

Supplementary Table 1. Daily estimates of nutrient intake from foods.

	Mean (SD)*	Median*
Calories, kcal	1695.4 (602.1)	1655.1
Total fat, % kcal	34.6 (6.7)	34.4
Monounsaturated fat, % kcal	13.6 (3.3)	13.3
Saturated fat, % kcal	11.1 (2.7)	10.8
Total Protein, % kcal	17.7 (3.4)	17.5
Animal Protein, % total protein	67.2 (10.0)	68.5
Carbohydrates, % kcal	47.7 (7.6)	47.7
DHA, mg per 1000 kcal	100.7 (94.1)	73.0
EPA, mg per 1000 kcal	71.4 (101.3)	37.0
α-Linolenic acid, mg per 1000 kcal	720.0 (456.4)	654.2
Fiber, g per 1000 kcal	11.2 (3.2)	11.0
Lutein and zeaxanthin, mcg	3238.0 (2641.6)	2486.9
β-Carotene, mcg	3876.8 (2677.1)	3126.6
Vitamin B2, mg	2.0 (0.8)	1.9
Vitamin B6, mg	2.0 (0.8)	1.9
Vitamin B12, mcg	6.4 (4.0)	5.6
Total folate, mcg	404.2 (176.8)	379.3
Calcium, mg	703.2 (337.5)	642.2
Magnesium, mg	299.6 (112.6)	294.4
Zinc, mg	10.8 (4.6)	10.0
Vitamin C, mg	107.4 (61.8)	100.2
Vitamin D, mcg	4.8 (3.4)	4.0
Vitamin E, mg	7.3 (3.7)	6.6

Abbreviations: AREDS2=Age-Related Eye Disease Study 2; DHA=docosahexaenoic acid; EPA=eicosapentaenoic acid; kcal=kilocalorie; SD=standard deviation

* The data represent intake from foods, i.e., excluding intake from supplements. Specifically, they do not include oral supplement intake from the AREDS2 randomization (whereby one quarter of participants were assigned to daily DHA/EPA, one quarter to lutein/zeaxanthin, one quarter to both, and one quarter to placebo). Similarly, they do not include oral supplement intake from the secondary assignment, i.e., either the original AREDS formulation (beta-carotene, zinc, vitamin E, and copper) or a secondary randomization to four variations of the original AREDS formulation (elimination of beta-carotene, lowering of zinc dose, both, or neither). For the duration of the AREDS2, all participants agreed not to take supplements other than those assigned.