

Food Sources of Macro- and Micronutrients in Young Children and Adults Following Vegan, Vegetarian, and Omnivorous Diets

Supplementary Appendix

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Table S1: Food groups and group descriptions

Main group	Group description
Cereals	Grains, flours, brans, flakes, bread, porridge, pasta, rice, cereal bars, muesli, popcorn, rice cakes, croutons, tortilla wraps, dough-based foods such as salty crepes and pastries
Milk and dairy products	Full fat-, low fat and fat-free milk, creams, yogurts, curds, ice cream, milk-based desserts, cheese
Plant-based dairy alternatives (PBDA)	Oat-, rye-, soy-based drinks, yogurts and creams, other nut-based drinks yogurts and creams, potato starch based imitation cheese
Pulses, seeds, nuts	Peas, beans (fresh, dried, canned), hummus, pea/bean patties and sausages, pea and soy protein based meat analogues, tofu, tempeh, nuts, seeds, tahini, peanut butter
Roots and tubers	Potatoes, French fries, potato salad, mashed potatoes (also from powder), sweet potatoes, tapioca flour
Eggs	Eggs (boiled, fried)
Fish	Fish fillets, smoked and canned fish, fish fingers, patties and balls, shrimps and other sea food
Meat	Red meat and poultry; bacon, liver, ground beef, cold cuts, fillets, sausages, meat balls, kebab, nuggets, wings, meat lasagna
Insects *	
Vegetables	Green leafy vegetables, fresh and cooked vegetables, carrots, beetroots, ginger, mushrooms, canned and preserved vegetables, tomato sauce, seaweed, sun-dried tomatoes, salsa, coleslaw, olives, sauerkraut
Fruits	Fresh and dried berries, fresh and dried fruits, fruit bars, canned fruit, fruit purees
Fats and oils	Vegetable oils, margarine, butter, fat mixtures (spreads)
Sweets and sugars	Sweet pastries, cookies, croissants, pies, chocolate, fruit jams and marmalade, sweets, sugar, honey, syrups
Spices and condiments	Salt, broth, dried herbs, ketchup, mustard, mayo, salad dressings, pesto, barbeque sauce, curry paste, vinegar
Beverages	Water, mineral water, sweetened mineral waters, coffee, tea, cocoa, energy drinks, soft drinks, fruit juices, nectars, spirits, wine, beer, ciders
Other	Foods for particular nutritional uses (Baby foods (porridges), protein powders, protein bars, protein shakes); Nutritional yeast, vegemite, psyllium; Food additives (Sweeteners, lifting agents, baking yeast)
Composite dishes *	
Savory snacks	Crisps

* No foods in this group were present in our data.

Table S2: Food group consumption in children and adults by diet groups

Food group, g/d	Children			p value	Adults			p value
	OMN n=26	VGT n=18	VGN n=19		OMN n=32	VGT n=27	VGN n=34	
Cereals	124 [105-149]	134 [124-160]	141 [120-171]	0.226	193 [140-238]	225 [168-310]	214 [171-259]	0.125
Roots, tubers	36.3 [18.1-73]	43.8 [19.1-71.9]	37.9 [19.4-60.7]	0.840	53 [22.4-97.9]	30.2 [8.19-91.5]	60.7 [32-81.4]	0.323
Pulses, seeds, nuts	6.78 ^a [0.835-15.6]	48.1 ^b [27.5-69.9]	63.1 ^b [47.5-74.5]	<0.001	20.5 ^a [4.04-54]	134 ^b [65.2-172]	155 ^b [128-185]	<0.001
Plant-based dairy alternatives (PBDA)	0 ^a [0-37]	235 ^b [118-361]	510 ^c [341-662]	<0.001	15.2 ^a [0-88.5]	223 ^b [167-303]	360 ^c [239-563]	<0.001
Milk, dairy products*	388 [237-571]	219 [93.4-362]	0 [0-0]	0.081	294 ^a [126-430]	91.3 ^b [43-127]	0 [0-0]	<0.001
<i>Sum of milk, dairy, PBDA</i>	419 [291-573]	479 [363-625]	510 [341-662]	0.501	306 [216-470]	329 [225-418]	360 [239-563]	0.503
Eggs*	10.3 [2.99-19.5]	2.68 [0-7.69]	0 [0-0]	0.074	14.5 [4.14-27.5]	3.71 [0-36.7]	0 [0-0]	0.378
Fish*	19 [0-36.9]	2.5 [0-21.2]	0 [0-0]	0.137	33.3 ^a [6.5-68.3]	0 ^b [0-18.2]	0 [0-0]	0.004
Meat*	41.8 ^a [24.7-71.3]	0 ^b [0-0]	0 [0-0]	<0.001	104 ^a [64.7-144]	0 ^b [0-0]	0 [0-0]	<0.001
Vegetables	103 [64.2-139]	110 [104-184]	89.8 [72.3-128]	0.205	193 ^a [123-264]	343 ^b [222-437]	223 ^{a,b} [168-325]	0.003
Fruits	107 ^a [72.9-166]	178 ^b [123-210]	161 ^b [112-200]	0.006	115 [46.8-160]	128 [78.9-205]	184 [92.2-313]	0.044
<i>Sum of fruits, vegetables</i>	205 ^a [159-257]	324 ^b [260-414]	272 ^c [214-317]	0.001	325 ^a [213-412]	500 ^b [352-586]	456 ^b [329-574]	0.002
Fats, oils	16.4 [11.2-21.3]	18.9 [12.3-25.3]	22.1 [15.5-27.6]	0.285	24.4 [16.5-34]	23.9 [16.2-36]	35.5 [16.6-45.4]	0.424
Sweets, sugars	13.4 [6.82-32.2]	29.4 [11-36.4]	22 [10.3-34.8]	0.362	36.2 [12.9-59.1]	33.7 [17.5-56.2]	26.8 [19-50.5]	0.783
Spices, condiments	4.73 [1.87-8]	7.45 [4.84-8.97]	6.82 [4.01-12.5]	0.232	15.8 [7.26-27.2]	18.1 [11-32]	23.3 [7.53-33.1]	0.537
Beverages	167 [107-268]	226 [163-276]	280 [159-322]	0.051	887 [683-1090]	846 [631-1060]	816 [523-1140]	0.811
Savory snacks	0 [0-0]	0 [0-0]	0 [0-0]	0.343	0 ^a [0-0]	0 ^b [0-15]	0 ^{a,b} [0-13]	0.025
Other	0.469 [0.0233-1.73]	0.989 [0.17-3.36]	1.74 [0.715-3.29]	0.058	1.23 [0.374-2.46]	0.913 [0.16-2.82]	1.84 [1.31-4.46]	0.057

OMN, omnivorous diet; VGT, vegetarian diet; VGN, vegan diet.

Data are presented as medians and interquartile ranges [25th–75th percentiles].

Group differences were assessed using the Kruskal–Wallis test. For variables with $p < 0.05$, pairwise comparisons were performed using the Wilcoxon rank-sum test. P-values were adjusted for multiple testing using the Benjamini–Hochberg false discovery rate (FDR) method. Statistically significant differences (adjusted $p < 0.05$) are indicated by different superscript letters (a, b, c), i.e. medians not sharing a common superscript letter are significantly different from each other.

* For these food groups, only pairwise comparisons between OMN and VGT groups were assessed.

Table S3: Nutrient intakes in children and adults by diet groups

Nutrient	Children			p value	Adults			p value
	OMN n=26	VGT n=18	VGN n=19		OMN n=32	VGT n=27	VGN n=34	
Thiamine (vitamin B1), mg/d	0.79 ^a [0.63–0.91]	0.97 ^b [0.87–1.18]	1.05 ^b [0.97–1.22]	<0.001	1.17 ^a [1.0–1.45]	1.25 ^a [1.09–1.62]	1.69 ^b [1.33–2.03]	<0.001
mg/MJ	0.16 ^a [0.14–0.18]	0.16 ^a [0.15–0.19]	0.19 ^b [0.18–0.21]	<0.001	0.15 ^a [0.13–0.16]	0.16 ^a [0.14–0.18]	0.20 ^b [0.17–0.22]	<0.001
Niacin (vitamin B3), NE, mg/d	7.7 [6.1–9.2]	6.7 [6.1–8.2]	7.0 [5.7–8.8]	0.679	17.1 ^a [15.4–23.8]	13.9 ^b [10.4–18.1]	14.1 ^b [11.3–17.6]	0.018
mg/MJ	1.5 ^a [1.3–2.0]	1.2 ^b [1.1–1.3]	1.2 ^b [1.1–1.6]	0.010	2.3 ^a [1.7–2.7]	1.7 ^b [1.4–1.9]	1.6 ^b [1.3–1.9]	0.005
Vitamin B6, mg/d	1.1 ^a [1.0–1.2]	1.3 ^b [1.1–1.4]	1.1 ^{a,b} [0.9–1.3]	0.043	1.9 [1.4–2.2]	1.8 [1.5–2.2]	2.0 [1.6–2.4]	0.406
mg/MJ	0.22 [0.20–0.26]	0.21 [0.19–0.27]	0.20 [0.17–0.27]	0.451	0.22 [0.19–0.25]	0.20 [0.18–0.24]	0.22 [0.19–0.29]	0.339
Vitamin A, RAE, µg/d	528 [406–647]	498 [429–655]	449 [292–679]	0.681	670 [482–895]	825 [580–1050]	662 [471–834]	0.192
µg/MJ	102 [82–132]	98 [69–104]	82 [57–114]	0.184	78 [60–102]	88 [78–128]	72 [55–111]	0.151
Vitamin C, mg/d	72 [51–98]	87 [70–109]	72 [52–89]	0.145	98 ^a [60–135]	174 ^b [126–215]	130 ^b [106–169]	0.001
mg/MJ	14 [10–18]	15 [13–18]	13 [10–15]	0.251	12 ^a [8–16]	18 ^b [14–24]	16 ^b [13–22]	0.004
Vitamin E, mg/d	6.1 ^a [5.0–7.4]	8.4 ^b [7.5–10.6]	9.2 ^b [7.4–11.6]	<0.001	11.1 ^a [9.8–12.7]	14.0 ^b [11.9–16.5]	16.3 ^b [11.9–21.2]	0.001
mg/MJ	1.2 ^a [1.1–1.6]	1.5 ^b [1.3–1.7]	1.6 ^b [1.5–2.0]	<0.001	1.4 ^a [1.1–1.4]	1.7 ^b [1.5–1.9]	1.8 ^b [1.6–2.0]	<0.001
Vitamin K, µg/d	58 [47–82]	70 [53–88]	78 [61–90]	0.118	117 ^a [86–154]	156 ^{a,b} [105–229]	172 ^b [138–234]	0.005
µg/MJ	12.6 [10.1–14.8]	12.4 [9.78–14.4]	13.5 [11.7–17.0]	0.216	13.6 ^a [10.3–17.3]	20.8 ^{a,b} [11.8–24.6]	20.0 ^b [16.1–26.3]	0.003
Magnesium, mg/d	216 ^a [182–265]	298 ^b [263–340]	330 ^b [279–371]	<0.001	389 ^a [287–439]	476 ^b [383–587]	550 ^b [432–624]	<0.001
mg/MJ	45 ^a [40–52]	50 ^b [46–58]	58 ^c [55–63]	<0.001	44 ^a [40–51]	53 ^b [49–62]	61 ^c [55–69]	<0.001
Phosphorus, mg/d	943 ^{a,b} [847–1210]	988 ^a [902–1130]	840 ^b [697–956]	0.007	1520 [1130–1850]	1420 [1180–1720]	1370 [1100–1550]	0.238
mg/MJ	202 ^a [165–229]	176 ^a [170–182]	147 ^b [139–161]	<0.001	176 ^a [163–201]	168 ^{a,b} [150–186]	149 ^b [138–171]	0.003
Potassium, mg/d	2160 [1800–2570]	2410 [2150–2800]	2170 [1890–2470]	0.162	3420 [2640–4060]	3570 [3110–4340]	3860 [3360–4370]	0.110
mg/MJ	437 [374–483]	419 [380–452]	381 [351–436]	0.052	412 [355–443]	421 [373–474]	444 [392–483]	0.084
Selenium, µg/d	40.0 ^a [36.6–48.9]	31.7 ^b [28.3–36.5]	21.9 ^c [19.8–26.8]	<0.001	75.7 ^a [54.9–102]	44.3 ^b [39.5–57.4]	36.4 ^c [27.8–48.5]	<0.001
µg/MJ	8.6 ^a [7.4–9.6]	5.8 ^b [4.8–6.8]	4.0 ^c [3.7–4.6]	<0.001	9.2 ^a [7.9–11.3]	5.4 ^b [4.9–6.4]	4.2 ^c [3.3–5.2]	<0.001
Zinc, mg/d	7.5 [5.8–8.5]	7.3 [6.6–8.2]	6.6 [5.7–7.6]	0.221	10.8 [8.8–13.5]	9.7 [8.5–12.8]	10.3 [8.5–12.7]	0.509
mg/MJ	1.5 ^a [1.2–1.6]	1.3 ^{a,b} [1.2–1.4]	1.2 ^b [1.0–1.3]	0.001	1.4 [1.2–1.5]	1.2 [1.1–1.4]	1.1 [1.0–1.3]	0.048

OMN, omnivorous diet; VGT, vegetarian diet; VGN, vegan diet; NE, niacin equivalent; RAE, retinol equivalent.

Data are presented as medians and interquartile ranges [25th–75th percentiles].

Group differences were assessed using the Kruskal–Wallis test. For variables with $p < 0.05$, pairwise comparisons were performed using the Wilcoxon rank-sum test. P-values were adjusted for multiple testing using the Benjamini–Hochberg false discovery rate (FDR) method. Statistically significant differences (adjusted $p < 0.05$) are indicated by different superscript letters (a, b, c), i.e. medians not sharing a common superscript letter are significantly different from each other.

Table S4: Mean energy (kJ) intake and percentages of total energy intake by food groups in children and adults

Food group	Children				Adults							
	OMN n=26		VGT n=18		VGN n=29		OMN n=32		VGT n=27		VGN n=34	
	Mean	%	Mean	%	Mean	%	Mean	%	Mean	%	Mean	%
Cereals	1568.1	31.1	1645.2	28.5	1807.7	32.2	2219.4	25.9	2470.0	28.2	2391.1	27.5
Roots, tubers	180.3	3.6	168.5	2.9	176.3	3.1	272.7	3.2	190.0	2.2	253.5	2.9
Pulses, seeds, nuts	123.7	2.5	514.6	8.9	627.7	11.2	433.0	5.1	1137.5	13.0	1488.7	17.1
Plant-based dairy alternatives	109.9	2.2	614.4	10.7	1162.3	20.7	219.3	2.6	640.5	7.3	1262.7	14.5
Milk, dairy products	936.7	18.6	732.0	12.7	0.0	0.0	1338.2	15.6	845.8	9.7	0.0	0.0
Eggs	76.5	1.5	48.7	0.8	0.0	0.0	180.2	2.1	118.1	1.3	0.2	0.0
Fish	173.2	3.4	60.6	1.1	0.0	0.0	301.6	3.5	114.6	1.3	0.0	0.0
Meat	397.1	7.9	35.8	0.6	0.0	0.0	909.4	10.6	21.3	0.2	0.0	0.0
Vegetables	110.7	2.2	212.4	3.7	135.8	2.4	224.6	2.6	468.0	5.3	359.4	4.1
Fruits	338.8	6.7	557.2	9.7	468.2	8.3	383.2	4.5	471.0	5.4	647.6	7.4
Fats, oils	495.2	9.8	551.1	9.6	618.2	11.0	809.2	9.4	887.6	10.1	1022.7	11.7
Sweets, sugars	311.0	6.2	419.5	7.3	377.7	6.7	693.6	8.1	649.4	7.4	574.0	6.6
Spices, condiments	35.7	0.7	41.3	0.7	35.4	0.6	119.4	1.4	162.7	1.9	107.3	1.2
Beverages	122.3	2.4	84.9	1.5	153.2	2.7	370.3	4.3	363.7	4.2	370.7	4.3
Savory snacks	26.5	0.5	17.4	0.3	11.0	0.2	29.1	0.3	179.2	2.0	153.1	1.8
Other	35.8	0.7	62.6	1.1	41.2	0.7	62.1	0.7	30.3	0.3	76.7	0.9
Total	5041.5	100.0	5766.1	100.0	5614.6	100.0	8565.2	100.0	8749.8	100.0	8707.5	100.0

OMN, omnivorous diet; VGT, vegetarian diet; VGN, vegan diet.

Table S5: Mean daily protein (g) intake and percentages of total intake by food groups in children and adults

Food group	Children						Adults					
	OMN n=26		VGT n=18		VGN n=29		OMN n=32		VGT n=27		VGN n=34	
	Mean	%	Mean	%	Mean	%	Mean	%	Mean	%	Mean	%
Cereals	11.5	23.8	12.8	26.4	13.9	35.2	17.3	19.8	20.6	28.3	21.2	32.1
Roots, tubers	1.0	2.1	0.9	1.8	0.9	2.3	1.4	1.7	1.0	1.4	1.4	2.2
Pulses, seeds, nuts	1.7	3.5	8.8	18.1	9.9	25.0	4.6	5.3	19.3	26.5	22.9	34.6
Plant-based dairy alternatives	0.5	1.0	4.4	9.0	10.3	26.2	0.9	1.0	3.7	5.1	9.5	14.3
Milk, dairy products	15.3	31.7	11.2	23.1	0.0	0.0	19.5	22.4	10.6	14.6	0.0	0.0
Eggs	1.7	3.6	1.1	2.3	0.0	0.0	3.8	4.3	2.5	3.5	0.0	0.0
Fish	3.8	7.8	2.3	4.7	0.0	0.0	8.0	9.1	3.4	4.7	0.0	0.0
Meat	9.1	18.8	0.8	1.7	0.0	0.0	22.9	26.3	0.4	0.6	0.0	0.0
Vegetables	0.9	1.8	1.6	3.3	1.2	3.0	2.0	2.3	4.2	5.8	3.5	5.3
Fruits	0.9	1.9	1.6	3.4	1.2	3.1	1.1	1.3	1.4	1.9	1.9	2.8
Fats, oils	0.0	0.1	0.0	0.1	0.0	0.1	0.0	0.1	0.1	0.1	0.0	0.0
Sweets, sugars	0.7	1.4	1.3	2.6	0.8	1.9	1.9	2.1	1.4	2.0	1.1	1.6
Spices, condiments	0.1	0.3	0.2	0.3	0.2	0.5	0.4	0.4	0.5	0.8	0.4	0.6
Beverages	0.2	0.5	0.2	0.5	0.2	0.5	1.7	2.0	1.7	2.3	1.8	2.6
Savory snacks	0.1	0.2	0.1	0.1	0.0	0.1	0.1	0.1	0.6	0.8	0.5	0.7
Other	0.7	1.5	1.2	2.5	0.8	2.0	1.7	1.9	1.2	1.7	2.0	3.0
Total	48.3	100.0	48.5	100.0	39.4	100.0	87.3	100.0	72.8	100.0	66.1	100.0

OMN, omnivorous diet; VGT, vegetarian diet; VGN, vegan diet.

Table S6: Mean daily intake of carbohydrate (g) and percentages of the total intake by food groups in children and adults.

Food group	Children						Adults					
	OMN n=26		VGT n=18		VGN n=29		OMN n=32		VGT n=27		VGN n=34	
	Mean	%	Mean	%	Mean	%	Mean	%	Mean	%	Mean	%
Cereals	66.1	45.2	68.7	40.8	75.2	43.7	94.6	47.2	102.6	47.0	96.3	42.2
Roots, tubers	8.8	6.0	8.1	4.8	8.0	4.7	12.4	6.2	9.0	4.1	12.0	5.3
Pulses, seeds, nuts	1.6	1.1	7.2	4.3	7.0	4.1	5.1	2.5	13.1	6.0	17.9	7.9
Plant-based dairy alternatives	3.5	2.4	15.7	9.3	29.7	17.3	4.3	2.2	14.7	6.7	25.2	11.0
Milk, dairy products	19.7	13.5	12.6	7.5	0.0	0.0	14.6	7.3	4.9	2.2	0.0	0.0
Eggs	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.1	0.0	0.0	0.0
Fish	1.8	1.2	0.0	0.0	0.0	0.0	1.2	0.6	0.2	0.1	0.0	0.0
Meat	1.4	1.0	0.0	0.0	0.0	0.0	2.0	1.0	0.0	0.0	0.0	0.0
Vegetables	4.0	2.7	6.2	3.7	4.5	2.6	7.1	3.6	13.6	6.2	10.0	4.4
Fruits	15.3	10.5	24.9	14.8	21.1	12.2	15.2	7.6	16.0	7.3	25.5	11.2
Fats, oils	0.1	0.1	0.1	0.0	0.1	0.1	0.1	0.1	0.1	0.0	0.2	0.1
Sweets, sugars	12.7	8.7	17.1	10.2	15.6	9.1	25.4	12.7	24.9	11.4	22.5	9.8
Spices, condiments	0.9	0.6	0.9	0.6	1.2	0.7	1.2	0.6	3.1	1.4	1.7	0.7
Beverages	6.6	4.5	4.4	2.6	8.4	4.9	14.9	7.5	10.8	5.0	12.4	5.4
Savory snacks	0.7	0.5	0.6	0.4	0.3	0.2	0.7	0.4	4.8	2.2	3.6	1.6
Other	2.9	2.0	1.6	1.0	1.0	0.6	1.3	0.7	0.3	0.1	1.0	0.5
Total	146.2	100.0	168.3	100.0	172.2	100.0	200.3	100.0	218.3	100.0	228.4	100.0

OMN, omnivorous diet; VGT, vegetarian diet; VGN, vegan diet.

Table S7: Mean daily fiber (g) intake and percentages of total intake by food groups in children and adults

Food group	Children						Adults					
	OMN n=26		VGT n=18		VGN n=29		OMN n=32		VGT n=27		VGN n=34	
	Mean	%	Mean	%	Mean	%	Mean	%	Mean	%	Mean	%
Cereals	8.0	50.4	9.5	39.6	9.6	37.0	10.1	45.9	13.0	37.7	12.6	32.9
Roots, tubers	0.6	3.7	0.5	2.2	0.5	2.0	0.7	3.3	0.7	2.2	0.9	2.3
Pulses, seeds, nuts	1.0	6.0	3.0	12.7	3.5	13.3	1.9	8.5	5.9	17.3	8.2	21.4
Plant-based dairy alternatives	0.5	3.0	2.5	10.6	5.4	20.9	0.6	2.8	2.3	6.6	4.0	10.5
Milk, dairy products	0.1	0.4	0.0	0.1	0.0	0.0	0.2	0.9	0.0	0.0	0.0	0.0
Eggs	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Fish	0.1	0.8	0.0	0.0	0.0	0.0	0.1	0.3	0.0	0.1	0.0	0.0
Meat	0.1	0.6	0.0	0.0	0.0	0.0	0.1	0.4	0.0	0.0	0.0	0.0
Vegetables	1.8	11.2	2.7	11.2	1.9	7.5	3.4	15.3	6.2	18.2	5.1	13.4
Fruits	2.8	17.7	4.7	19.7	3.9	15.0	3.5	16.1	4.0	11.8	5.2	13.6
Fats, oils	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Sweets, sugars	0.3	1.6	0.4	1.6	0.5	1.8	0.6	2.7	1.2	3.6	0.9	2.2
Spices, condiments	0.1	0.7	0.1	0.4	0.2	0.6	0.3	1.2	0.3	0.8	0.3	0.7
Beverages	0.1	0.7	0.2	0.9	0.2	0.6	0.3	1.2	0.2	0.5	0.3	0.7
Savory snacks	0.1	0.8	0.0	0.1	0.0	0.1	0.1	0.3	0.3	0.9	0.3	0.8
Other	0.4	2.2	0.3	1.1	0.3	1.1	0.2	1.1	0.2	0.5	0.6	1.4
Total	15.9	100.0	24.0	100.0	25.9	100.0	22.0	100.0	34.4	100.0	38.3	100.0

OMN, omnivorous diet; VGT, vegetarian diet; VGN, vegan diet.

Table S8: Mean daily fat (g) intake and percentages of total intake by food groups in children and adults

Food group	Children						Adults					
	OMN n=26		VGT n=18		VGN n=29		OMN n=32		VGT n=27		VGN n=34	
	Mean	%	Mean	%	Mean	%	Mean	%	Mean	%	Mean	%
Cereals	5.1	11.7	5.2	10.3	6.0	12.2	6.5	7.1	7.6	8.3	8.0	9.1
Roots, tubers	0.1	0.3	0.2	0.5	0.5	1.0	0.7	0.8	0.3	0.3	0.4	0.4
Pulses, seeds, nuts	1.6	3.6	6.0	11.8	8.4	17.3	6.9	7.6	14.7	16.1	19.7	22.3
Plant-based dairy alternatives	1.2	2.6	6.9	13.7	12.4	25.3	3.4	3.8	8.5	9.3	17.6	19.9
Milk, dairy products	8.9	20.1	8.6	17.0	0.0	0.0	20.1	22.0	15.6	17.2	0.0	0.0
Eggs	1.3	2.8	0.8	1.5	0.0	0.0	3.1	3.4	2.0	2.2	0.0	0.0
Fish	2.1	4.8	0.6	1.2	0.0	0.0	3.9	4.3	1.4	1.5	0.0	0.0
Meat	5.8	13.3	0.6	1.2	0.0	0.0	12.9	14.1	0.4	0.4	0.0	0.0
Vegetables	0.3	0.6	1.5	2.9	0.5	1.1	1.0	1.1	2.8	3.1	2.2	2.5
Fruits	0.8	1.7	1.4	2.7	1.2	2.4	1.7	1.8	3.6	3.9	3.3	3.7
Fats, oils	13.3	30.2	14.8	29.4	16.7	34.0	21.8	23.8	23.9	26.3	27.5	31.3
Sweets, sugars	2.2	4.9	2.8	5.5	2.5	5.2	6.1	6.6	4.7	5.2	4.4	5.0
Spices, condiments	0.4	1.0	0.6	1.1	0.2	0.5	2.4	2.6	2.6	2.9	1.8	2.1
Beverages	0.1	0.2	0.1	0.2	0.1	0.2	0.3	0.3	0.5	0.5	0.5	0.5
Savory snacks	0.3	0.7	0.1	0.3	0.2	0.3	0.4	0.4	2.2	2.5	2.2	2.5
Other	0.6	1.3	0.3	0.7	0.2	0.5	0.3	0.3	0.1	0.1	0.6	0.7
Total	44.0	100.0	50.4	100.0	48.9	100.0	91.6	100.0	90.9	100.0	88.1	100.0

OMN, omnivorous diet; VGT, vegetarian diet; VGN, vegan diet.

Table S9: Mean daily saturated fatty acid (g) intake and percentages of total intake by food groups in children and adults

Food group	Children			Adults		
	OMN n=26	VGT n=18	VGN n=29	OMN n=32	VGT n=27	VGN n=34
	Mean	Mean	Mean	Mean	Mean	Mean
	%	%	%	%	%	%
Cereals	0.8	0.9	1.0	1.2	1.4	1.4
Roots, tubers	0.0	0.1	0.1	0.2	0.1	0.1
Pulses, seeds, nuts	0.3	1.0	1.2	1.1	2.3	2.9
Plant-based dairy alternatives	0.3	2.5	3.2	1.4	3.2	6.5
Milk, dairy products	5.5	5.1	0.0	13.0	9.8	0.0
Eggs	0.3	0.2	0.0	0.8	0.5	0.0
Fish	0.3	0.1	0.0	0.7	0.3	0.0
Meat	2.2	0.3	0.0	4.6	0.2	0.0
Vegetables	0.0	0.2	0.1	0.1	0.4	0.3
Fruits	0.1	0.2	0.1	0.2	0.5	0.4
Fats, oils	3.8	3.4	3.4	5.4	5.9	5.4
Sweets, sugars	1.1	1.3	1.2	3.1	2.5	2.2
Spices, condiments	0.1	0.1	0.1	0.2	0.3	0.2
Beverages	0.0	0.1	0.0	0.1	0.1	0.1
Savory snacks	0.0	0.0	0.0	0.0	0.3	0.3
Other	0.2	0.1	0.0	0.2	0.0	0.2
Total	15.0	15.3	10.4	32.3	27.6	20.0
	100.0	100.0	100.0	100.0	100.0	100.0

OMN, omnivorous diet; VGT, vegetarian diet; VGN, vegan diet.

Table S10: Mean daily monounsaturated fatty acid (g) intake and percentages of total intake by food groups in children and adults

Food group	Children						Adults					
	OMN n=26		VGT n=18		VGN n=29		OMN n=32		VGT n=27		VGN n=34	
	Mean	%	Mean	%	Mean	%	Mean	%	Mean	%	Mean	%
Cereals	1.9	11.7	1.8	9.7	2.1	11.2	2.2	6.3	2.6	7.6	2.8	7.9
Roots, tubers	0.0	0.2	0.1	0.3	0.2	1.2	0.3	0.7	0.1	0.2	0.1	0.4
Pulses, seeds, nuts	0.6	3.6	2.3	12.2	3.3	17.2	3.0	8.7	5.2	15.1	7.2	20.5
Plant-based dairy alternatives	0.5	2.7	2.0	10.6	3.6	18.9	1.1	3.3	2.6	7.6	4.9	13.8
Milk, dairy products	2.3	14.1	2.5	13.1	0.0	0.0	4.9	14.1	3.9	11.4	0.0	0.0
Eggs	0.5	2.9	0.3	1.6	0.0	0.0	1.2	3.5	0.8	2.3	0.0	0.0
Fish	0.9	5.5	0.2	1.0	0.0	0.0	1.4	4.2	0.6	1.6	0.0	0.0
Meat	2.6	15.5	0.2	1.1	0.0	0.0	5.7	16.3	0.1	0.4	0.0	0.0
Vegetables	0.0	0.3	0.7	3.6	0.2	1.0	0.4	1.0	1.3	3.7	1.0	2.9
Fruits	0.3	1.7	0.5	2.5	0.5	2.5	0.8	2.3	2.1	6.0	1.7	5.0
Fats, oils	5.8	34.8	6.9	36.8	8.1	42.3	10.5	30.2	11.4	33.0	13.8	39.3
Sweets, sugars	0.7	4.0	0.9	4.9	0.8	4.2	1.9	5.3	1.5	4.3	1.4	4.1
Spices, condiments	0.2	1.1	0.3	1.5	0.1	0.5	1.2	3.4	1.3	3.7	1.0	2.8
Beverages	0.0	0.1	0.0	0.1	0.0	0.1	0.0	0.1	0.2	0.5	0.1	0.3
Savory snacks	0.1	0.7	0.1	0.4	0.1	0.3	0.1	0.4	0.9	2.5	0.8	2.3
Other	0.2	1.1	0.1	0.5	0.1	0.5	0.1	0.2	0.0	0.1	0.2	0.7
Total	16.6	100.0	18.8	100.0	19.1	100.0	34.8	100.0	34.6	100.0	35.1	100.0

OMN, omnivorous diet; VGT, vegetarian diet; VGN, vegan diet.

Table S11: Mean daily polyunsaturated fatty acid (g) intake and percentages of total intake by food groups in children and adults

Food group	Children						Adults					
	OMN n=26		VGT n=18		VGN n=29		OMN n=32		VGT n=27		VGN n=34	
	Mean	%	Mean	%	Mean	%	Mean	%	Mean	%	Mean	%
Cereals	1.8	21.6	1.8	15.4	2.2	14.3	2.3	14.6	2.6	13.0	2.7	10.8
Roots, tubers	0.0	0.5	0.0	0.4	0.1	0.8	0.2	1.0	0.1	0.5	0.1	0.4
Pulses, seeds, nuts	0.6	6.9	2.0	17.4	3.0	19.8	2.1	13.2	5.6	27.7	7.5	29.9
Plant-based dairy alternatives	0.3	4.1	1.9	16.2	4.3	28.5	0.7	4.6	2.1	10.6	4.6	18.2
Milk, dairy products	0.3	3.9	0.4	3.7	0.0	0.0	0.5	3.4	0.5	2.4	0.0	0.0
Eggs	0.2	2.2	0.1	1.1	0.0	0.0	0.5	3.2	0.3	1.6	0.0	0.0
Fish	0.7	8.5	0.2	1.7	0.0	0.0	1.4	8.6	0.5	2.3	0.0	0.0
Meat	0.7	8.1	0.0	0.2	0.0	0.0	1.7	10.5	0.0	0.1	0.0	0.0
Vegetables	0.1	1.3	0.4	3.8	0.2	1.3	0.3	1.9	0.7	3.6	0.6	2.2
Fruits	0.1	1.4	0.2	1.8	0.2	1.1	0.2	1.4	0.4	1.8	0.4	1.5
Fats, oils	2.8	33.4	3.9	33.4	4.7	30.7	4.6	28.4	5.2	26.1	7.4	29.3
Sweets, sugars	0.2	2.4	0.3	2.6	0.4	2.3	0.4	2.7	0.3	1.3	0.5	2.0
Spices, condiments	0.1	1.7	0.2	1.4	0.0	0.3	0.8	5.1	0.9	4.5	0.5	2.0
Beverages	0.0	0.2	0.0	0.1	0.0	0.1	0.0	0.2	0.1	0.5	0.1	0.3
Savory snacks	0.1	1.5	0.1	0.4	0.1	0.4	0.2	1.0	0.8	4.1	0.8	3.1
Other	0.2	2.5	0.0	0.3	0.1	0.5	0.0	0.1	0.0	0.1	0.1	0.2
Total	8.4	100.0	11.6	100.0	15.2	100.0	16.0	100.0	20.1	100.0	25.1	100.0

OMN, omnivorous diet; VGT, vegetarian diet; VGN, vegan diet.

Table S12: Mean daily thiamine (mg) intake and percentages of total intake by food groups in children and adults

Food group	Children						Adults					
	OMN n=26		VGT n=18		VGN n=29		OMN n=32		VGT n=27		VGN n=34	
	Mean	%	Mean	%	Mean	%	Mean	%	Mean	%	Mean	%
Cereals	0.2	26.1	0.2	23.1	0.3	22.1	0.3	21.4	0.3	23.1	0.3	18.7
Roots, tubers	0.1	11.1	0.1	7.0	0.1	6.2	0.1	9.6	0.1	5.6	0.1	6.6
Pulses, seeds, nuts	0.0	5.6	0.1	13.4	0.2	15.8	0.1	7.6	0.3	21.8	0.4	23.8
Plant-based dairy alternatives	0.0	2.5	0.1	11.3	0.4	30.2	0.0	2.0	0.1	7.6	0.3	18.6
Milk, dairy products	0.1	17.4	0.1	8.4	0.0	0.0	0.1	7.7	0.0	2.2	0.0	0.0
Eggs	0.0	1.9	0.0	0.9	0.0	0.0	0.0	2.6	0.0	1.5	0.0	0.0
Fish	0.0	2.8	0.0	1.4	0.0	0.0	0.1	4.3	0.0	1.3	0.0	0.0
Meat	0.1	11.1	0.0	0.7	0.0	0.0	0.3	25.0	0.0	0.3	0.0	0.0
Vegetables	0.1	7.6	0.1	9.4	0.1	5.6	0.1	8.8	0.2	14.3	0.2	9.5
Fruits	0.1	6.7	0.1	8.5	0.1	5.8	0.1	6.4	0.1	5.6	0.1	6.1
Fats, oils	0.0	0.0	0.0	0.3	0.0	0.1	0.0	0.0	0.0	0.6	0.0	0.2
Sweets, sugars	0.0	0.7	0.0	1.1	0.0	0.4	0.0	1.2	0.0	0.8	0.0	0.7
Spices, condiments	0.0	1.0	0.0	0.5	0.0	1.1	0.0	0.5	0.0	0.5	0.0	0.6
Beverages	0.0	1.9	0.0	0.7	0.0	2.4	0.0	1.9	0.0	2.4	0.0	2.3
Savory snacks	0.0	0.5	0.0	0.2	0.0	0.1	0.0	0.2	0.0	1.1	0.0	0.8
Other	0.0	3.0	0.1	13.2	0.1	10.2	0.0	0.9	0.2	11.3	0.2	12.1
Total	0.8	100.0	1.1	100.0	1.2	100.0	1.3	100.0	1.5	100.0	1.8	100.0

OMN, omnivorous diet; VGT, vegetarian diet; VGN, vegan diet.

Table S13: Mean daily riboflavin (mg) intake and percentages of total intake by food groups in children and adults

Food group	Children			Adults		
	OMN n=26	VGT n=18	VGN n=29	OMN n=32	VGT n=27	VGN n=34
	Mean	Mean	Mean	Mean	Mean	Mean
	%	%	%	%	%	%
Cereals	0.1	0.1	0.1	0.1	0.2	0.2
Roots, tubers	0.0	0.0	0.0	0.0	0.0	0.0
Pulses, seeds, nuts	0.0	0.0	0.1	0.0	0.1	0.2
Plant-based dairy alternatives	0.1	0.4	1.0	0.1	0.4	0.7
Milk, dairy products	0.8	0.5	0.0	0.6	0.2	0.0
Eggs	0.1	0.0	0.0	0.1	0.1	0.0
Fish	0.0	0.0	0.0	0.1	0.0	0.0
Meat	0.1	0.0	0.0	0.2	0.0	0.0
Vegetables	0.1	0.1	0.1	0.1	0.3	0.2
Fruits	0.0	0.1	0.1	0.1	0.1	0.1
Fats, oils	0.0	0.0	0.0	0.0	0.0	0.0
Sweets, sugars	0.0	0.0	0.0	0.1	0.0	0.0
Spices, condiments	0.0	0.0	0.0	0.0	0.0	0.0
Beverages	0.0	0.0	0.0	0.1	0.1	0.1
Savory snacks	0.0	0.0	0.0	0.0	0.0	0.0
Other	0.0	0.1	0.1	0.1	0.1	0.2
Total	1.4	1.5	1.5	1.8	1.7	1.7
	100.0	100.0	100.0	100.0	100.0	100.0

OMN, omnivorous diet; VGT, vegetarian diet; VGN, vegan diet.

Table S14: Mean daily niacin (mg) intake (in niacin equivalents, NE) and percentages of total intake by food groups in children and adults

Food group	Children				Adults			
	OMN n=26		VGT n=18		VGN n=29		OMN n=32	
	Mean	%	Mean	%	Mean	%	Mean	%
Cereals	1.7	20.1	1.9	24.6	2.0	26.9	2.0	10.0
Roots, tubers	0.3	3.8	0.3	3.4	0.3	3.6	0.4	2.2
Pulses, seeds, nuts	0.2	2.4	0.8	10.6	1.1	15.0	0.6	2.8
Plant-based dairy alternatives	0.1	0.8	0.3	4.3	1.1	14.1	0.1	0.5
Milk, dairy products	0.4	5.1	0.3	3.3	0.0	0.0	0.3	1.7
Eggs	0.0	0.1	0.0	0.1	0.0	0.0	0.0	0.1
Fish	1.2	14.6	0.6	7.4	0.0	0.0	2.7	13.7
Meat	2.6	31.0	0.2	2.6	0.0	0.0	6.8	34.5
Vegetables	0.7	8.2	0.9	11.9	0.7	9.6	1.4	7.2
Fruits	0.5	5.9	0.9	11.3	0.7	9.1	0.6	3.2
Fats, oils	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Sweets, sugars	0.1	0.7	0.1	1.8	0.1	0.9	0.2	0.8
Spices, condiments	0.0	0.6	0.1	0.6	0.1	0.9	0.1	0.4
Beverages	0.1	0.9	0.0	0.4	0.1	1.1	4.3	21.8
Savory snacks	0.0	0.5	0.0	0.3	0.0	0.2	0.0	0.2
Other	0.4	5.2	1.4	17.4	1.4	18.6	0.2	0.9
Total	8.3	100.0	7.9	100.0	7.6	100.0	19.6	100.0

OMN, omnivorous diet; VGT, vegetarian diet; VGN, vegan diet.

Table S15: Mean daily vitamin B6 (mg) intake and percentages of total intake by food groups in children and adults

Food group	Children				Adults			
	OMN n=26		VGT n=18		VGN n=29		OMN n=32	
	Mean	%	Mean	%	Mean	%	Mean	%
Cereals	0.2	15.1	0.2	14.1	0.2	16.4	0.2	9.4
Roots, tubers	0.1	5.8	0.1	4.2	0.1	5.0	0.1	4.4
Pulses, seeds, nuts	0.0	2.2	0.1	7.4	0.1	9.6	0.1	3.3
Plant-based dairy alternatives	0.0	3.2	0.1	8.7	0.3	24.2	0.0	0.5
Milk, dairy products	0.2	17.8	0.1	10.0	0.0	0.0	0.2	7.3
Eggs	0.0	1.6	0.0	0.9	0.0	0.0	0.0	2.0
Fish	0.1	7.4	0.0	3.3	0.0	0.0	0.2	10.8
Meat	0.2	16.2	0.0	0.9	0.0	0.0	0.5	22.2
Vegetables	0.1	9.1	0.2	12.4	0.1	8.8	0.2	9.9
Fruits	0.2	15.7	0.4	28.1	0.3	23.8	0.2	11.5
Fats, oils	0.0	0.0	0.0	0.3	0.0	0.1	0.0	0.0
Sweets, sugars	0.0	0.6	0.0	0.9	0.0	0.5	0.0	0.9
Spices, condiments	0.0	0.6	0.0	0.5	0.0	0.9	0.0	0.5
Beverages	0.0	1.5	0.0	0.7	0.0	2.2	0.3	16.4
Savory snacks	0.0	0.6	0.0	0.3	0.0	0.2	0.0	0.3
Other	0.0	2.8	0.1	7.4	0.1	8.3	0.0	0.6
Total	1.1	100.0	1.3	100.0	1.2	100.0	2.1	100.0

OMN, omnivorous diet; VGT, vegetarian diet; VGN, vegan diet.

Table S16: Mean daily folate (μg) intake and percentages of total intake by food groups in children and adults

Food group	Children						Adults					
	OMN n=26			VGT n=18			VGN n=29			OMN n=32		
	Mean	%		Mean	%		Mean	%		Mean	%	
Cereals	37.7	23.3		40.2	17.1		44.0	15.0		48.5	17.9	
Roots, tubers	9.7	6.0		8.1	3.5		7.6	2.6		13.1	4.8	
Pulses, seeds, nuts	8.8	5.4		36.7	15.6		47.9	16.4		24.5	9.1	
Plant-based dairy alternatives	6.4	3.9		38.7	16.5		111.5	38.1		9.0	3.3	
Milk, dairy products	22.2	13.7		15.2	6.5		0.0	0.0		26.7	9.9	
Eggs	7.8	4.8		4.9	2.1		0.0	0.0		17.4	6.4	
Fish	2.9	1.8		1.2	0.5		0.0	0.0		5.3	2.0	
Meat	4.5	2.8		0.3	0.1		0.0	0.0		12.9	4.8	
Vegetables	28.0	17.3		33.2	14.1		31.1	10.6		59.0	21.8	
Fruits	14.1	8.7		29.5	12.5		18.0	6.1		19.5	7.2	
Fats, oils	0.1	0.1		0.6	0.3		0.2	0.1		0.1	0.1	
Sweets, sugars	1.9	1.2		4.9	2.1		2.0	0.7		4.2	1.6	
Spices, condiments	0.7	0.4		1.7	0.7		1.7	0.6		1.7	0.6	
Beverages	5.2	3.2		1.5	0.7		5.1	1.7		11.7	4.3	
Savory snacks	0.8	0.5		0.2	0.1		0.2	0.1		0.9	0.3	
Other	11.6	7.1		18.0	7.7		23.5	8.0		16.2	6.0	
Total	162.3	100.0		234.9	100.0		292.7	100.0		270.7	100.0	

OMN, omnivorous diet; VGT, vegetarian diet; VGN, vegan diet.

Table S17: Mean daily vitamin B12 (μg) intake and percentages of total intake by food groups in children and adults

Food group	Children			Adults		
	OMN n=26	VGT n=18	VGN n=29	OMN n=32	VGT n=27	VGN n=34
	Mean	Mean	Mean	Mean	Mean	Mean
	%	%	%	%	%	%
Cereals	0.0	0.3	0.0	0.4	0.0	0.2
Roots, tubers	0.0	0.0	0.0	0.0	0.0	0.1
Pulses, seeds, nuts	0.0	0.0	0.0	0.0	0.0	0.0
Plant-based dairy alternatives	0.2	5.5	0.9	32.0	2.1	90.6
Milk, dairy products	1.7	47.6	1.1	40.0	0.0	0.0
Eggs	0.3	9.1	0.2	7.3	0.0	0.0
Fish	0.7	21.0	0.3	11.8	0.0	0.0
Meat	0.5	14.7	0.0	1.7	0.0	0.0
Vegetables	0.0	0.0	0.0	0.2	0.0	0.0
Fruits	0.0	0.0	0.0	0.0	0.0	0.0
Fats, oils	0.0	0.0	0.0	0.3	0.0	0.0
Sweets, sugars	0.0	0.4	0.0	1.2	0.0	0.0
Spices, condiments	0.0	0.0	0.0	0.3	0.0	0.0
Beverages	0.0	0.2	0.0	0.6	0.0	0.0
Savory snacks	0.0	0.0	0.0	0.0	0.0	0.0
Other	0.0	1.1	0.1	4.2	0.2	9.0
Total	3.5	100.0	2.9	100.0	2.4	100.0
				5.7	100.0	2.1
				100.0	3.4	100.0

OMN, omnivorous diet; VGT, vegetarian diet; VGN, vegan diet.

Table S18: Mean daily vitamin A (μg) intake (in retinol equivalents, RAE) and percentages of total intake by food groups in children and adults

Food group	Children						Adults					
	OMN n=26		VGT n=18		VGN n=29		OMN n=32		VGT n=27		VGN n=34	
	Mean	%	Mean	%	Mean	%	Mean	%	Mean	%	Mean	%
Cereals	4.7	0.9	3.6	0.7	1.7	0.4	3.1	0.4	3.7	0.4	4.8	0.6
Roots, tubers	14.4	2.7	25.7	4.9	17.2	3.5	11.0	1.4	58.9	6.6	43.7	5.7
Pulses, seeds, nuts	3.1	0.6	7.6	1.5	6.5	1.3	3.8	0.5	11.3	1.3	14.7	1.9
Plant-based dairy alternatives	14.6	2.7	32.8	6.3	63.5	12.8	0.1	0.0	32.7	3.6	59.4	7.8
Milk, dairy products	66.6	12.5	63.8	12.3	0.0	0.0	174.2	22.8	138.2	15.4	0.0	0.0
Eggs	34.0	6.4	21.8	4.2	0.0	0.0	77.4	10.1	49.0	5.5	0.1	0.0
Fish	1.6	0.3	0.9	0.2	0.0	0.0	4.4	0.6	2.0	0.2	0.0	0.0
Meat	9.5	1.8	0.5	0.1	0.0	0.0	56.8	7.4	0.3	0.0	0.0	0.0
Vegetables	236.3	44.4	217.7	41.8	237.3	47.8	282.7	36.9	473.2	52.7	443.3	57.9
Fruits	9.7	1.8	18.4	3.5	11.6	2.3	12.4	1.6	12.0	1.3	18.9	2.5
Fats, oils	101.2	19.0	101.5	19.5	129.5	26.1	102.5	13.4	92.6	10.3	161.9	21.1
Sweets, sugars	6.1	1.1	14.8	2.8	5.5	1.1	16.7	2.2	11.6	1.3	2.6	0.3
Spices, condiments	13.8	2.6	8.4	1.6	22.3	4.5	16.8	2.2	9.2	1.0	11.2	1.5
Beverages	0.8	0.2	0.6	0.1	0.7	0.1	0.8	0.1	2.1	0.2	3.3	0.4
Savory snacks	0.7	0.1	1.2	0.2	0.0	0.0	1.4	0.2	0.4	0.0	1.7	0.2
Other	15.7	2.9	0.8	0.1	0.8	0.2	1.5	0.2	0.1	0.0	0.0	0.0
Total	532.7	100.0	520.3	100.0	496.7	100.0	765.6	100.0	897.3	100.0	765.6	100.0

OMN, omnivorous diet; VGT, vegetarian diet; VGN, vegan diet.

Table S19: Mean daily vitamin C (mg) intake and percentages of total intake by food groups in children and adults

Food group	Children				Adults			
	OMN n=26		VGT n=18		VGN n=29		OMN n=32	
	Mean	%	Mean	%	Mean	%	Mean	%
Cereals	1.2	1.6	0.2	0.2	0.5	0.7	0.7	0.7
Roots, tubers	4.0	5.3	3.2	3.5	3.1	3.9	5.4	5.0
Pulses, seeds, nuts	0.5	0.7	1.1	1.2	1.9	2.4	1.1	1.0
Plant-based dairy alternatives	0.0	0.0	0.8	0.9	4.6	5.9	0.1	0.1
Milk, dairy products	6.8	9.0	2.9	3.2	0.0	0.0	4.2	3.9
Eggs	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Fish	0.1	0.1	0.0	0.0	0.0	0.0	0.1	0.1
Meat	0.1	0.1	0.0	0.0	0.0	0.0	0.3	0.2
Vegetables	26.7	35.4	38.4	42.0	26.8	34.2	46.5	43.8
Fruits	24.3	32.3	39.2	42.9	26.6	33.9	33.3	31.4
Fats, oils	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Sweets, sugars	0.4	0.6	0.3	0.3	0.3	0.4	0.5	0.5
Spices, condiments	0.4	0.5	0.4	0.4	0.5	0.6	0.6	0.5
Beverages	8.8	11.6	4.5	4.9	13.3	16.9	13.5	12.7
Savory snacks	0.1	0.1	0.0	0.0	0.0	0.0	0.1	0.1
Other	2.1	2.8	0.5	0.6	0.8	1.0	0.1	0.1
Total	75.3	100.0	91.4	100.0	78.4	100.0	106.3	100.0
					183.9	100.0	171.4	100.0

OMN, omnivorous diet; VGT, vegetarian diet; VGN, vegan diet.

Table S20: Mean daily vitamin D (μg) intake and percentages of total intake by food groups in children and adults

Food group	Children			Adults		
	OMN n=26	VGT n=18	VGN n=29	OMN n=32	VGT n=27	VGN n=34
	Mean	Mean	Mean	Mean	Mean	Mean
	%	%	%	%	%	%
Cereals	0.0	0.0	0.0	0.0	0.0	0.0
Roots, tubers	0.0	0.0	0.0	0.0	0.0	0.0
Pulses, seeds, nuts	0.0	0.0	0.0	0.0	0.0	0.0
Plant-based dairy alternatives	0.6	2.2	4.3	0.6	2.0	3.2
Milk, dairy products	2.9	1.5	0.0	1.3	0.3	0.0
Eggs	0.3	0.2	0.0	0.7	0.4	0.0
Fish	1.1	0.6	0.0	3.0	1.3	0.0
Meat	0.2	0.0	0.0	0.4	0.0	0.0
Vegetables	0.0	0.0	0.0	0.1	0.1	0.1
Fruits	0.0	0.0	0.0	0.0	0.0	0.0
Fats, oils	2.6	2.4	3.2	2.5	2.0	4.0
Sweets, sugars	0.0	0.1	0.1	0.1	0.0	0.1
Spices, condiments	0.0	0.0	0.0	0.0	0.1	0.0
Beverages	0.0	0.0	0.0	0.1	0.1	0.0
Savory snacks	0.0	0.0	0.0	0.0	0.0	0.0
Other	0.4	0.0	0.3	0.1	0.0	0.0
Total	8.1	7.2	7.9	8.8	6.4	7.3
	100.0	100.0	100.0	100.0	100.0	100.0

OMN, omnivorous diet; VGT, vegetarian diet; VGN, vegan diet.

Table S21: Mean daily vitamin E (mg) intake and percentages of total intake by food groups in children and adults

Food group	Children						Adults					
	OMN n=26		VGT n=18		VGN n=29		OMN n=32		VGT n=27		VGN n=34	
	Mean	%	Mean	%	Mean	%	Mean	%	Mean	%	Mean	%
Cereals	1.1	16.9	1.1	12.0	1.3	13.1	1.3	11.4	1.6	11.3	1.6	10.1
Roots, tubers	0.0	0.8	0.1	0.9	0.1	1.1	0.2	1.5	0.1	0.7	0.1	0.8
Pulses, seeds, nuts	0.2	2.5	1.0	11.1	1.6	16.4	0.7	6.4	2.6	17.5	3.1	19.0
Plant-based dairy alternatives	0.3	5.4	1.1	13.1	2.3	22.9	0.3	2.9	1.4	9.3	2.6	16.0
Milk, dairy products	0.4	6.4	0.5	5.6	0.0	0.0	0.4	3.7	0.4	2.4	0.0	0.0
Eggs	0.3	3.9	0.2	1.8	0.0	0.0	0.6	5.2	0.4	2.7	0.0	0.0
Fish	0.4	6.6	0.2	2.0	0.0	0.0	0.8	7.0	0.3	2.3	0.0	0.0
Meat	0.3	4.8	0.0	0.3	0.0	0.0	0.8	7.0	0.0	0.1	0.0	0.0
Vegetables	0.5	8.3	0.9	10.4	0.5	5.3	1.1	9.6	2.3	15.8	1.6	10.1
Fruits	0.6	8.5	1.0	11.0	0.8	7.9	1.0	9.0	1.0	6.6	1.2	7.7
Fats, oils	1.8	27.2	2.3	25.8	2.7	27.1	3.1	26.5	3.2	21.7	4.4	27.2
Sweets, sugars	0.1	2.2	0.3	2.9	0.3	3.2	0.3	2.7	0.2	1.4	0.5	2.8
Spices, condiments	0.2	2.4	0.1	1.7	0.1	1.5	0.6	5.2	0.6	4.0	0.4	2.5
Beverages	0.1	0.8	0.0	0.2	0.0	0.3	0.1	0.9	0.2	1.1	0.2	1.1
Savory snacks	0.1	0.9	0.0	0.4	0.0	0.3	0.1	0.9	0.4	3.0	0.4	2.5
Other	0.2	2.5	0.1	0.8	0.1	0.8	0.0	0.1	0.0	0.0	0.0	0.3
Total	6.5	100.0	8.7	100.0	10.0	100.0	11.7	100.0	14.6	100.0	16.2	100.0

OMN, omnivorous diet; VGT, vegetarian diet; VGN, vegan diet.

Table S22: Mean daily vitamin K (μg) intake and percentages of total intake by food groups in children and adults

Food group	Children						Adults					
	OMN n=26		VGT n=18		VGN n=29		OMN n=32		VGT n=27		VGN n=34	
	Mean	%	Mean	%	Mean	%	Mean	%	Mean	%	Mean	%
Cereals	7.1	9.9	4.7	6.2	5.2	6.4	5.9	4.4	7.6	3.9	9.0	4.6
Roots, tubers	0.7	0.9	0.8	1.0	1.0	1.2	1.5	1.2	0.9	0.5	1.1	0.6
Pulses, seeds, nuts	3.9	5.4	10.0	13.1	8.8	10.8	7.8	5.9	20.5	10.6	16.1	8.2
Plant-based dairy alternatives	0.8	1.1	6.8	8.9	16.1	19.8	2.7	2.1	7.7	4.0	17.2	8.7
Milk, dairy products	4.0	5.6	3.9	5.1	0.0	0.0	5.0	3.7	5.0	2.6	0.0	0.0
Eggs	0.1	0.2	0.1	0.1	0.0	0.0	0.6	0.4	0.3	0.2	0.0	0.0
Fish	1.6	2.3	0.2	0.3	0.0	0.0	1.9	1.4	0.7	0.3	0.0	0.0
Meat	7.8	11.0	0.1	0.2	0.0	0.0	18.4	13.8	0.0	0.0	0.0	0.0
Vegetables	26.5	37.2	24.1	31.5	25.8	31.7	58.5	43.9	116.5	60.3	109.8	55.8
Fruits	5.7	8.0	9.2	12.0	6.5	7.9	8.8	6.6	7.2	3.7	12.0	6.1
Fats, oils	10.2	14.4	13.9	18.2	15.4	18.9	15.4	11.6	18.0	9.3	21.9	11.1
Sweets, sugars	0.9	1.3	1.3	1.7	1.2	1.4	1.4	1.0	1.2	0.6	2.0	1.0
Spices, condiments	0.9	1.3	0.9	1.2	0.8	0.9	4.1	3.0	5.4	2.8	4.8	2.4
Beverages	0.4	0.5	0.2	0.3	0.3	0.3	1.1	0.8	1.4	0.7	2.1	1.1
Savory snacks	0.1	0.2	0.0	0.0	0.1	0.1	0.2	0.1	0.7	0.4	0.7	0.4
Other	0.5	0.7	0.2	0.2	0.3	0.4	0.1	0.1	0.0	0.0	0.1	0.0
Total	71.2	100.0	76.4	100.0	81.4	100.0	133.3	100.0	193.1	100.0	196.9	100.0

OMN, omnivorous diet; VGT, vegetarian diet; VGN, vegan diet.

Table S23: Mean daily calcium (mg) intake and percentages of total intake by food groups in children and adults

Food group	Children						Adults					
	OMN n=26			VGT n=18			VGN n=29			OMN n=32		
	Mean	%		Mean	%		Mean	%		Mean	%	
Cereals	36.8	4.7		33.9	4.0		35.2	4.6		48.9	4.8	
Roots, tubers	3.9	0.5		3.6	0.4		3.2	0.4		4.4	0.4	
Pulses, seeds, nuts	14.3	1.8		42.1	4.9		76.0	10.0		24.2	2.4	
Plant-based dairy alternatives	60.2	7.7		255.9	30.0		558.0	73.2		67.8	6.7	
Milk, dairy products	545.2	69.6		388.5	45.6		0.0	0.0		616.5	60.9	
Eggs	7.6	1.0		4.8	0.6		0.0	0.0		17.1	1.7	
Fish	8.2	1.0		5.5	0.6		0.0	0.0		13.1	1.3	
Meat	7.6	1.0		0.4	0.1		0.0	0.0		15.3	1.5	
Vegetables	23.0	2.9		29.6	3.5		26.0	3.4		49.7	4.9	
Fruits	22.1	2.8		38.0	4.5		24.8	3.3		28.0	2.8	
Fats, oils	1.4	0.2		1.0	0.1		0.7	0.1		1.9	0.2	
Sweets, sugars	10.4	1.3		12.7	1.5		4.9	0.6		40.2	4.0	
Spices, condiments	4.4	0.6		4.9	0.6		4.7	0.6		11.2	1.1	
Beverages	10.3	1.3		13.5	1.6		12.6	1.7		34.3	3.4	
Savory snacks	0.8	0.1		0.4	0.0		0.1	0.0		0.8	0.1	
Other	26.6	3.4		17.6	2.1		16.3	2.1		39.4	3.9	
Total	782.8	100.0		852.3	100.0		762.5	100.0		1012.7	100.0	

OMN, omnivorous diet; VGT, vegetarian diet; VGN, vegan diet.

Table S24: Mean daily iodine (μg) intake and percentages of total intake by food groups in children and adults

Food group	Children				Adults			
	OMN n=26		VGT n=18		VGN n=29		OMN n=32	
	Mean	%	Mean	%	Mean	%	Mean	%
Cereals	21.1	14.1	23.9	16.6	23.2	20.8	30.7	13.8
Roots, tubers	0.7	0.5	0.6	0.4	1.4	1.3	1.7	0.8
Pulses, seeds, nuts	0.6	0.4	3.9	2.7	1.8	1.6	2.6	1.2
Plant-based dairy alternatives	8.5	5.7	28.1	19.4	44.3	39.8	9.7	4.4
Milk, dairy products	60.3	40.2	40.9	28.3	0.0	0.0	50.3	22.6
Eggs	5.6	3.7	3.1	2.1	0.0	0.0	12.7	5.7
Fish	10.5	7.0	7.5	5.2	0.0	0.0	20.6	9.2
Meat	5.3	3.5	0.2	0.2	0.0	0.0	11.3	5.1
Vegetables	1.3	0.9	2.9	2.0	14.4	13.0	11.6	5.2
Fruits	1.4	0.9	2.0	1.4	1.8	1.6	1.5	0.7
Fats, oils	1.2	0.8	0.3	0.2	0.0	0.0	1.0	0.4
Sweets, sugars	2.2	1.5	3.3	2.3	1.2	1.1	6.4	2.9
Spices, condiments	27.1	18.1	26.4	18.3	21.9	19.7	56.1	25.2
Beverages	0.9	0.6	0.9	0.6	0.7	0.6	4.3	1.9
Savory snacks	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Other	3.1	2.1	0.7	0.5	0.6	0.5	2.1	1.0
Total	150.0	100.0	144.6	100.0	111.4	100.0	222.8	100.0

OMN, omnivorous diet; VGT, vegetarian diet; VGN, vegan diet.

Table S25: Mean daily iron (mg) intake and percentages of total intake by food groups in children and adults

Food group	Children						Adults					
	OMN n=26		VGT n=18		VGN n=29		OMN n=32		VGT n=27		VGN n=34	
	Mean	%	Mean	%	Mean	%	Mean	%	Mean	%	Mean	%
Cereals	2.9	40.9	3.2	32.9	3.5	31.8	3.9	33.9	4.8	30.2	4.7	26.8
Roots, tubers	0.4	4.9	0.3	3.0	0.3	2.6	0.5	4.1	0.3	2.2	0.5	2.6
Pulses, seeds, nuts	0.5	6.5	1.9	19.3	2.1	19.3	1.1	9.8	4.2	26.5	5.3	29.8
Plant-based dairy alternatives	0.3	3.8	1.6	16.3	3.0	27.8	0.5	4.5	1.7	10.4	2.7	15.5
Milk, dairy products	0.2	3.3	0.2	1.6	0.0	0.0	0.3	2.5	0.2	1.0	0.0	0.0
Eggs	0.2	3.1	0.1	1.4	0.0	0.0	0.5	4.4	0.3	2.1	0.0	0.0
Fish	0.2	2.3	0.1	0.8	0.0	0.0	0.4	3.1	0.2	1.4	0.0	0.0
Meat	0.8	10.4	0.1	0.8	0.0	0.0	1.4	12.4	0.0	0.3	0.0	0.0
Vegetables	0.4	5.7	0.6	5.9	0.5	4.6	0.9	7.8	1.7	10.6	1.4	7.8
Fruits	0.7	9.2	1.2	11.7	0.8	7.7	0.8	6.7	0.7	4.5	1.2	6.6
Fats, oils	0.0	0.2	0.0	0.1	0.0	0.2	0.0	0.2	0.0	0.1	0.0	0.2
Sweets, sugars	0.2	2.1	0.3	3.0	0.2	2.2	0.4	3.8	0.5	3.3	0.6	3.5
Spices, condiments	0.1	1.1	0.1	0.9	0.1	1.0	0.2	1.8	0.4	2.3	0.3	1.6
Beverages	0.1	1.1	0.1	0.6	0.1	1.1	0.4	3.8	0.5	3.1	0.5	3.1
Savory snacks	0.0	0.4	0.0	0.1	0.0	0.1	0.0	0.3	0.2	1.1	0.2	0.9
Other	0.3	4.8	0.1	1.5	0.2	1.6	0.1	0.9	0.1	0.9	0.3	1.7
Total	7.2	100.0	9.9	100.0	10.9	100.0	11.6	100.0	15.9	100.0	17.7	100.0

OMN, omnivorous diet; VGT, vegetarian diet; VGN, vegan diet.

Table S26: Mean daily magnesium (mg) intake and percentages of total intake by food groups in children and adults

Food group	Children						Adults					
	OMN n=26			VGT n=18			VGN n=29			OMN n=32		
	Mean	%		Mean	%		Mean	%		Mean	%	
Cereals	79.1	34.4		92.0	30.3		98.4	29.9		107.4	27.7	
Roots, tubers	12.7	5.5		10.7	3.5		10.2	3.1		16.9	4.3	
Pulses, seeds, nuts	14.7	6.4		49.4	16.3		62.8	19.1		43.9	11.3	
Plant-based dairy alternatives	7.9	3.4		47.8	15.8		100.0	30.4		12.2	3.1	
Milk, dairy products	49.0	21.3		33.2	10.9		0.0	0.0		41.2	10.6	
Eggs	1.8	0.8		1.1	0.4		0.0	0.0		3.9	1.0	
Fish	5.5	2.4		2.9	1.0		0.0	0.0		10.9	2.8	
Meat	10.6	4.6		0.8	0.3		0.0	0.0		26.3	6.8	
Vegetables	13.5	5.9		17.8	5.9		15.4	4.7		28.4	7.3	
Fruits	17.3	7.5		34.2	11.3		24.7	7.5		21.7	5.6	
Fats, oils	0.3	0.1		0.3	0.1		0.3	0.1		0.4	0.1	
Sweets, sugars	4.5	1.9		5.7	1.9		7.4	2.3		13.2	3.4	
Spices, condiments	1.7	0.7		1.6	0.5		1.9	0.6		3.4	0.9	
Beverages	4.2	1.8		3.0	1.0		5.2	1.6		52.6	13.5	
Savory snacks	1.0	0.4		0.6	0.2		0.3	0.1		0.8	0.2	
Other	6.0	2.6		2.1	0.7		2.6	0.8		5.3	1.4	
Total	229.8	100.0		303.3	100.0		329.1	100.0		388.4	100.0	

OMN, omnivorous diet; VGT, vegetarian diet; VGN, vegan diet.

Table S27: Mean daily phosphorus (mg) intake and percentages of total intake by food groups in children and adults

Food group	Children						Adults					
	OMN n=26			VGT n=18			VGN n=29			OMN n=32		
	Mean	%		Mean	%		Mean	%		Mean	%	
Cereals	251.2	24.9		285.2	27.8		306.9	36.4		352.8	22.9	
Roots, tubers	24.2	2.4		20.4	2.0		20.4	2.4		32.0	2.1	
Pulses, seeds, nuts	37.2	3.7		124.9	12.2		154.9	18.4		97.8	6.3	
Plant-based dairy alternatives	25.4	2.5		119.1	11.6		241.6	28.6		35.5	2.3	
Milk, dairy products	401.4	39.8		287.0	28.0		0.0	0.0		433.8	28.2	
Eggs	28.0	2.8		17.5	1.7		0.0	0.0		62.6	4.1	
Fish	44.2	4.4		26.7	2.6		0.0	0.0		93.1	6.0	
Meat	78.1	7.8		6.4	0.6		0.0	0.0		193.8	12.6	
Vegetables	35.0	3.5		53.3	5.2		40.2	4.8		69.4	4.5	
Fruits	25.3	2.5		43.8	4.3		32.9	3.9		30.3	2.0	
Fats, oils	1.3	0.1		0.8	0.1		0.2	0.0		2.1	0.1	
Sweets, sugars	13.0	1.3		20.0	1.9		13.4	1.6		43.3	2.8	
Spices, condiments	4.1	0.4		4.1	0.4		4.5	0.5		9.4	0.6	
Beverages	7.7	0.8		7.3	0.7		7.3	0.9		54.4	3.5	
Savory snacks	2.8	0.3		1.7	0.2		0.8	0.1		2.5	0.2	
Other	28.9	2.9		8.3	0.8		20.3	2.4		27.2	1.8	
Total	1007.8	100.0		1026.4	100.0		843.3	100.0		1539.8	100.0	

OMN, omnivorous diet; VGT, vegetarian diet; VGN, vegan diet.

Table S28: Mean daily potassium (mg) intake and percentages of total intake by food groups in children and adults

Food group	OMN n=26			VGT n=18			VGN n=29			OMN n=32			VGT n=27			VGN n=34		
	Mean	%		Mean	%		Mean	%		Mean	%		Mean	%		Mean	%	
Cereals	313.8	14.3		343.1	14.1		372.4	17.1		423.2	12.4		518.9	14.1		521.2	13.3	
Roots, tubers	213.9	9.8		178.4	7.3		169.2	7.8		292.4	8.6		221.6	6.0		282.6	7.2	
Pulses, seeds, nuts	60.1	2.7		259.9	10.7		289.9	13.3		140.5	4.1		557.8	15.2		650.6	16.6	
Plant-based dairy alternatives	23.8	1.1		200.3	8.2		504.2	23.2		46.5	1.4		188.7	5.1		451.0	11.5	
Milk, dairy products	616.4	28.1		401.5	16.5		0.0	0.0		444.4	13.0		138.5	3.8		0.0	0.0	
Eggs	18.0	0.8		11.8	0.5		0.0	0.0		38.7	1.1		26.3	0.7		0.0	0.0	
Fish	84.5	3.9		48.9	2.0		0.0	0.0		150.2	4.4		70.9	1.9		0.0	0.0	
Meat	134.8	6.2		11.0	0.5		0.0	0.0		362.5	10.6		5.8	0.2		0.0	0.0	
Vegetables	302.0	13.8		403.5	16.6		312.3	14.3		581.2	17.0		999.2	27.2		840.8	21.4	
Fruits	250.5	11.4		449.3	18.4		354.7	16.3		285.3	8.4		325.9	8.9		482.4	12.3	
Fats, oils	1.0	0.0		0.7	0.0		0.2	0.0		1.7	0.1		1.7	0.0		1.1	0.0	
Sweets, sugars	35.1	1.6		49.5	2.0		47.1	2.2		93.0	2.7		83.3	2.3		97.3	2.5	
Spices, condiments	17.3	0.8		11.3	0.5		22.8	1.0		16.9	0.5		19.4	0.5		18.2	0.5	
Beverages	55.4	2.5		36.4	1.5		74.4	3.4		458.1	13.4		432.8	11.8		457.1	11.7	
Savory snacks	13.3	0.6		2.1	0.1		5.2	0.2		12.0	0.4		71.0	1.9		73.9	1.9	
Other	51.0	2.3		29.9	1.2		23.9	1.1		64.1	1.9		18.5	0.5		46.7	1.2	
Total	2190.9	100.0		2437.6	100.0		2176.1	100.0		3410.9	100.0		3680.3	100.0		3922.8	100.0	

OMN, omnivorous diet; VGT, vegetarian diet; VGN, vegan diet.

Table S29: Mean daily selenium (µg) intake and percentages of total intake by food groups in children and adults

Food group	Children				Adults			
	OMN n=26		VGT n=18		VGN n=29		OMN n=32	
	Mean	%	Mean	%	Mean	%	Mean	%
Cereals	9.2	20.6	9.8	27.2	10.6	41.6	13.6	13.9
Roots, tubers	0.4	0.8	0.3	0.8	0.3	1.1	0.5	0.5
Pulses, seeds, nuts	1.7	3.7	3.3	9.0	5.5	21.3	21.0	21.5
Plant-based dairy alternatives	0.6	1.4	3.7	10.3	7.2	28.0	0.8	0.9
Milk, dairy products	13.0	29.1	9.0	25.0	0.0	0.0	14.3	14.7
Eggs	4.5	10.0	2.8	7.9	0.0	0.0	9.8	10.1
Fish	5.3	11.9	3.5	9.6	0.0	0.0	11.5	11.8
Meat	7.7	17.2	0.6	1.8	0.0	0.0	21.2	21.8
Vegetables	0.4	1.0	0.7	2.0	0.4	1.7	1.3	1.3
Fruits	0.5	1.1	0.5	1.5	0.5	1.9	0.7	0.7
Fats, oils	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Sweets, sugars	0.5	1.2	1.2	3.2	0.6	2.2	1.1	1.1
Spices, condiments	0.2	0.4	0.2	0.6	0.1	0.4	0.7	0.7
Beverages	0.2	0.4	0.3	0.7	0.2	0.7	0.6	0.6
Savory snacks	0.1	0.2	0.0	0.1	0.0	0.1	0.1	0.1
Other	0.5	1.0	0.1	0.3	0.2	0.9	0.4	0.4
Total	44.8	100.0	36.2	100.0	25.6	100.0	97.5	100.0

OMN, omnivorous diet; VGT, vegetarian diet; VGN, vegan diet.

Table S30: Mean daily zinc (mg) intake and percentages of total intake by food groups in children and adults

Food group	Children						Adults					
	OMN n=26		VGT n=18		VGN n=29		OMN n=32		VGT n=27		VGN n=34	
	Mean	%	Mean	%	Mean	%	Mean	%	Mean	%	Mean	%
Cereals	2.1	28.6	2.4	32.1	2.6	38.2	2.8	24.9	3.4	31.8	3.3	32.3
Roots, tubers	0.2	2.3	0.1	1.9	0.1	2.1	0.2	1.9	0.2	1.5	0.2	2.3
Pulses, seeds, nuts	0.3	4.4	1.0	13.4	1.2	18.5	0.9	7.6	2.3	20.9	3.0	29.0
Plant-based dairy alternatives	0.2	2.7	0.7	10.0	1.5	22.1	0.2	2.2	0.8	6.9	1.3	13.0
Milk, dairy products	2.1	28.5	1.5	20.8	0.0	0.0	2.5	21.8	1.5	13.8	0.0	0.0
Eggs	0.2	2.5	0.1	1.6	0.0	0.0	0.4	3.6	0.3	2.5	0.0	0.0
Fish	0.2	2.1	0.1	0.9	0.0	0.0	0.3	2.7	0.2	1.7	0.0	0.0
Meat	1.3	17.7	0.1	1.5	0.0	0.0	2.6	22.4	0.1	0.6	0.0	0.0
Vegetables	0.2	3.4	0.4	5.6	0.3	4.2	0.5	4.5	0.9	8.1	0.7	7.1
Fruits	0.2	2.1	0.3	4.2	0.2	3.0	0.2	1.5	0.2	1.6	0.3	2.6
Fats, oils	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.1	0.0	0.0
Sweets, sugars	0.1	1.3	0.1	1.8	0.1	1.7	0.3	2.4	0.2	2.0	0.3	2.5
Spices, condiments	0.0	0.3	0.0	0.3	0.0	0.3	0.0	0.4	0.1	0.5	0.0	0.4
Beverages	0.1	1.1	0.0	0.6	0.0	0.6	0.3	2.5	0.2	1.7	0.2	1.8
Savory snacks	0.0	0.3	0.0	0.1	0.0	0.1	0.0	0.2	0.1	0.8	0.1	0.7
Other	0.2	2.8	0.4	5.3	0.6	9.2	0.2	1.4	0.6	5.6	0.9	8.4
Total	7.3	100.0	7.4	100.0	6.7	100.0	11.4	100.0	10.8	100.0	10.2	100.0

OMN, omnivorous diet; VGT, vegetarian diet; VGN, vegan diet.

Table S31: Mean daily linoleic acid (18:2 n-6, mg) intake and percentages of total intake by food groups in children and adults

Food group	Children						Adults					
	OMN n=26		VGT n=18		VGN n=29		OMN n=32		VGT n=27		VGN n=34	
	Mean	%	Mean	%	Mean	%	Mean	%	Mean	%	Mean	%
Cereals	1508.9	28.4	1515.1	19.9	1821.7	17.6	1999.3	18.0	2215.6	14.5	2331.6	12.8
Roots, tubers	24.3	0.5	33.7	0.4	95.2	0.9	121.2	1.1	73.7	0.5	69.6	0.4
Pulses, seeds, nuts	455.6	8.6	1638.6	21.5	2595.8	25.1	1846.1	16.7	4876.2	31.9	6374.9	35.0
Plant-based dairy alternatives	284.6	5.4	1485.7	19.5	3454.1	33.4	546.5	4.9	1642.9	10.7	3575.6	19.6
Milk, dairy products	221.7	4.2	293.4	3.8	0.0	0.0	303.3	2.7	277.3	1.8	0.0	0.0
Eggs	134.8	2.5	93.8	1.2	0.0	0.0	377.6	3.4	246.5	1.6	0.3	0.0
Fish	302.6	5.7	41.9	0.5	0.0	0.0	372.2	3.4	151.4	1.0	0.0	0.0
Meat	510.4	9.6	12.9	0.2	0.0	0.0	1299.4	11.7	7.3	0.0	0.0	0.0
Vegetables	79.0	1.5	323.0	4.2	135.4	1.3	214.9	1.9	514.1	3.4	392.2	2.2
Fruits	80.0	1.5	130.2	1.7	117.8	1.1	152.2	1.4	294.7	1.9	273.5	1.5
Fats, oils	1134.7	21.4	1617.3	21.2	1660.4	16.1	2692.9	24.3	3327.9	21.7	3661.8	20.1
Sweets, sugars	152.9	2.9	249.4	3.3	291.9	2.8	369.0	3.3	221.6	1.4	388.7	2.1
Spices, condiments	114.9	2.2	120.7	1.6	34.7	0.3	620.0	5.6	686.3	4.5	367.0	2.0
Beverages	10.0	0.2	5.1	0.1	15.4	0.1	13.2	0.1	72.6	0.5	56.2	0.3
Savory snacks	101.6	1.9	40.6	0.5	47.2	0.5	137.3	1.2	681.0	4.5	659.4	3.6
Other	194.2	3.7	30.5	0.4	60.2	0.6	17.3	0.2	12.5	0.1	49.3	0.3
Total	5310.1	100.0	7631.9	100.0	10329.8	100.0	11082.4	100.0	15301.7	100.0	18200.2	100.0

OMN, omnivorous diet; VGT, vegetarian diet; VGN, vegan diet.

Table S32: Mean daily α -linolenic acid (18:3 n-3, mg) intake and percentages of total intake by food groups in children and adults

Food group	Children						Adults					
	OMN n=26		VGT n=18		VGN n=29		OMN n=32		VGT n=27		VGN n=34	
	Mean	%	Mean	%	Mean	%	Mean	%	Mean	%	Mean	%
Cereals	289.7	21.3	272.9	12.7	318.3	12.0	323.1	12.4	386.4	11.0	382.7	7.8
Roots, tubers	15.0	1.1	13.4	0.6	24.6	0.9	40.3	1.6	22.3	0.6	21.7	0.4
Pulses, seeds, nuts	114.9	8.5	358.8	16.7	395.9	14.9	257.7	9.9	625.5	17.8	1084.9	22.1
Plant-based dairy alternatives	57.5	4.2	401.3	18.6	873.0	32.8	193.5	7.5	490.4	14.0	1007.1	20.5
Milk, dairy products	50.3	3.7	79.7	3.7	0.0	0.0	103.2	4.0	100.6	2.9	0.0	0.0
Eggs	10.2	0.7	5.5	0.3	0.0	0.0	43.6	1.7	26.0	0.7	0.0	0.0
Fish	112.8	8.3	10.3	0.5	0.0	0.0	133.3	5.1	38.4	1.1	0.0	0.0
Meat	87.7	6.4	5.3	0.2	0.0	0.0	203.3	7.8	3.3	0.1	0.0	0.0
Vegetables	27.8	2.0	112.3	5.2	55.2	2.1	79.5	3.1	198.9	5.7	158.0	3.2
Fruits	33.8	2.5	75.3	3.5	49.0	1.8	66.6	2.6	67.7	1.9	107.3	2.2
Fats, oils	438.6	32.3	710.7	33.0	847.9	31.9	861.4	33.2	1145.6	32.6	1740.7	35.5
Sweets, sugars	41.0	3.0	42.6	2.0	61.6	2.3	63.7	2.5	30.3	0.9	108.2	2.2
Spices, condiments	29.0	2.1	45.1	2.1	8.2	0.3	198.1	7.6	207.2	5.9	133.6	2.7
Beverages	5.5	0.4	1.6	0.1	5.5	0.2	4.9	0.2	26.6	0.8	26.9	0.5
Savory snacks	23.0	1.7	10.7	0.5	9.1	0.3	19.6	0.8	139.5	4.0	132.4	2.7
Other	22.5	1.7	7.2	0.3	11.8	0.4	3.5	0.1	2.6	0.1	3.8	0.1
Total	1359.3	100.0	2152.7	100.0	2660.0	100.0	2595.2	100.0	3511.1	100.0	4907.2	100.0

OMN, omnivorous diet; VGT, vegetarian diet; VGN, vegan diet.

Table S33: Mean daily eicosapentaenoic acid (20:5 n-3, mg) intake and percentages of total intake by food groups in children and adults

Food group	Children				Adults			
	OMN n=26		VGT n=18		VGN n=29		OMN n=32	
	Mean	%	Mean	%	Mean	%	Mean	%
Cereals	0.0	0.0	0.0	0.0	0.0	-	0.0	0.0
Roots, tubers	0.0	0.0	0.0	0.0	0.0	-	0.0	0.0
Pulses, seeds, nuts	0.0	0.0	0.0	0.0	0.0	-	0.0	0.0
Plant-based dairy alternatives	0.0	0.0	0.0	0.0	0.0	-	0.0	0.0
Milk, dairy products	0.0	0.0	0.0	0.1	0.0	-	0.1	0.1
Eggs	0.0	0.0	0.0	0.0	0.0	-	0.0	0.0
Fish	56.9	93.0	29.1	97.4	0.0	-	171.0	94.3
Meat	4.3	7.0	0.8	2.5	0.0	-	10.3	5.7
Vegetables	0.0	0.0	0.0	0.0	0.0	-	0.0	0.0
Fruits	0.0	0.0	0.0	0.0	0.0	-	0.0	0.0
Fats, oils	0.0	0.0	0.0	0.0	0.0	-	0.0	0.0
Sweets, sugars	0.0	0.0	0.0	0.0	0.0	-	0.0	0.0
Spices, condiments	0.0	0.0	0.0	0.0	0.0	-	0.0	0.4
Beverages	0.0	0.0	0.0	0.0	0.0	-	0.0	0.0
Savory snacks	0.0	0.0	0.0	0.0	0.0	-	0.0	0.0
Other	0.0	0.0	0.0	0.0	0.0	-	0.0	0.0
Total	61.2	100.0	29.9	100.0	0.0	na	181.4	100.0

OMN, omnivorous diet; VGT, vegetarian diet; VGN, vegan diet.
na, no percentages calculated for EPA with zero intake in the VGN group (children).

Table S34: Mean daily docosahexaenoic acid (22:6 n-3, mg) intake and percentages of total intake by food groups in children and adults

Food group	Children			Adults		
	OMN n=26	VGT n=18	VGN n=29	OMN n=32	VGT n=27	VGN n=34
	Mean	Mean	Mean	Mean	Mean	Mean
	%	%	%	%	%	%
Cereals	0.5	0.6	0.1	0.7	0.8	0.9
Roots, tubers	0.0	0.0	0.0	0.0	0.0	0.0
Pulses, seeds, nuts	0.0	0.0	0.0	0.0	0.0	0.0
Plant-based dairy alternatives	0.0	0.0	0.0	0.0	0.0	0.0
Milk, dairy products	0.0	0.0	0.0	0.0	0.0	0.0
Eggs	14.4	9.7	0.0	33.6	22.3	0.0
Fish	153.2	84.8	0.0	467.7	138.4	0.0
Meat	4.3	0.1	0.0	10.9	0.0	0.0
Vegetables	0.0	0.0	0.0	0.0	0.0	0.0
Fruits	0.0	0.0	0.0	0.0	0.0	0.0
Fats, oils	0.0	0.0	0.0	0.0	0.0	0.0
Sweets, sugars	0.3	0.9	0.0	0.4	0.4	0.0
Spices, condiments	0.0	0.4	0.0	0.6	0.5	0.0
Beverages	0.0	0.0	0.0	0.0	0.0	0.0
Savory snacks	0.0	0.0	0.0	0.0	0.0	0.0
Other	0.0	0.0	0.0	0.0	0.0	0.0
Total	172.7	96.5	0.1	514.0	162.4	1.0
	100.0	100.0	100.0	100.0	100.0	100.0

OMN, omnivorous diet; VGT, vegetarian diet; VGN, vegan diet.