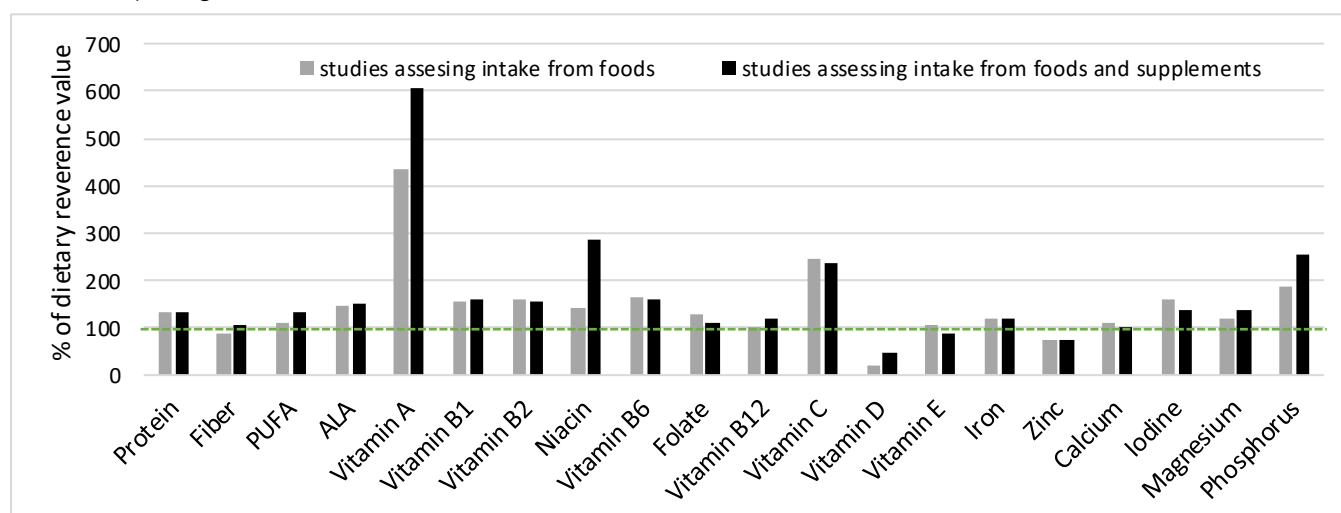
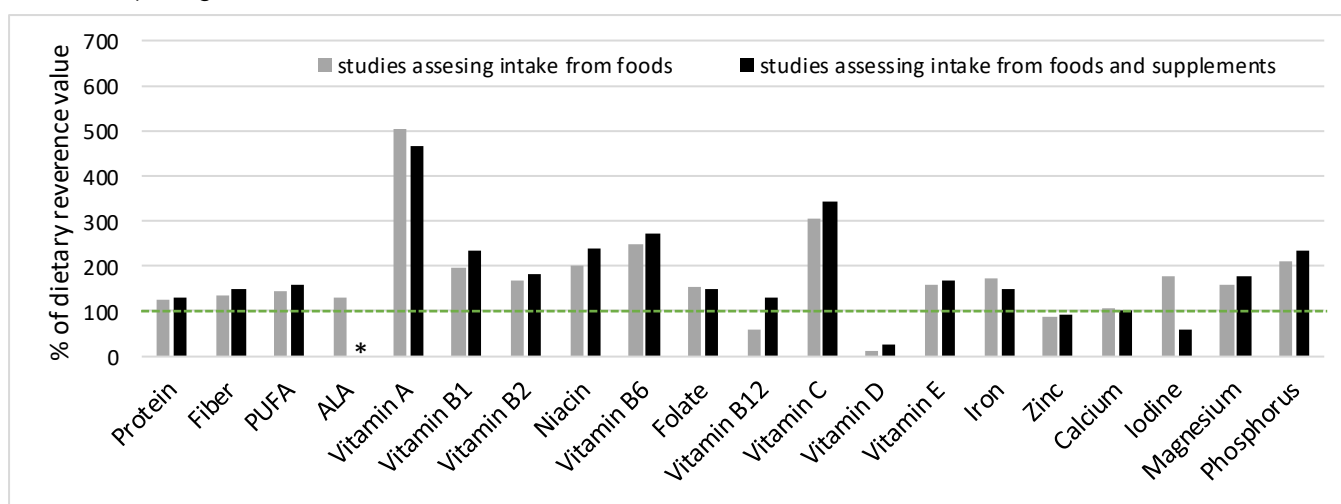


# Supplementary material Figure S1: Nutrient intake from studies assessing intake from food only and from studies assessing intake from foods and supplements

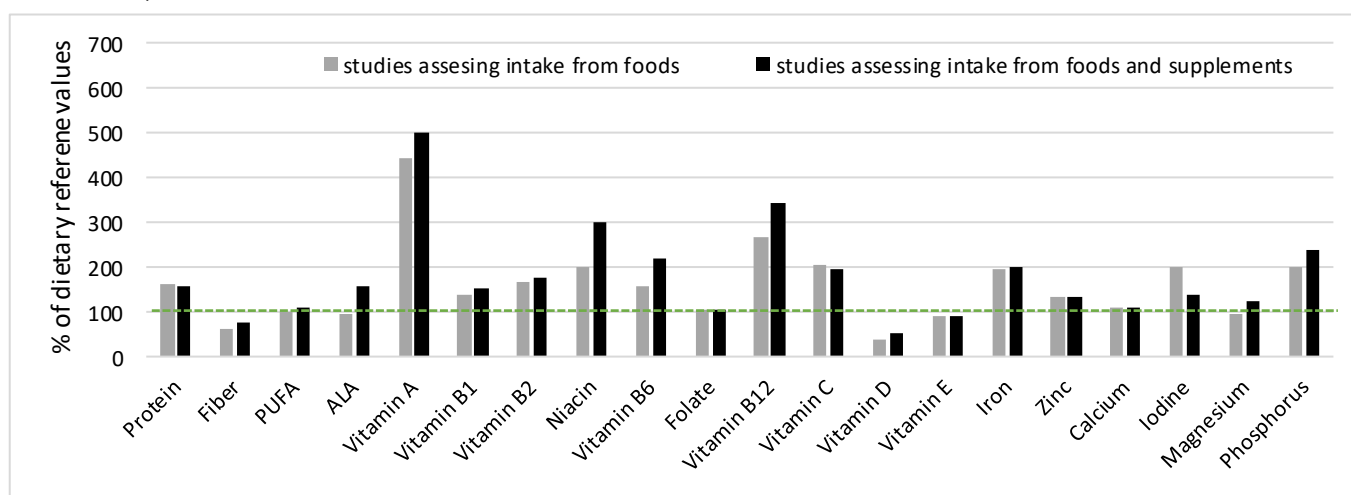
## A) Vegetarians



## B) Vegans



## C) Meat-eaters



Dietary reference values: for protein and polyunsaturated fatty acids (PUFA) the lower level of the acceptable macronutrient distribution range; for fiber and  $\alpha$ -linolenic acid (ALA) the Adequate Intake. For all vitamins and minerals the estimated average requirement (EAR). For vegetarians and vegans, the EAR for iron and zinc was adjusted for lower bioavailability from plant-based diets. If dietary reference values differed for men and women, the average value was used.

\* No studies assessing ALA intake from foods & supplements in vegans were available