**S8 Table.** PANDiet scores, Adeq-S, Mod-S, probabilities of adequacy for nutrient intakes and total energy intake excluding alcohol for the initial observed modified diet (D0’), the final simulated diet under type-2 dietary changes (D2), their delta (Δ2) and the percentage of individuals with an increase between D2 and D0’ for women of childbearing age (*n*=344) participating in the ENNS1 study.

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  | Initial modified observed diet(D0’)2 | Final simulated diet under type-2 changes (D2)2 | Delta 2 (Δ2)3 | *P*4 | Individual with an increase | *P*5 |
| Energy intake without alcohol (kcal/d) | 1860.9 ± 394.9 | 1893.2 ± 396.2 | + 32.3 ± 1.94(18.2) | <0.0001 | 100% | <0.0001 |
| PANDiet | 57.1 ± 7.4 | 72.0 ± 7.6 | + 14.84 ± 0.20(14.88) | <0.0001 | 100% | <0.0001 |
| Adeq-S | 55.6 ± 12.7 | 69.7 ± 10.7 | + 14.10 ± 0.30(13.61) | <0.0001 | 99.7% | <0.0001 |
| Protein | 0.97 ± 0.08 | 0.98 ± 0.06 | + 0.0088 ± 0.002(0)6 | <0.0001 | 64.5% | <0.0001 |
| Total carbohydrate | 0.40 ± 0.39 | 0.60 ± 0.38 | + 0.20 ± 0.015(0.091) | <0.0001 | 74.7% | <0.0001 |
| Total fat | 0.91 ± 0.19 | 0.93 ± 0.15 | + 0.014 ± 0.0092(0)6 | 1.00 | 40.7% |  0.36 |
| LA | 0.56 ± 0.34 | 0.84 ± 0.21 | + 0.29 ± 0.016(0.21) | <0.0001 | 88.7% | <0.0001 |
| ALA | 0.08 ± 0.18 | 0.30 ± 0.32 | + 0.23 ± 0.015(0.081) | <0.0001 | 82.3% | <0.0001 |
| DHA | 0.18 ± 0.29 | 0.32 ± 0.36 | + 0.14 ± 0.014(0)6 | <0.0001 | 61.6% |  0.00074 |
| EPA + DHA | 0.14 ± 0.26 | 0.29 ± 0.34 | + 0.15 ± 0.014(0)6 | <0.0001 | 66.6% | <0.0001 |
| Dietary fiber | 0.12 ± 0.20 | 0.20 ± 0.26 | + 0.080 ± 0.0067(0.023) | <0.0001 | 88.7% | <0.0001 |
| Vitamin A | 0.75 ± 0.29 | 0.84 ± 0.22 | + 0.093 ± 0.012(0.015) | <0.0001 | 57.3% | 0.32 |
| Thiamin | 0.29 ± 0.31 | 0.51 ± 0.33 | + 0.22 ± 0.014(0.15) | <0.0001 | 87.8% | <0.0001 |
| Riboflavin | 0.77 ± 0.28 | 0.85 ± 0.22 | + 0.082 ± 0.0084(0.019) | <0.0001 | 78.5% | <0.0001 |
| Niacin | 0.73 ± 0.28 | 0.89 ± 0.18 | + 0.16 ± 0.011(0.085) | <0.0001 | 88.7% | <0.0001 |
| Pantothenic acid | 0.63 ± 0.32 | 0.73 ± 0.28 | + 0.10 ± 0.0093(0.053) | <0.0001 | 72.1% | <0.0001 |
| Vitamin B6 | 0.36 ± 0.35 | 0.64 ± 0.33 | + 0.28 ± 0.013(0.24) | <0.0001 | 91.9% | <0.0001 |
| Folate | 0.46 ± 0.32 | 0.72 ± 0.27 | + 0.26 ± 0.011(0.22) | <0.0001 | 96.8% | <0.0001 |
| Vitamin B12 | 0.87 ± 0.21 | 0.91 ± 0.13 | + 0.045 ± 0.0084(0)6 | <0.0001 | 50.0% | 1.00 |
| Vitamin C | 0.43 ± 0.38 | 0.69 ± 0.33 | + 0.26 ± 0.017(0.16) | <0.0001 | 80.5% | <0.0001 |
| Vitamin D | 0.03 ± 0.11 | 0.05 ± 0.15 | + 0.025 ± 0.0057(0)6 | 0.00065 | 46.8% |  1.00 |
| Vitamin E | 0.54 ± 0.34 | 0.85 ± 0.21 | + 0.31 ± 0.015(0.25) | <0.0001 | 93.9% | <0.0001 |
| Calcium | 0.78 ± 0.28 | 0.85 ± 0.23 | + 0.066 ± 0.0071(0.012) | <0.0001 | 72.7% | <0.0001 |
| Iron | 0.76 ± 0.19 | 0.88 ± 0.11 | + 0.13 ± 0.0072(0.10) | <0.0001 | 77.0% | <0.0001 |
| Iodine | 0.22 ± 0.24 | 0.26 ± 0.27 | + 0.039 ± 0.011(0)6 | 0.012 | 48.8% |  1.00 |
| Magnesium | 0.39 ± 0.36 | 0.64 ± 0.35 | + 0.25 ± 0.013(0.20) | <0.0001 | 93.0% | <0.0001 |
| Phosphorus | 0.98 ± 0.05 | 0.99 ± 0.04 | + 0.0068 ± 0.0014(0)6 | <0.0001 | 64.8% | <0.0001 |
| Potassium | 0.65 ± 0.31 | 0.79 ± 0.25 | + 0.15 ± 0.0081(0.11) | <0.0001 | 91.6% | <0.0001 |
| Selenium | 0.70 ± 0.30 | 0.91 ± 0.14 | + 0.20 ± 0.014(0.11) | <0.0001 | 79.7% | <0.0001 |
| Zinc | 0.90 ± 0.16 | 0.94 ± 0.11 | + 0.039 ± 0.0058(0)6 | <0.0001 | 65.7% | <0.0001 |
| Mod-S | 58.7 ± 11.6 | 74.3 ± 12.6 | + 15.58 ± 0.42(15.18) | <0.0001 | 100.0% | <0.0001 |
| Protein | 0.97 ± 0.12 | 0.98 ± 0.09 | + 0.012 ± 0.0037(0)6 | 0.036 | 32.3% | 1.00 |
| Total carbohydrate | 0.99 ± 0.06 | 1.00 ± 0.01 | + 0.0082 ± 0.0028(0)6 | 0.14 | 39.2% | 1.00 |
| Free sugars | 0.54 ± 0.39 | 0.73 ± 0.36 | + 0.19 ± 0.014(0.056) | <0.0001 | 74.1% | <0.0001 |
| Total fat | 0.59 ± 0.38 | 0.83 ± 0.31 | + 0.24 ± 0.016(0.10) | <0.0001 | 82.3% | <0.0001 |
| SFA | 0.15 ± 0.22 | 0.46 ± 0.32 | + 0.31 ± 0.013(0.30) | <0.0001 | 97.4% | <0.0001 |
| Cholesterol | 0.49 ± 0.34 | 0.74 ± 0.31 | + 0.25 ± 0.013(0.21) | <0.0001 | 90.7% | <0.0001 |
| Sodium | 0.39 ± 0.31 | 0.46 ± 0.33 | + 0.074 ± 0.0075(0.035) | <0.0001 | 70.6% | <0.0001 |
| Penalty | -0.01 ± 0.09 | 0 | + 0.01 ± 0.009(0) | 1.00 | 0.9% | 1.00 |

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

2Values are mean ± SD

3 Values are mean ± SEM

4 Student t-tests with a Bonferroni correction were performed to define whether the means of the delta for PANDiet scores, Adeq-S, Mod-S, probabilities of adequacy for nutrient intakes and energy intake excluding alcohol between the initial observed modified diet (D0’) and the final simulated diet under type-2 dietary changes (D2), named Δ2, were different from 0.

5 Sign tests with a Bonferroni correction were performed to define whether the percentage of individuals with a positive or negative Δ2 for PANDiet scores, Adeq-S, Mod-S, probabilities of adequacy for nutrient intakes and energy intake excluding alcohol were different.

**6** Median is between -0.01 and 0.01.

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.