**SUPPLEMENTARY MATERIAL**

**Table S1. Criteria used to calculate the carbohydrate quality index (CQI)**

|  |  |  |  |
| --- | --- | --- | --- |
| **Components of the carbohydrate quality index (CQI)** | **Index range (points)** | **Criteria for minimum index** | **Criteria for maximum index** |
| **Dietary fiber intake (g/d)** | 1-5 | Minimum dietary fiber (first quintile) | Maximum dietary fiber intake (fifth quintile) |
| **Glycemic index** | 1-5 | Maximum glycemic index (first quintile) | Minimum glycemic index (fifth quintile) |
| **Ratio of whole grains: (whole grains + refined grains of their products)** | 1-5 | Minimum value of this ratio (first quintile) | Maximum value of this ratio (fifth quintile) |
| **Ratio of solid carbohydrates (g): (solid carbohydrates (g) + liquid carbohydrates (g))** | 1-5 | Minimum value of this ratio (first quintile) | Maximum value of this ratio (fifth quintile) |
| **Total index**  **(range)** | **4-20** |  |  |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Table S2. Parameters of carbohydrate quality intake across quartiles of CQI. Mean (sd)**   |  |  |  |  |  | | --- | --- | --- | --- | --- | |  | **CQI** | | | | |  | **Q1** | **Q2** | **Q3** | **Q4** | | **Fibre intake (g/d)** | 15.91 (4.19) | 20.21 (3.87) | 22.51 (5.42) | 27.17 (6.10) | | **Glycemic index** | 50.5 (3.6) | 49.4 (4.0) | 48.8 (3.3) | 47.6 (3.5) | | **Carbohydrate intake from whole grains (g/d)** | 0.62 (2.52) | 1.45 (3.29) | 7.02 (10.18) | 11.99 (10.30) | | **Carbohydrate intake from refined grains (g/d)** | 74.56 (28.73) | 74.67 (31.37) | 67.61 (29.05) | 56.88 (23.88) | | **Solid carbohydrate intake (g/d)** | 171.7 (46.5) | 194.6 (45.7) | 198.5 (52.5) | 206.6 (45.9) | | **Liquid carbohydrate intake (g/d)** | 34.4 (17.2) | 31.8 (17.7) | 27.9 (17.0) | 19.9 (13.3) | |

**Table S3. Prevalence of inadequate micronutrient intake according to quartiles of CQI (percentages)**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | **CQI** | | | |
|  | **Q1** | **Q2** | **Q3** | **Q4** |
| **n** | **252** | **178** | **219** | **174** |
| **% Inadequate Intake** |  |  |  |  |
| **Vitamin A (equiv Retinol)** | 2.4 | 0.0 | 0.0 | 0.0 |
| **Vitamin C** | 1.2 | 0.0 | 0.0 | 0.0 |
| **Vitamin D** | 100 | 100 | 100 | 100 |
| **Vitamin E** | 35.7 | 24.7 | 21.5 | 14.9 |
| **Vitamin B1** | 0.0 | 0.0 | 0.0 | 0.0 |
| **Vitamin B2** | 0.0 | 0.0 | 0.0 | 0.0 |
| **Vitamina B3** | 0.0 | 0.0 | 0.0 | 0.0 |
| **Vitamin B6** | 0.0 | 0.0 | 0.0 | 0.0 |
| **Folic Acid** | 11.1 | 2.3 | 0.9 | 0.6 |
| **Vitamin B12** | 0.0 | 0.0 | 0.0 | 0.6 |
| **Ca** | 17.9 | 11.8 | 11.9 | 13.8 |
| **I** | 9.1 | 3.9 | 3.2 | 5.7 |
| **Fe** | 0.0 | 0.0 | 0.0 | 0.0 |
| **P** | 0.0 | 0.0 | 0.0 | 0.0 |
| **Mg** | 0.0 | 0.0 | 0.0 | 0.0 |
| **Se** | 0.0 | 0.0 | 0.0 | 0.0 |
| **Zn** | 0.0 | 0.0 | 0.0 | 0.0 |
| **Cr** | 0.8 | 0.0 | 0.0 | 0.0 |
| **K** | 26.2 | 5.6 | 5.9 | 2.3 |
| **Na** | 0.4 | 0.0 | 1.37 | 0.6 |

Diagrama

Descripción generada automáticamente

**Figure S1. Odds Ratio and 95% CI of inadequate intake of** ≥**3 micronutrients associated with quartiles of each component of the CQI**