Supplementary material

Table 5.1S. Main food contributors of dietary minerals intakes in men residents from urban area of Sao Paulo: ISA-Capital study, 2008.

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Rank** | **Potassium** | **Sodium** | **Calcium** | **Phosphorus** | **Magnesium** | **Zinc** | **Manganese** | **Copper** | **Selenium** |
| **Foods** | **%** | **Foods** | **%** | **Foods** | **%** | **Foods** | **%** | **Foods** | **%** | **Foods** | **%** | **Foods** | **%** | **Foods** | **%** | **Foods** | **%** |
| 1 | Brown beans | 15.1 | White rice | 21.3 | Milk | 22.3 | Beef meat | 13.6 | Brown beans | 16.2 | Beef meat | 32.5 | White rice | 34.4 | Beef liver | 25.4 | French bread | 16.8 |
| 2 | Beef meat | 10.5 | French bread | 8.8 | Brown beans | 9.8 | Milk | 9.1 | White rice | 10.4 | White rice | 7.8 | Brown beans | 13.7 | Brown beans | 12.2 | Whitefish | 10.3 |
| 3 | Milk | 7.0 | Beef meat | 8.8 | Mozzarella cheese | 5.9 | White rice | 8.0 | Beef meat | 6.6 | Brown beans | 6.5 | French bread | 9.3 | White rice | 10.0 | White rice | 10.2 |
| 4 | Chicken | 3.9 | Brown beans | 8.7 | Pizza\* | 5.2 | Chicken | 6.7 | French bread | 5.9 | Chicken | 5.2 | Wheat crackers | 2.8 | French bread | 4.9 | Chicken | 4.6 |
| 5 | White rice | 3.2 | Chicken | 4.4 | French bread | 3.9 | Brown beans | 6.2 | Milk | 4.7 | French bread | 3.6 | Whole wheat bread | 1.5 | Beef meat | 4.8 | Esfiha with cheese, meat or vegetables | 3.7 |
| 6 | Whitefish | 2.9 | Sausage† | 2.8 | White rice | 3.7 | French bread | 5.2 | Beer | 4.0 | Milk | 3.4 | Banana | 1.4 | French fries | 1.9 | Pizza\* | 3.5 |
| 7 | French bread | 2.8 | Pizza\* | 2.7 | Process cheese | 2.9 | Whitefish | 3.8 | Chicken | 4.0 | Esfiha with cheese, meat or vegetables | 2.3 | Esfiha with cheese, meat or vegetables | 1.2 | Chicken | 1.7 | Beef meat | 2.8 |
| 8 | Tomato, raw | 2.5 | Salt | 2.1 | Cocoa or chocolate, dry mix | 2.0 | Pizza\* | 2.9 | Whitefish | 3.3 | Pork meat | 1.8 | Pizza\* | 1.2 | Cocoa or chocolate, dry mix | 1.6 | Milk | 2.8 |
| 9 | Coffee | 2.4 | Whitefish | 1.7 | Smoothies§ | 1.9 | Process cheese | 2.2 | Banana | 1.7 | Hamburger or ground beef | 1.7 | Lettuce, green leaf | 1.2 | Whitefish | 1.3 | Spaghetti with tomato sauce | 2.6 |
| 10 | Banana | 2.4 | Salted margarine | 1.6 | Ice cream‡ | 1.6 | Mozzarella cheese | 2.2 | Coffee | 1.4 | Pizza\* | 1.7 | Spaghetti with tomato sauce | 1.1 | Fruit flavoured soft drinks | 1.1 | Sausage | 2.3 |
| **% Total** | **52.8** |  | **62.8** |  | **59.2** |  | **59.8** |  | **58.2** |  | **66.4** |  | **67.9** |  | **64.8** |  | **59.7** |

% of contribution

\* Varied salted flavours

† Mixed meats

‡ Varied flavours

§ Papaya, banana, apple, avocado and/or strawberry

Supplementary material

Table 5.2S. Main food contributors of dietary minerals intakes in women residents from urban area of Sao Paulo: ISA-Capital study, 2008.

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Rank** | **Potassium** | **Sodium** | **Calcium** | **Phosphorus** | **Magnesium** | **Zinc** | **Manganese** | **Copper** | **Selenium** |
| **Foods** | **%** | **Foods** | **%** | **Foods** | **%** | **Foods** | **%** | **Foods** | **%** | **Foods** | **%** | **Foods** | **%** | **Foods** | **%** | **Foods** | **%** |
| 1 | Brown beans | 10.4 | White rice | 17.4 | Milk | 25.1 | Milk | 11.7 | Brown beans | 11.3 | Beef meat | 24.3 | White rice | 26.2 | Beef liver | 21.8 | French bread | 16.2 |
| 2 | Milk | 8.8 | French bread | 8.7 | Brown beans | 6.0 | Beef meat | 9.2 | White rice | 8.1 | White rice | 6.9 | Brown beans | 9.4 | Brown beans | 9.0 | White rice | 8.2 |
| 3 | Beef meat | 7.0 | Beef meat | 6.6 | Mozzarella cheese | 5.2 | Chicken | 7.9 | Milk | 6.0 | Chicken | 6.3 | French bread | 8.5 | White rice | 8.1 | Whitefish | 6.2 |
| 4 | Chicken | 4.5 | Brown beans | 6.4 | Process cheese | 4.4 | White rice | 6.3 | French bread | 5.6 | Brown beans | 5.2 | Wheat crackers | 5.6 | French bread | 4.8 | Chicken | 5.2 |
| 5 | Coffee | 3.0 | Chicken | 5.4 | Pizza\* | 3.4 | French bread | 4.9 | Chicken | 4.7 | Milk | 5.0 | Whole wheat bread | 2.4 | Beef meat | 3.5 | Milk | 3.7 |
| 6 | Banana | 2.9 | Salt | 2.7 | French bread | 3.2 | Brown beans | 4.4 | Beef meat | 4.5 | French bread | 3.9 | Banana | 1.7 | Chicken | 2.1 | Pizza\* | 3.3 |
| 7 | Tomato, raw | 2.8 | Pizza\* | 2.6 | Yogurt† | 3.0 | Process cheese | 3.6 | Banana | 2.1 | Hamburger or ground beef | 2.7 | Tea† | 1.7 | Cocoa or chocolate, dry mix | 1.7 | Spaghetti with tomato sauce | 3.1 |
| 8 | French bread | 2.6 | Process cheese | 2.3 | White rice | 2.5 | Pizza\* | 2.4 | Whitefish | 2.0 | Pork meat | 2.1 | Pineaple juice | 1.3 | French fries | 1.5 | Beef meat | 1.9 |
| 9 | White rice | 2.4 | Wheat crackers | 2.2 | Cocoa or chocolate, dry mix | 1.8 | Mozzarella cheese | 2.2 | Coffee | 1.8 | Pizza\* | 1.7 | Lettuce, green leaf | 1.3 | Spaghetti with tomato sauce | 1.3 | Spaghetti with tomato sauce and meat | 1.7 |
| 10 | Potato chips | 1.9 | Salted margarine | 2.0 | Ice cream† | 1.6 | Whitefish | 2.2 | Wheat crackers | 1.5 | Cocoa or chocolate, dry mix | 1.5 | Spaghetti with tomato sauce | 1.3 | Others white bread | 1.3 | Whole wheat bread | 1.7 |
| **% Total** | **46.2** |  | **56.4** |  | **56.3** |  | **54.6** |  | **47.7** |  | **59.5** |  | **59.4** |  | **55.1** |  | **51.2** |

% of contribution

\* Varied salted flavours

† Varied flavours