

Supplemental material

Table S1. Food groups intake (g/day) among vegetarian (n = 145), vegan (n = 110) and omnivorous (n = 135) participants of the VeChi Youth Study (n = 390), stratified by age group

	Vegetarian		Vegan		Omnivorous	
	6-11 years	12-18 years	6-11 years	12-18 years	6-11 years	12-18 years
Whole Grain	57 (28; 110)	33 (3; 80)	120 (35; 155)	81 (34; 171)	29 (13; 67)	52 (16; 122)
Dairy	40 (0; 142)	109 (30; 238)	0 (0; 0)	0 (0; 0)	205 (122; 268)	190 (83; 289)
Grain	226 (153; 276)	232 (184; 302)	240 (205; 287)	243 (189; 331)	198 (128; 233)	237 (154; 350)
Potatoes	50 (21; 132)	51 (0; 104)	44 (18; 76)	42 (0; 109)	56 (20; 104)	37 (0; 85)
Eggs	0 (0; 10)	3 (0; 19)	0 (0; 0)	0 (0; 0)	3 (0; 20)	8 (0; 35)
Meat	0 (0; 0)	0 (0; 0)	0 (0; 0)	0 (0; 0)	49 (23; 82)	65 (18; 109)
Fish	0 (0; 0)	0 (0; 0)	0 (0; 0)	0 (0; 0)	0 (0; 19)	0 (0; 27)
Sweets & snack foods	56 (34; 83)	63 (36; 135)	35 (18; 74)	44 (24; 72)	68 (43; 98)	79 (38; 114)
Vegetables	161 (108; 235)	133 (85; 209)	153 (108; 202)	23,1 (168; 338)	144 (79; 207)	176 (103; 269)
Legumes	0 (0; 17)	0 (0; 21)	18 (0; 43)	32 (0; 55)	0 (0; 0)	0 (0; 0)
Fruits	272 (198; 388)	225 (84; 296)	262 (185; 348)	300 (203; 434)	192 (141; 293)	228 (135; 416)
Beverages	712 (445; 943)	1208 (841; 1726)	716 (522; 1063)	1355 (801; 2008)	733 (525; 959)	1301 (917; 1916)
Diverses	49 (12; 78)	30 (3; 70)	64 (32; 146)	58 (21; 125)	11 (1; 52)	33 (8; 68)
Milk alternatives	88 (0; 176)	0 (0; 100)	176 (67; 267)	157 (50; 237)	0 (0; 0)	0 (0; 0)
Spread	0 (0; 0)	0 (0; 0)	7 (0; 13)	8 (0; 20)	0 (0; 0)	0 (0; 0)
Fats/Oils	16 (9; 24)	14 (6; 19)	13 (7; 24)	8 (2; 18)	14 (8; 26)	20 (9; 27)
Nuts	5 (0; 12)	1 (0; 7)	11 (4; 23)	8 (2; 34)	0 (0; 2)	0 (0; 6)
Meat alternatives	21 (0; 51)	6 (0; 33)	24 (11; 57)	26 (0; 62)	0 (0; 0)	0 (0; 0)
Convenience foods	6 (0; 18)	10 (1; 35)	0 (0; 5)	0 (0; 19)	6 (0; 29)	9 (0; 50)

Table S2. Food group intake (g/MJ) of children and adolescents of the German VeChi Youth Study after excluding those records classified as underreported (n 318, 6-18 years old) stratified by diet group

Food group	Vegetarian (n 114)	Vegan (n 92)	Omnivorous (n 112)	P total model	P VG-VN	P VG-OM	P VN-OM
Vegetables ¹	19.6 (14.2; 34.8)	26.9 (18.8; 38.8)	18.1 (10.4; 31.7)	0.0696	0.1837	0.3145	0.0289
Fruit/juices ¹	34.1 (24.2; 50.0)	40.6 (29.5; 57.9)	28.9 (17.5; 43.4)	0.0750	0.1560	0.3927	0.0350
Grains ¹	31.8 (25.0; 38.1)	36.9 (28.4; 44.8)	28.2 (21.1; 36.9)	0.0003	0.0369	0.0498	0.0003
Whole grains ^{1,2}	7.3 (2.4; 13.9)	14.4 (5.8; 22.7)	4.5 (1.8; 10.7)	0.0003	0.0003	0.0590	0.0003
Potatoes ³	7.4 (3.3; 17.0)	6.9 (0.2; 11.6)	6.3 (0.0; 11.1)	0.1837	0.2486	0.0767	0.6749
Legumes ³	0.0 (0.0; 2.5)	2.9 (0.0; 7.1)	0.0 (0.0; 0.0)		0.0003		
Nuts/seeds ³	0.5 (0.0; 1.9)	1.9 (0.6; 5.4)	0.0 (0.0; 0.6)		0.0003		
Dairy ¹	11.8 (0.4; 25.0)	0.0 (0.0; 0.0)	25.8 (15.6; 40.7)	0.0003		0.0003	
Meat	0.0 (0.0; 0.0)	0.0 (0.0; 0.0)	8.6 (2.9; 13.9)				
Fish	0.0 (0.0; 0.0)	0.0 (0.0; 0.0)	0.0 (0.0; 2.9)				
Eggs	0.2 (0.0; 2.6)	0.0 (0.0; 0.0)	0.7 (0.0; 3.5)				
Milk alternatives ³	5.9 (0.0; 21.1)	25.2 (14.3; 37.8)	0.0 (0.0; 0.0)		0.0003		
Meat alternatives ³	2.5 (0.0; 6.3)	3.5 (1.4; 7.4)	0.0 (0.0; 0.0)		0.0410		
Bread spread	0.0 (0.0; 0.0)	1.0 (0.0; 2.6)	0.0 (0.0; 0.0)				
Fats/oils ¹	2.2 (1.3; 3.3)	1.8 (0.9; 3.6)	2.3 (1.3; 3.7)	0.0724	0.0590	0.7835	0.0434
Sweets & snack foods ¹	9.8 (5.3; 16.2)	5.8 (3.5; 10.5)	9.9 (6.2; 14.3)	0.0003	0.0003	0.3887	0.0003
CV-F ³	1.1 (0.0; 3.1)	0.0 (0.0; 1.5)	1.0 (0.0; 5.0)	0.0022	0.0053	0.5546	0.0015
Beverages ¹	122.3 (84.6; 181.6)	134.1 (86.2; 208.8)	127.8 (93.1; 183.1)	0.5165	0.6119	0.2626	0.5819

CV-F = Convenience Food

¹ Analysis of covariance of log-transformed intakes adjusted for sex, age, total energy intake, standard-deviation-score of body mass index, smoking in the household, physical activity (MET-minutes) and socio-economic status

² defined according to HEALTHGRAIN forum ⁽¹⁶⁾, subgroup of total grain

³ Kruskal Wallis for comparison of three groups when data distribution did not allow analysis of covariance, T-Test for comparison of two groups (to compare diet groups pairwise or when consumption was near zero in the third group)