

Supplementary table 1 Contribution (%) of choline from different food to the total choline intake among Canadian pregnant women at 16 weeks gestation¹

	Mean	SD	Median	Interquartile range
Eggs	13.1	9.8	12.0	5.0-18.0
Dairy	25.5	11.6	24.0	18.0-33.0
Grain products ²	12.6	6.2	11.4	8.5-16.0
Meat and poultry	16.2	8.9	15.0	10.0-21.0
Fish and seafood ²	6.8	6.3	6.0	2.0-10.0
Nuts ²	2.2	2.1	2.0	1.0-3.0
Vegetable and fruits	21.7	8.7	21.0	16.0-36.0
Other foods ²	1.5	1.4	1.0	0-2.0

¹ The total choline intake was 391 (SD 101; median 387; interquartile range 313-460) mg/d.

² Skewed distributions ($P < 0.05$; Kolmogorov-Smirnov test)