Development of a (poly)phenol-rich diet score and its association with urinary (poly)phenol metabolites

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Supplementary materials

Table S1 Micro and Macronutrient intake of the study population measured by Food Frequency Questionnaires (n=543)

Micro and Macronutrient	Mean	SD
Fibre (g/d)	16.1	7
Calcium (mg/d)	804	308.4
Chloride (mg/d)	3334.3	1257.8
Copper (mg/d)	1.2	0.4
Iron (mg/d)	10.3	3.5
Iodine (µg/d)	130.4	57
Potassium (mg/d)	3161.2	984.7
Selenium (µg/d)	59.2	25.1
Nitrogen (g/d)	12.2	4.2
Zinc (mg/d)	8.6	2.9
Magnesium (mg/d)	299.4	99
Manganese (mg/d)	3.3	1.4
Sodium (mg/d)	2229.8	850.3
Niacin (mg/d)	20.6	7.4
Phosphorus (mg/d)	1272.8	389.2
Vitamin A_retinol (µg/d)	415.7	423.9
Vitamin A_retinol equivalents (µg/d)	1055.3	593.3
Alpha carotene (µg/d)	437.5	387.6
Beta carotene (µg/d)	3428.5	2206.4
Total carotene (µg/d)	3809.6	2398.8
Vitamin B1 (mg/d)	1.4	0.5
Vitamin B2 (mg/d)	1.7	0.6
Vitamin B6 (mg/d)	2	0.7
Vitamin B12 (µg/d)	6	3.9
Vitamin C (mg/d)	106.4	57.2
Vitamin D (µg/d)	3	2.5
Vitamin E (mg/d)	10.7	4.5
Total folate (µg/d)	270.2	102.4
Fat (g/d)	64.9	24.9
Cholesterol (mg/d)	267.7	150.5
MUFA (g/d)	24.9	10.4
PUFA (g/d)	11.9	5.2
SFA (g/d)	22.4	9.8
Protein (g/d)	75.5	25.9
Total carbohydrate (g/d)	184.2	61.3
Sugars (g/d)	87.8	36.4
Fructose (g/d)	18.8	10.1
Galactose (g/d)	0.6	0.7
Glucose (g/d)	16.9	8.5
Starch (g/d)	93.3	37.2
Sucrose (g/d)	34.5	17.4
Lactose (g/d)	13.2	9.4
Maltose (g/d)	1.9	1.4

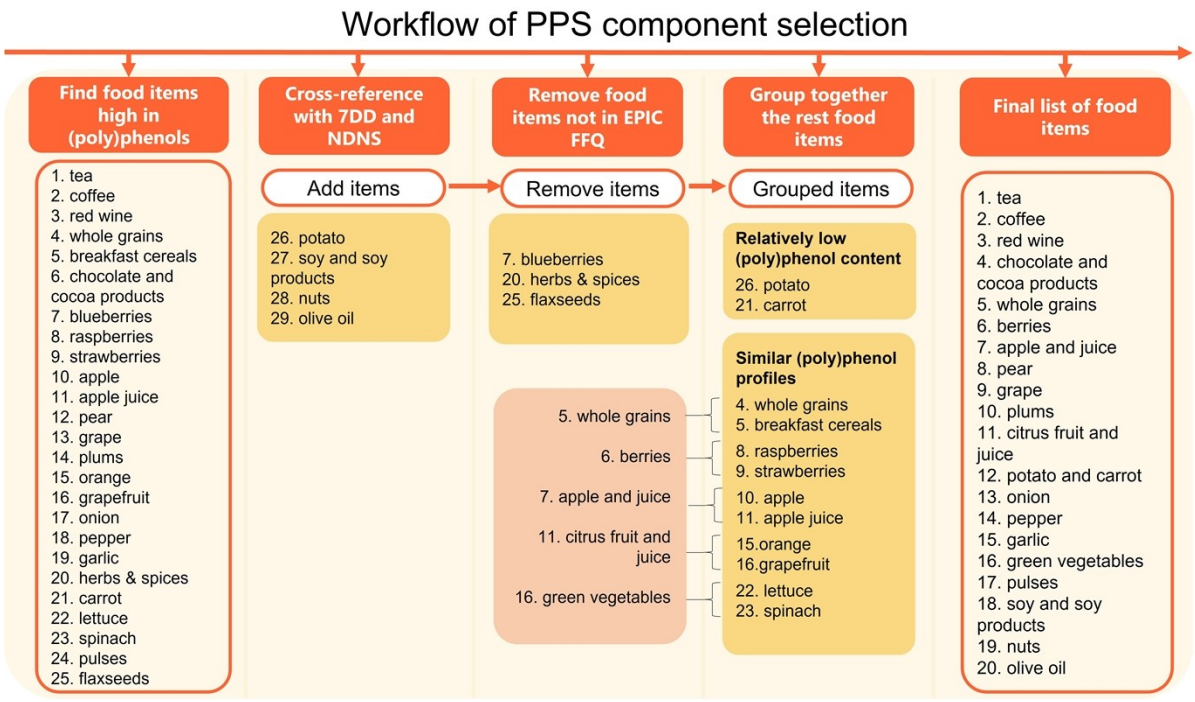

Figure S1. Workflow of PPS component selection

7DD, 7-day food diary, EPIC FFQ; European Prospective Investigation into Cancer and Nutrition Food Frequency Questionnaire; NDNS, National Diet and Nutrition Survey; PPS, (Poly)phenol-rich diet score

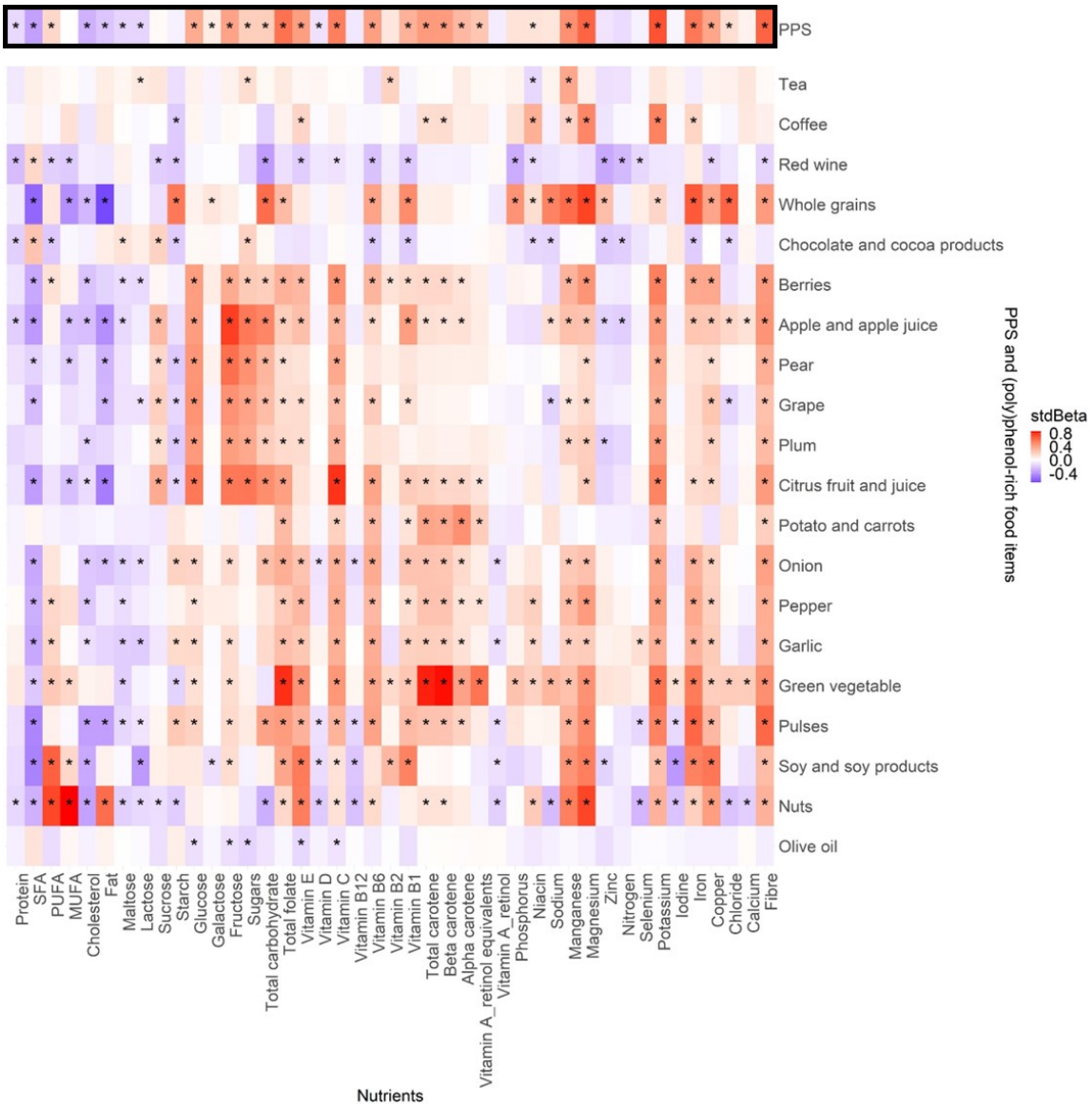

Figure S2. Association between PPS, (poly)phenol-rich food items and the nutrients intake from FFQs
The heatmap was plotted according to the standardized regression coefficients (stdBeta). The colour scale indicates the effect (stdBeta) of each nutrient intake on PPS or (poly)phenol-rich food items intake. Red and blue illustrate positive and negative effects, and colour intensity represents the degree of effect. The asterisks showed significance (*: fdr-adjusted $p < 0.05$). The associations were adjusted for energy intake and trial effect.