

S1 Table: Macronutrient intake in adults in the urban areas of Brazil, 2015.

| | Carbohydrates | Proteins | Total fats |
|--|---------------|--------------|--------------|
| AMDR | 45-65% | 10-35% | 20-35% |
| | n (%) | n (%) | n (%) |
| Total population (n = 1812) | | | |
| Below AMDR | 247 (13.6%) | 6 (0.3%) | 30 (1.7%) |
| Within AMDR | 1535 (84.7%) | 1806 (99.7%) | 1463 (80.7%) |
| Above AMDR | 30 (1.7%) | 0 (0.00%) | 319 (17.6%) |
| Male (n = 828) | | | |
| Below AMDR | 121 (14.6%) | 3 (0.4%) | 19 (2.3%) |
| Within AMDR | 697 (84.2%) | 825 (99.6%) | 675 (81.5%) |
| Above AMDR | 10 (1.2%) | 0 (0.00%) | 134 (16.2%) |
| Female (n = 984) | | | |
| Below AMDR | 126 (12.8%) | 3 (0.3%) | 11 (1.1%) |
| Within AMDR | 838 (85.2%) | 981 (99.7%) | 788 (80.1%) |
| Above AMDR | 20 (2.0%) | 0 (0.00%) | 185 (18.8%) |
| Acceptable macronutrient distribution range (AMDR) | | | |