

Supplemental Table S1 : Ratio of each food categories used to merge into one food category and their correspondence in macro-micro nutrient according to food composition database.

a) Animal-protein rich food

Food Categories	Ratio of intake (%)	Energy (kcal/100g)	Protein (g/100g)	Calcium (mg/100g)	Iron (μg/100g)
White meat	17.07	195	26	11.8	710
Red meat	33.37	173	28.1	9.43	210
Fish	17.37	106	22.1	27.6	90
Jam	23.02	117	20.5	14	380
Egg	9.17	134	13.5	41	60
Mean Used*		149	24	17	300

*Mean used for Nutricate food composition database from Volatier et al [29]

b) Starchy

Food Categories	Ratio of intake (%)	Energy (kcal/100g)	Protein (g/100g)	Calcium (mg/100g)	Iron (μg/100g)
Pasta	61.4	126	4.38	17	430
white rice	19.3	145	3.06	14	40
wheat semolina	19.3	122	3.75	13	1000
Mean Used*		128.9	4	15.7	460

*Mean used for Nutricate food composition database from Volatier et al [29]

c) Vegetables

Food Categories	Ratio of intake (%)	Energy (kcal/100g)	Protein (g/100g)	Calcium (mg/100g)	Iron μg/100g)
Vegetable(cooked)	50	43.5	2.11	30.3	460
Tomato(not cooked)	50	19.3	0.86	8.14	120
Mean Used*		31.4	1.49	19.2	290

*Mean used for Nutricate food composition database from Volatier et al [29]

d) Fruits

Food Categories	Ratio of intake (%)	Energy (kcal/100g)	Protein (g/100g)	Calcium (mg/100g)	Iron μg/100g)
Fruit raw	86.8	59.5	0.7	14.5	180
Fruit coocked	6.6	58.9	0.5	6.2	50
Fruit compote	6.6	102	0.5	18	130
Mean Used*		62.3	0.67	14.2	170

*Mean used for Nutricate food composition database from Volatier et al [29]

Supplemental Table S2 : Macronutriments repartition intake (n=30)

Categories	Mean ± SD (%)
Proteins	13.5 ± 4.3
Lipids	28.2 ± 9.5
Carbohydrates	58.3 ± 10.7