

Supplementary Table 3. Correlation matrix showing the Pearson correlation coefficients between the dietary intake of each nutrient and every other nutrient. Gray indicates correlation coefficients > 0.6.

A. AREDS.

Nutrient		aiu	ret	vitd	vite	vitc	b1	ribo	niac	b6	fol	b12	bcar	proa	acar	cryp	lut	lyc	calc	mg	fe	zinc	cu	sel	sfat	mufa	chol	olec	pufa182	pufa183	epa	dha	omega	pufa204	gal	lact	alc	ifib	sfib	
Vitamin A, IU	aiu	1.0	0.5	0.4	0.4	0.5	0.6	0.6	0.5	0.6	0.6	0.5	0.9	0.9	0.8	0.4	0.7	0.5	0.5	0.6	0.5	0.5	0.7	0.6	0.4	0.4	0.4	0.4	0.4	0.4	0.3	0.4	0.4	0.4	0.2	0.4	0.0	0.7	0.7	
Retinol, mcg	ret	0.5	1.0	0.7	0.4	0.2	0.6	0.7	0.5	0.5	0.5	0.9	0.2	0.2	0.2	0.1	0.2	0.2	0.6	0.5	0.5	0.6	0.6	0.6	0.6	0.5	0.6	0.5	0.4	0.2	0.4	0.3	0.5	0.0	0.6	0.0	0.3	0.3		
Vitamin D, mcg	vitd	0.4	0.7	1.0	0.4	0.3	0.6	0.8	0.5	0.5	0.5	0.6	0.2	0.2	0.2	0.2	0.2	0.3	0.9	0.7	0.4	0.6	0.5	0.6	0.5	0.5	0.4	0.5	0.4	0.4	0.2	0.3	0.2	0.3	0.1	0.9	0.0	0.4	0.4	
Vitamin E, mcg	vite	0.4	0.4	0.4	1.0	0.4	0.8	0.7	0.8	0.8	0.7	0.6	0.3	0.3	0.3	0.2	0.3	0.3	0.4	0.6	0.8	0.7	0.5	0.6	0.5	0.6	0.4	0.6	0.7	0.6	0.2	0.3	0.3	0.4	0.1	0.3	0.1	0.5	0.5	
Vitamin C, mg	vitc	0.5	0.2	0.3	0.4	1.0	0.5	0.4	0.4	0.6	0.6	0.3	0.5	0.5	0.3	0.8	0.4	0.4	0.3	0.5	0.4	0.4	0.5	0.4	0.2	0.2	0.2	0.2	0.3	0.3	0.3	0.3	0.3	0.2	0.1	0.2	0.0	0.5	0.6	
Thiamin, mg	b1	0.6	0.6	0.6	0.8	0.5	1.0	0.9	0.9	0.9	0.9	0.7	0.4	0.4	0.4	0.4	0.4	0.5	0.7	0.8	0.9	0.8	0.8	0.8	0.6	0.6	0.5	0.6	0.6	0.5	0.3	0.3	0.3	0.5	0.1	0.5	0.1	0.7	0.7	
Riboflavin, mg	ribo	0.6	0.7	0.8	0.7	0.4	0.9	1.0	0.8	0.8	0.8	0.8	0.4	0.4	0.3	0.3	0.3	0.4	0.9	0.8	0.8	0.8	0.7	0.8	0.6	0.6	0.5	0.6	0.5	0.5	0.2	0.3	0.3	0.5	0.2	0.8	0.1	0.6	0.6	
Niacin, mg	niac	0.5	0.5	0.5	0.8	0.4	0.9	0.8	1.0	0.9	0.9	0.7	0.4	0.4	0.4	0.3	0.4	0.5	0.5	0.8	0.9	0.8	0.8	0.8	0.6	0.6	0.5	0.6	0.6	0.5	0.3	0.4	0.4	0.5	0.1	0.3	0.1	0.7	0.7	
Vitamin B6, mg	b6	0.6	0.5	0.5	0.8	0.6	0.9	0.8	0.9	1.0	0.9	0.7	0.5	0.5	0.4	0.4	0.4	0.4	0.6	0.8	0.9	0.8	0.7	0.7	0.4	0.5	0.4	0.5	0.5	0.4	0.3	0.4	0.4	0.4	0.2	0.4	0.1	0.8	0.7	
Folate, mcg	fol	0.6	0.5	0.5	0.7	0.6	0.9	0.8	0.9	0.9	1.0	0.6	0.4	0.5	0.4	0.5	0.5	0.5	0.5	0.7	0.9	0.8	0.7	0.7	0.4	0.5	0.3	0.5	0.5	0.4	0.3	0.3	0.3	0.4	0.1	0.4	0.1	0.7	0.7	
Vitamin B12, mcg	b12	0.5	0.9	0.6	0.6	0.3	0.7	0.8	0.7	0.7	0.6	1.0	0.3	0.3	0.2	0.2	0.3	0.3	0.6	0.6	0.7	0.8	0.7	0.6	0.4	0.4	0.5	0.4	0.3	0.4	0.3	0.5	0.4	0.5	0.1	0.5	0.1	0.4	0.4	
Beta-carotene, mcg	bcar	0.9	0.2	0.2	0.3	0.5	0.4	0.4	0.4	0.5	0.4	0.3	1.0	1.0	0.8	0.4	0.7	0.5	0.3	0.5	0.4	0.4	0.6	0.4	0.2	0.2	0.2	0.2	0.3	0.3	0.3	0.4	0.3	0.3	0.2	0.2	0.0	0.6	0.7	
Beta-carotene equivalents, mcg	proa	0.9	0.2	0.2	0.3	0.5	0.4	0.4	0.4	0.5	0.5	0.3	1.0	1.0	0.8	0.4	0.7	0.5	0.3	0.5	0.4	0.4	0.6	0.4	0.2	0.2	0.2	0.2	0.3	0.3	0.3	0.4	0.3	0.3	0.2	0.2	0.0	0.6	0.7	
Alpha-carotene, mcg	acar	0.8	0.2	0.2	0.3	0.3	0.4	0.3	0.4	0.4	0.4	0.2	0.8	0.8	1.0	0.3	0.4	0.3	0.3	0.4	0.3	0.3	0.5	0.4	0.2	0.2	0.2	0.2	0.3	0.3	0.2	0.2	0.2	0.2	0.1	0.2	0.0	0.5	0.6	
Beta-cryptoxanthin, mcg	cryp	0.4	0.1	0.2	0.2	0.8	0.4	0.3	0.3	0.4	0.5	0.2	0.4	0.4	0.3	1.0	0.4	0.3	0.2	0.4	0.3	0.3	0.5	0.3	0.1	0.1	0.1	0.1	0.2	0.2	0.2	0.2	0.2	0.2	0.2	0.1	0.0	0.5	0.6	
Lutein and zeaxanthin, mcg	lut	0.7	0.2	0.2	0.3	0.4	0.4	0.3	0.4	0.4	0.5	0.3	0.7	0.7	0.4	0.4	1.0	0.4	0.3	0.5	0.3	0.3	0.5	0.4	0.2	0.2	0.2	0.2	0.3	0.3	0.3	0.4	0.3	0.3	0.1	0.1	0.1	0.6	0.6	
Lycopene, mcg	lyc	0.5	0.2	0.3	0.3	0.4	0.5	0.4	0.5	0.4	0.5	0.3	0.5	0.5	0.3	0.3	0.4	1.0	0.3	0.5	0.4	0.4	0.6	0.6	0.3	0.3	0.3	0.3	0.3	0.4	0.3	0.3	0.3	0.3	0.1	0.2	0.1	0.5	0.6	
Calcium, mg	calc	0.5	0.6	0.9	0.4	0.3	0.7	0.9	0.5	0.6	0.5	0.6	0.3	0.3	0.3	0.2	0.3	0.3	1.0	0.8	0.5	0.6	0.6	0.6	0.5	0.5	0.4	0.5	0.4	0.4	0.2	0.2	0.2	0.3	0.3	0.9	0.0	0.5	0.5	
Magnesium, mg	mg	0.6	0.5	0.7	0.6	0.5	0.8	0.8	0.8	0.8	0.7	0.6	0.5	0.5	0.4	0.4	0.5	0.5	0.8	1.0	0.7	0.7	0.8	0.8	0.6	0.6	0.5	0.6	0.6	0.5	0.4	0.4	0.4	0.4	0.2	0.7	0.1	0.9	0.8	
Iron, mg	fe	0.5	0.5	0.4	0.8	0.4	0.9	0.8	0.9	0.9	0.9	0.7	0.4	0.4	0.3	0.3	0.3	0.4	0.5	0.7	1.0	0.8	0.7	0.7	0.5	0.5	0.4	0.5	0.5	0.4	0.3	0.3	0.3	0.4	0.1	0.3	0.1	0.7	0.6	
Zinc, mg	zinc	0.5	0.6	0.6	0.7	0.4	0.8	0.8	0.8	0.8	0.8	0.8	0.4	0.4	0.3	0.3	0.3	0.4	0.6	0.7	0.8	1.0	0.8	0.7	0.5	0.5	0.5	0.5	0.4	0.4	0.4	0.4	0.4	0.4	0.5	0.2	0.5	0.1	0.6	0.6
Copper, mg	cu	0.7	0.6	0.5	0.5	0.5	0.8	0.7	0.8	0.7	0.7	0.7	0.6	0.6	0.5	0.5	0.6	0.6	0.6	0.8	0.7	0.8	1.0	0.8	0.6	0.6	0.5	0.6	0.6	0.6	0.4	0.5	0.5	0.6	0.2	0.4	0.1	0.8	0.8	
Selenium, mcg	sel	0.6	0.6	0.6	0.6	0.4	0.8	0.8	0.8	0.7	0.7	0.6	0.4	0.4	0.4	0.3	0.4	0.6	0.6	0.8	0.7	0.7	0.8	1.0	0.7	0.8	0.7	0.8	0.7	0.6	0.5	0.6	0.5	0.7	0.1	0.5	0.1	0.7	0.7	
Saturated fat, gm	sfat	0.4	0.6	0.5	0.5	0.2	0.6	0.6	0.6	0.4	0.4	0.4	0.2	0.2	0.2	0.1	0.2	0.3	0.5	0.6	0.5	0.5	0.6	0.7	1.0	0.9	0.8	0.9	0.7	0.7	0.1	0.2	0.2	0.6	0.0	0.4	0.1	0.3	0.4	
Monounsaturated fat, gm	mufa	0.4	0.5	0.5	0.6	0.2	0.6	0.6	0.6	0.5	0.5	0.4	0.2	0.2	0.2	0.1	0.2	0.3	0.5	0.6	0.5	0.5	0.6	0.8	0.9	1.0	0.7	1.0	0.8	0.8	0.2	0.3	0.2	0.6	0.0	0.3	0.1	0.4	0.5	
Cholesterol, mg	chol	0.4	0.6	0.4	0.4	0.2	0.5	0.5	0.5	0.4	0.3	0.5	0.2	0.2	0.2	0.1	0.2	0.3	0.4	0.5	0.4	0.5	0.5	0.7	0.8	0.7	1.0	0.7	0.5	0.6	0.3	0.4	0.4	0.9	0.0	0.3	0.1	0.3	0.3	
Oleic acid, gm	olec	0.4	0.5	0.5	0.6	0.2	0.6	0.6	0.6	0.5	0.5	0.4	0.2	0.2	0.2	0.1	0.2	0.3	0.5	0.6	0.5	0.5	0.6	0.8	0.9	1.0	0.7	1.0	0.9	0.8	0.2	0.3	0.2	0.6	0.0	0.3	0.1	0.4	0.5	
Linoleic acid, gm	pufa182	0.4	0.4	0.4	0.7	0.3	0.6	0.5	0.6	0.5	0.5	0.3	0.3	0.3	0.3	0.2	0.3	0.3	0.4	0.6	0.5	0.4	0.6	0.7	0.7	0.8	0.5	0.9	1.0	0.9	0.2	0.3	0.3	0.5	0.0	0.2	0.1	0.5	0.6	
Linolenic acid, gm	pufa183	0.4	0.4	0.4	0.6	0.3	0.5	0.5	0.5	0.4	0.4	0.4	0.3	0.3	0.3	0.2	0.3	0.4	0.4	0.5	0.4	0.4	0.6	0.6	0.7	0.8	0.6	0.8	0.9	1.0	0.2	0.3	0.3	0.5	0.0	0.3	0.1	0.4	0.5	
EPA, gm	epa	0.3	0.2	0.2	0.2	0.3	0.3	0.2	0.3	0.3	0.3	0.3	0.3	0.2	0.2	0.3	0.3	0.2	0.4	0.3	0.4	0.4	0.5	0.1	0.2	0.3	0.2	0.2	0.2	1.0	0.9	1.0	0.4	0.1	0.1	0.1	0.3	0.3		
DHA, gm	dha	0.4	0.4	0.3	0.3	0.3	0.3	0.3	0.4	0.4	0.3	0.5	0.4	0.4	0.2	0.2	0.4	0.3	0.2	0.4	0.3	0.4	0.5	0.6	0.2	0.3	0.4	0.3	0.3	0.3	0.9	1.0	1.0	0.6	0.1	0.1	0.1	0.4	0.4	
EPA+DHA, gm	omega	0.4	0.3	0.2	0.3	0.3	0.3	0.3	0.4	0.4	0.3	0.4	0.3	0.3	0.2	0.2	0.3	0.3	0.2	0.4	0.3	0.4	0.5	0.5	0.2	0.2	0.4	0.2	0.3	0.3	1.0	1.0	1.0	0.5	0.1	0.1	0.1	0.3	0.4	
Arachidonic acid, gm	pufa204	0.4	0.5	0.3	0.4	0.2	0.5	0.5	0.5	0.4	0.4	0.5	0.3	0.3	0.2	0.2																								

B. AREDS2

Nutrient	Variable	aiu	rae	ret	vitd	vite	vitc	b1	ribo	niac	b6	fol	foodfol	folic	b12	bcar	acar	cryp	lut	lyc	calc	mg	fe
Vitamin A, IU	aiu	1.0	0.8	0.3	0.4	0.5	0.6	0.5	0.5	0.5	0.6	0.6	0.8	0.1	0.4	1.0	0.8	0.5	0.8	0.3	0.5	0.6	0.5
Vitamin A, RAE	rae	0.8	1.0	0.8	0.4	0.4	0.4	0.5	0.6	0.5	0.6	0.6	0.6	0.1	0.8	0.6	0.5	0.3	0.5	0.2	0.6	0.6	0.5
Retinol, mcg	ret	0.3	0.8	1.0	0.3	0.2	0.1	0.4	0.6	0.4	0.4	0.3	0.3	0.1	0.9	0.1	0.1	0.1	0.0	0.1	0.4	0.3	0.4
Vitamin D, mcg	vitd	0.4	0.4	0.3	1.0	0.4	0.3	0.4	0.6	0.4	0.5	0.4	0.4	0.2	0.4	0.3	0.2	0.2	0.3	0.1	0.7	0.5	0.4
Vitamin E, mg	vite	0.5	0.4	0.2	0.4	1.0	0.4	0.7	0.6	0.7	0.7	0.7	0.6	0.2	0.4	0.5	0.3	0.3	0.4	0.4	0.5	0.7	0.7
Vitamin C, mg	vitc	0.6	0.4	0.1	0.3	0.4	1.0	0.5	0.4	0.4	0.5	0.6	0.8	0.1	0.2	0.6	0.4	0.8	0.5	0.3	0.4	0.6	0.4
Thiamine, mg	b1	0.5	0.5	0.4	0.4	0.7	0.5	1.0	0.8	0.8	0.8	0.8	0.6	0.3	0.5	0.4	0.3	0.4	0.3	0.3	0.6	0.8	0.9
Riboflavin, mg	ribo	0.5	0.6	0.6	0.6	0.6	0.4	0.8	1.0	0.7	0.8	0.7	0.6	0.3	0.6	0.4	0.3	0.3	0.3	0.3	0.8	0.7	0.7
Niacin, mg	niac	0.5	0.5	0.4	0.4	0.7	0.4	0.8	0.7	1.0	0.8	0.8	0.6	0.2	0.5	0.4	0.3	0.3	0.3	0.4	0.5	0.8	0.8
Vitamin B6, mg	b6	0.6	0.6	0.4	0.5	0.7	0.5	0.8	0.8	0.8	1.0	0.9	0.7	0.3	0.6	0.5	0.4	0.3	0.4	0.3	0.6	0.8	0.8
Folate, mcg	fol	0.6	0.6	0.3	0.4	0.7	0.6	0.8	0.7	0.8	0.9	1.0	0.8	0.3	0.5	0.6	0.4	0.5	0.5	0.3	0.6	0.8	0.8
Natural food folate, mcg	foodfol	0.8	0.6	0.3	0.4	0.6	0.8	0.6	0.6	0.6	0.7	0.8	1.0	0.2	0.4	0.7	0.5	0.6	0.7	0.4	0.6	0.8	0.6
Folic acid, mcg	folic	0.1	0.1	0.1	0.2	0.2	0.1	0.3	0.3	0.2	0.3	0.3	0.2	1.0	0.2	0.1	0.1	0.1	0.1	0.1	0.2	0.2	0.3
Vitamin B12, mcg	b12	0.4	0.8	0.9	0.4	0.4	0.2	0.5	0.6	0.5	0.6	0.5	0.4	0.2	1.0	0.2	0.2	0.2	0.1	0.1	0.4	0.4	0.5
Beta-carotene, mcg	bcar	1.0	0.6	0.1	0.3	0.5	0.6	0.4	0.4	0.4	0.5	0.6	0.7	0.1	0.2	1.0	0.8	0.4	0.8	0.3	0.4	0.6	0.4
Alpha-carotene, mcg	acar	0.8	0.5	0.1	0.2	0.3	0.4	0.3	0.3	0.3	0.4	0.4	0.5	0.1	0.2	0.8	1.0	0.4	0.4	0.2	0.3	0.5	0.3
Beta-cryptoxanthin, mcg	cryp	0.5	0.3	0.1	0.2	0.3	0.8	0.4	0.3	0.3	0.3	0.5	0.6	0.1	0.2	0.4	0.4	1.0	0.3	0.1	0.3	0.4	0.3
Lutein and zeaxanthin, mcg	lut	0.8	0.5	0.0	0.3	0.4	0.5	0.3	0.3	0.3	0.4	0.5	0.7	0.1	0.1	0.8	0.4	0.3	1.0	0.2	0.3	0.5	0.3
Lycopene, mcg	lyc	0.3	0.2	0.1	0.1	0.4	0.3	0.3	0.3	0.4	0.3	0.3	0.4	0.1	0.1	0.3	0.2	0.1	0.2	1.0	0.2	0.4	0.3
Calcium, mg	calc	0.5	0.6	0.4	0.7	0.5	0.4	0.6	0.8	0.5	0.6	0.6	0.6	0.2	0.4	0.4	0.3	0.3	0.3	0.2	1.0	0.7	0.5
Magnesium, mg	mg	0.6	0.6	0.3	0.5	0.7	0.6	0.8	0.7	0.8	0.8	0.8	0.8	0.2	0.4	0.6	0.5	0.4	0.5	0.4	0.7	1.0	0.7
Iron, mg	fe	0.5	0.5	0.4	0.4	0.7	0.4	0.9	0.7	0.8	0.8	0.8	0.6	0.3	0.5	0.4	0.3	0.3	0.3	0.3	0.5	0.7	1.0
Zinc, mg	zinc	0.4	0.5	0.4	0.4	0.7	0.4	0.9	0.8	0.9	0.8	0.7	0.5	0.3	0.6	0.3	0.3	0.2	0.2	0.3	0.7	0.7	0.8
Copper, mg	cu	0.5	0.8	0.8	0.3	0.5	0.4	0.5	0.6	0.6	0.5	0.5	0.6	0.1	0.8	0.4	0.3	0.3	0.3	0.3	0.4	0.6	0.5
Selenium, mcg	sel	0.1	0.0	0.0	0.1	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.3	0.0	0.1	0.0	0.0	0.1	0.0	0.0	0.1	0.0
Cholesterol, mg	chol	0.3	0.4	0.4	0.3	0.4	0.2	0.5	0.5	0.6	0.4	0.3	0.4	0.1	0.5	0.2	0.1	0.1	0.2	0.2	0.4	0.4	0.4
Saturated fat, gm	sfat	0.2	0.4	0.4	0.3	0.5	0.2	0.6	0.6	0.6	0.5	0.4	0.4	0.1	0.4	0.1	0.1	0.2	0.1	0.2	0.6	0.5	0.5
Monounsaturated fat, gm	mfat	0.3	0.4	0.3	0.3	0.7	0.3	0.6	0.5	0.6	0.5	0.5	0.5	0.1	0.4	0.3	0.2	0.2	0.2	0.3	0.4	0.6	0.5
Oleic Acid, gm	olec	0.3	0.4	0.3	0.3	0.7	0.3	0.5	0.5	0.6	0.5	0.4	0.5	0.1	0.3	0.3	0.2	0.2	0.2	0.3	0.4	0.6	0.5
Linoleic acid, gm	pufa182	0.3	0.3	0.2	0.2	0.7	0.2	0.5	0.5	0.6	0.5	0.4	0.4	0.1	0.3	0.2	0.2	0.2	0.2	0.2	0.4	0.6	0.5
Alpha-linolenic acid, gm	pufa183	0.3	0.3	0.2	0.2	0.5	0.2	0.4	0.4	0.4	0.4	0.4	0.4	0.1	0.2	0.3	0.2	0.2	0.2	0.2	0.3	0.5	0.4
EPA, gm	epa	0.2	0.2	0.1	0.4	0.2	0.2	0.1	0.2	0.2	0.2	0.2	0.2	0.1	0.2	0.2	0.1	0.1	0.2	0.1	0.2	0.2	0.1
DPA, gm	dpa	0.3	0.2	0.1	0.5	0.3	0.2	0.2	0.2	0.4	0.3	0.3	0.3	0.1	0.2	0.3	0.2	0.1	0.3	0.2	0.2	0.4	0.2
DHA, gm	dha	0.3	0.2	0.1	0.6	0.3	0.2	0.2	0.2	0.3	0.3	0.3	0.3	0.1	0.2	0.3	0.2	0.1	0.3	0.1	0.2	0.3	0.2
EPA+DHA, gm	omega	0.3	0.2	0.1	0.5	0.2	0.2	0.2	0.2	0.3	0.2	0.2	0.3	0.1	0.2	0.3	0.2	0.1	0.3	0.1	0.2	0.3	0.2
EPA+DPA+DHA, gm	lcn3	0.4	0.2	0.0	0.7	0.3	0.3	0.3	0.2	0.4	0.4	0.3	0.4	0.1	0.3	0.4	0.2	0.2	0.4	0.2	0.2	0.4	0.3
Arachidonic acid, gm	pufa204	0.3	0.4	0.3	0.3	0.4	0.2	0.4	0.4	0.7	0.5	0.3	0.4	0.1	0.4	0.3	0.2	0.1	0.2	0.3	0.3	0.4	0.4
Lactose, gm	lact	0.3	0.4	0.4	0.6	0.2	0.2	0.4	0.7	0.3	0.4	0.3	0.3	0.1	0.4	0.2	0.2	0.2	0.1	0.1	0.9	0.5	0.3
Alcohol, gm	alc	0.0	0.0	0.0	0.1	0.1	0.1	0.1	0.1	0.2	0.1	0.1	0.2	0.0	0.0	0.0	0.0	0.0	0.1	0.1	0.0	0.2	0.1
Fiber, gm	fib	0.7	0.5	0.2	0.4	0.6	0.6	0.7	0.6	0.6	0.7	0.7	0.8	0.2	0.3	0.7	0.5	0.5	0.3	0.5	0.9	0.7	
Total choline, mg	tcholn	0.5	0.6	0.5	0.5	0.6	0.4	0.7	0.8	0.8	0.7	0.6	0.7	0.1	0.6	0.4	0.4	0.3	0.3	0.3	0.7	0.8	0.6
Free choline, mg	fcholn	0.6	0.6	0.4	0.5	0.6	0.5	0.7	0.7	0.7	0.7	0.7	0.8	0.2	0.4	0.5	0.4	0.4	0.4	0.4	0.7	0.9	0.6
Glycemic index	gid	-3	-1	0.0	-2	-2	-1	0.1	-1	0.1	0.0	0.0	-2	0.0	0.0	-3	-2	-1	-3	-1	-2	-2	0.2
Glycemic load	gl	0.4	0.4	0.3	0.3	0.5	0.5	0.8	0.6	0.7	0.6	0.7	0.6	0.2	0.4	0.3	0.3	0.4	0.2	0.3	0.6	0.7	0.7

B. AREDS2 (continued)

Nutrient	Variable	zinc	cu	sel	chol	sfat	mfat	olec	pufa182	pufa183	epa	dpa	dha	omega	lcn3	pufa204	lact	alc	fib	tcholn	fcholn	gid	gl	
Vitamin A, IU	aiu	0.4	0.5	0.1	0.3	0.2	0.3	0.3	0.3	0.3	0.2	0.3	0.3	0.3	0.4	0.3	0.3	0.0	0.7	0.5	0.6	-3	0.4	
Vitamin A, RAE	rae	0.5	0.8	0.0	0.4	0.4	0.4	0.4	0.3	0.3	0.2	0.2	0.2	0.2	0.2	0.4	0.4	0.0	0.5	0.6	0.6	-1	0.4	
Retinol, mcg	ret	0.4	0.8	0.0	0.4	0.4	0.3	0.3	0.2	0.2	0.1	0.1	0.1	0.1	0.1	0.0	0.3	0.4	0.0	0.2	0.5	0.4	0.0	0.3
Vitamin D, mcg	vitd	0.4	0.3	0.1	0.3	0.3	0.3	0.3	0.2	0.2	0.4	0.5	0.6	0.5	0.7	0.3	0.6	0.1	0.4	0.5	0.5	-2	0.3	
Vitamin E, mg	vite	0.7	0.5	0.1	0.4	0.5	0.7	0.7	0.7	0.5	0.2	0.3	0.3	0.2	0.3	0.4	0.2	0.1	0.6	0.6	0.6	-2	0.5	
Vitamin C, mg	vitc	0.4	0.4	0.0	0.2	0.2	0.3	0.3	0.2	0.2	0.2	0.2	0.2	0.2	0.3	0.2	0.2	0.1	0.6	0.4	0.5	-1	0.5	
Thiamine, mg	b1	0.9	0.5	0.0	0.5	0.6	0.6	0.5	0.5	0.4	0.1	0.2	0.2	0.2	0.3	0.4	0.4	0.1	0.7	0.7	0.7	0.1	0.8	
Riboflavin, mg	ribo	0.8	0.6	0.0	0.5	0.6	0.5	0.5	0.5	0.4	0.2	0.2	0.2	0.2	0.2	0.4	0.7	0.1	0.6	0.8	0.7	-1	0.6	
Niacin, mg	niac	0.9	0.6	0.0	0.6	0.6	0.6	0.6	0.6	0.4	0.2	0.4	0.3	0.3	0.4	0.7	0.3	0.2	0.6	0.8	0.7	0.1	0.7	
Vitamin B6, mg	b6	0.8	0.5	0.0	0.4	0.5	0.5	0.5	0.5	0.4	0.2	0.3	0.3	0.2	0.4	0.5	0.4	0.1	0.7	0.7	0.7	0.0	0.6	
Folate, mcg	fol	0.7	0.5	0.0	0.3	0.4	0.5	0.4	0.4	0.4	0.2	0.3	0.3	0.2	0.3	0.3	0.3	0.1	0.7	0.6	0.7	0.0	0.7	
Natural food folate, mcg	foodfol	0.5	0.6	0.1	0.4	0.4	0.5	0.5	0.4	0.4	0.2	0.3	0.3	0.3	0.4	0.4	0.3	0.2	0.8	0.7	0.8	-2	0.6	
Folic acid, mcg	folic	0.3	0.1	0.3	0.1	0.1	0.1	0.1	0.1	0.1	0.1	0.1	0.1	0.1	0.1	0.1	0.1	0.0	0.2	0.1	0.2	0.0	0.2	
Vitamin B12, mcg	b12	0.6	0.8	0.0	0.5	0.4	0.4	0.3	0.3	0.2	0.2	0.2	0.2	0.2	0.3	0.4	0.4	0.0	0.3	0.6	0.4	0.0	0.4	
Beta-carotene, mcg	bcar	0.3	0.4	0.1	0.2	0.1	0.3	0.3	0.2	0.3	0.2	0.3	0.3	0.3	0.4	0.3	0.2	0.0	0.7	0.4	0.5	-3	0.3	
Alpha-carotene, mcg	acar	0.3	0.3	0.0	0.1	0.1	0.2	0.2	0.2	0.2	0.1	0.2	0.2	0.2	0.2	0.2	0.2	0.0	0.5	0.4	0.4	-2	0.3	
Beta-cryptoxanthin, mcg	cryp	0.2	0.3	0.0	0.1	0.2	0.2	0.2	0.2	0.2	0.1	0.1	0.1	0.1	0.2	0.1	0.2	0.0	0.5	0.3	0.4	-1	0.4	
Lutein and zeaxanthin, mcg	lut	0.2	0.3	0.1	0.2	0.1	0.2	0.2	0.2	0.2	0.2	0.3	0.3	0.3	0.4	0.2	0.1	0.1	0.5	0.3	0.4	-3	0.2	
Lycopene, mcg	lyc	0.3	0.3	0.0	0.2	0.2	0.3	0.3	0.2	0.2	0.1	0.2	0.1	0.1	0.2	0.3	0.1	0.1	0.3	0.3	0.4	-1	0.3	
Calcium, mg	calc	0.7	0.4	0.0	0.4	0.6	0.4	0.4	0.4	0.3	0.2	0.2	0.2	0.2	0.2	0.3	0.9	0.0	0.5	0.7	0.7	-2	0.6	
Magnesium, mg	mg	0.7	0.6	0.1	0.4	0.5	0.6	0.6	0.6	0.5	0.2	0.4	0.3	0.3	0.4	0.4	0.5	0.2	0.9	0.8	0.9	-2	0.7	
Iron, mg	fe	0.8	0.5	0.0	0.4	0.5	0.5	0.5	0.5	0.4	0.1	0.2	0.2	0.2	0.3	0.4	0.3	0.1	0.7	0.6	0.6	0.2	0.7	
Zinc, mg	zinc	1.0	0.5	0.0	0.6	0.7	0.6	0.6	0.5	0.4	0.1	0.2	0.2	0.2	0.2	0.5	0.4	0.1	0.6	0.8	0.7	0.0	0.6	
Copper, mg	cu	0.5	1.0	0.0	0.5	0.5	0.5	0.5	0.5	0.4	0.1	0.2	0.2	0.2	0.2	0.4	0.2	0.1	0.5	0.6	0.6	-1	0.5	
Selenium, mcg	sel	0.0	0.0	1.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.1	0.1	0.1	0.1	0.0	0.0	0.0	0.1	0.0	0.1	-1	0.0	
Cholesterol, mg	chol	0.6	0.5	0.0	1.0	0.7	0.6	0.6	0.5	0.4	0.1	0.3	0.2	0.2	0.3	0.8	0.2	0.1	0.3	0.9	0.5	0.0	0.4	
Saturated fat, gm	sfat	0.7	0.5	0.0	0.7	1.0	0.8	0.8	0.7	0.6	0.0	0.1	0.1	0.1	0.1	0.5	0.4	0.1	0.4	0.7	0.6	0.0	0.6	
Monounsaturated fat, gm	mfat	0.6	0.5	0.0	0.6	0.8	1.0	1.0	0.8	0.6	0.1	0.2	0.2	0.2	0.2	0.5	0.2	0.2	0.5	0.7	0.6	-1	0.5	
Oleic Acid, gm	olec	0.6	0.5	0.0	0.6	0.8	1.0	1.0	0.8	0.6	0.1	0.2	0.2	0.1	0.2	0.5	0.2	0.2	0.5	0.7	0.6	-1	0.5	
Linoleic acid, gm	pufa182	0.5	0.5	0.0	0.5	0.7	0.8	0.8	1.0	0.8	0.1	0.2	0.1	0.1	0.2	0.4	0.2	0.1	0.5	0.6	0.5	0.0	0.5	
Alpha-linolenic acid, gm	pufa183	0.4	0.4	0.0	0.4	0.6	0.6	0.6	0.8	1.0	0.1	0.2	0.2	0.2	0.2	0.3	0.1	0.1	0.4	0.5	0.5	0.0	0.4	
EPA, gm	epa	0.1	0.1	0.1	0.1	0.0	0.1	0.1	0.1	0.1	1.0	0.9	0.9	1.0	0.5	0.3	0.1	0.0	0.2	0.2	0.2	-1	0.1	
DPA, gm	dpa	0.2	0.2	0.1	0.3	0.1	0.2	0.2	0.2	0.2	0.9	1.0	0.9	0.9	0.7	0.5	0.1	0.1	0.3	0.3	0.3	-2	0.1	
DHA, gm	dha	0.2	0.2	0.1	0.2	0.1	0.2	0.2	0.1	0.2	0.9	0.9	1.0	1.0	0.7	0.4	0.1	0.1	0.3	0.3	0.3	-2	0.1	
EPA+DHA, gm	omega	0.2	0.2	0.1	0.2	0.1	0.2	0.1	0.1	0.2	1.0	0.9	1.0	1.0	0.6	0.3	0.1	0.1	0.2	0.3	0.2	-1	0.1	
EPA+DPA+DHA, gm	lcn3	0.2	0.2	0.1	0.3	0.1	0.2	0.2	0.2	0.2	0.5	0.7	0.7	0.6	1.0	0.4	0.1	0.1	0.4	0.4	0.4	-2	0.2	
Arachidonic acid, gm	pufa204	0.5	0.4	0.0	0.8	0.5	0.5	0.5	0.4	0.3	0.3	0.5	0.4	0.3	0.4	1.0	0.1	0.1	0.3	0.8	0.5	-1	0.3	
Lactose, gm	lact	0.4	0.2	0.0	0.2	0.4	0.2	0.2	0.2	0.1	0.1	0.1	0.1	0.1	0.1	0.1	1.0	-1	0.3	0.5	0.4	-2	0.4	
Alcohol, gm	alc	0.1	0.1	0.0	0.1	0.1	0.2	0.2	0.1	0.1	0.0	0.1	0.1	0.1	0.1	0.1	-1	1.0	0.0	0.2	0.4	0.0	0.0	
Fiber, gm	fib	0.6	0.5	0.1	0.3	0.4	0.5	0.5	0.5	0.4	0.2	0.3	0.3	0.2	0.4	0.3	0.3	0.0	1.0	0.6	0.7	-2	0.7	
Total choline, mg	tcholn	0.8	0.6	0.0	0.9	0.7	0.7	0.7	0.6	0.5	0.2	0.3	0.3	0.3	0.4	0.8	0.5	0.2	0.6	1.0	0.8	-1	0.6	
Free choline, mg	fcholn	0.7	0.6	0.1	0.5	0.6	0.6	0.6	0.5	0.5	0.2	0.3	0.3	0.2	0.4	0.5	0.4	0.7	0.8	1.0	-1	0.7		
Glycemic index	gid	0.0	-1	-1	0.0	0.0	-1	-1	0.0	0.0	-1	-2	-2	-1	-2	-1	-2	0.0	-2	-1	-1	1.0	0.3	
Glycemic load	gl	0.6	0.5	0.0	0.4	0.6	0.5	0.5	0.5	0.4	0.1	0.1	0.1	0.1	0.2	0.3	0.4	0.0	0.7	0.6	0.7	0.3	1.0	

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