

Supplementary Table 2. Daily estimates of nutrient intake from foods: median values for each quintile

A. Combined cohort (AREDS and AREDS2; n=8130 participants)

Nutrient	Female					Male				
	Q1	Q2	Q3	Q4	Q5	Q1	Q2	Q3	Q4	Q5
Vitamin A, IU	3837.40	5338.92	6764.32	8391.09	12677.53	4053.08	5739.58	6791.70	8766.17	12411.37
Retinol, mcg	193.03	334.07	430.44	548.61	828.46	226.98	393.86	511.64	635.02	978.54
Vitamin D, mcg	1.85	3.24	4.37	5.65	8.65	2.25	4.04	5.14	6.26	9.55
Vitamin E, mg	4.71	6.24	7.05	8.76	12.17	5.31	6.92	8.33	10.75	15.54
Vitamin C, mg	43.72	78.54	106.63	126.66	156.76	45.27	79.32	104.57	131.46	165.81
Thiamine, mg	0.93	1.18	1.21	1.24	1.40	1.13	1.43	1.47	1.53	1.83
Riboflavin, mg	1.05	1.41	1.58	1.81	2.16	1.40	1.73	1.85	2.07	2.48
Niacin, mg	12.32	14.88	16.31	17.79	20.83	15.66	19.29	20.22	21.14	25.50
Vitamin B6, mg	1.09	1.38	1.55	1.68	2.00	1.39	1.66	1.84	2.02	2.42
Folate, mcg	236.56	300.13	332.73	368.81	434.29	284.98	365.60	403.93	440.22	538.61
Vitamin B12, mcg	2.20	3.29	4.32	5.48	7.59	2.93	4.39	5.47	6.45	9.30
Beta-Carotene, mcg	1175.95	1975.00	2734.46	3763.38	6083.62	1241.44	2002.72	2583.45	3513.29	5783.69
Alpha-Carotene, mcg	137.44	284.48	420.15	666.43	1286.92	151.52	324.17	466.47	669.33	1239.88
Beta-Cryptoxanthin, mcg	38.27	80.25	132.59	184.36	231.27	38.41	83.84	134.62	183.78	249.54
Lutein+Zeaxanthin, mcg	844.68	1317.13	1799.17	2611.96	4704.92	934.68	1356.06	1803.50	2471.16	4256.56
Lycopene, mcg	1536.98	2987.96	3997.52	5203.89	7972.84	2069.55	3632.42	4829.14	6119.80	9374.62
Calcium, mg	403.29	530.19	638.57	769.75	1060.76	463.64	603.04	685.17	851.32	1133.41
Magnesium, mg	199.89	231.28	245.42	265.64	288.42	245.47	265.07	284.03	300.94	320.52
Iron, mg	7.40	9.15	10.31	11.33	14.29	9.56	11.46	12.84	15.13	18.25
Zinc, mg	6.26	7.93	8.60	9.67	11.91	7.99	9.72	11.01	12.20	15.72
Copper, mg	0.73	0.81	0.95	1.11	1.39	0.91	1.05	1.12	1.26	1.50
Cholesterol, mg	81.18	122.84	166.20	211.73	268.02	105.27	164.80	214.89	257.92	308.31
Saturated Fat, mg	9.24	13.91	17.07	20.38	25.43	12.23	17.22	21.51	25.04	31.63
Monounsaturated Fat, mg	10.78	16.18	20.14	24.27	30.75	14.74	21.32	26.09	29.39	37.67
Oleic Acid, mg	10045.00	14880.00	18980.00	22435.00	28990.00	13750.00	19700.00	23740.00	27850.00	35275.00
Linoleic Acid, mg	5730.00	8380.00	10025.00	12300.00	15760.00	6910.00	9950.00	11980.00	15080.00	19490.00
Alpha-Linolenic Acid, mg	640.00	820.00	1030.00	1260.00	1610.00	710.00	950.00	1170.00	1440.00	1830.00
Arachidonic Acid, mg	30.00	60.00	80.00	100.00	150.00	40.00	80.00	100.00	120.00	170.00
EPA, mg	10.00	20.00	30.00	60.00	140.00	10.00	20.00	40.00	70.00	140.00
DHA, mg	20.00	40.00	60.00	100.00	220.00	20.00	50.00	70.00	110.00	220.00
EPA+DHA, mg	20.00	60.00	90.00	160.00	370.00	30.00	70.00	110.00	170.00	370.00
Lactose, gm	3.66	8.46	13.14	17.76	32.33	4.10	9.35	13.66	18.52	33.09
Alcohol, gm	0.00	0.25	0.89	3.29	14.12	0.00	0.85	3.67	12.25	30.09

B. AREDS cohort (n=4504 participants)

Nutrient	Female					Male				
	Q1	Q2	Q3	Q4	Q5	Q1	Q2	Q3	Q4	Q5
Vitamin A, IU	3427.92	4927.14	5778.82	7006.53	10225.70	4145.51	5790.94	6692.22	8167.91	10936.14
Retinol, mcg	211.15	371.09	503.73	630.04	861.19	306.45	487.63	591.91	725.13	1061.97
Vitamin D, mcg	2.14	3.61	4.79	5.86	8.50	2.88	4.67	5.62	6.59	9.35
Vitamin E, mg	5.01	6.70	7.87	9.28	13.36	6.36	8.44	10.12	12.13	17.44
Vitamin C, mg	42.23	78.77	102.34	122.80	151.68	47.19	83.27	103.95	129.76	162.08
Thiamine, mg	0.86	1.05	1.12	1.15	1.31	1.19	1.46	1.48	1.60	1.80
Riboflavin, mg	0.89	1.26	1.32	1.51	1.91	1.33	1.61	1.82	1.92	2.33
Niacin, mg	11.19	12.92	13.97	14.39	16.46	15.53	18.56	19.30	19.24	23.48
Vitamin B6, mg	1.01	1.17	1.33	1.44	1.71	1.38	1.63	1.77	1.92	2.27
Folate, mcg	222.33	267.83	299.20	333.72	375.82	290.15	359.98	403.63	451.18	516.93
Vitamin B12, mcg	1.77	2.83	3.49	4.40	6.14	2.67	3.93	4.86	5.80	8.53
Beta-Carotene, mcg	973.61	1596.08	2161.35	2825.44	4386.93	1192.53	1848.12	2430.78	3127.83	4672.92
Beta-Carotene Equivalents, mcg	1131.74	1818.95	2424.41	3104.87	4916.19	1350.28	2135.66	2753.68	3473.09	5270.87
Alpha-Carotene, mcg	118.32	236.90	331.38	538.15	921.22	158.25	307.43	472.64	626.67	1128.01
Beta-Cryptoxanthin, mcg	43.12	98.91	139.15	173.45	221.41	46.26	96.83	137.51	171.21	253.23
Lutein+Zeaxanthin, mcg	755.39	1047.93	1337.06	1821.05	2726.82	897.32	1211.68	1541.92	1962.35	2811.13
Lycopene, mcg	1300.75	2609.61	3539.22	4591.06	6687.15	2113.21	3769.47	4912.66	6198.96	8466.13
Calcium, mg	360.18	513.16	638.61	816.22	1070.19	486.96	626.53	761.11	886.47	1176.51
Magnesium, mg	187.21	206.75	212.35	225.41	237.88	239.46	255.59	273.32	291.32	282.01
Iron, mg	6.68	8.17	8.88	9.95	12.77	9.48	11.22	12.74	14.86	18.75
Zinc, mg	5.37	6.92	7.56	8.92	11.53	7.97	9.87	10.94	12.56	15.97
Copper, mg	0.69	0.76	0.78	0.83	0.90	0.91	0.99	1.04	1.06	1.18
Selenium, mcg	50.56	64.76	69.34	70.89	78.31	73.95	89.43	93.37	100.45	99.56
Cholesterol, mg	66.90	104.07	125.93	160.42	210.22	92.12	146.69	188.36	229.11	290.02
Saturated Fat, gm	7.89	11.89	15.89	19.03	26.72	11.40	17.22	22.60	26.40	35.05
Monounsaturated Fat, gm	9.22	13.77	17.55	21.94	27.63	13.03	20.42	26.19	29.43	38.50
Oleic Acid, mg	8580.00	13000.00	16530.00	20905.00	26210.00	12305.00	19170.00	24460.00	28265.00	35585.00
Linoleic Acid, mg	5330.00	8230.00	10630.00	13145.00	16460.00	7310.00	10820.00	13410.00	16405.00	21350.00
Alpha-Linolenic Acid, mg	560.00	790.00	1050.00	1290.00	1580.00	695.00	1010.00	1240.00	1490.00	1860.00
Arachidonic Acid, mg	30.00	40.00	60.00	70.00	80.00	40.00	70.00	80.00	90.00	120.00
EPA, mg	0.00	10.00	20.00	30.00	60.00	10.00	20.00	30.00	40.00	70.00
DHA, mg	10.00	30.00	40.00	50.00	80.00	20.00	30.00	50.00	70.00	100.00
EPA+DHA, mg	10.00	40.00	60.00	80.00	140.00	25.00	50.00	80.00	110.00	170.00
Galactose, gm	0.01	0.02	0.11	0.32	0.80	0.01	0.02	0.05	0.17	0.72
Lactose, gm	5.17	9.65	14.49	20.55	32.15	6.98	11.72	15.99	21.53	33.23
Alcohol, gm		0.00	0.89	2.14	13.49	0.00	0.85	2.72	10.75	27.09
Soluble Dietary Fiber, gm	3.39	4.28	4.59	5.28	6.08	4.58	5.49	5.86	6.50	7.10
Insoluble Dietary Fiber, gm	5.51	7.46	8.50	9.44	10.69	7.68	9.23	10.71	11.97	13.54

C. AREDS2 cohort (n=3738 participants)

Nutrient	Female					Male				
	Q1	Q2	Q1	Q2	Q1	Q2	Q1	Q2	Q1	Q2
Vitamin A, IU	4375.66	6381.08	8102.93	10527.41	15240.53	3809.59	5540.58	7036.89	9324.36	13489.76
Vitamin A, RAE	466.86	632.66	774.77	886.33	1196.78	452.00	640.26	740.06	863.49	1175.63
Retinol, mcg	170.94	273.67	367.09	475.06	691.21	178.52	309.36	421.05	493.46	770.31
Vitamin D, mcg	1.56	2.92	3.84	4.94	8.87	1.85	3.27	4.28	5.23	9.51
Vitamin E, mg	4.37	5.36	6.51	7.54	10.42	4.50	5.89	6.66	7.50	10.85
Vitamin C, mg	44.56	76.07	105.45	131.66	168.30	40.32	71.38	101.88	133.47	170.45
Thiamine, mg	0.98	1.24	1.33	1.33	1.58	1.10	1.38	1.43	1.51	1.78
Riboflavin, mg	1.38	1.71	1.84	2.04	2.37	1.56	1.80	2.01	2.20	2.61
Niacin, mg	16.02	18.36	19.64	20.83	23.88	16.90	21.13	22.10	23.27	27.05
Vitamin B6, mg	1.36	1.63	1.79	1.88	2.32	1.40	1.83	1.92	2.14	2.60
Folate, mcg	259.22	326.76	370.92	406.40	514.66	274.37	357.82	400.94	430.06	563.18
Natural Food Folate, mcg	172.00	218.00	259.00	288.00	361.00	184.50	229.00	263.00	288.00	341.50
Folic Acid, mcg	57.00	140.00	469.00	499.50	610.00	66.50	141.50	441.00	507.50	653.50
Vitamin B12, mcg	3.02	4.30	5.46	6.24	9.11	3.28	5.15	6.15	6.89	10.99
Beta-Carotene, mcg	1594.69	2724.50	3763.70	4970.41	7463.54	1290.25	2157.50	2861.92	4224.02	6575.12
Alpha-Carotene, mcg	164.73	385.87	545.15	780.20	1526.13	140.74	339.86	456.23	697.65	1430.87
Beta-Cryptoxanthin, mcg	33.92	62.51	115.17	191.06	246.05	31.41	63.58	112.86	188.87	244.19
Lutein+Zeaxanthin, mcg	1228.33	1952.55	2772.95	3619.76	7131.94	1049.46	1681.00	2491.13	3261.04	5758.55
Lycopene, mcg	1979.17	3533.34	4407.52	5657.61	10528.48	1981.98	3528.32	4779.51	5968.02	10993.79
Calcium, mg	226.82	269.72	283.92	300.87	332.09	243.47	278.19	297.60	318.16	345.04
Magnesium, mg	425.57	543.88	624.12	724.34	1075.54	447.79	567.01	639.09	711.56	1081.13
Iron, mg	9.10	10.34	11.66	13.00	16.21	9.74	11.71	12.50	15.14	17.82
Zinc, mg	7.47	9.02	9.62	10.39	12.83	8.05	9.65	10.68	11.99	14.67
Copper, mg	0.93	1.17	1.28	1.37	1.55	0.99	1.22	1.38	1.43	1.85
Selenium, mcg *	0.00	20.00	20.00			0.00	11.40	20.00		
Cholesterol, mg	130.33	183.67	215.97	264.13	285.06	143.25	206.10	260.07	270.45	334.85
Saturated Fat, gm	11.85	15.49	18.07	21.49	25.46	13.25	17.93	20.88	24.64	28.35
Monounsaturated Fat, gm	14.32	18.74	22.97	26.90	33.55	16.80	22.38	26.32	29.28	36.93
Oleic Acid, mg	13090.00	17040.00	20910.00	24195.00	31460.00	15320.00	20490.00	23695.00	27710.00	34530.00
Linoleic Acid, mg	5865.00	7885.00	9520.00	11550.00	15370.00	6560.00	8640.00	10130.00	12730.00	16970.00
Alpha-Linolenic Acid, mg	670.00	850.00	1000.00	1230.00	1670.00	700.00	890.00	1040.00	1320.00	1795.00
Arachidonic Acid, mg	60.00	100.00	120.00	140.00	180.00	70.00	110.00	130.00	160.00	190.00
EPA, mg	10.00	30.00	70.00	100.00	310.00	20.00	40.00	70.00	100.00	320.00
DPA, mg	10.00	10.00	20.00	30.00	50.00	10.00	10.00	20.00	30.00	50.00
DHA, mg	40.00	80.00	130.00	180.00	300.00	40.00	90.00	130.00	180.00	340.00
EPA+DHA, mg	60.00	110.00	200.00	280.00	590.00	60.00	120.00	210.00	270.00	630.00
EPA+DPA+DHA, mg	70.00	120.00	190.00	260.00	390.00	70.00	120.00	200.00	260.00	410.00
Lactose, gm	2.90	7.56	10.58	15.16	32.37	2.84	7.11	9.65	14.91	32.15
Alcohol, gm	0.00	0.47	1.02	4.57	14.52	0.00	0.88	4.72	13.91	35.57
Fiber, gm	11.53	15.07	18.07	19.68	24.79	11.53	16.12	17.69	20.47	25.37
Total Choline, gm	225.68	272.29	300.74	305.43	325.66	262.91	301.95	315.46	343.40	354.31
Free Choline, gm	51.24	59.48	63.55	66.86	72.27	59.86	67.70	70.23	73.17	85.12
Glycemic Index	50.46	50.70	51.47	52.12	52.40	51.86	52.84	53.27	53.20	53.84
Glycemic Load	66.87	89.75	95.93	104.87	117.10	76.32	97.20	115.59	117.55	131.64

Abbreviations: DHA=docosahexaenoic acid; DPA=docosapentaenoic acid; EPA=eicosapentaenoic acid; IU=international units; RAE=retinol activity equivalents; Q=quintile

* shown in tertiles