

Food and nutrient intake among Swedish Sami

Supplementary table 1: Female nutrient intake results. Nutrient intakes for female non-reindeer herding Sami (n=247), reindeer herding Sami (n=63), and local controls (n=488) compared to recommended daily intakes by the Swedish Food Administration. Values are reported as means and SEM of questionnaire data converted to daily intakes.

Daily intake	Controls		Sami (non-reindeer herding)		Sami (reindeer herding)		Recommended daily intake*
	Mean	SEM	Mean	SEM	Mean	SEM	
Macronutrients							
Total energy (MJ)	6.91	0.10	7.07	0.16	7.15	0.28	
Protein (g)	62.86	0.94	65.09	1.56	68.92	3.35	
% of energy from protein	15.63	0.11	15.74	0.15	16.28	0.28	10-15% of total energy
Total fat (g)	55.36	0.85	57.08	1.38	59.13	2.73	
% of energy from fat	29.99	0.23	30.00	0.32	30.51	0.66	<30% of total energy
Saturated fat (g)	22.73	0.37	23.53	0.61	23.91	1.07	10% of total energy
Monounsaturated fat (g)	19.75	0.32	20.18	0.51	21.16	1.05	10-15% of total energy
Polyunsaturated fat (g)	8.58	0.16	8.86	0.24	9.40	0.57	5-10% of total energy
Cholesterol (mg)	184.96	3.06	192.36	5.39	211.50	10.20	
Total carbohydrate (g)	219.29	3.64	223.14	5.31	219.67	8.71	
% of energy from carbohydrate	50.29	0.27	50.30	0.34	49.31	0.71	55-60% of total energy
Sucrose (g)	35.65	0.84	36.09	1.14	33.95	2.13	
Alcohol (g)	1.77	0.098	1.53	0.10	1.73	0.34	
Fibre (g)	20.92	0.42	22.14	0.78	21.41	1.37	25-35 g
Vitamins and minerals							
Vitamin A (RE [†])	897.20	21.40	1129.40	77.60	1090.00	181.00	800
Vitamin D (µg)	4.76 [§]	0.10	4.90	0.14	6.06	0.35	5
α-tocopherol (mg)	6.89 [§]	0.13	8.06	0.33	8.36	0.81	8
Thiamine (mg)	1.25	0.02	1.31	0.04	1.35	0.07	1.1
Vitamin C (mg)	101.73	2.75	123.32	7.39	120.90	16.30	60
Riboflavin (mg)	1.86	0.03	1.97	0.05	1.97	0.12	1.3
Niacin (NE [‡])	35.41	0.48	36.35	0.76	38.56	1.66	15
Vitamin B6 (mg)	1.84	0.031	1.91	0.06	2.09	0.12	1.6
Vitamin B12 (µg)	9.05	0.18	9.52	0.31	10.97	0.68	2
Folate (µg)	243.80 [§]	5.72	283.70 [§]	15.80	280.20 [§]	37.40	300
Calcium (mg)	842.80	16.80	904.40	29.50	854.20	65.90	800
Phosphorus (mg)	1201.40	18.70	1231.40	30.00	1236.00	58.30	600
Iron (mg)	11.69 [§]	0.20	12.66	0.38	13.25	0.82	15
Magnesium (mg)	396.02	5.33	418.20	10.10	419.90	22.30	280
Sodium (g)	2.24	0.038	2.231.70	0.055	2.35	0.11	<2.4
Potassium (g)	3.31	0.052	3.47	0.01	3.53	0.21	3.1
Zinc (mg)	9.15	0.14	9.54	0.24	10.00	0.54	7
Selenium (µg)	30.32 [§]	0.49	31.61 [§]	0.83	34.44	1.88	40

*Based on recommendations by the Swedish National Food Administration.

[†]RE: Retinol equivalents, mg

[‡]NE: Niacin equivalents, mg

[§]Different from recommended daily intake p<0.001

^{||}Different from recommended daily intake p<0.01

Supplementary table II: Male nutrient intake results. Nutrient intakes for male non-reindeer herding Sami (n=186), reindeer herding Sami (n=74), and local controls (n=475) compared to the recommended daily intakes by the Swedish Food Administration. Values are reported as means and SEM of questionnaire data converted to daily intakes.

Daily intake	Controls		Sami (non-reindeer herding)		Sami (reindeer herding)		Recommended daily intake*
	Mean	SEM	Mean	SEM	Mean	SEM	
Macronutrients							
Total energy (MJ)	7.51	0.11	8.17	0.21	8.43	0.34	
Protein (g)	69.59	1.09	76.29	2.10	86.37	4.02	
% of energy from protein	15.47	0.10	15.59	0.16	17.11	0.27	10-15 % of total energy
Total fat (g)	63.07	1.02	69.77	1.75	75.40	3.19	
% of energy from fat	31.66	0.21	32.19	0.33	33.72	0.71	<30% of total energy
Saturated fat (g)	25.9	0.44	28.80	0.73	31.00	1.32	10% of total energy
Monounsaturated fat (g)	22.90	0.39	25.40	0.65	27.50	1.23	10-15% of total energy
Polyunsaturated fat (g)	9.30	0.17	10.20	0.30	10.90	0.48	5-10% of total energy
Cholesterol (mg)	221.20	3.98	242.92	6.95	299.10	16.20	
Total carbohydrate (g)	228.62	3.70	246.49	6.86	239.50	10.90	
% of energy from carbohydrate	50.84	0.24	50.38	0.37	47.45	0.82	55-60 % of total energy
Sucrose (g)	36.00	0.91	37.86	1.30	36.34	1.87	
Alcohol (g)	3.08	0.18	2.74	0.22	2.62	0.31	
Fibre (g)	20.13	0.36	22.36	1.06	23.92	2.21	25-35 g
Vitamins and minerals							
Vitamin A (RE [†])	816.00 [‡]	18.80	1021.50	80.20	1255.00	233.00	900
Vitamin D (µg)	5.25	0.10	5.73	0.22	8.39	0.65	5
α-tocopherol (mg)	6.61 [‡]	0.11	8.00 [‡]	0.39	9.28 [‡]	1.09	10
Thiamine (mg)	1.34 [‡]	0.02	1.50	0.05	1.68	0.10	1.4
Vitamin C (mg)	84.95	2.22	117.60	10.90	133.80	26.90	60
Riboflavin (mg)	1.94	0.03	2.08	0.06	2.29	0.13	1.6
Niacin (NE [‡])	38.44	0.52	42.00	1.04	46.86	1.96	18
Vitamin B6 (mg)	1.91	0.03	2.13	0.08	2.46	0.16	1.5
Vitamin B12 (µg)	10.41	0.20	11.03	0.36	15.59	0.96	2
Folate (µg)	218.70 [‡]	4.26	300.60	31.30	345.60	67.40	300
Calcium (mg)	851.80	17.80	916.00	34.30	906.10	74.20	800
Phosphorus (mg)	1278.40	19.90	1366.70	38.70	1452.10	67.10	600
Iron (mg)	12.71	0.23	14.23	0.57	17.34	1.21	10
Magnesium (mg)	405.11	5.08	442.00	12.90	457.10	27.70	350
Sodium (g)	2.58	0.04	2.82	0.08	3.41	0.18	<2.4
Potassium (g)	3.30 [‡]	0.05	3.67	0.14	4.01	0.30	3.5
Zinc (mg)	10.05	0.16	11.05	0.33	12.64	0.68	9
Selenium (µg)	32.85 [‡]	0.54	35.86 [‡]	1.11	44.38 [‡]	2.28	50

*Based on recommendations by the Swedish National Food Administration

[†]RE: Retinol equivalents, mg

[‡]NE: Niacin equivalents, mg

[§]Different from recommended daily intake p<0.001