

**Table S1.** Macronutrient intake by tertiles of food group (N=511).

Variable	Seasonings			<i>p</i> -Value <sup>a</sup>
	Tertile 1	Tertile 2	Tertile 3	
Percent of energy <sup>b</sup>				
From carbohydrate	68.9 ± 8.7	66.5 ± 7.8	65.5 ± 7.1	<0.001
From protein	14.4 ± 2.7	15.4 ± 3.0	16.1 ± 2.8	<0.001
From fat	16.7 ± 7.1	18.1 ± 6.1	18.3 ± 5.9	0.031
Energy (Kcal/day)	1246.0 ± 323.9	1425.4 ± 331.2	1683.6 ± 408.5	<0.001

Values are mean ± standard deviation. <sup>a</sup>Analysis of variance for continuous variables. <sup>b</sup>Adequate energy ratio from carbohydrate 55-65%, protein 7-20%, and fat 15-30% in 19 years old or older [26].