**SUPPLEMENTAL TABLES S1-S6**

Food sources of energy and nutrients among Canadian adults following a gluten-free diet

Table S1 Bureau of Nutritional Sciences (BNS) Food Groupings adapted for the Gluten-free Diet

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| **Grain products** | **Vegetables** | **Savoury snacks** |
| Pasta | Vegetables, excluding potatoes | Plain pretzels and popcornSalty, high fat snacksm |
| Rice and rice noodles | Potatoes, cooked |  |
| Cereal grains and flours | Potatoes, fried or roasted | **Desserts & sweets** |
| Yeast breads | Mixed dishes, mainly potatoesh | Commercial cookies and biscuits |
| Rolls, bagels, tortillas, pita, croutons | Mixed dishes, mainly vegetables  | Cereal or granola bars |
| Crackers and crispbreads |  | Commercial baked goodsn |
| Quick breads | **Fruit** | Frozen dairy foods |
| Breakfast and hot cereals | Fruit | Confectionaryo |
| Mixed dishes, mainly grain | Fruit juicesk  | Sweet baked goodsp |
|  | Mixed dishes, mainly fruitj |  |
| **Dairy products & eggs** | **Meat, poultry, fish** | **Beverages** |
| Milk | Beef | Soft drinks, regular |
| Other ‘milk’ drinksd | Pork | Soft drinks, artificially sweetened |
| Cream | Poultry | Fruit drinks |
| Cheese | Luncheon meats and sausages | Tea and coffee |
| Yogurt | Fish and shellfish | Water |
| Eggs and omelettes | Mixed dishes, mainly meat, poultry or fish | Protein powders |
| Mixed dishes, mainly dairye | Mixed dishes, mainly luncheon meats, hamburgers or hotdogs | Mixed beveragesq |
| **Fats & oils** | **Legumes, nuts, seeds** | **Other foods** |
| Fats, oils and spreadsf | Nuts | Condiments and saucesr |
| Salad dressings and mayonnaise | Seeds | Sugars, syrups and preserves |
|  | Nut spreads and butters | Seasonings and spices |
|  | Legumes and legume-based foods (tofu) | Miscellaneous soups |
|  | Nut and seed mixed foods (trail mix) |  |
| aincludes rice crackers and rice cakesbincludes muffins, English muffins, pancakes, waffles and commercial mixes of these products cincludes commercial and homemade mixed dishes primarily containing rice, pasta, grains, cereals, flours or breads; includes breakfast sandwiches containing eggs and meatsdincludes soy, almond, coconut and rice-based beverageseincludes cream-based dips and processed cheese spreadsfincludes butter, margarine, vegetable oils and animal fats gincludes beans, cruciferous vegetables, carrots, sweet potatoes, celery, corn, lettuces, leafy greens, mushrooms, onions and garlic, peas, squashes, tomatoes, vegetable juices, asparagus, cucumbers, beets and turnips)hincludes dishes made with boiled, mashed or baked potatoes, French fries and hash brown potatoesiincludes salads, other baked or mixed vegetables (excluding potatoes)jincludes raw, cooked, frozen and canned fruitskincludes orange juices fortified with calcium and vitamin Djincludes fruit-based smoothies, applesauce and cooked, sweetened rhubarb and cranberriesmincludes potato chips, corn chips, salted and oil-popped popcornnincludes commercially prepared cakes, pies, danishes, doughnuts and other pastriesoincludes candies, gums, popsicles, jello, pudding mixes, chocolate bars, chocolate covered candiespincludes homemade or bakery-made cakes, cookies, pastries, muffins, pies, squares, bars, crepes, sweet breadsqincludes chocolate milk, sweetened teas, and milk-based coffee drinks rincludes tomato-based sauces, pesto, mustards, chutney, and cranberry sauce |

Table S2 Food Group Sources of Fat Among Adults following a Gluten-free dieta

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| **Main Food Group,** Sub-Category**b** | % Total Fat (cumulative) |
| **MEAT, POULTRY, FISH** | **23.8 (23.8)** |
| Luncheon meats and sausages | 4.9 (4.9) |
| Mixed dishes, mainly meat, poultry or fish | 4.6 (9.5) |
| Poultry | 3.8 (13.3) |
| Mixed dishes, mainly luncheon meats, hamburgers or hotdogs | 3.6 (16.9) |
| Pork | 2.4 (19.3) |
| Beef | 2.2 (21.5) |
| Fish and shellfish | 1.3 (22.8) |
| Liver and Liver pates | 1 (23.8) |
| **DAIRY PRODUCTS** | **19.2 (43.1)** |
| Cheese | 9.1 (9.1) |
| Eggs and omelettes | 5.3 (14.4) |
| Other ‘milk’ beverages | 1.5 (15.9) |
| Cream | 1.4 (17.4) |
| **GRAIN PRODUCTS** | **11.1 (54.2)** |
| Yeast breads | 4.3 (4.3) |
| Breakfast and hot cereals | 2.1 (6.4) |
| Mixed dishes, mainly grain | 1.7 (8) |
| Crackers and crispbreads | 1.2 (9.2) |
| **LEGUMES, NUTS and SEEDS** | **9.8 (63.9)** |
| Nuts, seeds, nut/seed butters/spreads | 8.4 (8.4) |
| **DESSERTS and SWEETS** | **8.7 (72.7)** |
| Confectionary | 3 (3) |
| Sweet baked goods | 2.9 (5.9) |
| Cereal or granola bars | 1.2 (7.1) |
| **FATS & OILS** | **6.9 (79.5)** |
| Fats, oils and spreads | 4.4 (4.4) |
| Salad dressings and mayonnaise | 2.5 (6.9) |
| **SAVOURY SNACKS** | **6.8 (86.3)** |
| Salty, high fat snacks | 5.2 (5.2) |
| Plain pretzels and popcorn | 1.6 (6.8) |
| **VEGETABLES** | **5.6 (91.9)** |
| Potatoes, fried or roasted | 2.2 (2.2) |
| Mixed dishes, mainly vegetables (not potatoes) | 2 (4.2) |
| **OTHER FOODS** | **3 (94.9)** |
| Miscellaneous soups | 1.4 (1.4) |
| Condiments and sauces | 1.3 (2.7) |
| **FRUIT** | **2.7 (97.6)** |
| Fruit | 2.5 (2.5) |
| **BEVERAGES** | **2.4 (100)** |
| Mixed beverages | 1.6 (1.6) |
| aData represent 240 diet records from n=33 participants.bSpecific percentages are reported only for food group sub-categories that contribute at least 1% of the total nutrient contribution. |
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Table S3 Food Group Sources of Calcium Among Adults following a Gluten-free diet a

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| **Main Food Group,** Sub-Category**b** | % Total Calcium (cumulative) |
| **DAIRY PRODUCTS** | **41.5 (41.5)** |
| Cheese | 20.9 (20.9) |
| Milk | 7.7 (28.6) |
| Yogurt | 4.6 (33.2) |
| Other ‘milk’ beverages | 4.5 (37.7) |
| Eggs and omelettes | 2 (39.8) |
| Cream | 1.5 (41.2) |
| **BEVERAGES** | **13.1 (54.6)** |
| Mixed beverages | 7.2 (7.2) |
| Protein powders | 2.1 (9.3) |
| Water | 1.8 (11.1) |
| **GRAIN PRODUCTS** | **11 (65.6)** |
| Breakfast and hot cereals | 3.7 (3.7) |
| Mixed dishes, mainly grain | 2.6 (6.4) |
| Quick breads | 1.6 (8) |
| Yeast breads | 1.2 (9.2) |
| **VEGETABLES** | **8.7 (74.3)** |
| Vegetables, excluding potatoes | 5.4 (5.4) |
| Mixed dishes, mainly vegetables (not potatoes) | 1.9 (7.3) |
| **MEAT, POULTRY, FISH** | **7.5 (81.8)** |
| Mixed dishes, mainly luncheon meats, hamburgers or hotdogs | 3.3 (3.3) |
| Mixed dishes, mainly meat, poultry or fish | 1.4 (4.7) |
| **DESSERTS and SWEETS** | **4.6 (86.4)** |
| Confectionary | 1.6 (1.6) |
| Sweet baked goods | 1.2 (2.8) |
| **OTHER FOODS** | **3.7 (90.1)** |
| Seasonings and spices | 1.7 (1.7) |
| **FRUIT** | **3.7 (93.8)** |
| Fruit | 2.6 (2.6) |
| Fruit juices  | 1 (3.6) |
| **LEGUMES, NUTS and SEEDS** | **3.6 (97.4)** |
| Nuts, seeds, nut/seed butters/spreads | 2.5 (2.5) |
| **SAVOURY SNACKS** | **2.3 (99.7)** |
| Salty, high fat snacks | 2.1 (2.1) |
| **FATS & OILS** | **0.3 (100)** |

aData represent 240 diet records from n=33 participants.

bSpecific percentages are reported only for food group sub-categories that contribute at least 1% of the total nutrient contribution.

Table S4 Food Group Sources of Sodium Among Adults following a Gluten-free diet a

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| **Main Food Group,** Sub-Category | % Total Sodium (cumulative) |
| **MEAT, POULTRY, FISH** | **25.4 (25.4)** |
| Mixed dishes, mainly meat, poultry or fish | 7.2 (7.2) |
| Luncheon meats and sausages | 5.4 (12.6) |
| Mixed dishes, mainly luncheon meats, hamburgers or hotdogs | 4.9 (17.5) |
| Pork | 4.1 (21.6) |
| Fish and shellfish | 1.7 (23.3) |
| Poultry | 1.4 (24.7) |
| **GRAIN PRODUCTS** | **17.1 (42.6)** |
| Yeast breads | 6 (6) |
| Mixed dishes, mainly grain | 3.2 (9.2) |
| Breakfast and hot cereals | 2.8 (12) |
| Quick breads | 2.7 (14.6) |
| **DAIRY PRODUCTS** | **15.3 (57.8)** |
| Cheese | 8.1 (8.1) |
| Eggs and omelettes | 4.4 (12.5) |
| **OTHER FOODS** | **12.8 (70.6)** |
| Condiments and sauces | 5.5 (5.5) |
| Miscellaneous soups | 5.2 (10.8) |
| Seasonings and spices | 1.6 (12.4) |
| **VEGETABLES** | **11.2 (81.8)** |
| Mixed dishes, mainly vegetables (not potatoes) | 5.5 (5.5) |
| Vegetables, excluding potatoes | 2.8 (8.3) |
| Potatoes, fried or roasted | 1.8 (10.1) |
| Potatoes, cooked | 1.1 (11.2) |
| **SAVOURY SNACKS** | **4.8 (86.6)** |
| Salty, high fat snacks | 3.7 (3.7) |
| Plain pretzels and popcorn | 1.1 (4.8) |
| **DESSERTS and SWEETS** | **3.8 (90.4)** |
| Sweet baked goods | 1.8 (1.8) |
| **LEGUMES, NUTS and SEEDS** | **3.3 (93.7)** |
| Mixed dishes, mainly legumes | 2 (2) |
| **BEVERAGES** | **3.3 (97)** |
| Mixed beverages | 1.1 (1.1) |
| **FATS & OILS** | **2.1 (99.1)** |
| Salad dressings and mayonnaise | 1.6 (1.6) |
| **FRUIT** | **0.9 (100)** |
| aData represent 240 diet records from n=33 participants.bSpecific percentages are reported only for food group sub-categories that contribute at least 1% of the total nutrient contribution. |

Table S5 Food Group Sources of Vitamin C Among Adults following a Gluten-free diet a

|  |  |
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| **Main Food Group,** Sub-Category | % Total Vitamin C (cumulative) |
| **VEGETABLES** | **43.2 (43.2)** |
| Vegetables, excluding potatoes | 33.6 (33.6) |
| Mixed dishes, mainly vegetables (not potatoes) | 4.7 (38.3) |
| Potatoes, cooked | 3.7 (41.9) |
| Potatoes, fried or roasted | 1.3 (43.2) |
| **FRUIT** | **31.1 (74.4)** |
| Fruit | 25.3 (25.3) |
| Fruit juices  | 5.6 (30.9) |
| **BEVERAGES** | **7.4 (81.8)** |
| Fruit drinks | 6 (6) |
| **MEAT, POULTRY, FISH** | **6.1 (87.9)** |
| Mixed dishes, mainly meat, poultry or fish | 3.9 (3.9) |
| Mixed dishes, mainly luncheon meats, hamburgers or hotdogs | 1.5 (5.4) |
| **OTHER FOODS** | **3.8 (91.7)** |
| Seasonings and spices | 1.4 (1.4) |
| Condiments and sauces | 1.2 (2.6) |
| **DAIRY PRODUCTS** | **3.7 (95.4)** |
| Other ‘milk’ beverages | 3 (3) |
| **DESSERTS and SWEETS** | **2.4 (97.8)** |
| Confectionary | 1.7 (1.7) |
| **GRAIN PRODUCTS** | **1.1 (98.9)** |
| **SAVOURY SNACKS** | **0.6 (99.5)** |
| **LEGUMES, NUTS and SEEDS** | **0.5 (99.9)** |
| **FATS & OILS** | **0.1 (100)** |

aData represent 240 diet records from n=33 participants.

bSpecific percentages are reported only for food group sub-categories that contribute at least 1% of the total nutrient contribution.

Table S6 Food Group Sources of Vitamin A (RAE) Among Adults following a Gluten-free diet a

|  |  |
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| **Main Food Group,** Sub-Category | % Total Vitamin A (cumulative) |
| **VEGETABLES** | **41.7 (41.7)** |
| Vegetables, excluding potatoes | 34.3 (34.3) |
| Mixed dishes, mainly vegetables (not potatoes) | 7 (41.3) |
| **DAIRY PRODUCTS** | **22.1 (63.8)** |
| Cheese | 7.2 (7.2) |
| Eggs and omelettes | 7 (14.2) |
| Milk | 4 (18.2) |
| Other ‘milk’ beverages | 1.6 (19.8) |
| Cream | 1.4 (21.2) |
| **MEAT, POULTRY, FISH** | **9.4 (73.2)** |
| Mixed dishes, mainly meat, poultry or fish | 4 (4) |
| Fish and shellfish | 1.9 (5.9) |
| Mixed dishes, mainly luncheon meats, hamburgers or hotdogs | 1.4 (7.3) |
| Liver and Liver pates | 1.1 (8.4) |
| **BEVERAGES** | **8.3 (81.5)** |
| Protein powders | 5.3 (5.3) |
| Mixed beverages | 2.8 (8.2) |
| **GRAIN PRODUCTS** | **4.6 (86)** |
| Breakfast and hot cereals | 2.8 (2.8) |
| Mixed dishes, mainly grain | 1.5 (4.3) |
| **OTHER FOODS** | **4.4 (90.4)** |
| Miscellaneous soups | 3.1 (3.1) |
| **FATS & OILS** | **3.1 (93.5)** |
| Fats, oils and spreads | 2.9 (2.9) |
| **DESSERTS and SWEETS** | **2.9 (96.5)** |
| Sweet baked goods | 1.2 (1.2) |
| **FRUIT** | **2.6 (99)** |
| Fruit | 2.1 (2.1) |
| **SAVOURY SNACKS** | **0.9 (99.9)** |
| **LEGUMES, NUTS and SEEDS** | **0.1 (100)** |

aData represent 240 diet records from n=33 participants.

bSpecific percentages are reported only for food group sub-categories that contribute at least 1% of the total nutrient contribution.