

Supplementary Table S4: Proportion of women below and above recommendations for micronutrients (including food sources and supplements) between pregnant women and women planning to conceive

| | Pregnant women (n=55) | | | | Women planning to conceive (n=55) | | | | <i>p</i> -value (%Below EAR) | <i>p</i> -value (%Above UL) |
|----------------------------------|--------------------------|------|-------------------|------------------|--------------------------------------|------|-------------------|------------------|------------------------------------|-----------------------------------|
| | EAR | UL | % Below EAR | % Above UL | EAR | UL | % Below EAR | % Above UL | | |
| Vitamin D (IU/day) | 400 | 4000 | 20 | 2 | 400 | 4000 | 46 | 0 | 0.0044 | 0.3151 |
| Iron (mg/day) | 22 | 45 | 11 | 38 | 8.1 | 45 | 4 | 7 | 0.1419 | 0.0001 |
| Folate (µg DFE/day) | 520 | - | 6 | - | 320 | - | 2 | - | 0.3083 | - |
| Folic acid (µg/day) | - | 1000 | - | 95 | - | 1000 | - | 55 | - | < 0.0001 |
| Vitamin B ₆ (mg/day) | 1.6 | 100 | 7 | 0 | 1.1 | 100 | 4 | 0 | 0.4011 | - |
| Magnesium (mg/day) | 290-300 | 350 | 7 | 0 | 255-265 | 350 | 4 | 0 | 0.4011 | - |
| Vitamin A (µg RAE/day) | 550 | 3000 | 2 | 0 | 500 | 3000 | 6 | 0 | 0.3083 | - |
| Zinc (mg/day) | 9.5 | 40 | 4 | 0 | 6.8 | 40 | 2 | 0 | 0.5583 | - |
| Calcium (mg/day) | 800 | 2500 | 2 | 0 | 800 | 2500 | 9 | 2 | 0.0931 | 0.3151 |
| Vitamin C (mg/day) | 70 | 2000 | 2 | 0 | 60 | 2000 | 13 | 0 | 0.0276 | - |
| Thiamin (mg/day) | 1.2 | - | 2 | - | 0.9 | - | 0 | - | 0.3151 | - |
| Vitamin B ₁₂ (µg/day) | 2.2 | - | 2 | - | 2.0 | - | 4 | - | 0.5583 | - |
| Riboflavin (mg/day) | 1.2 | - | 2 | - | 0.9 | - | 0 | - | 0.3151 | - |
| Niacin (mg NE/day) | 14 | 35 | 0 | 0 | 11 | 35 | 0 | 0 | - | - |
| Phosphorus (mg/day) | 580 | 3500 | 0 | 0 | 580 | 4000 | 0 | 0 | - | - |
| Sodium (mg/day) | - | 2300 | - | 96 | - | 2300 | - | 78 | - | 0.0042 |
| Manganese (mg/day) | - | 11 | - | 2 | - | 11 | - | 0 | - | 0.3151 |
| Selenium (µg/day) | 49 | 400 | 0 | 0 | 45 | 400 | 0 | 0 | - | - |
| Copper (mg/day) | 0.8 | 10 | 2 | 0 | 0.7 | 10 | 0 | 0 | 0.3151 | - |

p-values refer to Chi-squared tests between the 2 groups. Bold indicates overall statistically significant difference, $p < 0.05$. When no EAR or UL was established for a nutrient, the “-” is used instead of a 0. EAR: estimated average requirement; UL: upper intake limit; DFE: dietary folate equivalent; RAE: retinol activity equivalents; NE: niacin equivalent.