

**S2 Table:** Top 10 food sources contributing to nutrient total intake in adults in the urban areas of Brazil, 2015.

		PROTEIN			
FoodID	Food name (category)	Contribution to total intake (%)	Frequency of intake (n)	Mean	SD
6510	beef, steak - beef, sirloin, visible fat eaten	11.92	479	132.1	85.1
6256	poultry, chicken, breast, skin removed before cooking	7.38	346	97.9	78.5
8741	bread, loaf, French bread	7.34	1331	66.6	32.6
6356	beef, cubes or stew meat, tip or kabobs, visible fat eaten	6.15	299	95.1	70.9
11009	vegetables, beans, brown, canned - drained, regular	5.45	1426	55.7	41.2
9097	fish and seafood, cod, cooked from fresh or frozen, Atlantic	5.06	152	206.7	138.4
4338	milk, whole (3.5 - 4% fat)	3.63	1142	143.0	117.4
18389	beef, hamburger or ground beef, 10% fat (90% lean meat)	3.61	292	66.0	67.0
8558	grains, rice, white, regular cooking, cooked in salted water	3.55	1820	102.9	67.3
6271	poultry, chicken, thigh, skin eaten	3.19	231	69.5	55.3
		OMEGA 3			
FoodID	Food name (category)	Contribution to total intake (%)	Frequency of intake (n)	Mean	SD
9097	fish and seafood, cod, cooked from fresh or frozen, Atlantic	41.03	152	206.7	138.4
114107	fish and seafood, salmon, cooked from fresh or frozen, coho (silver), farmed	10.34	7	200.0	28.9
6271	poultry, chicken, thigh, skin eaten	9.52	231	69.5	55.3
6256	poultry, chicken, breast, skin removed before cooking	8.64	346	97.9	78.5
1798	ingredient, egg, whole	7.10	499	44.0	43.0
9459	fish and seafood, sardines, canned in oil, drained	5.69	19	69.4	51.4
9462	fish and seafood, sardines, cooked from fresh or frozen	4.98	7	69.9	43.9
6255	poultry, chicken, breast, skin eaten	1.36	79	101.4	77.9
9162	fish and seafood, hake, cooked from fresh or frozen, silver	0.89	1	120.0	.
975	eggs, boiled	0.82	87	29.6	27.6
		IRON			
FoodID	Food name (category)	Contribution to total intake (%)	Frequency of intake (n)	Mean	SD
11009	vegetables, beans, brown, canned - drained, regular	20.02	1426	55.7	41.2
8741	bread, loaf, French bread	18.03	1331	66.6	32.6
6510	beef, steak - beef, sirloin, visible fat eaten	5.21	479	132.1	85.1
11014	vegetables, beans, black, canned - drained, regular	3.12	218	49.2	26.1
8531	grains, pasta or noodles, spaghetti noodles, white, cooked in salted water	3.11	343	124.6	95.0
1821	ingredient, flour, white all-purpose, enriched	2.86	616	22.8	26.1
18389	beef, hamburger or ground beef, 10% fat (90% lean meat)	2.80	292	66.0	67.0
6356	beef, cubes or stew meat, tip or kabobs, visible fat eaten	2.34	299	95.1	70.9
27320	crackers, wheat, reduced fat	1.89	257	36.1	31.8
6395	beef, organ meats, liver	1.81	35	184.3	92.7
		VITAMIN D			
FoodID	Food name (category)	Contribution to total intake (%)	Frequency of intake (n)	Mean	SD
4338	milk, whole (3.5 - 4% fat)	33.96	1142	143.0	117.4
1798	ingredient, egg, whole	7.79	499	44.0	43.0
6510	beef, steak - beef, sirloin, visible fat eaten	7.22	479	132.1	85.1
9097	fish and seafood, cod, cooked from fresh or frozen, Atlantic	5.89	152	206.7	138.4
4350	milk, unprepared dry powder, whole	5.40	206	15.3	13.6
114107	fish and seafood, salmon, cooked from fresh or frozen, coho (silver), farmed	3.69	7	200.0	28.9

25488	milk, mixtures and milk drinks, cocoa or hot chocolate, dry mix - unprepared, regular, chocolate flavors
4783	yogurt, plain, whole milk (3-4% fat)
3203	cheese, American cheese, process
4787	yogurt, fruited, regular, whole milk (3-4% fat)

3.09	159	21.6	11.7
2.75	39	216.3	129.4
2.19	44	40.6	44.5
2.01	35	175.9	73.1

**FoodID Food name (category)**

11009	vegetables, beans, brown, canned - drained, regular
8558	grains, rice, white, regular cooking, cooked in salted water
8741	bread, loaf, French bread
11014	vegetables, beans, black, canned - drained, regular
7581	vegetables, potato, boiled, without skin
8485	grains, pasta or noodles, egg noodles, white, cooked in salted water
3159	vegetables, tomato, raw
4974	fruit, banana, fresh or ripe
11137	fruit, guava (guayaba), fresh common
5217	fruit, orange, fresh

**TOTAL FIBER**

Contribution to total intake (%)	Frequency of intake (n)	Mean	SD
39.33	1426	55.7	41.2
8.73	1820	102.9	67.3
6.19	1331	66.6	32.6
5.25	218	49.2	26.1
2.29	456	117.5	137.9
2.08	86	148.0	96.9
1.78	590	86.5	169.1
1.77	423	71.8	50.6
1.56	68	140.5	119.1
1.30	148	167.5	135.0

**FoodID Food name (category)**

4338	milk, whole (3.5 - 4% fat)
3264	cheese, Mozzarella cheese, whole milk
11009	vegetables, beans, brown, canned - drained, regular
4350	milk, unprepared dry powder, whole
4864	cheese, American cheese, process - reduced fat
3265	cheese, Mozzarella cheese, part skim milk, regular
10784	ingredient, cornmeal - dry, yellow (degermed, enriched)
8741	bread, loaf, French bread
4341	milk, skim, nonfat or fat free
149	beverages, beer, regular

**CALCIUM**

Contribution to total intake (%)	Frequency of intake (n)	Mean	SD
24.57	1142	143.0	117.4
11.40	339	31.4	28.2
5.25	1426	55.7	41.2
3.43	206	15.3	13.6
2.83	76	52.5	38.7
2.44	80	26.5	27.9
1.86	123	56.5	56.5
1.73	1331	66.6	32.6
1.70	65	175.4	169.8
1.67	206	1655.7	1599.0

**FoodID Food name (category)**

6395	beef, organ meats, liver
10719	fats, margarine, regular, tub, salted, soybean oil
4338	milk, whole (3.5 - 4% fat)
7647	vegetables, sweet potato, boiled
1058	fats, butter, regular, salted
25488	milk, mixtures and milk drinks, cocoa or hot chocolate, dry mix - unprepared, regular, chocolate flavors
2964	vegetables, carrots, cooked from fresh
4864	cheese, American cheese, process - reduced fat
1798	ingredient, egg, whole
13930	vegetables, lettuce, green leaf

**VITAMIN A**

Contribution to total intake (%)	Frequency of intake (n)	Mean	SD
56.89	35	184.3	92.7
6.54	1007	14.7	17.6
4.51	1142	143.0	117.4
3.06	22	291.6	237.2
2.93	333	15.5	14.8
1.66	159	21.6	11.7
1.63	212	39.6	36.7
1.52	76	52.5	38.7
1.52	499	44.0	43.0
1.51	476	34.9	25.8

**VITAMIN C**

**FoodID Food name (category)**

8064	beverages, juice or flavored drink, orange, juice, fresh
107891	beverages, juice or flavored drink, acerola juice
5217	fruit, orange, fresh
3159	vegetables, tomato, raw
21192	beverages, juice or flavored drink, dry mix - unprepared, fruit flavored drink, presweetened, with sugar

Contribution to total intake (%)	Frequency of intake (n)	Mean	SD
18.97	150	284.0	143.0
9.42	46	106.3	63.3
8.01	148	167.5	135.0
6.57	590	86.5	169.1
5.95	451	16.0	32.6

7942	beverages, juice or flavored drink, black currant juice	5.64	15	331.1	82.1
5221	fruit, papaya, fresh	5.36	82	130.8	98.4
11137	fruit, guava (guayaba), fresh common	4.68	68	140.5	119.1
8066	beverages, juice or flavored drink, orange, juice, purchased ready-to-drink, not fortified	3.02	207	71.6	145.2
5182	fruit, mango, fresh	3.02	135	121.7	93.5
<b>VITAMIN E</b>					
<b>FoodID</b>	<b>Food name (category)</b>	<b>Contribution to total intake (%)</b>	<b>Frequency of intake (n)</b>	<b>Mean</b>	<b>SD</b>
1177	fats, oil, soybean - unhydrogenated	18.15	6215	3.1	4.1
10719	fats, margarine, regular, tub, salted, soybean oil	11.26	1007	14.7	17.6
11009	vegetables, beans, brown, canned - drained, regular	9.53	1426	55.7	41.2
11709	fruit, passion fruit (maracuya) - fresh	4.47	77	37.9	17.6
9097	fish and seafood, cod, cooked from fresh or frozen, Atlantic	3.84	152	206.7	138.4
107857	beverages, tea, Yerba Mate	3.66	37	576.6	541.9
1169	fats, oil, olive	3.39	541	4.4	5.4
6510	beef, steak - beef, sirloin, visible fat eaten	2.19	479	132.1	85.1
3159	vegetables, tomato, raw	2.18	590	86.5	169.1
6381	beef, jerky, regular	2.15	83	78.1	75.5
<b>MAGNESIUM</b>					
<b>FoodID</b>	<b>Food name (category)</b>	<b>Contribution to total intake (%)</b>	<b>Frequency of intake (n)</b>	<b>Mean</b>	<b>SD</b>
11009	vegetables, beans, brown, canned - drained, regular	17.61	1426	55.7	41.2
7772	beverages, coffee, regular (caffeinated), made from ground	6.80	1894	136.1	84.6
149	beverages, beer, regular	6.30	206	1655.7	1599.0
8741	bread, loaf, French bread	5.84	1331	66.6	32.6
4338	milk, whole (3.5 - 4% fat)	4.31	1142	143.0	117.4
4974	fruit, banana, fresh or ripe	3.05	423	71.8	50.6
8558	grains, rice, white, regular cooking, cooked in salted water	2.97	1820	102.9	67.3
6510	beef, steak - beef, sirloin, visible fat eaten	2.34	479	132.1	85.1
11014	vegetables, beans, black, canned - drained, regular	2.26	218	49.2	26.1
8531	grains, pasta or noodles, spaghetti noodles, white, cooked in salted water	2.03	343	124.6	95.0