

Intake of Micronutrients and Fatty Acids of Vegetarian, Vegan, and Omnivorous Children (1-3 Years) in Germany (VeChi Diet Study)

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Summary

This supplementary information includes a flow chart of the recruitment of the VeChi Diet Study (Fig. S1). Fig. S2 shows the intake of vitamins and minerals as percentages of the harmonised Average Requirement (%h-AR). Table S1 presents the mean intake of vitamins, minerals, and long chain n-3 fatty acids obtained from food and dietary supplements.

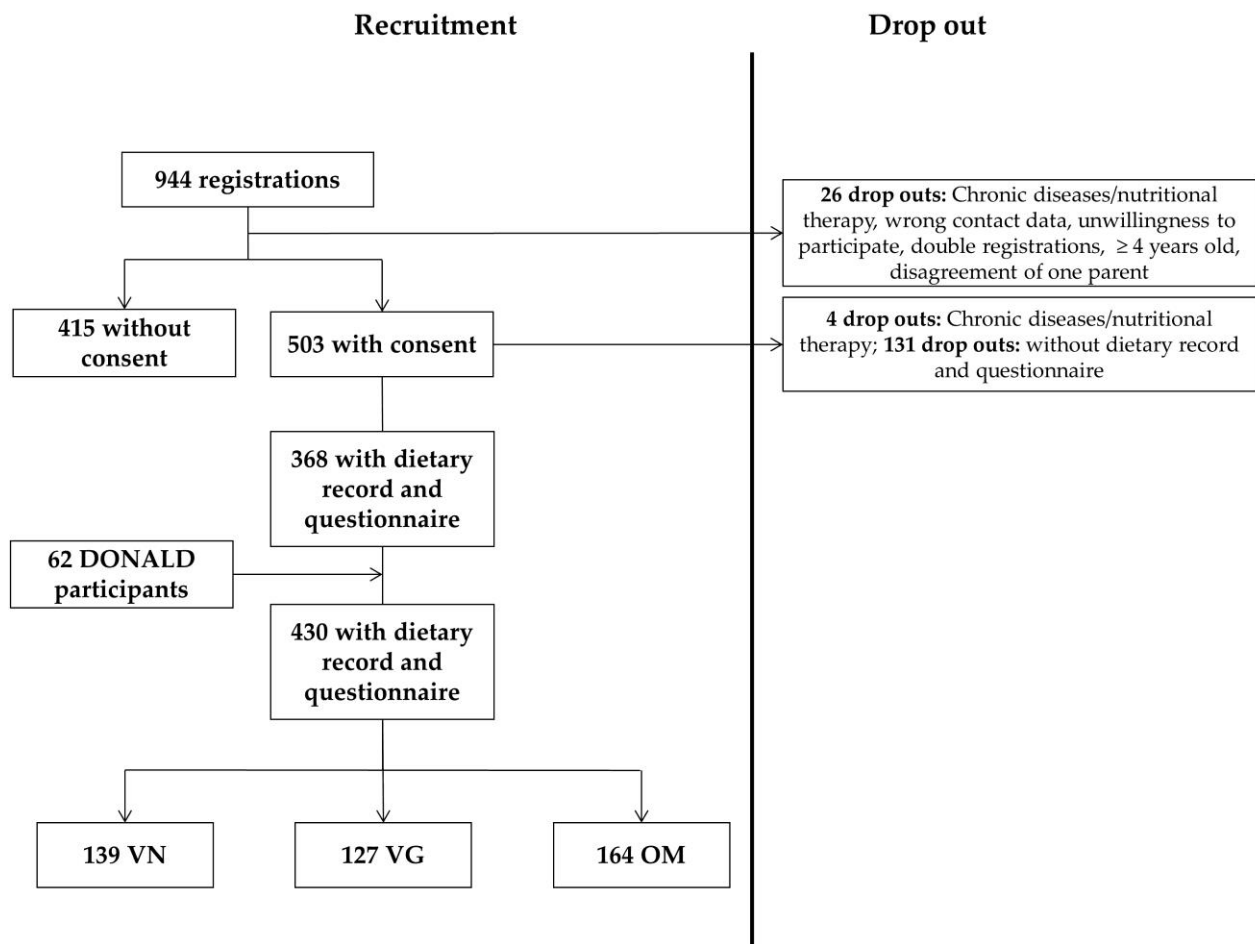
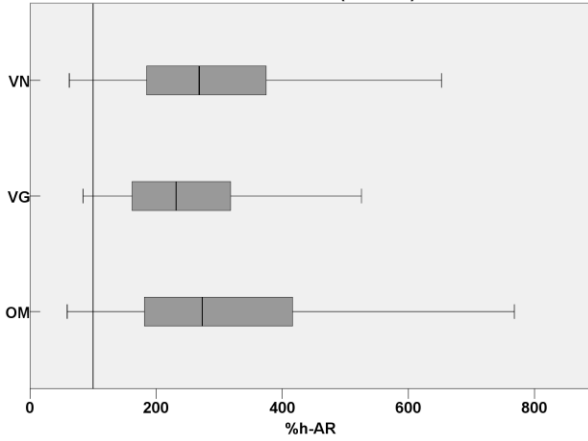
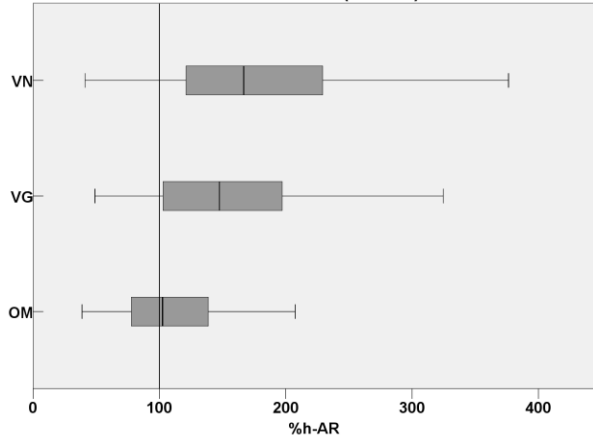


Fig. S1 Flow chart showing the recruitment of vegetarian (VG), vegan (VN), and omnivorous (OM) children in the VeChi Diet Study

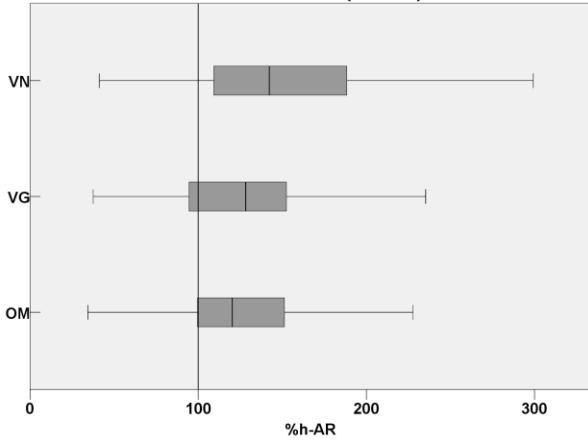
Vitamin A intake (%h-AR)



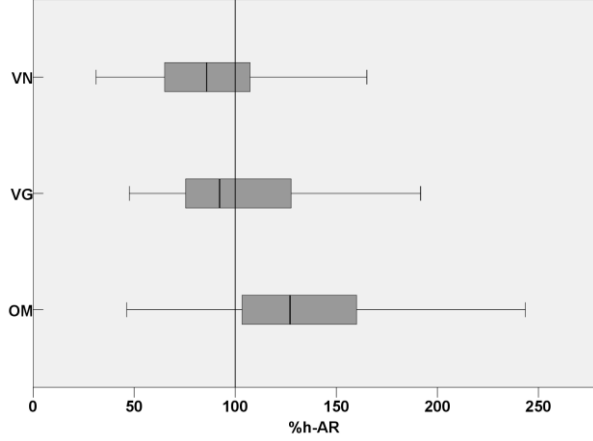
Vitamin E intake (%h-AR)



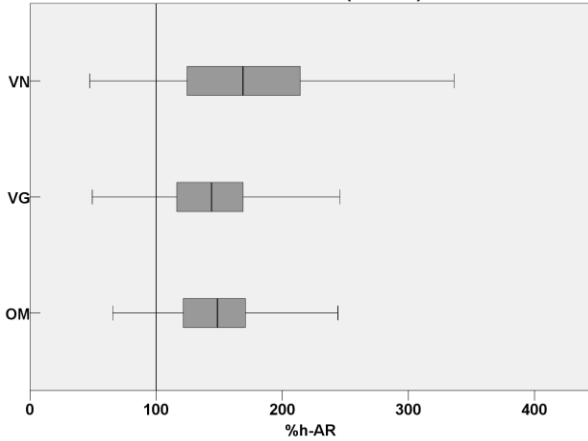
Vitamin B1 intake (%h-AR)



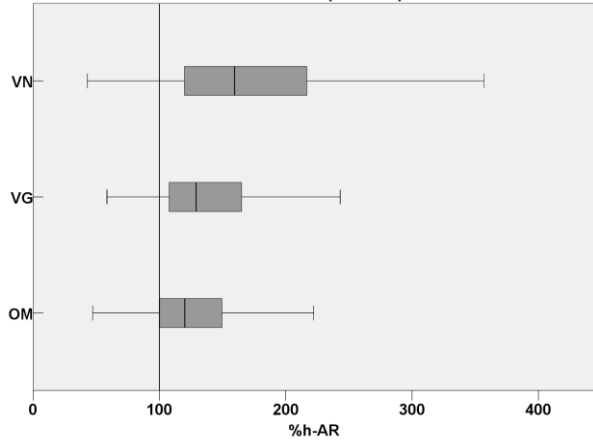
Vitamin B2 intake (%h-AR)



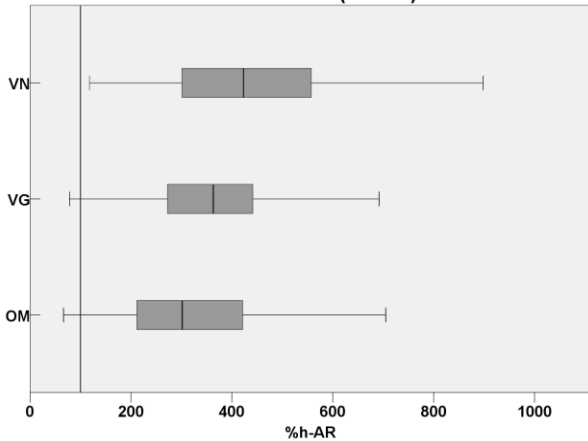
Vitamin B6 intake (%h-AR)



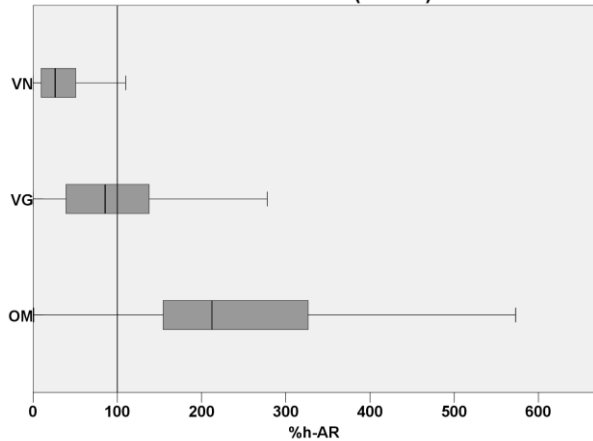
Folate intake (%h-AR)



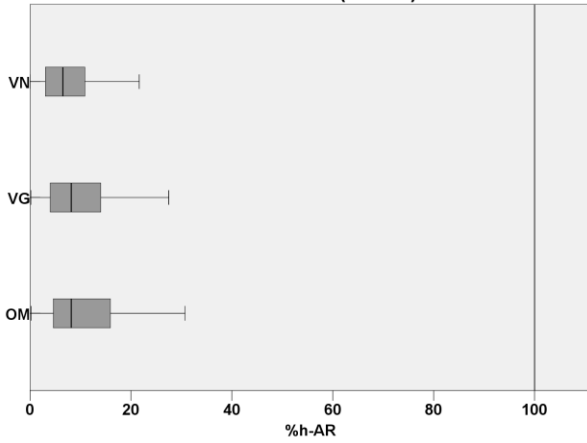
Vitamin C intake (%h-AR)



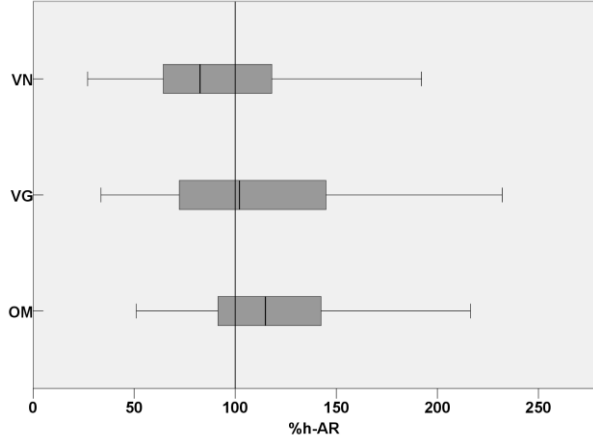
Vitamin B12 intake (%h-AR)



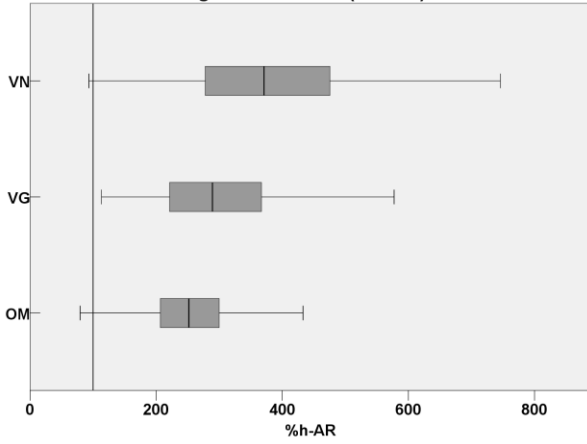
Vitamin D intake (%h-AR)



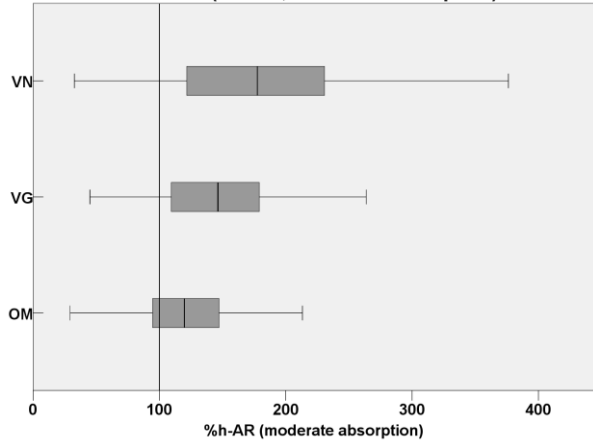
Calcium intake (%h-AR)



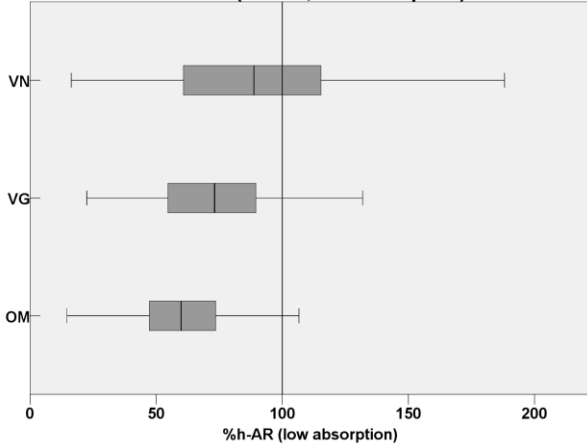
Magnesium intake (%h-AR)



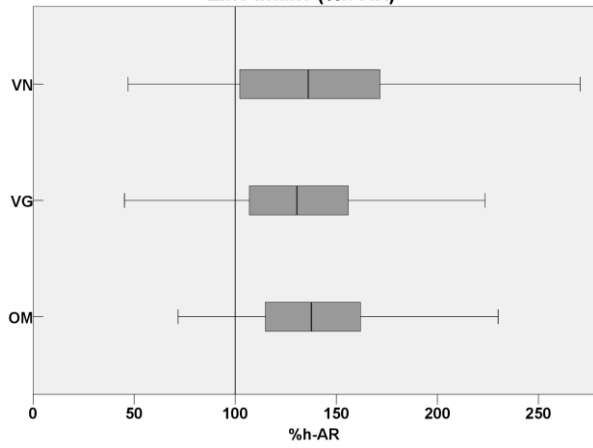
Iron intake (%h-AR, moderate absorption)



Iron intake (%h-AR, low absorption)



Zinc intake (%h-AR)



Iodine intake (%h-AR)

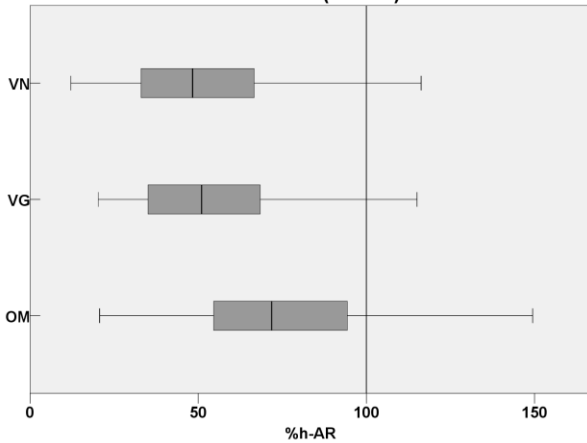


Fig. S2 Intake of vitamins and minerals as percentages of the harmonised Average Requirement (h-AR) (1) by diet group in 1–3-year-old children in the VeChi Diet Study. %h-AR, percentages of the harmonised Average Requirement; VN, vegan; VG, vegetarian; OM, omnivorous. Median [—], interquartile range [box; 25th and 75th percentiles], minimum and maximum value

Table S1 Mean intake of vitamins, minerals, and long chain n-3 fatty acids obtained from food and dietary supplements of vegan (VN), vegetarian (VG), and omnivorous (OM) children in the VeChi Diet Study

	VN (n = 139)		VG (n = 127)		OM (n = 164)		h-AR (1)
	Food	Supplements	Food	Supplements	Food	Supplements	
Vitamin A (retinol eq) (µg/d)	623 ± 361	16 ± 87	544 ± 324	3 ± 23	692 ± 517	3 ± 34	205
Vitamin E (mg/d)	9.2 ± 4.3	0.7 ± 3.2	7.8 ± 3.4	0.5 ± 3.8	5.7 ± 2.6	0.5 ± 5.4	5.0
Vitamin D (µg/d)	1 ± 1	19 ± 45	1 ± 1	6 ± 8	1 ± 1	5 ± 8	10
Vitamin K (µg/d)	98 ± 74	4 ± 15	71 ± 44	0 ± 3	57 ± 43	1 ± 7	-
Vitamin B ₁ (µg/d)	605 ± 252	56 ± 253	512 ± 189	54 ± 321	513 ± 158	37 ± 405	400
Vitamin B ₂ (µg/d)	469 ± 224	145 ± 504	525 ± 222	52 ± 266	678 ± 237	35 ± 284	500
Vitamin B ₆ (mg/d)	0.9 ± 0.4	0.2 ± 0.6	0.7 ± 0.3	0.06 ± 0.4	0.8 ± 0.2	0.06 ± 0.5	0.5
Folate (µg/d)	160 ± 79	23 ± 69	125 ± 42	10 ± 73	116 ± 40	8 ± 90	90
Vitamin C (mg/d)	68 ± 31	7 ± 31	57 ± 24	4 ± 29	50 ± 24	4 ± 40	15
Vitamin B ₁₂ (µg/d)	0.3 ± 0.3	208 ± 305	0.8 ± 0.7	68 ± 177	1.8 ± 1.1	20 ± 147	0.7
Potassium (mg/d)	1842 ± 658	0 ± 2	1581 ± 486	0 ± 2	1591 ± 433	1 ± 4	-
Calcium (mg/d) #	368 ± 167	6 ± 34	428 ± 184	1 ± 11	471 ± 154	1 ± 10	390
Magnesium (mg/d)	250 ± 103	4 ± 27	197 ± 77	1 ± 6	171 ± 50	1 ± 8	65
Iron (mg/d)	8.9 ± 3.8	1.7 ± 7.0	7.4 ± 2.9	0.1 ± 0.5	6.2 ± 2.2	0.2 ± 1.4	moderate absorption: 5.0 low absorption: 10.0
Zinc (mg/d)	5.1 ± 1.9	0.3 ± 1.2	4.8 ± 1.6	0.1 ± 0.5	5.1 ± 1.3	0.1 ± 0.7	3.6
Iodine (µg/d)	35 ± 25	9 ± 26	44 ± 90	1 ± 8	50 ± 23	2 ± 8	65
20:5n-3 (EPA, mg/d)	5.6 ± 6.7	10.2 ± 43.7	3.4 ± 4.5	8.2 ± 42.0	35.6 ± 52.6	0 ± 0	-
22:6n-3 (DHA, mg/d)	27.5 ± 31.0	20.7 ± 79.7	21.3 ± 17.5	16.2 ± 73.0	65.5 ± 80.8	0 ± 0	-

VN, vegan; VG, vegetarian; OM, omnivorous; h-AR, harmonized Average Requirement; eq, equivalents.

Values are presented mean ± SD.

without outliers (n = 4)

Literature Cited

1. Allen LH, Carriquiry AL, Murphy SP. Perspective: Proposed Harmonized Nutrient Reference Values for Populations. *Adv Nutr* 2020; 11(3):469–83.