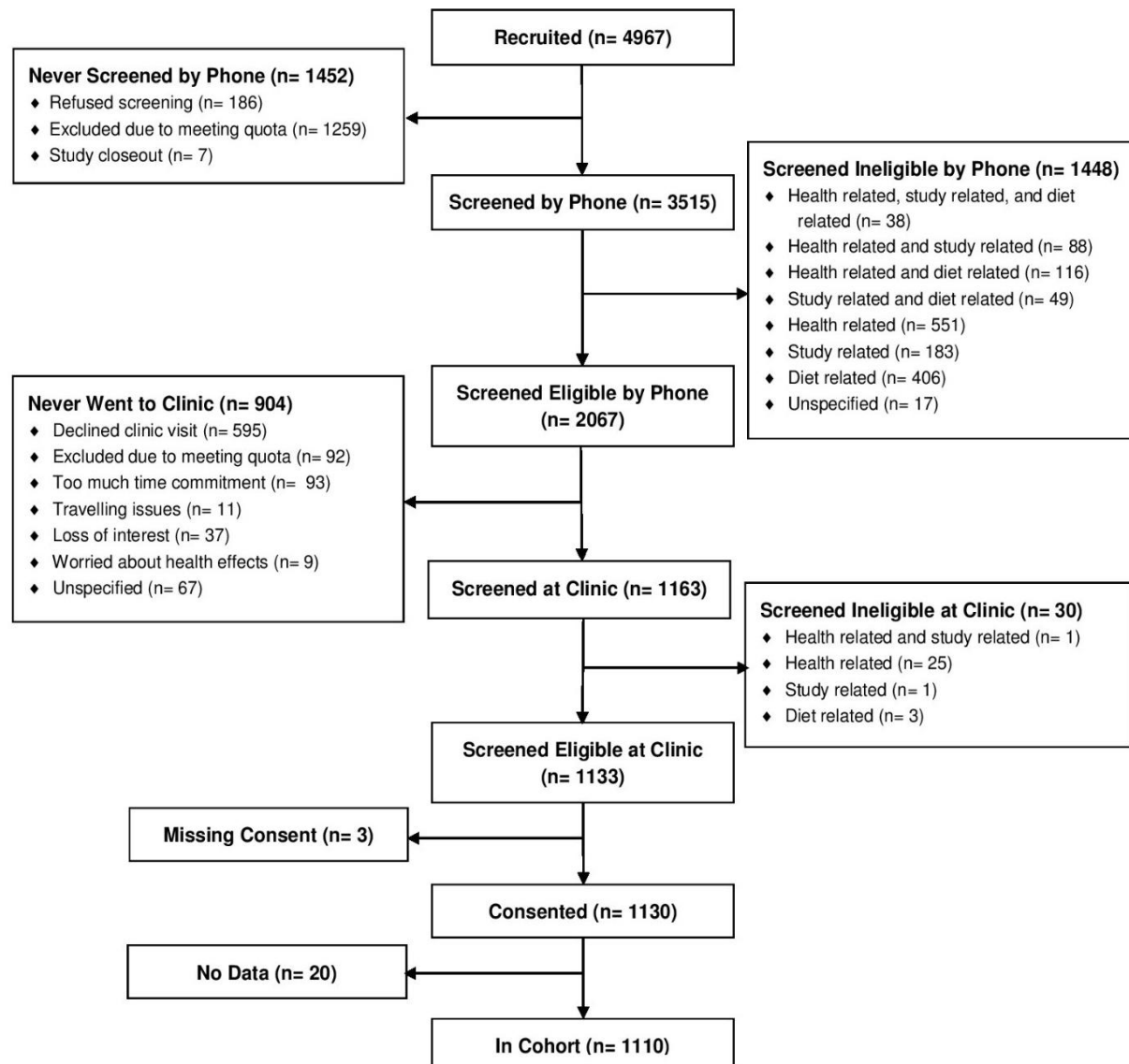


Supplemental Figure 1. Participant recruitment and enrollment: IDATA study



Online Supplemental Material

Mean of biomarker 1 and 2	300	15.4	13.0	18.4	304	14.8	12.2	17.8
Mean of three ASA24s	297	16.3	14.2	18.7	297	16.1	14.2	18.7
Mean of all ASA24s	299	16.4	14.8	18.2	301	16.3	14.6	18.5
Mean of 4DFR 1 and 2	238	15.6	14.1	17.3	227	15.8	14.3	17.5
Mean of FFQ 1 and 2	226	15.4	14.1	17.3	236	15.3	14.0	17.0
Potassium density (mg/1,000 kcal)								
Mean of biomarker 1 and 2	300	1,357	1,107	1,677	304	1,357	1,089	1,721
Mean of three ASA24s	297	1,361	1,191	1,564	297	1,448	1,279	1675
Mean of all ASA24s	299	1,358	1,200	1,559	301	1,464	1,279	1692
Mean of 4DFR 1 and 2	238	1,340	1,191	1,509	227	1,446	1,288	1640
Mean of FFQ 1 and 2	226	1,757	1,570	1,967	236	1,896	1,670	2158
Sodium density (mg/1,000 kcal)								
Mean of biomarker 1 and 2	300	1,691	1,348	2,215	304	1,651	1,331	2,149
Mean of three ASA24s	297	1,771	1,523	2,036	297	1,672	1,496	1,935
Mean of all ASA24s	299	1,762	1,569	1,994	301	1,701	1,516	1,930
Mean of 4DFR 1 and 2	238	1,697	1,513	1,904	227	1,658	1,489	1,892
Mean of FFQ 1 and 2	226	1,530	1,385	1,742	236	1,485	1,343	1,657

1. Intakes from foods only

2. mean of three ASA24 completed

3. includes all ASA24 completed (mean number of ASA24s completed = 5.4 in men and 5.1 in women)

Supplemental Table 2. Prevalence of under- and over-reporting among people whose weight was stable during the study

	Men		Women	
	Under reporting (%)	Over reporting (%)	Under reporting (%)	Over reporting (%)
Energy				
All ASA24s ¹	25.3	2.0	23.9	0.8
4DFR-1	17.5	1.3	16.7	2.2
4DFR-2	22.3	0.0	17.2	0.5
FFQ-1	40.2	0.5	29.3	0.4
FFQ-2	44.4	0	38.4	0
Protein				
All ASA24s	12.3	2.6	8.1	4.8
4DFR-1	13.9	3.2	9.9	3.3
4DFR-2	21.4	2.8	9.7	2.6
FFQ-1	37.0	1.7	22.0	2.8
FFQ-2	37.3	1.0	27.4	0.7
Potassium				
All ASA24s	18.2	2.0	6.3	4.8
4DFR-1	12.3	3.2	9.2	1.6
4DFR-2	15.5	1.0	10.1	2.6
FFQ-1	13.8	3.8	5.7	9.6
FFQ-2	18.3	3.7	8.2	5.3
Sodium				
All ASA24s	12.3	2.9	7.5	2.7
4DFR-1	7.9	2.5	7.9	3.6
4DFR-2	11.0	1.7	8.2	1.9
FFQ-1	34.3	1.7	22.3	1.4
FFQ-2	33.0	0.3	29.5	0.4
Protein density				
All ASA24s	3.8	13.9	2.9	14.3
4DFR-1	5.5	10.6	1.7	9.5
4DFR-2	3.3	7.9	4.0	7.4
FFQ-1	9.5	9.5	4.4	11.0
FFQ-2	6.9	8.6	2.6	13.2
Potassium density				
All ASA24s	5.5	9.3	2.6	13.2
4DFR-1	6.0	8.1	1.7	7.8
4DFR-2	4.7	8.8	2.0	8.9
FFQ-1	1.0	26.2	0.3	31.7
FFQ-2	0.7	23.5	0.4	31.8
Sodium density				

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All ASA24s	2.3	9.6	2.3	6.9
4DFR-1	2.1	8.5	1.7	7.8
4DFR-2	1.9	6.1	1.5	5.0
FFQ-1	8.2	6.8	4.7	4.4
FFQ-2	7.9	5.9	5.0	3.9

1. All ASA24 completed (mean number of ASA24s completed = 5.4 in men and 5.1 in women)

Supplemental Table 3. Nutrient density (per 1,000 kcal) of selected nutrients in men

Nutrients	Mean of three ASA24s ¹	Mean of all ASA24s ²	4DFR-1	4DFR-2	FFQ-1	FFQ-2
Dietary intake (Food only)						
Cholesterol (mg)	133	134	121	120	107	107
Oleic acid (g)	12.7	12.7	13.1	12.8	12.7	12.9
Linoleic acid (g)	6.9	7.0	7.5	7.3	6.4	6.5
Linolenic acid (g)	0.7	0.7	0.7	0.7	0.6	0.6
Arachidonic acid (g)	0.1	0.1	0.1	0.1	0.0	0.0
EPA+DHA (g)	0.03	0.04	0.03	0.03	0.05	0.05
Dietary fiber (g)	8.7	8.7	8.8	9.0	8.9	9.1
Total sugar (g)	44.8	45.8	43.6	45.3	52.3	52.1
Vitamin A (mcg RAE)	333	343	339	341	377	376
Vitamin B1 (mg)	0.8	0.8	0.8	0.9	0.9	0.9
Vitamin B2 (mg)	1.1	1.1	1.1	1.1	1.3	1.4
Niacin (mg)	12.2	12.3	12.3	12.8	12.3	12.4
Vitamin B6 (mg)	1.0	1.0	1.0	1.0	1.1	1.1
Folate (mcg)	210	212	216	223	237	243
Vitamin B12 (mcg)	2.5	2.6	2.4	2.5	2.7	2.8
Vitamin C (mg)	37.5	38.9	32.1	35.4	51.7	53.2
Vitamin D (mcg)	1.9	2.0	2.2	2.2	2.2	2.3
Vitamin E (mg a-TE)	3.8	3.8	4.0	4.0	4.2	4.3
Vitamin K (mcg)	50.7	55.0	43.4	45.5	62.8	62.6
Alpha carotene (mcg)	96.6	122	113	94.7	178	177
Beta carotene (mcg)	972	1,106	922	857	1,348	1,334
Lycopene (mcg)	1,722	2,109	1,263	1,216	2,608	2,654
Lutein-zeaxanthin (mcg)	668	744	605	611	1,003	1,001
Beta cryptoxanthin (mcg)	25.2	28.9	21.9	27.1	60.7	61.9
Calcium (mg)	432	435	450	457	479	491
Magnesium (mg)	151	151	145	149	179	182
Iron (mg)	7.7	7.8	7.8	8.1	8.1	8.3
Zinc (mg)	6.2	6.2	5.7	5.9	6.2	6.3
Phosphorus (mg)	675	674	663	676	664	677
Selenium (mg)	56.3	56.5	54.2	55.1	48.3	48.5
Copper (mg)	0.7	0.7	0.6	0.6	0.8	0.8
Choline (mg)	164	164	161	162	165	166

1. mean of three ASA24 completed

2. includes all ASA24 completed (mean number of ASA24s completed = 5.4 in men and 5.1 in women).

4DFR, 4-day food record; ASA24, Automated Self-Administered 24-hour recall; EPA, ecosapentanoic acid; DHA, docosahexanoic acid; FFQ, Food frequency questionnaire; RAE, retinol activity equivalent

Supplemental Table 4. Nutrient density (per 1,000 kcal) of selected nutrients in women

Nutrients	Mean of three ASA24s ¹	Mean of all ASA24s ²	4DFR-1	4DFR-2	FFQ-1	FFQ-2
Dietary intake (Food only)						
Cholesterol (mg)	126	129	120	123	108	106
Oleic acid (g)	12.7	12.9	13.3	13.5	13.5	13.8
Linoleic acid (g)	7.4	7.4	7.8	7.8	7.0	7.0
Linolenic acid (g)	0.8	0.8	0.8	0.8	0.7	0.7
Arachidonic acid (g)	0.1	0.1	0.1	0.1	0.0	0.0
EPA + DHA (g)	0.03	0.04	0.03	0.04	0.07	0.06
Dietary fiber (g)	9.9	9.9	10.0	10.0	10.5	10.6
Total sugar (g)	49.6	49.8	47.0	47.4	57.2	55.5
Vitamin A (mcg RAE)	394	394	389	378	475	474
Vitamin B1 (mg)	0.8	0.8	0.8	0.8	0.8	0.8
Vitamin B2 (mg)	1.1	1.1	1.1	1.1	1.3	1.3
Niacin (mg)	11.7	11.7	11.7	11.7	11.7	11.8
Vitamin B6 (mg)	1.0	1.0	1.0	1.0	1.1	1.1
Folate (mcg)	213	214	215	216	253	258
Vitamin B12 (mcg)	2.4	2.5	2.3	2.2	2.5	2.3
Vitamin C (mg)	44.1	44.9	38.8	42.3	64.4	67.3
Vitamin D (mcg)	1.9	1.9	2.1	2.1	2.3	2.1
Vitamin E (mg a-TE)	4.4	4.4	4.5	4.6	5.0	5.0
Vitamin K (mcg)	71.0	74.7	60.9	67.9	102.7	107.0
Alpha carotene (mcg)	149	174	167	159	278	276
Beta carotene (mcg)	1,540	1,615	1,369	1,475	2,303	2,354
Lycopene (mcg)	1,562	1,961	1,450	1,387	2,776	2,768
Lutein-zeaxanthin (mcg)	1,026	1,097	888	987	1,766	1,850
Beta cryptoxanthin (mcg)	32.1	35.6	28.5	31.5	76.6	79.3
Calcium (mg)	462	465	460	447	541	523
Magnesium (mg)	166	167	156	157	201	202
Iron (mg)	7.6	7.6	7.6	7.6	8.0	8.1
Zinc (mg)	5.9	6.0	5.5	5.6	6.1	6.1
Phosphorus (mg)	685	689	682	675	697	683
Selenium (mg)	55.3	55.5	53.8	54.1	51.0	50.8
Copper (mg)	0.7	0.7	0.7	0.7	0.9	0.9
Choline (mg)	162	163	163	165	168	166

1. mean of three ASA24 completed

2. includes all ASA24 completed (mean number of ASA24s completed = 5.4 in men and 5.1 in women).

4DFR, 4-day food record; ASA24, Automated Self-Administered 24-hour recall; EPA, ecosapentanoic acid; DHA, docosahexanoic acid; FFQ, Food frequency questionnaire; RAE, retinol activity equivalent