

## SUPPLEMENTAL TABLE

Medians and interquartile ranges of key nutrients at baseline (*n*=40)

|                     | <b>Median</b> | <b>Quartile 1</b> | <b>Quartile 3</b> |
|---------------------|---------------|-------------------|-------------------|
| Energy (kcal)       | 1463.4        | 1207.6            | 2029.8            |
| Protein (g, %)      | 61.5 (27.1%)  | 48.8 (13.8%)      | 86.7 (19.4%)      |
| Total Fat (g, %)    | 58.2 (33.8%)  | 42.6 (29.6%)      | 86.3 (41.6%)      |
| Carbohydrate (g, %) | 170.9 (38.3%) | 134.1 (39.8%)     | 236.7 (55.2%)     |
| Calcium (mg)        | 657.5         | 488.3             | 867.2             |
| Iron (mg)           | 10.3          | 8.1               | 13.0              |
| Magnesium (mg)      | 252.4         | 198.1             | 327.6             |
| Phosphorus (mg)     | 1057.9        | 861.9             | 1513.1            |
| Zinc (mg)           | 7.9           | 6.3               | 12.1              |
| Vitamin C (mg)      | 57.3          | 33.8              | 113.2             |
| Thiamin (mg)        | 1.3           | 0.9               | 1.7               |
| Riboflavin (mg)     | 1.7           | 1.3               | 2.0               |
| Total Folate (mcg)  | 285.1         | 210.2             | 368.6             |
| Vitamin B12 (mcg)   | 2.8           | 1.8               | 4.3               |
| Vitamin A (mcg)     | 553.1         | 341.6             | 892.6             |
| Vitamin D (mcg)     | 3.3           | 1.6               | 5.7               |