Table S4.

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  |  | Not a source (< 5 % RDI) | Source (≥5 % RDI) | Good source (≥15 % RDI) | Very good/Excellent source (≥25 % RDI) |
|  |  | n | % | n | % | n | % | n | % |
| Staples | GF 45 | 14/45 | 31.1 | 31/45 | 68.9 | 16/45 | 35.6 | 6/45 | 13.3 |
| GC 133 | 2/133 | 1.5 | 131/133 | 98.5 | 96/133 | 72.2 | 49/133 | 36.8 |
|  |  |  |  |  |  |  |  |  |  |

RDI = recommended daily intake (220 µg folate/day)