

Supplementary Table 1. Daily estimates of nutrient intake from foods in participants of the combined AREDS/AREDS2 cohort (n=8130), AREDS cohort (n=4504), and AREDS2 cohort (n=3738)

	Combined cohort (AREDS and AREDS2)		AREDS cohort		AREDS2 cohort	
	Mean (SD)	Median	Mean (SD)	Median	Mean (SD)	Median
Calories, kcal	1609.9 (642.3)	1524.1	1521.0 (645.2)	1426.0	1714.4 (622.5)	1632.1
Vitamin A, IU	7967.0 (4949.0)	6763.5	7087.3 (4140.3)	6224.6	8982.8 (5567.0)	7611.2
Vitamin A, RAE					836.0 (479.4)	747.6
Retinol, mcg	539.9 (420.4)	447.6	614.9 (438.0)	527.0	450.2 (376.3)	377.9
Vitamin D, mcg	5.4 (3.7)	4.5	5.7 (3.7)	5.0	4.9 (3.6)	4.0
Vitamin E, mg	8.9 (5.4)	7.6	10.2 (6.1)	8.9	7.4 (4.0)	6.6
Vitamin C, mg	108.8 (60.1)	100.9	107.6 (58.0)	100.2	110.0 (62.5)	102.0
Thiamine, mg	1.4 (0.6)	1.3	1.3 (0.6)	1.3	1.4 (0.6)	1.3
Riboflavin, mg	1.8 (0.8)	1.7	1.7 (0.8)	1.5	2.0 (0.8)	1.9
Niacin, mg	19.1 (8.3)	17.9	17.0 (7.5)	15.8	21.6 (8.4)	20.4
Vitamin B6, mg	1.8 (0.8)	1.6	1.6 (0.7)	1.5	2.0 (0.8)	1.8
Folate, mcg	383.6 (171.9)	357.2	361.6 (163.8)	336.3	409.2 (177.2)	381.8
Natural food folate, mcg					273.2 (117.6)	255.5
Folic acid, mcg					376.1 (276.5)	426.0
Vitamin B12, mcg	5.5 (3.9)	4.7	4.7 (3.2)	4.0	6.4 (4.3)	5.6
Beta-carotene, mcg	3322.7 (2512.8)	2651.4	2681.3 (1900.6)	2212.4	4069.9 (2900.0)	3291.2
Beta-carotene equivalents, mcg			3021.5 (2132.3)	2502.3		
Alpha-carotene, mcg *	614.5 (603.1)	440.2	533.3 (515.0)	388.5	708.2 (678.1)	500.0
Beta-cryptoxanthin, mcg *	143.4 (104.2)	124.8	147.0 (94.7)	132.2	138.8 (114.0)	111.3
Lutein and zeaxanthin, mcg *	2495.4 (2336.3)	1829.7	1726.7 (1181.5)	1431.1	3397.4 (2953.0)	2554.2
Lycopene, mcg *	5121.0 (3904.8)	4259.2	4643.0 (3293.4)	3975.5	5667.7 (4439.5)	4569.3
Calcium, mg	747.3 (407.7)	664.2	778.7 (453.6)	691.8	709.6 (339.5)	636.7
Magnesium, mg	273.8 (107.9)	260.7	250.0 (98.0)	238.1	301.9 (111.9)	287.6
Iron, mg	12.5 (6.0)	11.4	11.7 (5.9)	10.6	13.4 (5.9)	12.4
Zinc, mg	10.5 (5.2)	9.6	10.2 (5.6)	9.1	10.8 (4.6)	10.0
Copper, mg	1.2 (0.6)	1.1	0.9 (0.4)	0.9	1.4 (0.7)	1.3
Selenium, mcg *			81.8 (35.8)	76.6	16.4 (38.1)	0.0
Saturated fat, % kcal *	11.1 (3.2)	10.9	11.4 (3.6)	11.2	10.7 (2.6)	10.6
Monounsaturated fat, % kcal *	13.1 (3.5)	13.0	12.8 (3.4)	12.9	13.4 (3.5)	13.1
Cholesterol, mg *	201.6 (114.7)	182.8	169.3 (107.9)	146.9	239.4 (110.8)	225.4
Oleic acid, mg per 1000 kcal *	13566.9 (3718.7)	13407.3	13410.7 (3687.4)	13486.8	13747.8 (3744.3)	13353.3
Linoleic acid, mg per 1000 kcal *	7438.0 (2626.8)	7053.3	8364.7 (2720.1)	8129.3	6355.0 (2032.9)	6041.5
Alpha-linolenic acid, mg per 1000 kcal *	751.4 (297.7)	699.2	802.9 (282.8)	761.1	690.7 (302.5)	638.0
EPA, mg per 1000 kcal *	46.0 (80.7)	23.8	22.9 (22.2)	17.3	73.1 (110.5)	39.0
DPA, mg per 1000 kcal *					15.7 (14.3)	12.3
DHA, mg per 1000 kcal *	67.5 (80.6)	43.2	35.7 (26.7)	29.5	104.9 (103.4)	76.3
EPA+DHA, mg per 1000 kcal *					178.2 (209.7)	115.1
EPA+DPA+DHA, mg per 1000 kcal *					144.6 (127.4)	113.0
Arachidonic acid, mg per 1000 kcal *	61.8 (32.4)	56.1	48.5 (23.6)	45.4	77.5 (34.3)	72.7
Galactose, gm			0.3 (0.5)	0.1		
Lactose, gm	16.0 (13.5)	12.9	18.4 (14.6)	14.9	13.2 (11.2)	10.2
Alcohol, gm	7.1 (13.5)	1.3	6.4 (13.8)	0.9	8.0 (12.9)	2.0
Fiber, gm					19.0 (8.5)	17.6
Soluble dietary fiber, gm			5.5 (2.3)	5.2		
Insoluble dietary fiber, gm			9.8 (4.3)	9.2		
Total choline, gm					312.1 (113.2)	299.2
Free choline, gm					69.3 (25.9)	65.9
Glycemic index					51.9 (3.9)	52.1
Glycemic load					105.9 (44.7)	99.8

Abbreviations: AREDS=Age-Related Eye Disease Study; DHA=docosahexaenoic acid; DPA=docosapentaenoic acid; EPA=eicosapentaenoic acid; IU=international units; RAE=retinol activity equivalents; SD=standard deviation

* values shown for AREDS2 (but not AREDS) include any additional intake from oral supplements