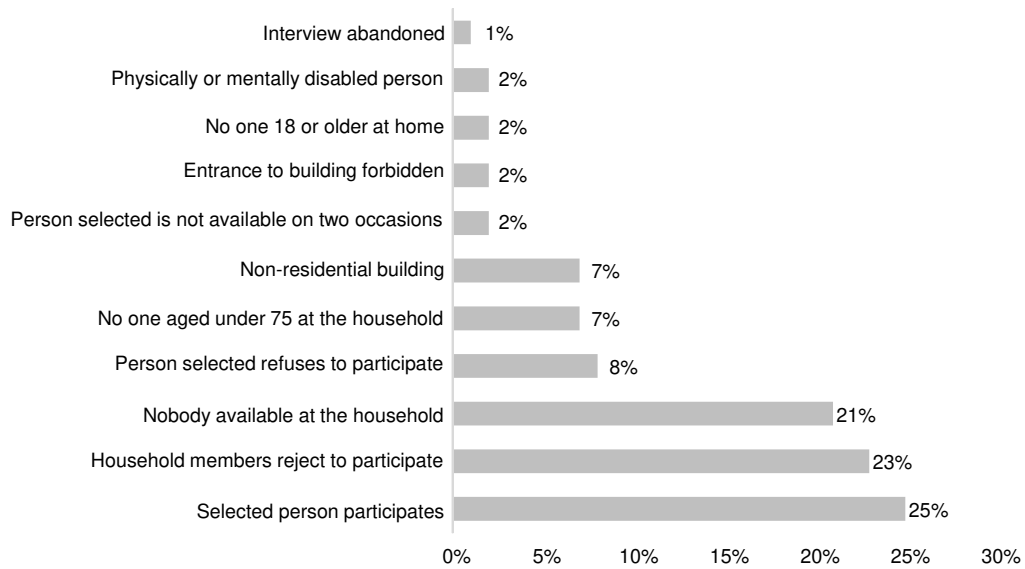


1
2
3
4
5
6
7

**Dietary intake among urban adults with diabetes:
COPEN (Colombian Nutritional Profiles), a cross-sectional study**

Supplementary Material

Supplemental Figure 1. Results of 7640 contacts for recruitment of study participants.

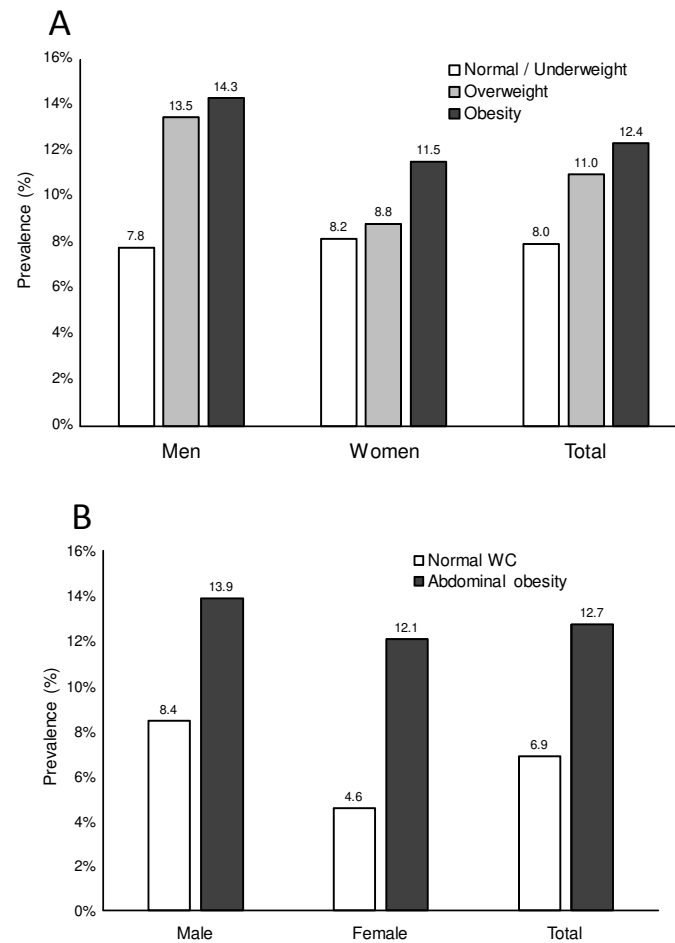


8
9

10 **Supplemental table 1. Proportion of individuals achieving different dietary**
 11 **recommendations, according to sex, age group, city, SEL and educational level.**

		Trans fat <1g/day	Sodium <2300 mg/day	Protein ≥15% of TCI	SFA <7% of TCI	MUFA ≥12% of TCI	Fiber ≥14 g / 1,000 Cal
Sex	Male n=331	66 (19.9%)	18 (5.4%)	129 (39%)	29 (8.8%)	246 (74.3%)	28 (8.5%)
	Female n=405	76 (18.8%)	46 (11.4%)	155 (38.3%)	29 (7.2%)	331 (81.7%)	53 (13.1%)
Age group	18 to 39 n=288	42 (14.6%)	14 (4.9%)	103 (35.8%)	20 (6.9%)	234 (81.3%)	14 (4.9%)
	40 to 59 n=235	52 (22.1%)	30 (12.8%)	101 (43%)	14 (6%)	179 (76.2%)	33 (14%)
	60 to 75 n=213	48 (22.5%)	20 (9.4%)	80 (37.6%)	24 (11.3%)	164 (77%)	34 (16%)
City	Bogotá n=250	37 (14.8%)	23 (9.2%)	97 (38.8%)	20 (8%)	205 (82%)	39 (15.6%)
	Medellin n=142	22 (15.5%)	12 (8.5%)	51 (35.9%)	8 (5.6%)	106 (74.6%)	6 (4.2%)
	Cali n=126	35 (27.8%)	13 (10.3%)	54 (42.9%)	11 (8.7%)	96 (76.2%)	15 (11.9%)
	Barranquilla n=132	24 (18.2%)	5 (3.8%)	44 (33.3%)	12 (9.1%)	109 (82.6%)	12 (9.1%)
	Bucaramanga n=86	24 (27.9%)	11 (12.8%)	38 (44.2%)	7 (8.1%)	61 (70.9%)	9 (10.5%)
SEL	Low n=297	67 (22.6%)	22 (7.4%)	96 (32.3%)	35 (11.8%)	218 (73.4%)	26 (8.8%)
	Medium n=219	37 (16.9%)	15 (6.8%)	82 (37.4%)	18 (8.2%)	170 (77.6%)	24 (11%)
	High n=220	38 (17.3%)	27 (12.3%)	106 (48.2%)	5 (2.3%)	189 (85.9%)	31 (14.1%)
Educational level	Elementary or lower n=156	45 (28.8%)	16 (10.3%)	53 (34%)	20 (12.8%)	104 (66.7%)	16 (10.3%)
	Secondary or technical n=427	73 (17.1%)	28 (6.6%)	158 (37%)	28 (6.6%)	339 (79.4%)	47 (11%)
	Professional or higher n=153	24 (15.7%)	20 (13.1%)	73 (47.7%)	10 (6.5%)	134 (87.6%)	18 (11.8%)
Diabetes	Yes n=90	18 (20%)	12 (13.3%)	49 (54.4%)	5 (5.6%)	75 (83.3%)	14 (15.6%)
	No n=646	124 (19.2%)	52 (8%)	235 (36.4%)	53 (8.2%)	502 (77.7%)	67 (10.4%)

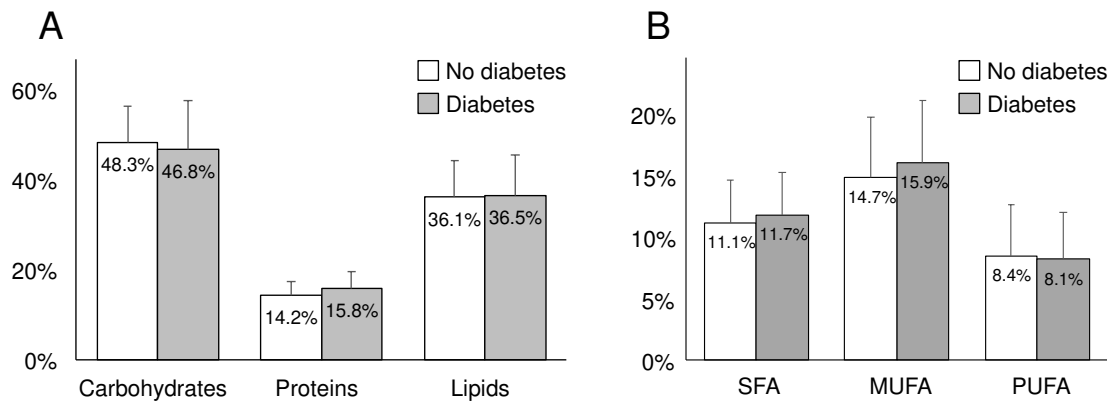
12 Data are n (%).



13

14 **Supplemental Figure 2.** Prevalence of diabetes, by body-mass index (Panel A) and waist
15 circumference (Panel B) status. Underweight was defined as a body mass index (BMI) of less than
16 18.5 Kg/m^2 , normal weight as a BMI between 18.5 and less than 25 Kg/m^2 , overweight as a BMI
17 between 25 and less than 30 Kg/m^2 , and obesity as a BMI of 30 or higher. Abdominal obesity was
18 defined as a waist circumference of 90 cm or higher in women, and 94 cm or higher in men. Data
19 are prevalences using sampling weights.

20



21

22

23 **Supplemental Figure 3.** Distribution of total caloric intake (TCI) from each macronutrient (Panel
24 A) and percent TCI from each fat type (Panel B) according to diabetes status. SFA: Saturated fatty
25 acids, MUFA: Monounsaturated fatty acids, PUFA: Polyunsaturated fatty acids. $p < 0.001$ for the
26 difference in percent TCI from protein, and $p = 0.031$ for the difference in percent TCI from MUFA.