**S6 Table.** PANDiet score, Adeq-S, Mod-S, total energy intake without alcohol and probabilities of adequacy for nutrient intakes for D0’ (initial observed modified diet) and their changes in final simulated diets under type-1 (Δ1), type-2 (Δ2) and type-3 (Δ3) changes for women of childbearing age (*n*=344) participating in the ENNS1 study.

|  |  |  |
| --- | --- | --- |
|  | Delta between the initial observed modified diet (D0’) and... |  |
|  | Initial observed modified diet (D0’)2 | Final simulated diet under type-1changes(Δ1)3 | Final simulated diet under type-2 changes(Δ2) 3 | Final simulated diet under type-3 changes(Δ3) 3 | *P* 4 |
| Energy intake without alcohol (kcal/d) | 1860.9 ± 394.9 | + 94.0 ± 2.65a | + 32.3 ± 1.94b | + 49.5 ± 2.42c | **<0.001** |
| PANDiet score | 57.1 ± 7.4 | + 9.78 ± 0.18a | + 14.84 ± 0.20b | + 23.93 ± 0.26c | **<0.001** |
| Adeq-S | 55.6 ± 12.7 | + 9.29 ± 0.26a | + 14.10 ± 0.30b | + 23.24 ± 0.37c | **<0.001** |
| Protein | 0.97 ± 0.08 | + 0.014 ± 0.0029a.b | + 0.0088 ± 0.002b | + 0.018 ± 0.0034a | **0.027** |
| Total carbohydrate | 0.40 ± 0.39 | + 0.30 ± 0.018a | + 0.20 ± 0.015b | + 0.27 ± 0.021a | **<0.001** |
| Total fat | 0.91 ± 0.19 | - 0.031 ± 0.0066a | + 0.014 ± 0.0092b | + 0.044 ± 0.010b | **<0.001** |
| LA | 0.56 ± 0.34 | + 0.060 ± 0.0090a | + 0.29 ± 0.016b | + 0.38 ± 0.018c | **<0.001** |
| ALA | 0.08 ± 0.18 | + 0.013 ± 0.0049a | + 0.23 ± 0.015b | + 0.41 ± 0.017c | **<0.001** |
| DHA | 0.18 ± 0.29 | + 0.055 ± 0.0082a | + 0.14 ± 0.014b | + 0.70 ± 0.018c | **<0.001** |
| EPA + DHA | 0.14 ± 0.26 | + 0.054 ± 0.0080a | + 0.15 ± 0.014b | + 0.71 ± 0.017c | **<0.001** |
| Dietary fiber | 0.12 ± 0.20 | + 0.13 ± 0.0080a | + 0.080 ± 0.0067b | + 0.24 ± 0.012c | **<0.001** |
| Vitamin A | 0.75 ± 0.29 | + 0.0082 ± 0.0081a | + 0.093 ± 0.012b | - 0.086 ± 0.014c | **<0.001** |
| Thiamin | 0.29 ± 0.31 | + 0.13 ± 0.0077a | + 0.22 ± 0.014b | + 0.41 ± 0.015c | **<0.001** |
| Riboflavin | 0.77 ± 0.28 | + 0.077 ± 0.0064a | + 0.082 ± 0.0084a | + 0.16 ± 0.013b | **<0.001** |
| Niacin | 0.73 ± 0.28 | + 0.13 ± 0.0084a | + 0.16 ± 0.011a | + 0.25 ± 0.015b | **<0.001** |
| Pantothenic acid | 0.63 ± 0.32 | + 0.15 ± 0.0080a | + 0.10 ± 0.0093b | + 0.29 ± 0.014c | **<0.001** |
| Vitamin B6 | 0.36 ± 0.35 | + 0.20 ± 0.011a | + 0.28 ± 0.013b | + 0.58 ± 0.018c | **<0.001** |
| Folate | 0.46 ± 0.32 | + 0.15 ± 0.0078a | + 0.26 ± 0.011b | + 0.26 ± 0.012b | **<0.001** |
| Vitamin B12 | 0.87 ± 0.21 | + 0.023 ± 0.0058a | + 0.045 ± 0.0084a | + 0.10 ± 0.011b | **<0.001** |
| Vitamin C | 0.43 ± 0.38 | + 0.19 ± 0.012a | + 0.26 ± 0.017b | + 0.38 ± 0.017c | **<0.001** |
| Vitamin D | 0.03 ± 0.11 | + 0.0078 ± 0.0027a | + 0.025 ± 0.0057a | + 0.42 ± 0.017b | **<0.001** |
| Vitamin E | 0.54 ± 0.34 | + 0.15 ± 0.0099a | + 0.31 ± 0.015b | + 0.35 ± 0.015c | **<0.001** |
| Calcium | 0.78 ± 0.28 | + 0.051 ± 0.0074a | + 0.066 ± 0.0071a | - 0.12 ± 0.011b | **<0.001** |
| Iron | 0.76 ± 0.19 | + 0.076 ± 0.0045a | + 0.13 ± 0.0072b | + 0.15 ± 0.0085c | **<0.001** |
| Iodine | 0.22 ± 0.24 | + 0.040 ± 0.0063a | + 0.039 ± 0.011a | + 0.074 ± 0.011a | **0.30** |
| Magnesium | 0.39 ± 0.36 | + 0.16 ± 0.0085a | + 0.25 ± 0.013b | + 0.30 ± 0.013c | **<0.001** |
| Phosphorus | 0.98 ± 0.05 | + 0.0093 ± 0.0021a.b | + 0.0068 ± 0.0014a | + 0.012 ± 0.0026b | **0.031** |
| Potassium | 0.65 ± 0.31 | + 0.18 ± 0.0089a | + 0.15 ± 0.0081b | + 0.22 ± 0.011c | **<0.001** |
| Selenium | 0.70 ± 0.30 | + 0.082 ± 0.0070a | + 0.20 ± 0.014b | + 0.23 ± 0.014b | **<0.001** |
| Zinc | 0.90 ± 0.16 | + 0.041 ± 0.0045a | + 0.039 ± 0.0058a | - 0.013 ± 0.0074b | **<0.001** |
| Mod-S | 58.7 ± 11.6 | + 10.28 ± 0.33a | + 15.58 ± 0.42b | + 24.61 ± 0.47c | **<0.001** |
| Protein | 0.97 ± 0.12 | + 0.018 ± 0.0041a | + 0.012 ± 0.0037a | + 0.014 ± 0.0041a | 1.00 |
| Total carbohydrate | 0.99 ± 0.06 | + 0.0069 ± 0.0027a | + 0.0082 ± 0.0028a.b | + 0.0095 ± 0.0030b | 0.078 |
| Free sugars | 0.54 ± 0.39 | + 0.16 ± 0.012a | + 0.19 ± 0.014a | + 0.25 ± 0.016b | **<0.001** |
| Total fat | 0.59 ± 0.38 | + 0.27 ± 0.016a | + 0.24 ± 0.016a | + 0.32 ± 0.018b | **<0.001** |
| SFA | 0.15 ± 0.22 | + 0.18 ± 0.0094a | + 0.31 ± 0.013b | + 0.53 ± 0.014c | **<0.001** |
| Cholesterol | 0.49 ± 0.34 | + 0.14 ± 0.0090a | + 0.25 ± 0.013b | + 0.39 ± 0.016c | **<0.001** |
| Sodium | 0.39 ± 0.31 | -0.052 ± 0.0066a | + 0.074 ± 0.0075b | + 0.21 ± 0.012c | **<0.001** |
| Penalty | 0.01 ± 0.09 | -0.0058 ± 0.0041a | + 0.01 ± 0.009a | + 0.01 ± 0.009a | 1.00 |

1 *Etude Nationale Nutrition Santé*, 2006-2007.

2 Values are mean ± SD

3 Values are mean ± SEM

4 The effects of the type of dietary changes were assessed under a mixed model with a random effect on the individual where the dependent variable was the delta for the variables presented in the first column, and the independent variable was the type of dietary changes. a,b,c Comparisons of means between Δ1, Δ2 and Δ3 were performed under this model with a Bonferroni correction. *P*<0.05

Adeq-S, Adequacy sub-score of the PANDiet. ALA, alpha linolenic acid. DHA, docosahexaenoic acid. EPA, eicosapentaenoic acid. LA, linoleic acid. Mod-S, Moderation sub-score of the PANDiet. SFA, saturated fatty acids.