	14.45 ^a	6.87	20.70	6.57	20.31 ^b	9.41	23.85	7.20	22.19 ^c	9.95	<0.001
MUFA	23.61	8.81	23.44 [*]	11.92	17.89	7.03	17.87 ^a	10.48	25.55	7.64	25.12 ^b	10.92	29.41	7.74	28.84 ^c	10.43	<0.001
PUFA	7.19	3.50	6.59 [*]	4.37	5.02	2.59	4.77 ^a	3.36	7.99	3.23	7.45 ^b	4.36	9.30	3.30	8.58 ^c	4.17	<0.001
n-3	0.69	0.32	0.64 [*]	0.33	0.59	0.25	0.56 ^a	0.28	0.70	0.31	0.65 ^b	0.33	0.82	0.38	0.73 ^c	0.37	<0.001
n-6	5.85	3.05	5.21 [*]	3.68	4.42	2.29	4.15 ^a	2.57	6.37	3.15	5.51 ^b	3.80	7.26	3.04	6.68 ^c	3.93	<0.001
n-6: n-3	9.22	5.14	8.41 [*]	5.43	8.16	5.79	7.19 ^a	4.63	9.89	4.66	9.42 ^b	5.39	9.84	4.49	9.01 ^b	4.92	<0.001

SFAs: saturated fatty acids; MUFAs, monounsaturated fatty acids; PUFAs, polyunsaturated fatty acids; n-3, omega-3 fatty acids; n-6, omega-6 fatty acids. Average gram intake values from two 24 h dietary recalls were used. Results are expressed as mean, standard deviation (SD), median, and interquartile range (IQR). Mann-Whitney U test was used to evaluate differences by total and age groups between SRS and AMS (significant differences are marked with an asterisk [*] in the median values of the AMS cohort). Kruskal-Wallis test was used to calculate differences among age groups within cohorts (significant differences are marked with superscript letters in median values of each age group). p -values for this test are included in the last column. p -value < 0.05 was considered statistically significant.

Supplementary Table 3. Intake of major fatty acids based on two 24 h dietary recalls from two cohorts of Nutritional Study in Spanish Pediatric Population (EsNuPI), according to age group and sex ($n = 1448$).

		Spanish Reference Cohort (SRS)											
		Total			1 to <3 years			3 to <6 years			6 to <10 years		
Fatty acids (g)	<i>n</i>	Total	Boys	Girls	Total	Boys	Girls	Total	Boys	Girls	Total	Boys	Girls
		707	357	350	162	84	78	244	122	122	301	151	150
Myristic acid 14:0		1.63 (1.07)	1.62 (1.06)	1.64 (1.08)	1.43 (1.02)	1.40 (1.20)	1.43 (0.91)	1.61 (1.10)	1.55 (1.01)	1.71 (1.06)	1.76 (1.03)	1.84 (1.00)	1.68 (1.08)
Palmitic acid 16:0		10.45 (6.03)	10.53 (5.76)	10.40 (6.04)	7.48 (4.52)	7.44 (4.39)	7.60 (4.56)	10.66 (5.09)	10.63 (4.85)	10.74 (5.25)	11.67 (6.02)	12.24 (5.62)	11.28 (6.41)
Stearic acid 18:0		3.96 (2.26)	3.92 (2.33)	3.99 (2.28)	2.89 (2.04)	2.82 (1.81)	2.90 (2.12)	4.14 (2.01)	4.08 (1.87)	4.19 (1.96)	4.33 (2.42)	4.46 (2.45)	4.14 (2.43)
Palmitoleic acid 16:1 n-7		1.01 (0.58)	1.03 (0.63)	0.98 (0.54)	0.82 (0.49)	0.82 (0.51)	0.82 (0.49)	1.03 (0.47)	1.02 (0.54)	1.03 (0.52)	1.07 (0.63)	1.12 (0.68)	1.01 (0.57)
Oleic acid 18:1 n-9		21.73 (10.98)	22.23 (10.77)	21.46 (11.27)	16.55 (11.10)	16.84 (10.89)	16.28 (12.03)	22.29 (9.81)	22.51 (9.91)	21.47 (9.77)	23.83 (10.97)	24.57 (10.71)	22.83 (10.95)
Linoleic acid 18:2 n-6		5.85 (3.94)	5.95 (3.75)	5.72 (4.03)	4.45 (3.44)	4.70 (3.56)	4.14 (3.15)	5.85 (3.77)	5.86 (3.69)	5.70 (3.80)	6.68 (3.99)	6.78 (3.78)	6.50 (4.25)
α -Linolenic acid 18:3 n-3		0.44 (0.21)	0.45 (0.21)	0.42 (0.21)	0.35 (0.20)	0.36 (0.21)	0.34 (0.19)	0.43 (0.16)	0.44 (0.19)	0.42 (0.15)	0.49 (0.23)	0.49 (0.22)	0.47 (0.24)
Arachidonic acid 20:4 n-6		0.06 (0.06)	0.07 (0.07)	0.06 (0.06)	0.05 (0.05)	0.05 (0.06)	0.05 (0.05)	0.07 (0.07)	0.07 (0.07)	0.07 (0.07)	0.07 (0.06)	0.07 (0.07)	0.07 (0.06)
Eicosapentaenoic acid 20:5 n-3		0.01 (0.10)	0.01 (0.10)	0.01 (0.10)	0.01 (0.10)	0.01 (0.11)	0.01 (0.08)	0.01 (0.10)	0.01 (0.09)	0.01 (0.10)	0.01 (0.10)	0.01 (0.10)	0.02 (0.10)
Docosapentaenoic acid 22:5 n-3		0.03 (0.04)	0.04 (0.04)	0.03 (0.03)	0.02 (0.03)	0.03 (0.04)	0.02 (0.03)	0.04 (0.04)	0.03 (0.04)	0.04 (0.04)	0.04 (0.04)	0.04 (0.06)	0.04 (0.04)
Docosahexaenoic acid 22:6 n-3		0.02 (0.14)	0.02 (0.14)	0.03 (0.14)	0.02 (0.14)	0.04 (0.15)	0.01 (0.12)	0.02 (0.14)	0.01 (0.13)	0.03 (0.14)	0.02 (0.15)	0.02 (0.15)	0.04 (0.15)
		Adapted Milk Consumers Cohort (AMS)											
		Total			1 to <3 years			3 to <6 years			6 to <10 years		
Fatty acids (g)	<i>n</i>	Total	Boys	Girls	Total	Boys	Girls	Total	Boys	Girls	Total	Boys	Girls
Myristic acid 14:0		1.02*	1.02*	1.03*	0.70	0.70*	0.70*	1.12	1.11*	1.12*	1.29	1.25*	1.30*

	(0.98)	(1.01)	(0.94)	(0.76)	(0.77)	(0.76)	(0.93)	(0.92)	(0.99)	(1.12)	(1.19)	(1.07)
Palmitic acid 16:0	7.85*	7.79*	8.04*	5.52	5.20*	5.62*	8.99	8.74*	9.35*	9.64	9.37*	9.83
	(5.28)	(5.22)	(5.31)	(4.32)	(4.64)	(4.25)	(4.99)	(4.81)	(5.22)	(5.19)	(5.42)	(5.07)
Stearic acid 18:0	2.95	2.91*	3.00*	2.00	1.99*	2.01*	3.52	3.26*	3.64*	3.76	3.72*	3.78
	(2.27)	(2.13)	(2.37)	(1.27)	(1.80)	(1.62)	(2.28)	(2.26)	(2.22)	(2.05)	(2.29)	(1.98)
Palmitoleic acid 16:1 n-7	0.76	0.77*	0.76*	0.61	0.58*	0.62*	0.84	0.84*	0.86*	0.88	0.86	0.90*
	(0.52)	(0.54)	(0.51)	(0.46)	(0.48)	(0.45)	(0.51)	(0.49)	(0.56)	(0.47)	(0.51)	(0.42)
Oleic acid 18:1 n-9	17.74*	17.74*	17.75*	13.67	13.58*	13.92*	19.62	19.10*	20.83	22.64	22.76*	22.46
	(11.15)	(11.12)	(11.19)	(9.23)	(9.68)	(8.63)	(10.29)	(10.65)	(10.19)	(10.77)	(11.47)	(9.75)
Linoleic acid 18:2 n-6	5.15*	5.18*	5.12*	4.15	4.09	4.17	5.56	5.57	5.56	6.42	6.42	6.43
	(3.82)	(3.88)	(3.75)	(2.75)	(2.83)	(2.70)	(4.07)	(3.75)	(4.24)	(3.96)	(4.44)	(3.57)
α-Linolenic acid 18:3 n-3	0.42*	0.42	0.41	0.38	0.39	0.37	0.42	0.40	0.42	0.45	0.44*	0.46
	(0.20)	(0.22)	(0.19)	(0.20)	(0.22)	(0.18)	(0.23)	(0.20)	(0.25)	(0.19)	(0.18)	(0.20)
Arachidonic acid 20:4 n-6	0.05*	0.05*	0.05*	0.04	0.04*	0.05	0.05	0.05*	0.06	0.06	0.06	0.06
	(0.07)	(0.06)	(0.07)	(0.07)	(0.06)	(0.08)	(0.07)	(0.07)	(0.08)	(0.07)	(0.07)	(0.06)
Eicosapentaenoic acid 20:5 n-3	0.06*	0.05*	0.07*	0.01	0.01*	0.01	0.07	0.06*	0.08*	0.11	0.10*	0.11*
	(0.13)	(0.13)	(0.13)	(0.09)	(0.08)	(0.10)	(0.14)	(0.14)	(0.13)	(0.13)	(0.15)	(0.13)
Docosapentaenoic acid 22:5 n-3	0.03*	0.03*	0.03	0.02	0.02	0.03	0.03	0.03	0.03	0.04	0.04	0.04
	(0.04)	(0.04)	(0.04)	(0.03)	(0.03)	(0.03)	(0.04)	(0.05)	(0.04)	(0.04)	(0.04)	(0.04)
Docosahexaenoic acid 22:6 n-3	0.09*	0.08*	0.10*	0.10	0.09*	0.11*	0.09	0.08*	0.10*	0.08	0.08*	0.09*
	(0.14)	(0.15)	(0.15)	(0.14)	(0.14)	(0.16)	(0.15)	(0.15)	(0.14)	(0.12)	(0.15)	(0.11)

Average intake values for two 24 h dietary recalls were used. Results are expressed as median \pm interquartile range (in brackets). Mann-Whitney U test was used to evaluate differences by total and sex groups between SRS and AMS) (significant differences are marked with an asterisk [*] in the median values of the AMS cohort). *p*-value < 0.05 was considered statistically significant.

Supplementary Table 4. Percentages of children meeting and not meeting European Food Safe Authority (EFSA) recommendations for main fatty acids by cohort and age group among plausible reporters of the Nutritional Study in Spanish Pediatric Population (EsNuPI) ($n=1216$) ¥ .

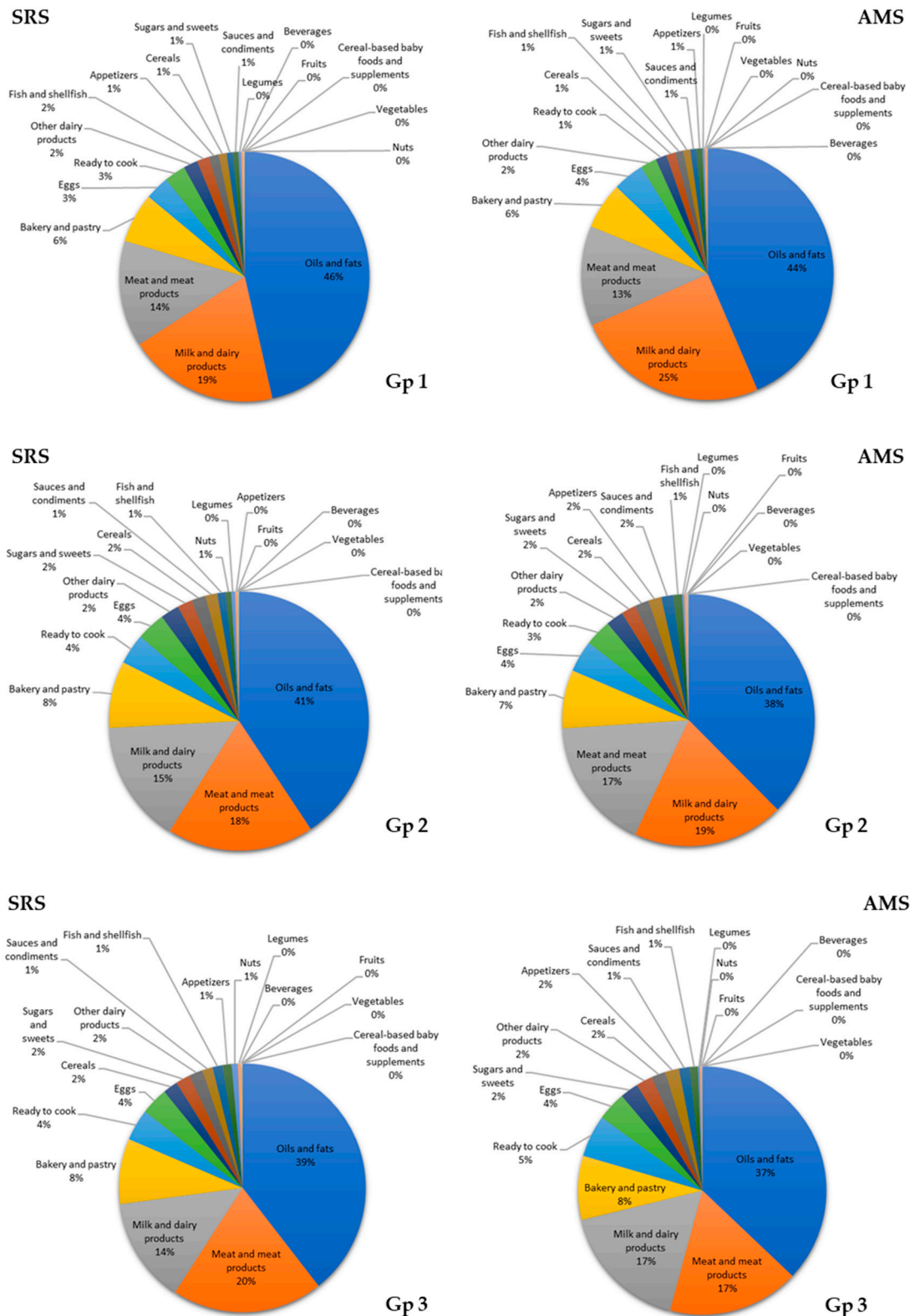
Spanish Reference Cohort (SRS)																	
	Total				1 to <3 years				3 to <6 years				6 to <10 years				<i>p</i>
	n	% BR	% MR	% $\text{AR}\text{£}$	n	% BR	% MR	% $\text{AR}\text{£}$	n	% BR	% MR	% $\text{AR}\text{£}$	n	% BR	% MR	% $\text{AR}\text{£}$	
Fat	598	11.4	43.1	45.5	120	36.7 ^a	39.2 ^{ab}	24.2 ^a	211	11.4 ^b	51.2 ^b	37.4 ^b	267	0.0 ^c	38.6 ^a	61.4 ^c	<0.001
Linoleic acid	598	56.4	27.1	16.6	120	62.5	30.0	7.5 ^a	211	55.5	27.5	17.1 ^b	267	54.3	25.5	20.2 ^b	0.043
α -Linolenic acid	598	99.0	1.0	0.0	120	98.3	1.7	0.0	211	99.5	0.5	0.0	267	98.9	1.1	0.0	0.558
EPA+DHA	598	74.1	2.5	23.4	120	72.5	2.5	25.0	211	74.9	1.9	23.2	267	74.2	3.0	22.8	0.939
Adapted Milk Consumers Cohort (AMS)																	
	Total				1 to <3 years				3 to <6 years				6 to <10 years				<i>p</i>
	n	% BR	% MR	% $\text{AR}\text{£}$	n	% BR	% MR	% $\text{AR}\text{£}$	n	% BR	% MR	% $\text{AR}\text{£}$	n	% BR	% MR	% $\text{AR}\text{£}$	
Total Fat	618	26.7 [*]	36.7 [*]	36.6 [*]	236	55.9 ^{a*}	35.6 ^{ab}	8.5 ^{a*}	224	14.7 ^b	42.9 ^b	42.4 ^b	158	0.0 ^c	29.7 ^a	70.3 ^c	<0.001
Linoleic acid	618	64.1 [*]	26.1 [*]	9.9 [*]	236	75.8 ^{a*}	14.8 ^{a*}	9.3	224	51.8 ^b	35.3 ^b	12.9	158	63.9 ^b	29.7 ^b	6.3 [*]	<0.001
α -Linolenic acid	618	97.1 [*]	2.1 [*]	0.8 [*]	236	92.8 ^a	5.1 ^a	2.1	224	100.0 ^b	0.0 ^b	0.0	158	99.4 ^b	0.6 ^b	0.0	<0.001
EPA+DHA	618	59.1 [*]	2.4 [*]	38.5 [*]	236	56.8 [*]	3.8	39.4 [*]	224	63.4 [*]	1.3	35.3 [*]	158	56.3 [*]	1.9	41.8 [*]	0.252

Percentage for inadequacy was calculated by comparing with EFSA recommendations. First column: percentage below recommendations (BR); second column: percentage meeting recommendations (MR); third column: percentage above recommendations (AR). DHA, docosahexaenoic acid, 22:6 n-3; EPA, eicosapentaenoic acid, 20:5 n-3; NS, no significance. Results are expressed in percentage (%). ¥ Individual usual intake for two 24 h dietary recalls was used for total fats, linoleic acid, α -linolenic acid, SFAs, and PUFAs. Average gram intake values from two 24 h dietary recalls were used for EPA+DHA. Chi-square test was used to evaluate differences by total and age group between SRS and AMS (significant differences are marked with an asterisk [*] in the percentage values of the AMS cohort). Chi-square test analysis was used to calculate differences among age groups within cohorts (significant differences are marked with superscript letters in the value of each age group that are meeting the recommendations). £ The percentage of children above the recommendations do not exceed the tolerable upper intake limit. *p*-values for this test are included in the last column of the table. *p*-value <0.05 was considered statistically significant.

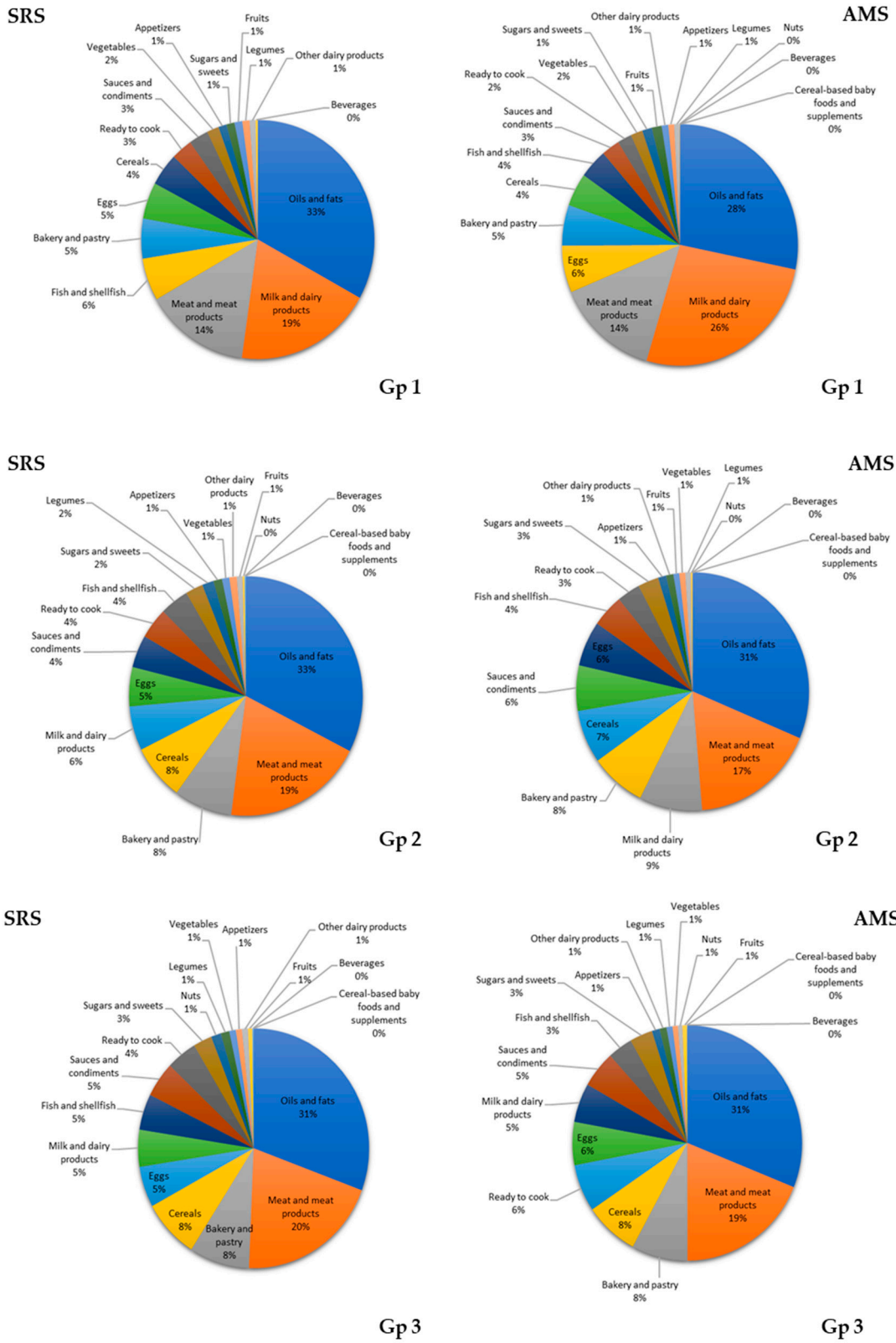
Supplementary Table 5. Percentages of children meeting and not meeting Food and Agriculture Organization (FAO) recommendations for main fatty acids by cohort and age group among plausible reporters of the Nutritional Study in Spanish Pediatric Population (EsNuPI) ($n = 1216$)[‡] [¥].

	Spanish Reference Cohort (SRS)																
	Total				1 to <3 years				3 to <6 years				6 to <10 years				<i>p</i>
	n	%	%	%	n	%	%	%	n	%	%	%	n	%	%	%	
	BR	MR	AR [£]		BR	MR	AR [£]		BR	MR	AR [£]		BR	MR	AR [£]		
Total Fat	598	2.8	38.6	58.5	120	12.5 ^a	30.0 ^a	57.5	211	0.9 ^b	43.6 ^b	55.5	267	0.0 ^b	38.6 ^{ab}	61.4	<0.001
SFAs [‡]	541	0.7	1.1	98.2	63	3.2	3.2	93.7	211	0.5	0.9	98.6	267	0.4	0.7	98.9	0.070
PUFAs	598	90.3	9.7	0.0	120	52.5 ^a	47.5 ^a	0.0	211	100.0 ^b	0.0 ^b	0.0	267	99.6 ^b	0.4 ^b	0.0	<0.001
EPA+DHA	598	68.6	5.2	26.3	120	64.2	5.8	30.0	211	67.3	4.3	28.4	267	71.5	5.6	22.8	0.482
	Adapted Milk Consumers (AMS)																
	Total				1 to <3 years				3 to <6 years				6 to <10 years				<i>p</i>
	n	%	%	%	n	%	%	%	n	%	%	%	n	%	%	%	
	BR	MR	AR [£]		BR	MR	AR [£]		BR	MR	AR [£]		BR	MR	AR [£]		
Total Fat	618	11.2 [*]	34.1 [*]	54.7 [*]	236	29.2 ^{a*}	33.1	37.7 ^{a*}	224	0.0 ^b	38.4	61.6 ^b	158	0.0 ^b	29.7	70.3 ^b	<0.001
SFAs [‡]	493	0.0 [*]	2.8 [*]	97.2 [*]	111	0.0	7.2 ^a	92.8 ^a	224	0.0	1.8 ^b	98.2 ^b	158	0.0	1.3 ^b	98.7 ^b	0.007
PUFAs	618	79.8 [*]	20.2 [*]	0.0	236	47.0 ^a	53.0 ^a	0.0	224	100.0 ^b	0.0 ^b	0.0	158	100.0 ^b	0.0 ^b	0.0	<0.001
EPA+DHA	618	45.6 [*]	12.1 [*]	42.2 [*]	236	49.6 [*]	12.7 [*]	37.7	224	40.6 [*]	12.1 [*]	47.3 [*]	158	46.8 [*]	11.4 [*]	41.8 [*]	0.314

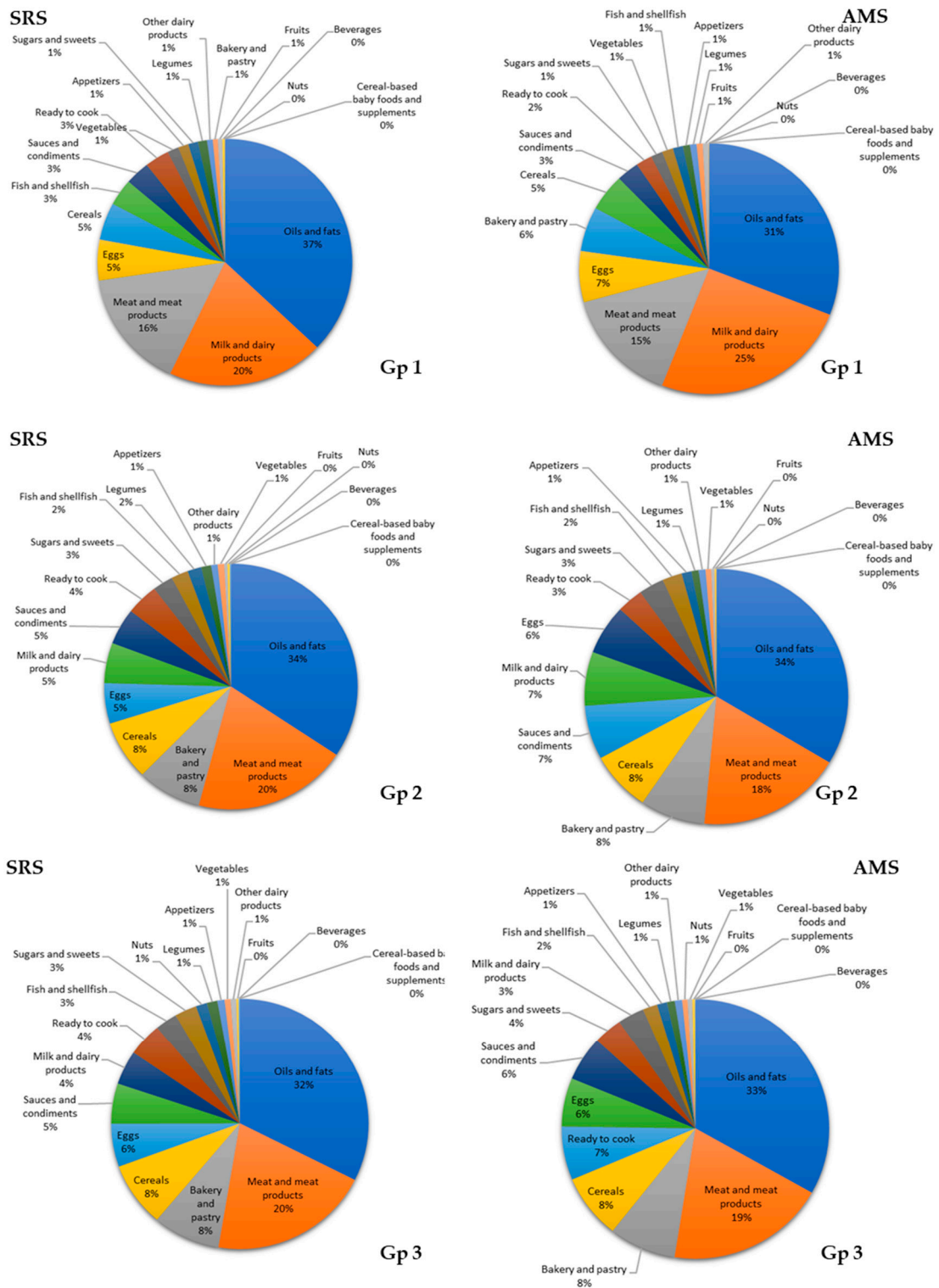
Percentage for inadequacy was calculated by comparing with FAO recommendations. First column: percentage below recommendations (BR); second column: percentage meeting recommendations (MR); third column: percentage above recommendations (AR). DHA, docosahexaenoic acid 22:6 n-3; EPA, eicosapentaenoic acid 20:5 n-3; SFAs, saturated fatty acids; PUFAs: polyunsaturated fatty acids. Results are expressed in percentage (%).[¥] Individual usual intake for two 24 h dietary recalls was used for total fats, linoleic acid, α -linolenic acid, SFAs, and PUFAs. Average gram intake values from two 24 h dietary recalls were used for EPA+DHA. Chi-square test was used to evaluate differences by total and age groups between SRS and AMS (significant differences are marked with an asterisk [*] in the median values of the AMS cohort). Chi-square test analysis was used to calculate differences among age groups within cohorts (significant differences are marked with superscript in median values of each age group). *p*-values for this test are included in the last column. *p*-value < 0.05 was considered statistically significant. [£] The percentage of children above the recommendations do not exceed the tolerable upper intake limit. [‡] Recommendations for SFAs intake available for 2 to <10 years, therefore, children <2 years were excluded ($n = 1034$).



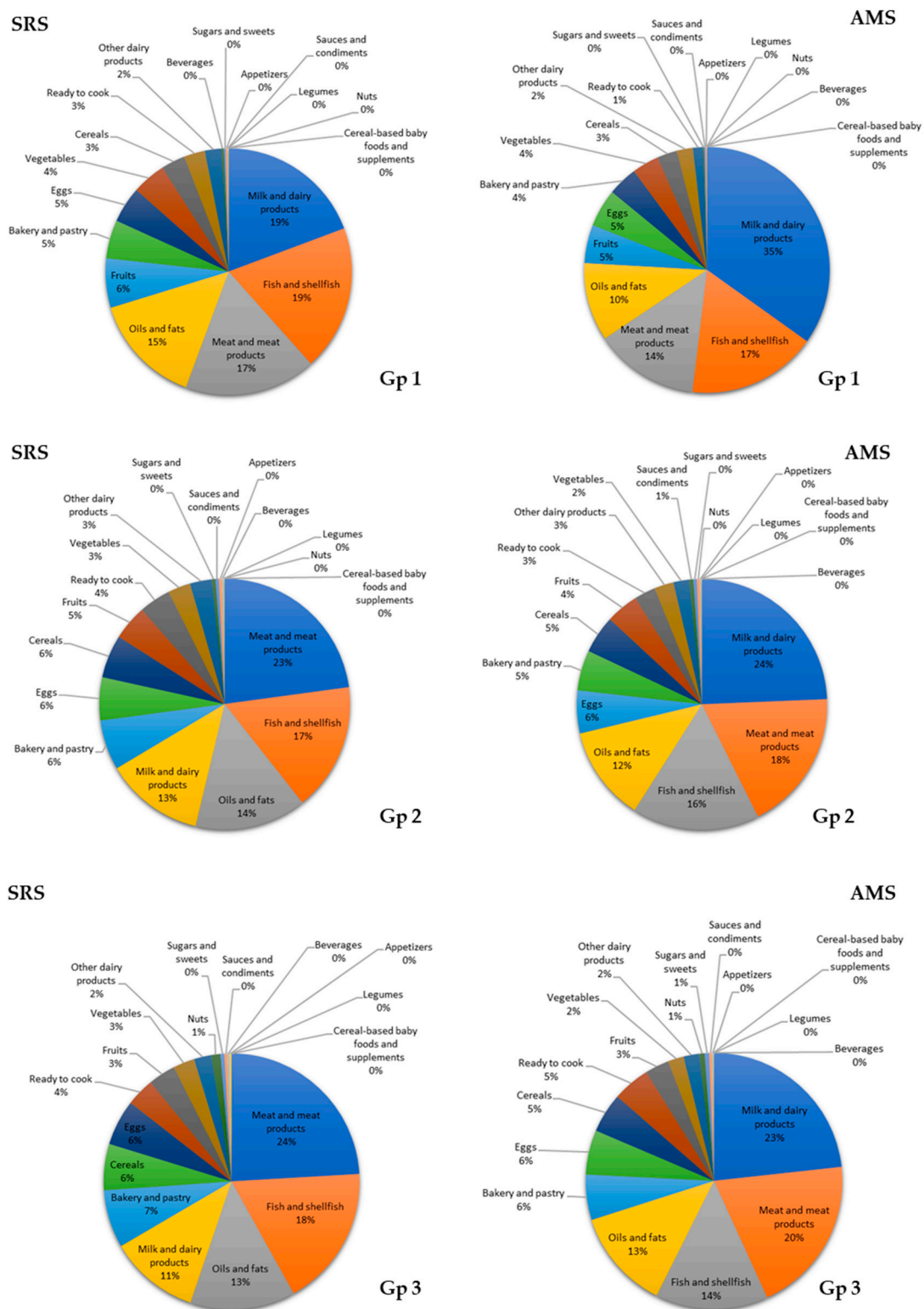
Supplementary Figure 1. Contribution (%) of the 18 food groups to monounsaturated fatty acids (MUFAs) intake in the EsNuPI study population (Spanish Reference Cohort (SRS) and Adapted Milk Consumers Cohort (AMS)) according to age group (Gp 1, 1 to <3 years; Gp 2, 3 to <6 years; Gp 3, 6 to <10 years).



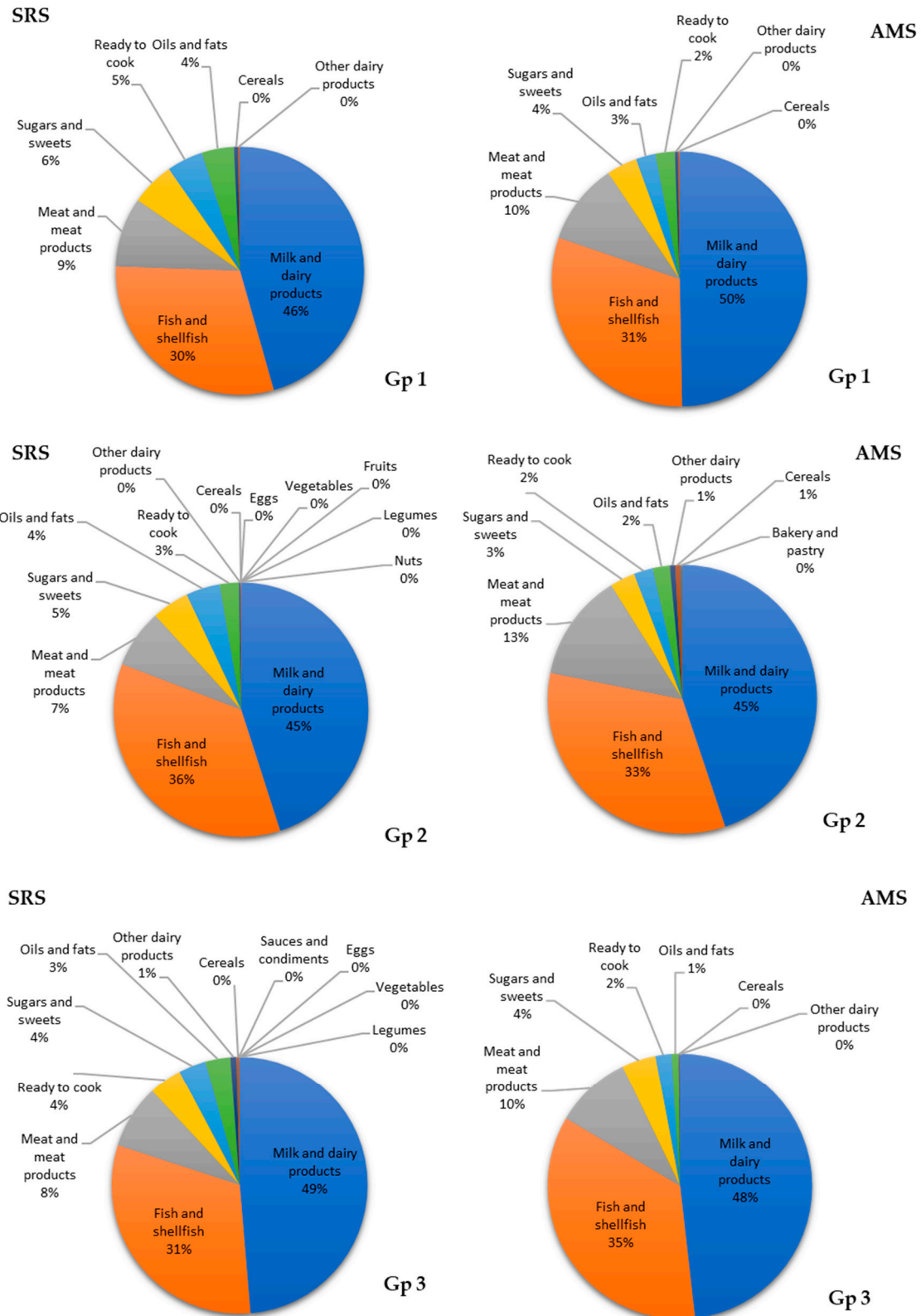
Supplementary Figure 2. Contribution (%) of the 18 food groups to polyunsaturated fatty acids (PUFAs) intake in the EsNuPI study population (Spanish Reference Cohort (SRS) and Adapted Milk Consumers Cohort (AMS)) according to age group (Gp 1, 1 to <3 years; Gp 2, 3 to <6 years; Gp 3, 6 to <10 years).



Supplementary Figure 3. Contribution (%) of the 18 food groups to n-6 intake in the EsNuPI study population (Spanish Reference Cohort (SRS) and Adapted Milk Consumers Cohort (AMS)) according to age group (Gp 1, 1 to <3 years; Gp 2, 3 to <6 years; Gp 3, 6 to <10 years).



Supplementary Figure 4. Contribution (%) of the 18 food groups to n-3 intake in the EsNuPI study population (Spanish Reference Cohort (SRS) and Adapted Milk Consumers Cohort (AMS)) according to age group (Gp 1, 1 to <3 years; Gp 2, 3 to <6 years; Gp 3, 6 to <10 years).



Supplementary Figure 5. Contribution (%) of the 18 food group to eicosapentaenoic acid (EPA) intake in the EsNuPI study population (Spanish Reference Cohort (SRS) and Adapted Milk Consumers Cohort (AMS)) according to age group (Gp 1, 1 to <3 years; Gp 2, 3 to <6 years; Gp 3, 6 to <10 years).

