**The share of ultra-processed foods determines the overall nutritional quality of diet in British vegetarians**

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| **Supplementary Table 1: Recommended values for micronutrient by the European Food Safety Authority (EFSA)** |
| Calcium |   | Phosphorus |
| Age group | Sex | AR |  | Age group | Sex | AI |
| 1-3 | - | 390 mg/day |  | 1-3 | - | 160 mg/day |
| 4-10 | - | 680 mg/day |  | 4-10 | - | 440 mg/day |
| 11-17 | - | 960 mg/day |  | 11-17 | - | 640 mg/day |
| 18-24 | - | 860 mg/day |  | > 18 y | - | 550 mg/day |
| >25 years | - | 750 mg/day |  |  |  |   |
|   |  |  |  |  |  |   |
| Magnesium |  | Selenium |
| Age group | Sex | AI |  | Age group | Sex | AI |
| 1-3 | - | 170 mg/day |  | 1-3 | - | 15 μg/day |
| 4-9 | - | 230 mg/day |  | 4-6 | - | 20 μg/day |
| 10-17 | Female | 250 mg/day |  | 7-10 | - | 35 μg/day |
| 10-17 | Male | 300 mg/day |  | 11-14 | - | 55 μg/day |
| >18 | Female | 300 mg/day |  | >15y | - | 70 μg/day |
| >18 y | Male | 350 mg/day |  |  |  |   |
|   |  |  |  |  |  |   |
| Iron |  | Copper |
| Age group | Sex | AR |  | Age group | Sex | AI |
| 1-6 | - | 5 mg/day |  | 1-2 | - | 0,7 mg/day |
| 7-11 | - | 8 mg/day |  | 3-9 | - | 1 mg/day |
| 12-17 | Male | 8 mg/day |  | 10-17 | Male | 1,3 mg/day |
| 12-39 | Female | 7 mg/day |  | 10-17 | Female | 1,1 mg/day |
| >18 | Male | 6 mg/day |  | >18 | Male | 1,6 mg/day |
| >40y | Female | 6 mg/day |  | > 18 y | Female | 1,3 mg/day |
|   |  |  |  |  |  |   |
| Iodine |  | Vitamin B12 |
| Age group | Sex | AI |  | Age group | Sex | AI |
| 1-10 | - | 90 μg/day |  | 1-6 | - | 1,5 μg/day |
| 11-14 | - | 120 μg/day |  | 7-10 | - | 2,5 μg/day |
| 15-17 | - | 130 μg/day |  | 11-14 | - | 3,5 μg/day |
| > 18y | - | 150 μg/day |  | >15y | - | 4 μg/day |
|   |  |  |  |  |  |   |
| Sodium |  | Vitamin E |
| Age group | Sexo | Safe and Adequate Intake |  | Age group | Sex | AI |
| 1-3 | - | 1,1g/day |  | 1-2 | - | 6 mg/day |
| 4-6 | - | 1,3g/day |  | 3-9 | - | 9 mg/day |
| 7-10 | - | 1,7g/day |  | >10 | Male | 13 mg/day |
| >11y | - | 2g/day |  | >10y | Female | 11 mg/day |
|   |  |  |  |  |  |   |
| Zinc |  | Vitamin C |
| Age group | Sex | AR |  | Age group | Sex | AR |
| 1-3 | - | 3,6 mg/day |  | 1-3 | - | 15 mg/day |
| 4-6 | - | 4,6 mg/day |  | 4-6 | - | 25 mg/day |
| 7-10 | - | 6,2 mg/day |  | 7-10 | - | 40 mg/day |
| 11-14 | - | 8,6 mg/day |  | 11-14 | - | 60 mg/day |
| 15-17 | Male | 11,8 mg/day |  | 15-17 | Male | 85 mg/day |
| 15-17 | Female | 9,9 mg/day |  | 15-17 | Female | 75 mg/day |
| > 18 | Male | 9,3 mg/day |  | >18 | Male | 90 mg/day |
| > 18y | Female | 7,6 mg/day |  | >18y  | Female | 80 mg/day |
|   |  |  |  |  |  |   |
| Vitamin A |  | Potassium |
| Age group | Sex | AR |  | Age group | Sex | AI |
| 1-3 | - | 205 μg RE/ day |  | 1-3 | - | 800 mg/day |
| 4-6 | - | 245 μg RE/ day |  | 4-6 | - | 1100 mg/day |
| 7-10 | - | 320 μg RE/ day |  | 7-10 | - | 1800 mg/day |
| 11-14 | - | 480μg RE/ day |  | 11-14 | - | 2700 mg/day |
| 15-17 | Male | 580 μg RE/ day |  | >15y | - | 3500 mg/day |
| 15-17  | Female | 490 μg RE/ day |  |  |  |   |
| > 18y | Male | 570 μg RE/ day |  |  |  |   |
|   |  |  |  |   |
| Vitamin B6 |  | Vitamin D |
| Age group | Sex | AR |  | Age group | Sex | AI |
| 1-3 | - | 0,5 mg/day |  | >1y | - | 15 μg/day |
| 4-6 | - | 0,6 mg/day |  |  |  |   |
| 7-10 | - | 0,9 mg/day |  |  |  |   |
| 11-14 | - | 1,2 mg/day |  |  |  |   |
| >15 | Male | 1,5 mg/day |  |  |  |   |
| >15y | Female | 1,3 mg/day |   |   |   |   |
| \* AR = Average Requirement | AI = Adequate Intake |