

Supplementary Table 1: MVP nutrition dataset: List of variables

Variable	Label	N
calor	Calories kcal	353418
acar	Alpha Carotene mcg	353418
acar_ wo	Alpha Carotene w/out suppl mcg	353418
acryl	Acrylamide mcg	353418
addfat_ liq	Discretionary Liquid Fat, gms/100 grams, 2009	353418
addfat_ sol	Discretionary Sold Fat, gm/100 grams, 2009	353418
adds_ cer	Added sugar minus cereal fruit for Carb Quality Variables only, gm	353418
adds_ fds	Added Sugar From Foods for Carb Quality Variables only, gm	353418
addsug	Added Sugar, gm	353418
afat	Animal Fat gm	353418
ag18311	Sum of Alpha and Gamma Linolenic Acid, gms, Sacks, 2011	353418
ala	Alanine gm	353418
alco	Alcohol gm	353418
aofib	AOAC Fiber gm, 1993	353418
aprot	Animal Protein gm	353418
arg	Arginine gm	353418
asp	Aspartic Acid gm	353418
aspa	Aspartic Acid, from Aspartame, gm	353418
aspart	Aspartame, 2006	353418
b1	Thiamine mg	353418
b1_ wo	Thiamine w/out suppl mg	353418
b12	Vitamin B12 mcg	353418
b12_ wo	Vitamin B12 w/out suppl mcg	353418
b2	Riboflavin mg	353418
b2_ wo	Riboflavin w/out suppl mg	353418
b6	Pyridoxine mg	353418
b6_ wo	Pyridoxine w/out suppl mg	353418
b6n	Vitamin B6, natural, mg	353418
b6s	Vitamin B6, synthetic, mg, foods only	353418
bcar	Beta Carotene mcg	353418
bcar_ wo	Beta Carotene w/out suppl mcg	353418
bcryp	Beta Cryptoxanthin mcg	353418
bcryp_ wo	Beta Cryptoxanthin w/out suppl mcg	353418
bergamottin	Bergamottin, Furocoumarin, ug	353418
bergapten	Bergapten, Furocoumarin, ug	353418
bergaptol	Bergaptol, Furocoumarin, ug	353418
betaine	Betaine, choline derivative mg	353418
betaine_ wo	Betaine, choline derivative w/out suppl mg	353418
betchol	Sum of Betaine and Choline mg	353418
betchol_ wo	Sum of Betaine and Choline, w/out suppl mg	353418
bioch	Biochanin A, Phytoestrogen mg, Isoflavones	353418
bsit	Beta-sitosterol, Phytosterol, mg	353418
c18111	Total Cis Oleic fatty acid, gms, 2011	353418
caff	Caffeine mg	353418
calc	Calcium mg	353418
calc_ wo	Calcium w/out suppl mg	353418
camp	Campesterol, Phytosterol, mg	353418
carbo	Carbohydrates gm	353418
ceraf	AOAC fiber gms, 1993, from cereal	353418
chol	Cholesterol mg	353418
choline	Total Choline mg, no betaine	353418
choline_ wo	Total Choline w/out suppl mg, no betaine	353418
cl	c9,t11 conjug diene isomer 18:2 Linoleic mg	353418
coum	Coumestrol, Phytoestrogen, mcg	353418
crcaf	AOAC fiber gms, 1993, from cruciferous	353418

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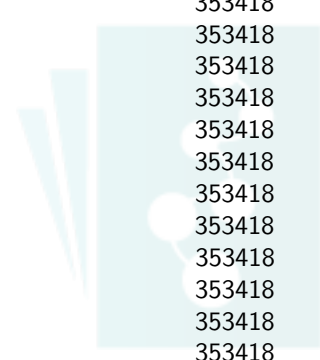
Supplementary Table 1: Continued

Variable	Label	N
ct182n611	9c,12t-Octadecadienoic fatty acid, gms, Sacks T7, 2011	353418
cu	Copper mg	353418
cu_ wo	Copper w/out suppl mg	353418
cys	Cystine gm	353418
daidz	Daidzein, Phytoestrogen, Isoflavone, mg	353418
dcalc	Dairy Calcium mg	353418
dfat	Dairy Fat gm	353418
dfe	Dietary Folate Equivalents, mcg	353418
dii	Dietary Insulin Index , Glucose, (il*100)/calor	353418
dprot	Dairy Protein gm	353418
dvitd	Dairy Vitamin D IU	353418
e02mg	Vitamin E mg atoco Conversion (food+supplement)	353418
e02mg_ wo	Vitamin E w/out suppl mg atoco Conversion (food+supplement)	353418
es2mg	Vitamin E mg atoco Food Fortification Only	353418
exala	Alanine gm Expasy	353418
exarg	Arginine gm Expasy	353418
exasn	Asparagine gm Expasy	353418
exasp	Aspartic Acid gm Expasy	353418
excys	Cysteine gm Expasy	353418
exgln	Glutamine gm Expasy	353418
exglu	Glutamic Acid gm Expasy	353418
exgly	Glycine gm Expasy	353418
exhis	Histidine gm Expasy	353418
exile	Isoleucine gm Expasy	353418
exleu	Leucine gm Expasy	353418
exlys	Lysine gm Expasy	353418
exmet	Methionine gm Expasy	353418
exphe	Phenylalanine gm Expasy	353418
expro	Proline gm Expasy	353418
exser	Serine gm Expasy	353418
extr	Threonine gm Expasy	353418
extrp	Tryptophan gm Expasy	353418
extyr	Tyrosine gm Expasy	353418
exval	Valine gm Expasy	353418
f100	Capric fatty acid gm	353418
f120	Lauric fatty acid gm	353418
f140	Myristic fatty acid gm	353418
f160	Palmitic fatty acid gm	353418
f161	Palmitoleic fatty acid gm	353418
f180	Stearic fatty acid gm	353418
f181	Oleic fatty acid gm	353418
f182	Linoleic fatty acid gm	353418
f183	Linolenic fatty acid gm	353418
f201	Eicosenoic fatty acid gm	353418
f204	Arachadonic fatty acid gm	353418
f205	Eicosapentaenoic EPA fatty acid gm	353418
f225	Docosapentaenoic 22:5 fatty acid gm	353418
f226	Docosahexaenoic DHA fatty acid gm	353418
f40	Butyric fatty acid gm	353418
f60	Caproic fatty acid gm	353418
f80	Caprylic fatty acid gm	353418
fdfol	Food Folate, SR14 2001 mcg	353418
fol98	Total Folate SR12 mcg, 1998 Foods +Vits	353418
fol98_ wo	Total Folate SR12 w/out suppl mcg, 1998 Foods +Vits	353418
folic	Folic Acid, 2001 mcg	353418
formo	Formononetin, Phytoestrogen mg, Isoflavones	353418
frcho	Free Choline, choline-contributing metabolite mg	353418

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Supplementary Table 1: Continued

Variable	Label	N
frcho_ wo	Free Choline, choline-contributing metabolite w/out suppl mg	353418
frtaf	AOAC fiber gms, 1993, from fruit	353418
frtcb_ njs	Fruit carbohydrate minus juice sugar	353418
fruct	Fructose gm	353418
furo_ dhb	6'7'-Dihydroxybergamottin	353418
furocoumarin	Total Furocoumarin, ug	353418
genis	Genistein, Phytoestrogen, Isoflavone, mg	353418
gid	Glycemic Index	353418
gl	Glycemic Load	353418
glu	Glucose gm	353418
glut	Glutamic Acid gm	353418
gluten	Gluten, gm	353418
gly	Glycine gm	353418
glycit	Glycitein, Phytoestrogen, Isoflavone, mg	353418
gpcho	Choline from Glycerophosphocholine, mg	353418
heme	Heme iron mg	353418
hist	Histidine gm	353418
il	Insulinogenic Load, Glucose	353418
int_ grn	Carbohydrate from intact whole grain, grams	353418
iodine	Iodine mcg, multivitamin only	353418
iron	Iron mg	353418
iron_ wo	Iron w/out suppl mg	353418
iso	Isoleucine gm	353418
jcesug	Sugar from fruit juice	353418
k	Potassium mg	353418
k_ wo	Potassium w/out suppl mg	353418
lact	Lactose gm	353418
laric	Lariciresinol, Phytoestrogen, mcg, Plant Lignan	353418
lcn311	Long Chain Fatty Acids, gm, Sacks, 2011	353418
lcn311_ wo	Long Chain Fatty Acids, w/out suppl gm, Sacks, 2011	353418
leg_ carb	Carbohydrate from legumes	353418
legaf	AOAC fiber gms, 1993, from legume	353418
leu	Leucine gm	353418
lut	Lutein and Zeaxanthin mcg	353418
lut_ wo	Lutein and Zeaxanthin w/out suppl mcg	353418
lyco	Lycopene mcg	353418
lyco_ wo	Lycopene w/out suppl mcg	353418
lys	Lysine gm	353418
magn	Magnesium mg	353418
magn_ wo	Magnesium w/out suppl mg	353418
malt	Maltose gm	353418
mat	Matairesinol, Phytoestrogen, mcg, Plant Lignan	353418
meth	Methionine gm	353418
mf16111	Total Palmitoleic fatty acid, gms, Sacks, 2011	353418
mf161n7c11	Cis Palmitoleic fatty acid, gms, Sacks M3, 2011	353418
mf18111	Total cis/trans, 2011	353418
mf181n7c11	11-c Octadecenoic Fatty Acid, gms, Sacks M7, 2011	353418
mf181n9c11	Cis Oleic Fatty Acid, gms, Sacks M6, 2011	353418
mf20111	Total Cis Trans Eicosenoic fatty acid, gms, Sacks, 2011	353418
mf201n9c11	11c-Eicosenoic Fatty Acid (Gondoic Acid), gms, Sacks M10, 2011	353418
mft11	Total Monounsaturated Fat, gms, sacks, 2011	353418
mill_ grn	Carbohydrate from milled whole grain, grams	353418
mn	Manganese mg	353418
mn_ wo	Manganese w/out suppl mg	353418
monfat	Total Monounsaturated Fat gm	353418
mufa_ a	Animal Monounsaturated Fat, gm	353418
mufa_ pl	Plant Monounsaturated Fat, gm	353418
n611	Omega 6, no gamma, gms, Sacks, 2011	353418



Supplementary Table 1: Continued

Variable	Label	N
n611_ wo	Omega 6, no gamma, w/out suppl gms, Sacks, 2011	353418
natsug	Natural Sugar, gm	353418
niacin	Niacin mg	353418
niacin_ wo	Niacin w/out suppl mg	353418
nitrate	Nitrate mg	353418
omega	Omega 3 (f205+f226) gm, no alpha 18:3	353418
omega_ wo	Omega 3 (f205+f226) w/out suppl gm, no alpha 18:3	353418
omg11	Omega 3, gm, Sacks, 2011	353418
omg11_ wo	Omega 3, w/out suppl gm, Sacks, 2011	353418
otn11	Sum of Believed to be Trans, gm, Sacks, 2011	353418
otn111	Believed to be trans, gms, Sacks C2, 2011	353418
otn211	Believed to be Trans, gms, Sacks U12, 2011	353418
panto	Pantothenic Acid mg	353418
panto_ wo	Pantothenic Acid w/out suppl mg	353418
pcho	Choline from Phosphocholine, mg	353418
pf18211	Total Linoleic Acid, gms, Sacks, 2011	353418
pf182ct11	Total Cis/Trans Linoleic Acid, gm, Sacks, 2011	353418
pf182n611	Total Linoleic fatty acid, gms, Sacks, 2011	353418
pf182n6c11	Cis Linoleic fatty acid, gms, Sacks P1, 2011	353418
pf182n7c11	9c,11c-Octadecadienoic Fatty Acid, CIS CLA,gms, Sacks P4, 2011	353418
pf182tct11	Total Trans/Cis Trans Linoleic, gms, sacks, 2011	353418
pf204n6c11	Arachidonic fatty acid, gms, Sacks P8, 2011	353418
pf205n3c11	Eicosapentaenoic EPA Fatty Acid, gm, Sacks, P10, 2011	353418
pf225n3c11	Docosapentaenoic fatty acid, DPA, gms, Sacks P13, 2011	353418
pf226n3c11	Docosahexaenoic DHA Fatty Acid, gm, Sacks P14, 2011	353418
pfa183n3c11	Alpha Linolenic Acid, gms, Sacks, 2011	353418
pfg183n6c11	Gamma Linolenic Acid, gms, sacks, 2011	353418
pfn311	Total Omega 3, gms, Sacks, 2011	353418
pfn311_ wo	Total Omega 3, w/out suppl gms, Sacks, 2011	353418
pfn611	Total Omega 6, gm, Sacks, 2011	353418
pfn611_ wo	Total Omega 6, w/out suppl gm, Sacks, 2011	353418
ph	Phosphorous mg	353418
ph_ wo	Phosphorous w/out suppl mg	353418
phenyl	Phenylalanine gm	353418
phenyla	Phenylalanine, from Aspartame, gm	353418
phytoestr	Total Phytoestrogens, mcg	353418
phytoster	Total Phytosterols, mg	353418
pino	Pinoresinol, Phytoestrogen, mcg, Plant Lignan	353418
ply11	Total Polyunsaturated Fat, gms, Sacks, 2011	353418
poly	Total Polyunsaturated Fat gm	353418
pot_ carb	Carbohydrate from potato	353418
pro	Proline gm	353418
pro46	Proanthocyanidin, 4-6mers, mg, USDA, 2007	353418
pro710	Proanthocyanidin, 7-10mers, mg, USDA, 2007	353418
prodim	Proanthocyanidin, dimers, mg, USDA, 2007	353418
promon	Proanthocyanidin, monomers, mg, USDA, 2007	353418
propoly	Proanthocyanidin, polymers, mg, USDA, 2007	353418
prot	Protein gm	353418
protrim	Proanthocyanidin, trimers, mg, USDA, 2007	353418
ptdcho	Choline from Phosphatidylcholine, mg	353418
ptdcho_ wo	Choline from Phosphatidylcholine, w/out suppl mg	353418
rae	Retinol Activity Equivalents mcg	353418
rae_ wo	Retinol Activity Equivalents w/out suppl mcg	353418
ref_ grn	Carbohydrate from refined grain, grams	353418
rfgn	Refined Grain, grams	353418
satfat	Total Saturated Fat gm	353418
se	Selenium mcg, multivitamin only	353418

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Supplementary Table 1: Continued

Variable	Label	N
seco	Secoisolariciresinol, Phytoestrogen, mcg, Plant Lignan	353418
ser	Serine gm	353418
sf10011	Capric fatty acid, gms, Sacks Sb, 2011	353418
sf12011	Lauric fatty acid, gms, Sacks S1, 2011	353418
sf14011	Myristic fatty acid, gms, Sacks S2, 2011	353418
sf15011	Pentadecanoic Fatty Acid, gms, Sacks S3, 2011	353418
sf16011	Palmitic fatty acid, gms, Sacks S4, 2011	353418
sf17011	Margaric Fatty Acid, gms, Sacks S5, 2011	353418
sf18011	Stearic fatty acid, gms, Sacks S6, 2011	353418
sf4011	Butyric fatty acid, gms, 2011	353418
sf6011	Caproic fatty acid, gms, 2011	353418
sf8011	Caprylic fatty acid, gms, Sacks Sa, 2011	353418
sft11	Total Saturated Fat, gms, Sacks, 2011	353418
sodium	Sodium mg	353418
sphingo	Choline from Sphingomyelin, mg	353418
st	Starch gm	353418
stig	Stigmasterol, Phytosterol, mg	353418
sucr	Sucrose gm	353418
sucral	Sucralose sweetener gm	353418
sugtot	Total Sugars gm	353418
sum_ whgcarb	Sum Carbohydrate From Wholegrain, grams	353418
sumoth_ crb_ njs	Sum of carbohydrate from fruit minus juice sugar, plus carb from vegetable, legume, and lact, grams	353418
sumref_ carb	Sum of carbohydrate from potato, added sugar in foods, and refined grain, foods only, grams	353418
sumrf_ nfr	Sum of added sugar minus fruit carb, plus carb from refined grain, cereals only, grams	353418
t161n711	Palmitelaidic trans fatty acid, gms, Sacks T2, 2011	353418
t18111	Total Trans Oleic fatty acid, gms, Sacks, 20	353418
t181n1211	Petroselocidic trans fatty acid, gms, Sacks T3, 2011	353418
t181n711	Vaccenic trans fatty acid, gms, Sacks T5, 2011	353418
t181n911	Elaidic trans fatty acid, gms, Sacks T4, 2011	353418
t182n611	Linolelaidic trans fatty acid, gms, Sacks T6, 2011	353418
tc182n611	9t,12c-Octadecadienoic fatty acid, gms, Sacks T8, 2011	353418
tfat	Total Fat gm	353418
thr	Threonine gm	353418
totisoflav1	Total Isoflavones, No Bioch or Formo, grams, 2012	353418
totisoflav2	Total Isoflavones, Including Bioch and Formo, grams, 2012	353418
totusanth	TOTAL USDA ANTHOCYANIDINS, 2007	353418
totusflav	TOTAL USDA FLAVONOIDS, 2007	353418
totusflavan3ol	TOTAL USDA FLAVAN-3-OLS, 2007	353418
totusflavanone	TOTAL USDA FLAVANONE, 2007	353418
totusflavone	TOTAL USDA FLAVONES, 2007	353418
totusflavonol	TOTAL USDA FLAVONOLS, 2007	353418
totuspolyflav	TOTAL THEAFLAVIN AND POLYMERS PROANTHOCYANIDINS, USDA, 2007	353418
trn11	Total Trans, gm, Sacks, 2011	353418
trypto	Tryptophan gm	353418
ttrn11	Sum of Believed to be Trans and Total Trans, gm, Sacks, 2011	353418
tyro	Tyrosine gm	353418
uapig	Apigenin mg, flavone USDA 2007	353418
uaT3	Alpha Tocotrienol mg, USDA 2001	353418
ubT3	Beta Tocotrienol mg, USDA 2001	353418
ubtoco	Beta Tocopherol mg, USDA 2001	353418
ucat	Catechin mg, flavan-3-ol USDA 2007	353418
ucyn	Cyanidin mg, anthocyanidin USDA 2007	353418
udlp	Delphinidin mg, anthocyanidin USDA 2007	353418
udT3	Delta Tocotrienol mg, USDA 2001	353418
udtoco	Delta Tocopherol mg, USDA 2001	353418

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Supplementary Table 1: Continued

Variable	Label	N
uec	Epicatechin mg, flavan-3-ol USDA 2007	353418
uecg	Epicatechin 3-gallate mg, flavan-3-ol USDA 2007	353418
uegc	Epigallocatechin mg, flavan-3-ol USDA 2007	353418
uegcg	Epigallocatechin 3-gallate mg flavan-3-ol USDA 2007	353418
uerid	Eriodictyol mg, flavonone USDA 2007	353418
ugcat	Gallocatechin mg, flavan-3-ol USDA 2007	353418
ugt3	Gamma Tocotrienol mg, USDA 2001	353418
ugtoco	Gamma Tocopherol mg, USDA 2001	353418
uhesp	Hesperetin mg, flavanone USDA 2007	353418
uisor	Isorhamnetin mg, flavonol USDA 2007	353418
ukaem	Kaempferol mg, flavonol USDA 2007	353418
ulutn	Luteolin mg, flavone USDA 2007	353418
umlv	Malvidin mg, anthocyanidin USDA 2007	353418
umyri	Myricetin mg, flavonol USDA 2007	353418
unarg	Naringenin mg, flavanone USDA 2007	353418
upel	Pelargonidin mg, anthocyanidin USDA 2007	353418
upeo	Peonidin mg, anthocyanidin USDA 2007	353418
upet	Petunidin mg, anthocyanidin USDA 2007	353418
uquer	Quercetin mg, flavonol USDA 2007	353418
uquer_ wo	Quercetin w/out suppl mg, flavonol USDA 2007	353418
usflavnopro	USDA FLAVONOIDS NO PROANTHOCYANIDINS	353418
utf	Theaflavin mg, flavan-3-ol USDA 2007	353418
utf3g	Theaflavin 3'-gallate mg, flavan-3-ol USDA 2007	353418
utfdg	Theaflavin 3,3' digallate mg, flavan-3-ol USDA 2007	353418
utfg	Theaflavin 3-gallate mg, flavan-3-ol USDA 2007	353418
utrg	Thearubigins mg, flavan-3-ol USDA 2007	353418
uttoco	mg Total Tocopherols without supplement USDA 2008	353418
val	Valine gm	353418
vegaf	AOAC fiber gms, 1993, from vegetable	353418
vegcb_ npl	Vegetable Carbohydrate minus potato and legume carbohydrate	353418
vfat	Vegetable Fat gm	353418
vitc	Vitamin C mg	353418
vitc_ wo	Vitamin C w/out suppl mg	353418
vitd	Vitamin D IU	353418
vitd_ wo	Vitamin D IU without supplement	353418
vitk	Phylloquinone Vitamin K1, mcg	353418
vitk_ wo	Phylloquinone Vitamin K1, w/out suppl mcg	353418
vprot	Vegetable Protein gm	353418
whgrn	Whole Grain Amount Grams	353418
zn	Zinc mg	353418
zn_ wo	Zinc w/out suppl mg	353418

