

Supplemental Table 1. Characteristics of the subjects: NHANES 1999-2012 (*n* 28794)*

(Mean values with their standard errors)

	<i>n</i>	%	SE	EI (kJ/d)†		BMR (kJ/d)‡		EER (kJ/d)§		EI:BMR		EI:EER	
				Mean	SE	Mean	SE	Mean	SE	Mean	SE	Mean	SE
All	28794	100	0	9147	40	7007	11	10469	16	1.31	0.005	0.87	0.003
Sex													
Men	14541	49.2	0.3	10815	56	7990	13	11794	18	1.37	0.007	0.92	0.005
Women	14253	50.8	0.3	7528	35	6054	11	9183	17	1.26	0.006	0.83	0.004
<i>P</i>				< 0.0001		< 0.0001		< 0.0001		< 0.0001		< 0.0001	
Age group													
20-39 y	9567	37.4	0.6	10056	61	7217	21	11101	27	1.41	0.008	0.91	0.005
40-59 y	9553	39.0	0.5	9237	56	7065	18	10516	26	1.31	0.008	0.88	0.005
≥ 60 y	9674	23.6	0.5	7558	54	6580	16	9389	22	1.17	0.008	0.81	0.005
<i>P</i>				< 0.0001		< 0.0001		< 0.0001		< 0.0001		< 0.0001	
Race/ethnicity													
Non-Hispanic white	14139	71.8	1.2	9242	48	7002	14	10451	20	1.33	0.006	0.88	0.004
Non-Hispanic black	5964	10.9	0.7	8939	84	7233	22	10836	31	1.25	0.011	0.83	0.007
Mexican American	5179	7.4	0.6	9290	89	7042	28	10528	35	1.33	0.012	0.88	0.008
Others	3512	10.0	0.6	8581	88	6777	30	10151	44	1.27	0.013	0.84	0.008
<i>P</i>				< 0.0001		< 0.0001		< 0.0001		< 0.0001		< 0.0001	
Years of education													
< 12 y	8058	17.9	0.5	8625	81	6908	25	10210	35	1.25	0.011	0.84	0.007
12 y	6789	24.4	0.5	9270	77	5051	22	10504	34	1.32	0.010	0.88	0.006
Some college	7998	30.9	0.5	9264	62	7059	23	10599	31	1.32	0.009	0.88	0.006
≥ college	5949	26.7	0.8	9249	72	6973	19	10459	30	1.33	0.009	0.89	0.006
<i>P</i>				< 0.0001		< 0.0001		< 0.0001		< 0.0001		< 0.0001	
Family poverty income ratio													
< 130%	8535	21.2	0.7	8914	84	6913	21	10347	34	1.30	0.010	0.86	0.007
130%-349%	11001	35.5	0.7	8993	68	6981	19	10399	28	1.30	0.009	0.87	0.006
≥ 350%	9258	43.3	0.9	9387	56	7075	18	10585	27	1.33	0.007	0.89	0.005
<i>P</i>				< 0.0001		< 0.0001		< 0.0001		0.002		0.001	
Weight status¶													
Underweight	439	1.6	0.1	9072	270	5375	45	8454	78	1.68	0.043	1.07	0.027
Normal	8237	31.0	0.5	9206	78	6211	14	9462	25	1.47	0.010	0.96	0.007
Overweight	9933	33.8	0.5	9230	61	7000	14	10409	22	1.31	0.008	0.88	0.005
Obese	10185	33.5	0.5	9013	62	7832	21	11560	28	1.15	0.007	0.78	0.005
<i>P</i>				0.03		< 0.0001		< 0.0001		< 0.0001		< 0.0001	
Perceived weight status													
Underweight	1477	4.6	0.2	10646	198	6380	36	9757	60	1.66	0.027	1.08	0.017
About the right weight	11567	38.5	0.5	9444	58	6680	12	10040	20	1.41	0.008	0.94	0.005
Overweight	15750	56.9	0.5	8825	48	7279	17	10816	25	1.22	0.006	0.82	0.004
<i>P</i>				< 0.0001		< 0.0001		< 0.0001		< 0.0001		< 0.0001	
Smoking status													
Never	14967	51.5	0.6	8903	54	6913	15	10379	23	1.29	0.007	0.86	0.005
Former	7357	24.9	0.5	9083	61	7155	23	10492	33	1.28	0.008	0.87	0.005
Current	6470	23.6	0.5	9747	88	7059	20	10639	27	1.39	0.011	0.92	0.007
<i>P</i>				< 0.0001		< 0.0001		< 0.0001		< 0.0001		< 0.0001	
Any recreational physical activity													
Yes	15280	60.7	0.8	9380	52	7039	15	10562	23	1.34	0.007	0.89	0.004
No	13514	39.3	0.8	8788	63	6959	18	10324	25	1.27	0.008	0.85	0.005
<i>P</i>				< 0.0001		0.002		< 0.0001		< 0.0001		< 0.0001	
Survey cycle													
1999-2000	3292	12.0	0.6	9130	128	6944	33	10408	44	1.32	0.017	0.88	0.012
2001-2002	3867	14.1	0.6	9281	103	6976	34	10444	51	1.34	0.012	0.89	0.008
2003-2004	3833	14.1	1.0	9279	73	6994	27	10453	39	1.33	0.009	0.89	0.006
2005-2006	3879	14.7	0.8	9236	143	7024	40	10492	56	1.32	0.018	0.88	0.011
2007-2008	4668	14.5	0.8	8934	125	7022	25	10477	34	1.28	0.016	0.85	0.011
2009-2010	4996	14.9	0.8	8948	82	7047	22	10514	28	1.28	0.011	0.85	0.007
2011-2012	4259	15.6	0.9	9224	73	7030	25	10479	41	1.32	0.010	0.88	0.007
<i>P</i>				0.03		0.18		0.55		0.003		0.006	

Supplemental Table 1. Continued

BMR, basal metabolic rate; EER, estimated energy requirement; EI, energy intake; NHANES, National Health and Nutrition Examination Survey.

* All % and mean values are weighted to reflect the survey design characteristics. Analyses are based on subjects with complete data on the first 24-h dietary recall as well as complete information on the variables of interest.

† Based on the values obtained from the first 24-h dietary recall only.

‡ Estimated using Schofield's sex- and age-specific equations based on body height and weight.²⁶

§ Calculated using sex- and age-specific equations for use in populations with a range of weight statuses published from the US Dietary Reference Intakes based on sex, age and body height and weight assuming 'low active' level of physical activity for all subjects.²⁷

|| Based on Wald's F test.

¶ Defined based on body mass index (kg/m^2) according to World Health Organization recommendations:²³ < 18.5 for underweight, ≥ 25 to < 30 for normal, ≥ 25 to < 30 for overweight, and ≥ 30 for obese subjects.

Supplemental Table 2. Numbers and percentages of under-reporters, acceptable, and over-reporters of EI: NHANES 1999-2012 (n 28794)*

(Percentages with their standard errors)

	Based on EI:BMR [†]									<i>P</i> §	Based on EI:EER [‡]									<i>P</i> §
	Under-reporters			Acceptable reporters			Over-reporters				Under-reporters			Acceptable reporters			Over-reporters			
	<i>n</i>	%	SE	<i>n</i>	%	SE	<i>n</i>	%	SE		<i>n</i>	%	SE	<i>n</i>	%	SE	<i>n</i>	%	SE	
All	6689	20.5	0.4	21546	77.5	0.4	559	2.0	0.1		6631	21.0	0.4	21414	76.4	0.4	749	2.6	0.1	
Sex										< 0.0001										< 0.0001
Men	3209	18.5	0.5	10970	78.9	0.6	362	2.6	0.2		2956	17.9	0.5	11093	78.6	0.5	492	3.5	0.2	
Women	3480	22.6	0.5	10576	76.1	0.5	197	1.3	0.1		3675	24.1	0.5	10321	74.1	0.5	257	1.8	0.1	
Age group										< 0.0001										< 0.0001
20-39 y	1759	17.8	0.6	7484	79.2	0.6	324	3.0	0.2		1957	19.9	0.6	7246	76.5	0.6	364	3.5	0.2	
40-59 y	2022	19.8	0.6	7352	78.5	0.6	179	1.7	0.2		2063	20.4	0.6	7210	77.0	0.6	280	2.6	0.2	
≥ 60 y	2908	26.1	0.8	6710	73.3	0.8	56	0.7	0.1		2611	23.7	0.7	6958	75.0	0.7	105	1.2	0.2	
Race/ethnicity										< 0.0001										< 0.0001
Non-Hispanic white	2916	19.2	0.5	10953	78.9	0.5	270	1.9	0.1		2841	19.7	0.5	10943	77.8	0.5	355	2.5	0.2	
Non-Hispanic black	1747	27.9	0.7	4096	69.7	0.7	121	2.3	0.2		1763	28.5	0.7	4040	68.5	0.7	161	3.0	0.3	
Mexican American	1185	20.5	0.9	3889	77.2	0.9	105	2.2	0.3		1176	21.4	0.8	3855	75.6	0.9	148	3.0	0.3	
Others	841	22.0	1.1	2608	76.0	1.2	63	2.0	0.3		851	22.5	1.1	2576	75.0	1.1	85	2.5	0.4	
Years of education										< 0.0001										< 0.0001
< 12 y	2414	28.0	0.9	5474	69.5	0.8	170	2.5	0.3		2318	27.5	0.9	5514	69.1	0.9	226	3.4	0.3	
12 y	1535	20.6	0.6	5097	77.1	0.7	157	2.3	0.3		1526	21.1	0.7	5067	76.1	0.7	196	2.8	0.3	
Some college	1707	20.0	0.6	6139	78.0	0.7	152	2.0	0.2		1741	20.8	0.7	6039	76.3	0.8	218	2.8	0.3	
≥ college	1033	16.2	0.7	4836	82.7	0.7	80	1.1	0.2		1046	16.8	0.7	4794	81.5	0.6	109	1.7	0.2	
Family poverty income ratio										< 0.0001										< 0.0001
< 130%	2356	25.6	0.7	5963	71.6	0.7	216	2.8	0.3		2345	26.1	0.7	5919	70.3	0.7	271	3.6	0.3	
130%-349%	2633	21.9	0.6	8165	76.2	0.6	203	1.9	0.2		2564	22.1	0.6	8154	75.3	0.5	283	2.6	0.2	
≥ 350%	1700	16.9	0.6	7418	81.5	0.6	140	1.6	0.2		1722	17.6	0.6	7341	80.2	0.6	195	2.1	0.2	
Weight status										< 0.0001										< 0.0001
Underweight	50	8.3	1.6	351	82.7	2.2	38	9.0	1.6		59	9.8	1.7	342	80.8	2.3	38	9.4	1.7	
Normal	1254	13.3	0.6	6687	83.4	0.6	296	3.3	0.3		1285	14.6	0.6	6585	81.2	0.6	367	4.2	0.3	
Overweight	2132	19.3	0.7	7656	79.1	0.7	145	1.6	0.2		2055	19.3	0.6	7663	78.5	0.7	215	2.2	0.2	
Obese	3253	29.1	0.8	6852	70.2	0.8	80	0.7	0.1		3232	29.3	0.8	6824	69.5	0.8	129	1.3	0.1	
Perceived weight status										< 0.0001										< 0.0001
Underweight	216	12.7	1.3	1145	78.4	1.5	116	8.9	0.9		210	13.3	1.3	1139	77.0	1.4	128	9.7	0.8	
About the right weight	2243	15.8	0.5	9017	81.5	0.5	307	2.7	0.2		2184	16.2	0.5	8975	80.2	0.5	408	3.6	0.2	
Overweight	4230	24.4	0.6	11384	74.7	0.6	136	0.9	0.1		4237	24.9	0.6	11300	73.7	0.5	213	1.4	0.1	
Smoking status										< 0.0001										< 0.0001
Never	3519	20.9	0.5	11211	77.5	0.5	237	1.5	0.1		3582	21.9	0.5	11060	75.9	0.5	325	2.2	0.2	
Former	1820	20.6	0.7	5462	78.2	0.7	75	1.2	0.2		1661	19.5	0.6	5579	78.8	0.6	117	1.7	0.2	
Current	1350	19.7	0.7	4873	76.7	0.7	247	3.6	0.3		1388	20.7	0.7	4775	74.7	0.8	307	4.5	0.4	

Supplemental Table 2. Continued

	Based on EI:BMR									P^d	Based on EI:EER									P^d
	Under-reporters			Acceptable reporters			Over-reporters				Under-reporters			Acceptable reporters			Over-reporters			
	<i>n</i>	%	s.e.	<i>n</i>	%	s.e.	<i>n</i>	%	s.e.		<i>n</i>	%	s.e.	<i>n</i>	%	s.e.	<i>n</i>	%	s.e.	
Any recreational physical activity										< 0.0001										< 0.0001
Yes	3140	18.3	0.5	11836	79.7	0.5	304	1.9	0.1		3156	18.9	0.5	11716	78.5	0.5	408	2.6	0.2	
No	3549	24.0	0.6	9710	74.1	0.6	255	2.0	0.2		3475	24.2	0.6	9698	73.1	0.6	341	2.7	0.2	
Survey cycle										0.53										0.23
1999-2000	821	20.9	1.5	2409	77.1	1.4	62	2.0	0.2		809	21.2	1.5	2405	76.3	1.4	78	2.5	0.2	
2001-2002	848	19.9	1.0	2934	78.0	1.0	85	2.1	0.3		833	20.1	1.0	2923	77.0	1.0	111	2.9	0.4	
2003-2004	878	20.0	1.2	2883	78.0	1.3	72	2.0	0.3		854	20.9	1.1	2877	76.1	1.3	102	3.0	0.3	
2005-2006	875	19.6	1.1	2918	78.2	1.1	86	2.2	0.3		849	19.4	1.0	2917	77.7	1.0	113	2.9	0.4	
2007-2008	1191	22.7	1.2	3383	75.3	1.3	94	2.0	0.3		1173	23.1	1.2	3373	74.3	1.1	122	2.6	0.3	
2009-2010	1160	20.9	0.7	3749	77.6	0.7	87	1.5	0.2		1180	22.0	0.6	3701	76.0	0.6	115	2.0	0.3	
2011-2012	916	20.0	0.8	3270	78.2	0.8	73	1.8	0.2		933	20.4	0.8	3218	77.1	0.9	108	2.4	0.3	

BMR, basal metabolic rate; EER, estimated energy requirement; EI, energy intake; NHANES, National Health and Nutrition Examination Survey.

* All % values are weighted to reflect the survey design characteristics. Analyses are based on subjects with complete data on the first 24-h dietary recall as well as complete information on the variables of interest. EI values obtained from the first 24-h dietary recall were used.

† Under-reporters were defined as subjects with EI:BMR < 0.87; Acceptable reporters as subjects with EI:BMR 0.87-2.75; Over-reporters as subjects with EI:BMR > 2.75. BMR was estimated using Schofield's sex- and age-specific equations based on body height and weight.²⁶

‡ Under-reporters were defined as subjects with EI:EER < 0.59; Acceptable reporters as subjects with EI:EER 0.59-1.71; Over-reporters as subjects with EI:EER > 1.71. EER was calculated using sex- and age-specific equations for use in populations with a range of weight statuses published from the US Dietary Reference Intakes based on sex, age and body height and weight assuming 'low active' level of physical activity for all subjects.²⁷

§ Based on chi-square test.

|| Defined based on body mass index (kg/m²) according to World Health Organization recommendations:²³ < 18.5 for underweight, ≥ 18.5 to < 25 for normal, ≥ 25 to < 30 for overweight, and ≥ 30 for obese subjects.

Supplemental Table 3. Risk of being an under-reporter of EI compared to being an acceptable reporter of EI: NHANES 1999-2012*
(Odds ratios and 95% confidence intervals)

	Based on EI:BMR (<i>n</i> 28235)†					Based on EI:EER (<i>n</i> 28045)‡				
	Under-reporters/ acceptable reporters (<i>n</i>)	Crude model§		Multivariate model		Under-reporters/ acceptable reporters (<i>n</i>)	Crude model§		Multivariate model	
		OR	95% CI	OR	95% CI		OR	95% CI	OR	95% CI
Sex										
Men	3209/10970	1	(reference)	1	(reference)	2956/11093	1	(reference)	1	(reference)
Women	3480/10576	1.27	1.18, 1.37	1.18	1.09, 1.28	3675/10321	1.43	1.33, 1.53	1.33	1.24, 1.44
Age group										
20-39 y	1759/7484	1	(reference)	1	(reference)	1957/7246	1	(reference)	1	(reference)
40-59 y	2022/7352	1.12	1.02, 1.24	1.09	0.98, 1.21	2063/7210	1.02	0.93, 1.12	0.98	0.89, 1.08
≥ 60 y	2908/6710	1.58	1.43, 1.76	1.49	1.33, 1.67	2611/6958	1.22	1.10, 1.35	1.14	1.02, 1.27
Race/ethnicity										
Non-Hispanic white	2916/10953	1	(reference)	1	(reference)	2841/10943	1	(reference)	1	(reference)
Non-Hispanic black	1747/4096	1.64	1.49, 1.82	1.37	1.24, 1.51	1763/4040	1.65	1.50, 1.80	1.35	1.23, 1.47
Mexican American	1185/3889	1.10	0.97, 1.24	0.87	0.76, 0.99	1176/3855	1.12	1.001, 1.25	0.87	0.77, 0.98
Others	841/2608	1.19	1.04, 1.36	1.18	1.03, 1.35	851/2576	1.19	1.04, 1.36	1.14	0.995, 1.30
Years of education										
< 12 y	2414/5474	1	(reference)	1	(reference)	2318/5514	1	(reference)	1	(reference)
12 y	1535/5097	0.66	0.60, 0.74	0.72	0.64, 0.80	1526/5067	0.70	0.63, 0.78	0.74	0.66, 0.84
Some college	1707/6139	0.63	0.57, 0.71	0.73	0.65, 0.83	1741/6039	0.69	0.61, 0.77	0.76	0.67, 0.87
≥ college	1033/4836	0.48	0.43, 0.55	0.65	0.57, 0.75	1046/4794	0.52	0.46, 0.59	0.67	0.59, 0.78
Family poverty income ratio										
< 130%	2356/5963	1	(reference)	1	(reference)	2345/5919	1	(reference)	1	(reference)
130%-349%	2633/8165	0.80	0.73, 0.88	0.85	0.77, 0.94	2564/8154	0.79	0.72, 0.87	0.86	0.77, 0.95
≥ 350%	1700/7418	0.58	0.53, 0.64	0.71	0.64, 0.79	1722/7341	0.59	0.53, 0.66	0.73	0.66, 0.82
Weight status¶										
Underweight	50/351	0.63	0.41, 0.98	0.60	0.38, 0.93	59/342	0.68	0.46, 0.99	0.63	0.42, 0.94
Normal	1254/6687	1	(reference)	1	(reference)	1285/6585	1	(reference)	1	(reference)
Overweight	2132/7656	1.53	1.35, 1.74	1.40	1.21, 1.62	2055/7663	1.37	1.21, 1.54	1.29	1.12, 1.48
Obese	3253/6852	2.61	2.34, 2.90	2.17	1.85, 2.54	3232/6824	2.35	2.12, 2.60	1.96	1.68, 2.28
Perceived weight status										
Underweight	216/1145	0.83	0.66, 1.05	0.93	0.72, 1.20	210/1139	0.86	0.69, 1.07	0.93	0.73, 1.19
About the right weight	2243/9017	1	(reference)	1	(reference)	2184/8975	1	(reference)	1	(reference)
Overweight	4230/11384	1.68	1.56, 1.82	1.18	1.05, 1.32	4237/11300	1.68	1.55, 1.81	1.22	1.09, 1.36
Smoking status										
Never	3519/11211	1	(reference)	1	(reference)	3582/11060	1	(reference)	1	(reference)
Former	1820/5462	0.98	0.90, 1.06	0.91	0.83, 0.99	1661/5579	0.86	0.79, 0.93	0.85	0.79, 0.93
Current	1350/4873	0.95	0.86, 1.06	0.96	0.86, 1.06	1388/4775	0.96	0.87, 1.07	0.96	0.87, 1.06
Any recreational physical activity										
Yes	3140/11836	1	(reference)	1	(reference)	3156/11716	1	(reference)	1	(reference)
No	3549/9710	1.41	1.28, 1.55	1.07	0.97, 1.19	3475/9698	1.37	1.25, 1.51	1.09	0.98, 1.20
Survey cycle										
1999-2000	821/2409	1.06	0.84, 1.33	1.04	0.83, 1.30	809/2405	1.02	0.81, 1.27	0.99	0.81, 1.22
2001-2002	848/2934	0.99	0.82, 1.20	1.02	0.84, 1.23	833/2923	0.95	0.79, 1.15	0.97	0.82, 1.15
2003-2004	878/2883	1	(reference)	1	(reference)	854/2877	1	(reference)	1	(reference)
2005-2006	875/2918	0.98	0.80, 1.20	0.98	0.81, 1.20	849/2917	0.91	0.76, 1.10	0.91	0.78, 1.08
2007-2008	1191/3383	1.18	0.96, 1.44	1.16	0.96, 1.39	1173/3373	1.13	0.94, 1.37	1.11	0.94, 1.31
2009-2010	1160/3749	1.05	0.88, 1.25	1.00	0.85, 1.18	1180/3701	1.06	0.91, 1.23	1.01	0.88, 1.15
2011-2012	916/3270	1.00	0.84, 1.19	0.96	0.81, 1.15	933/3218	0.97	0.82, 1.14	0.94	0.80, 1.10

Supplemental Table 3. Continued

BMR, basal metabolic rate; CI, confidence interval; EER, estimated energy requirement; EI, energy intake; NHANES, National Health and Nutrition Examination Survey; OR, odds ratio.

* Analyses are based on subjects with complete data on the first 24-h dietary recall as well as complete information on the variables of interest. EI values obtained from the first 24-h dietary recall were used.

† Under-reporters were defined as subjects with EI:BMR < 0.87; Acceptable reporters as subjects with EI:BMR 0.87-2.75. Over-reporters (subjects with EI:BMR > 2.75; *n* 559) were excluded from the analysis. BMR was estimated using Schofield's sex- and age-specific equations based on body height and weight.²⁶

‡ Under-reporters were defined as subjects with EI:EER < 0.59; Acceptable reporters as subjects with EI:EER 0.59-1.71. Over-reporters (subjects with EI:EER > 1.71; *n* 749) were excluded from the analysis. EER was calculated using sex- and age-specific equations for use in populations with a range of weight statuses published from the US Dietary Reference Intakes based on sex, age and body height and weight assuming 'low active' level of physical activity for all subjects.²⁷

§ Each of the variables listed was entered into the model separately.

|| All the variables listed were entered into the model simultaneously.

¶ Defined based on body mass index (kg/m²) according to World Health Organization recommendations:²³ < 18.5 for underweight, ≥ 25 to < 30 for normal, ≥ 25 to < 30 for overweight, and ≥ 30 for obese subjects.

Supplemental Table 4. Risk of being an over-reporter of EI compared to being an acceptable reporter of EI: NHANES 1999-2012*
(Odds ratios and 95% confidence intervals)

	Based on EI:BMR (<i>n</i> 22105)†					Based on EI:EER (<i>n</i> 22163)‡				
	Over-reporters/ acceptable reporters (<i>n</i>)	Crude model§		Multivariate model		Over-reporters/ acceptable reporters (<i>n</i>)	Crude model§		Multivariate model	
		OR	95% CI	OR	95% CI		OR	95% CI	OR	95% CI
Sex										
Men	362/10970	1	(reference)	1	(reference)	492/11093	1	(reference)	1	(reference)
Women	197/10576	0.52	0.42, 0.66	0.62	0.49, 0.78	257/10321	0.55	0.45, 0.67	0.61	0.49, 0.75
Age group										
20-39 y	324/7484	1	(reference)	1	(reference)	364/7246	1	(reference)	1	(reference)
40-59 y	179/7352	0.56	0.43, 0.74	0.75	0.56, 1.004	280/7210	0.73	0.57, 0.92	0.96	0.75, 1.23
≥ 60 y	56/6710	0.23	0.16, 0.35	0.31	0.20, 0.49	105/6958	0.35	0.26, 0.48	0.46	0.33, 0.65
Race/ethnicity										
Non-Hispanic white	270/10953	1	(reference)	1	(reference)	355/10943	1	(reference)	1	(reference)
Non-Hispanic black	121/4096	1.42	1.13, 1.80	1.07	0.86, 1.34	161/4040	1.34	1.08, 1.67	1.00	0.81, 1.24
Mexican American	105/3889	1.24	0.93, 1.65	0.92	0.68, 1.25	148/3855	1.22	0.96, 1.55	0.90	0.70, 1.15
Others	63/2608	1.12	0.77, 1.61	0.92	0.63, 1.35	85/2576	1.04	0.74, 1.45	0.86	0.60, 1.22
Years of education										
< 12 y	170/5474	1	(reference)	1	(reference)	226/5514	1	(reference)	1	(reference)
12 y	157/5097	0.84	0.61, 1.15	0.93	0.67, 1.29	196/5067	0.76	0.58, 1.01	0.84	0.63, 1.12
Some college	152/6139	0.73	0.53, 0.995	0.79	0.56, 1.12	218/6039	0.76	0.58, 1.000	0.85	0.63, 1.15
≥ college	80/4836	0.38	0.27, 0.54	0.48	0.32, 0.73	109/4794	0.42	0.31, 0.57	0.53	0.37, 0.75
Family poverty income ratio										
< 130%	216/5963	1	(reference)	1	(reference)	271/5919	1	(reference)	1	(reference)
130%-349%	203/8165	0.64	0.51, 0.82	0.82	0.64, 1.04	283/8154	0.69	0.55, 0.85	0.83	0.68, 1.03
≥ 350%	140/7418	0.50	0.38, 0.66	0.84	0.62, 1.15	195/7341	0.52	0.42, 0.65	0.76	0.59, 0.97
Weight status¶										
Underweight	38/351	2.72	1.78, 4.17	1.74	1.05, 2.88	38/342	2.23	1.42, 3.51	1.53	0.93, 2.51
Normal	296/6687	1	(reference)	1	(reference)	367/6585	1	(reference)	1	(reference)
Overweight	145/7656	0.49	0.37, 0.65	0.67	0.49, 0.92	215/7663	0.54	0.42, 0.69	0.69	0.52, 0.93
Obese	80/6852	0.26	0.18, 0.36	0.42	0.28, 0.63	129/6824	0.35	0.26, 0.46	0.55	0.39, 0.76
Perceived weight status 										
Underweight	116/1145	3.51	2.65, 4.65	2.11	1.51, 2.96	128/1139	2.80	2.23, 3.53	1.82	1.38, 2.41
About the right weight	307/9017	1	(reference)	1	(reference)	408/8975	1	(reference)	1	(reference)
Overweight	136/11384	0.38	0.28, 0.50	0.65	0.45, 0.94	213/11300	0.42	0.34, 0.52	0.63	0.48, 0.82
Smoking status										
Never	237/11211	1	(reference)	1	(reference)	325/11060	1	(reference)	1	(reference)
Former	75/5462	0.77	0.57, 1.05	0.89	0.64, 1.24	117/5579	0.75	0.58, 0.98	0.81	0.61, 1.07
Current	247/4873	2.39	1.83, 3.13	1.44	1.08, 1.94	307/4775	2.11	1.66, 2.67	1.33	1.03, 1.71
Any recreational physical activity										
Yes	304/11836	1	(reference)	1	(reference)	408/11716	1	(reference)	1	(reference)
No	255/9710	1.09	0.88, 1.36	1.04	0.82, 1.33	341/9698	1.11	0.89, 1.37	1.04	0.83, 1.30
Survey cycle										
1999-2000	62/2409	0.99	0.68, 1.45	0.93	0.62, 1.39	78/2405	0.84	0.63, 1.13	0.80	0.57, 1.11
2001-2002	85/2934	1.06	0.69, 1.62	1.11	0.72, 1.70	111/2923	0.97	0.68, 1.36	1.00	0.70, 1.43
2003-2004	72/2883	1	(reference)	1	(reference)	102/2877	1	(reference)	1	(reference)
2005-2006	86/2918	1.09	0.71, 1.68	1.18	0.78, 1.78	113/2917	0.97	0.68, 1.37	1.01	0.73, 1.41
2007-2008	94/3383	1.05	0.68, 1.61	1.09	0.72, 1.65	122/3373	0.91	0.64, 1.30	0.94	0.66, 1.33
2009-2010	87/3749	0.75	0.50, 1.10	0.84	0.57, 1.24	115/3701	0.69	0.49, 0.97	0.74	0.52, 1.04
2011-2012	73/3270	0.91	0.62, 1.34	1.02	0.67, 1.54	108/3218	0.81	0.59, 1.12	0.86	0.63, 1.19

Supplemental Table 4. Continued

BMR, basal metabolic rate; CI, confidence interval; EER, estimated energy requirement; EI, energy intake; NHANES, National Health and Nutrition Examination Survey; OR, odds ratio.

* Analyses are based on subjects with complete data on the first 24-h dietary recall as well as complete information on the variables of interest. EI values obtained from the first 24-h dietary recall were used.

† Over-reporters were defined as subjects with EI:BMR > 2.75; Acceptable reporters as subjects with EI:BMR 0.87-2.75. Under-reporters (subjects with EI:BMR < 0.87; *n* 6689) were excluded from the analysis. BMR was estimated using Schofield's sex- and age-specific equations based on body height and weight.²⁶

‡ Over-reporters were defined as subjects with EI:EER > 1.71; Acceptable reporters as subjects with EI:EER 0.59-1.71. Under-reporters (subjects with EI:EER < 0.59; *n* 6631) were excluded from the analysis. EER was calculated using sex- and age-specific equations for use in populations with a range of weight statuses published from the US Dietary Reference Intakes based on sex, age and body height and weight assuming 'low active' level of physical activity for all subjects.²⁷

§ Each of the variables listed was entered into the model separately.

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