

Figure S1: Energy adjusted macronutrient intakes that significantly differed by mental health state^a

Figure 15a: Men 31-50 years (median intakes – fibre g/1000 kcal; carbohydrates & protein % of total calories)

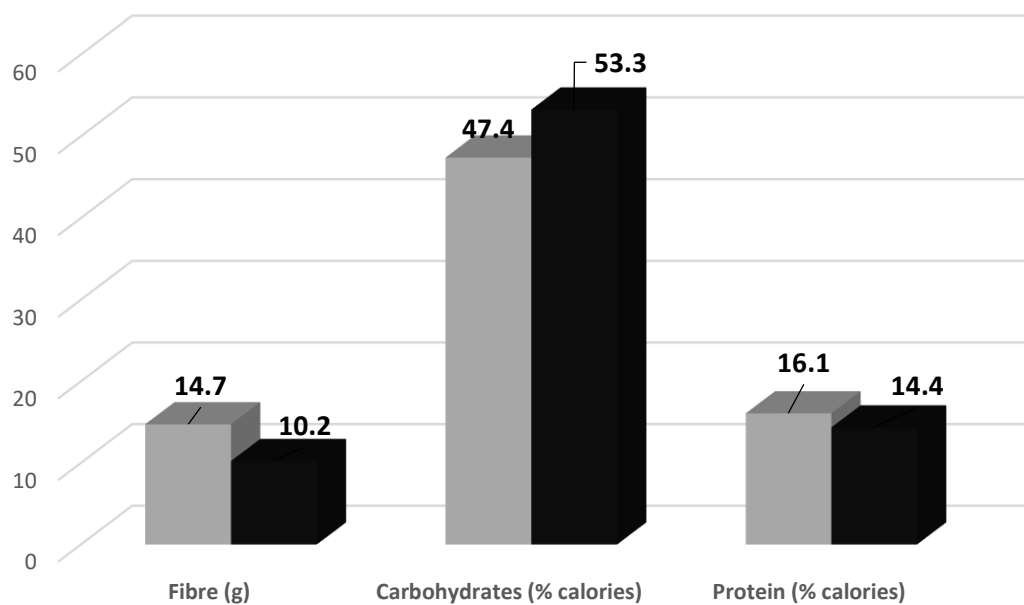
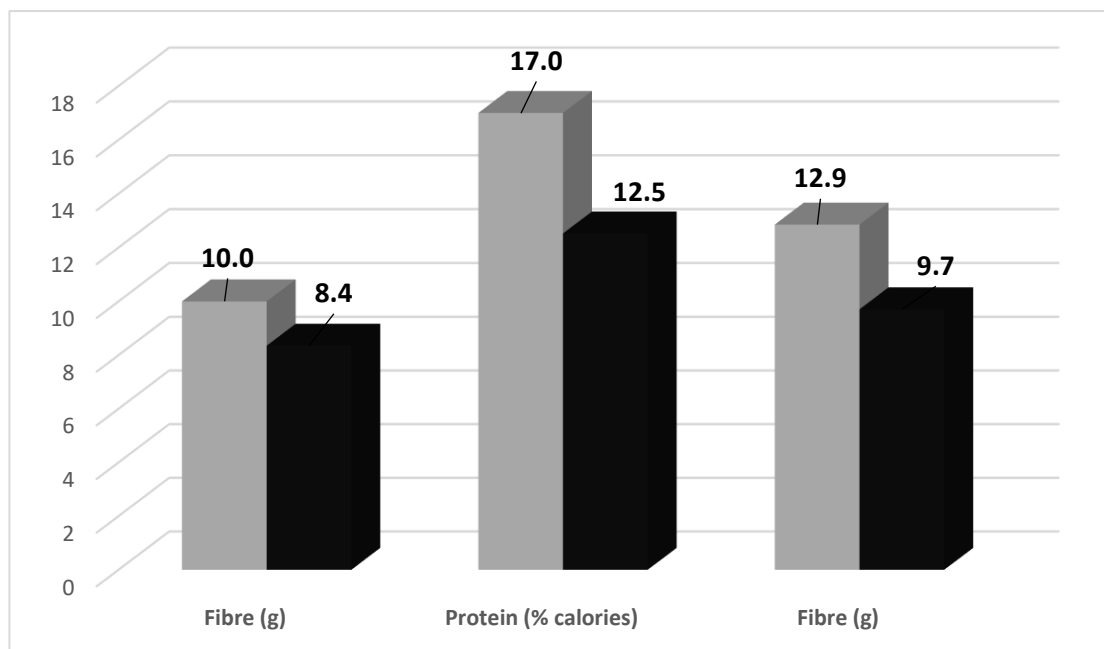


Figure 15b: Women 31-50 years (median intakes - fibre g/1000 kcal; protein % of total calories) & 51-70 years (median intakes - fibre g/1000 kcal)



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g=grams; kcal = kilocalories; ^aAll energy adjusted macronutrient intake differences at $p < 0.05$

Figure S2: Energy adjusted vitamin intakes that significantly differed by mental health state^a

Figure 2Sa: Men, 20-30 years (median intakes – vitamins B₂ & C mg/1000 kcal)

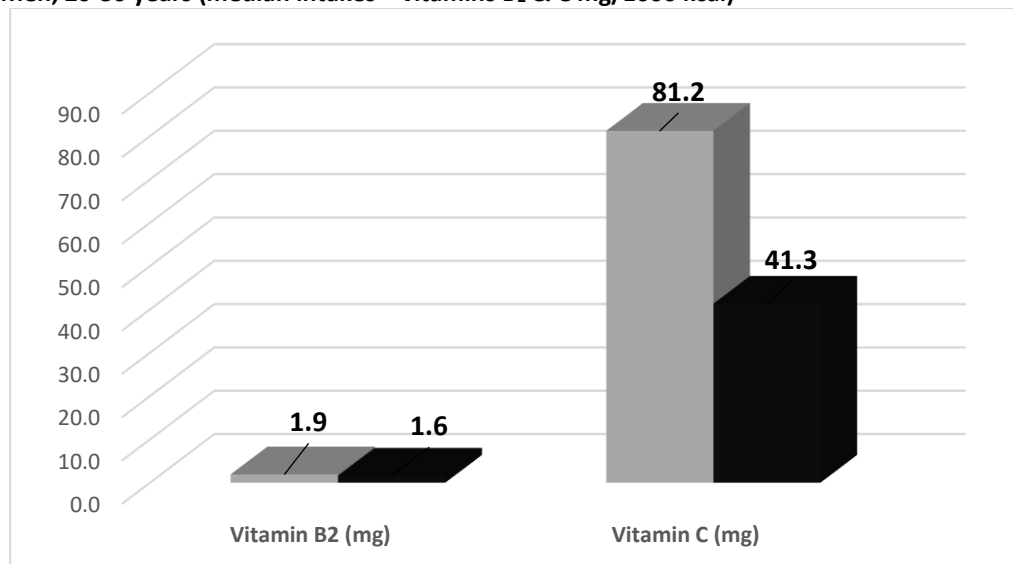
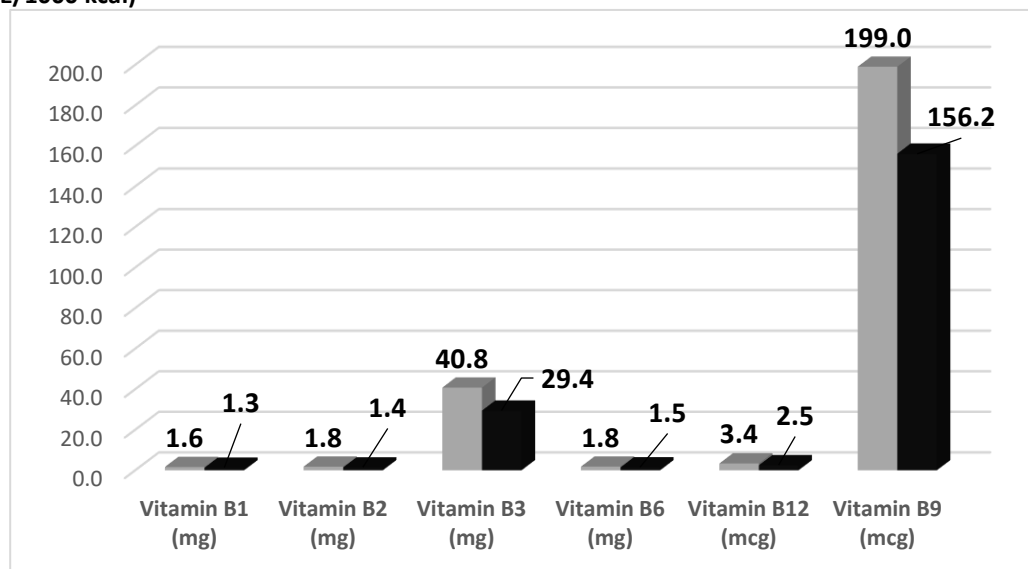


Figure 2Sb: Men, 31-50 years (median intakes - vitamins B₁, B₂, B₃, B₆ mg/1000 kcal; vitamins B₁₂ (mcg/1000 kcal) & B₉ (mcg DFE/1000 kcal)



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DFE = dietary folate equivalents; kcal = kilocalories; mg = milligrams; mcg = micrograms

Figure S2: Energy adjusted vitamin intakes that significantly differed by mental health state^a /cont'd
Figure 2Sc: Men, 51-70 years (median intakes – vitamin A RAE/1000 kcal; vitamin D mcg/1000 kcal)

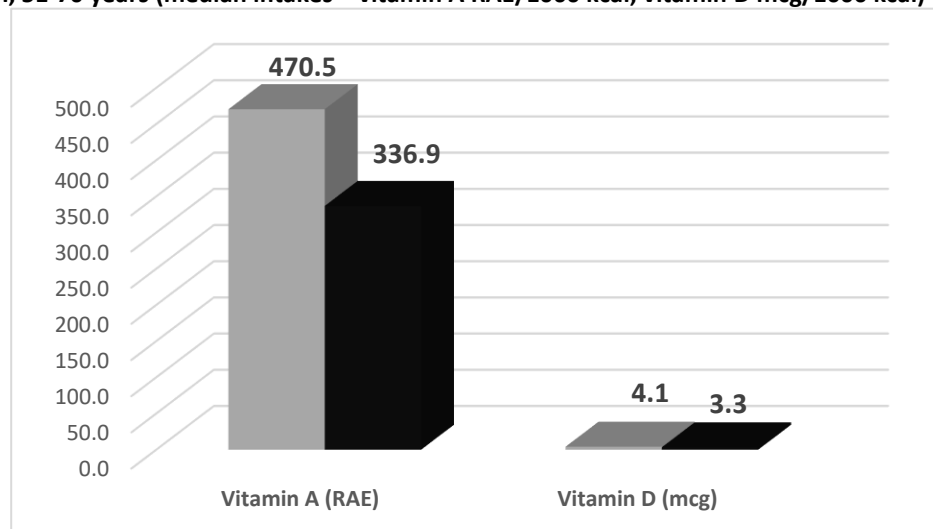
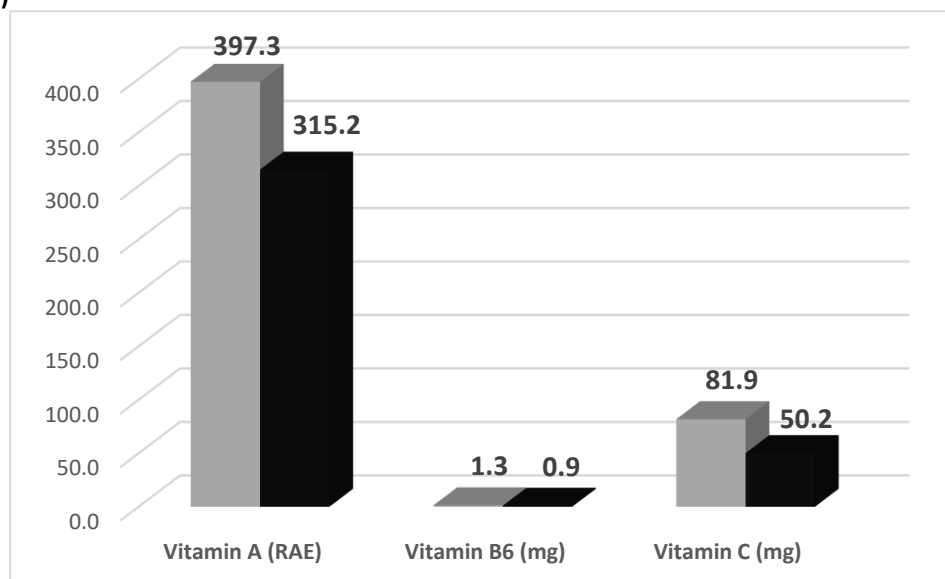


Figure 2Sd: Women, 14-19 (median intakes - vitamin A RAE/1000 kcal) & 20-30 years (median intakes - vitamin B₆ & C mg/1000kcal)



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kcal = kilocalories; mg = milligrams; mcg = micrograms; RAE = retinal activity equivalents

Figure S2: Energy adjusted vitamin intakes that significantly differed by mental health state^a /cont'd

Figure 2Se: Women, 31-50 years (median intakes – vitamins A RAE/1000 kcal, B₃ mg/1000 kcal, & vitamin B₉ mcg DFE/1000 kcal)

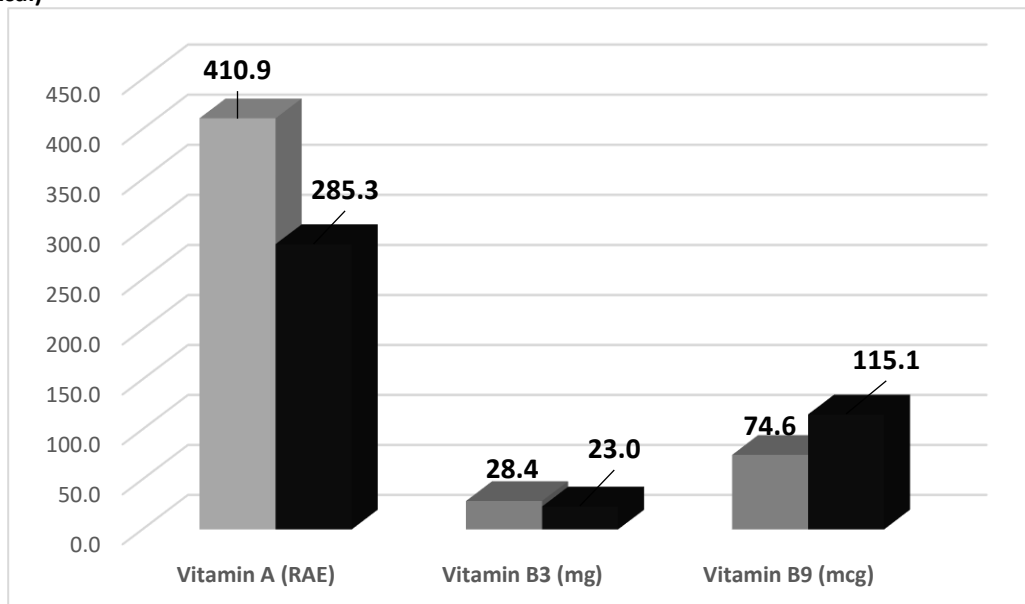
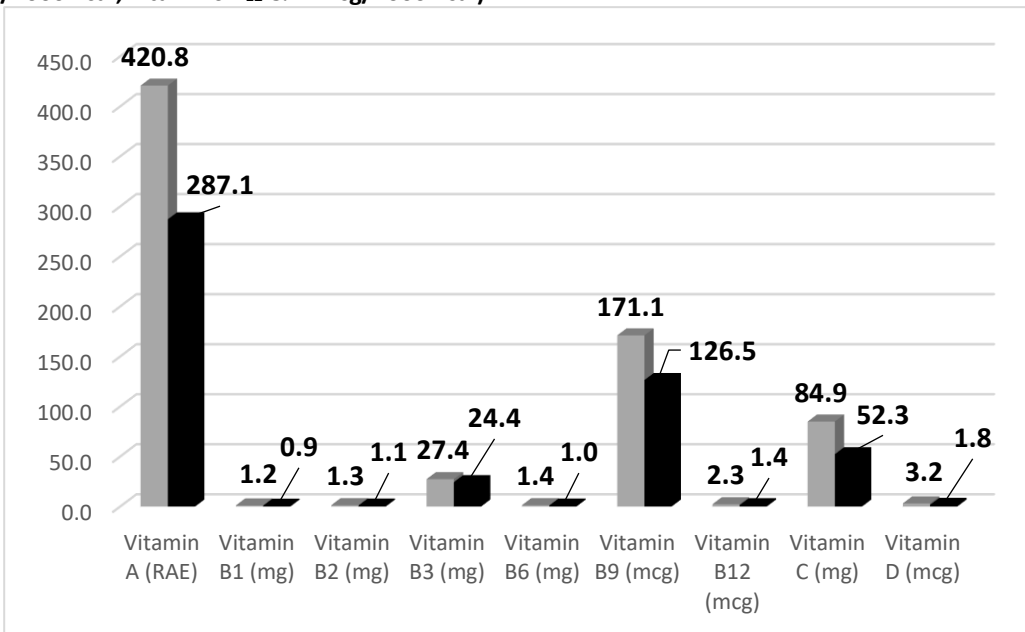


Figure 2Sf: Women, 51-70 years (median intakes – vitamins A RAE/1000 kcal, B₁, B₂, B₃, B₆, C mg/1000 kcal; vitamin B₉ mcg DFE/1000 kcal; vitamins B₁₂ & D mcg/1000 kcal)



Good Mental Health
 Poor Mental Health

DFE = dietary folate equivalents; kcal = kilocalories; mg = milligrams; mcg = micrograms; RAE = retinal activity equivalents; ^aAll energy adjusted vitamin intake differences at p<0.05

Figure S3: Energy adjusted mineral intakes that significantly differed by mental health state^a

Figure 3Sa: Men, 20-30 (median intakes - calcium & zinc mg/1000 kcal) & 51-70 years (median intakes - calcium mg/1000 kcal)

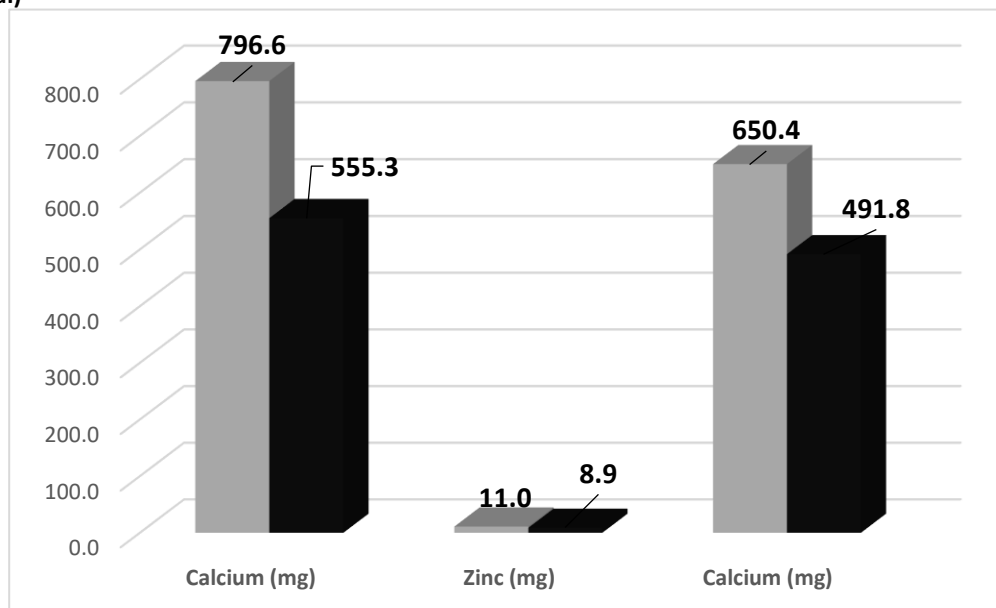
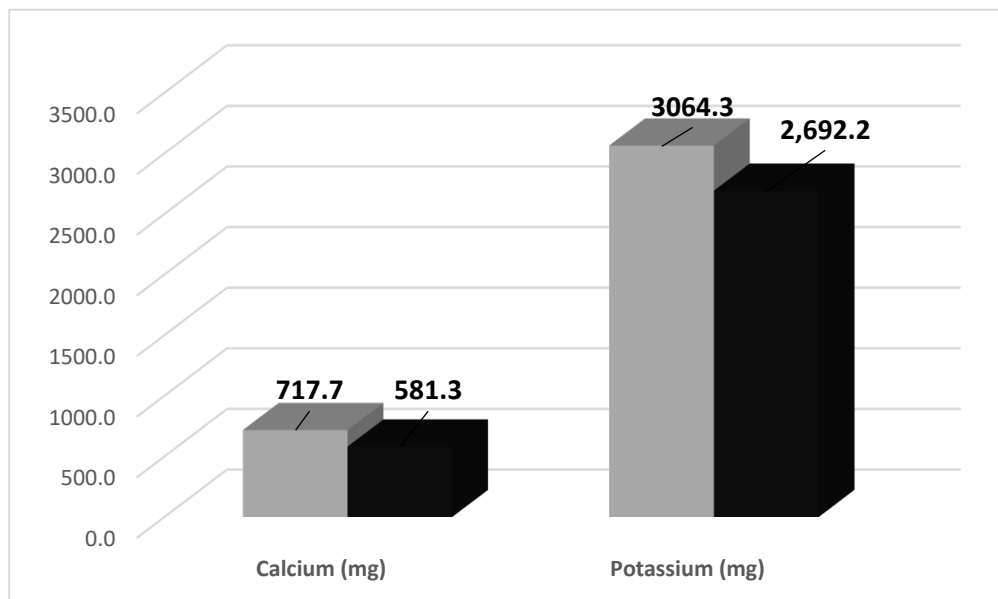


Figure 3Sb: Men, 31-50 years (major minerals: median intakes - calcium & potassium mg/1000 kcal)



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kcal = kilocalories; mg = milligrams

Figure S3: Energy adjusted mineral intakes that significantly differed by mental health state^a /cont'd

Figure 3Sc: Men, 31-50 years (trace minerals: median intakes - iron, magnesium, & zinc mg/1000 kcal)

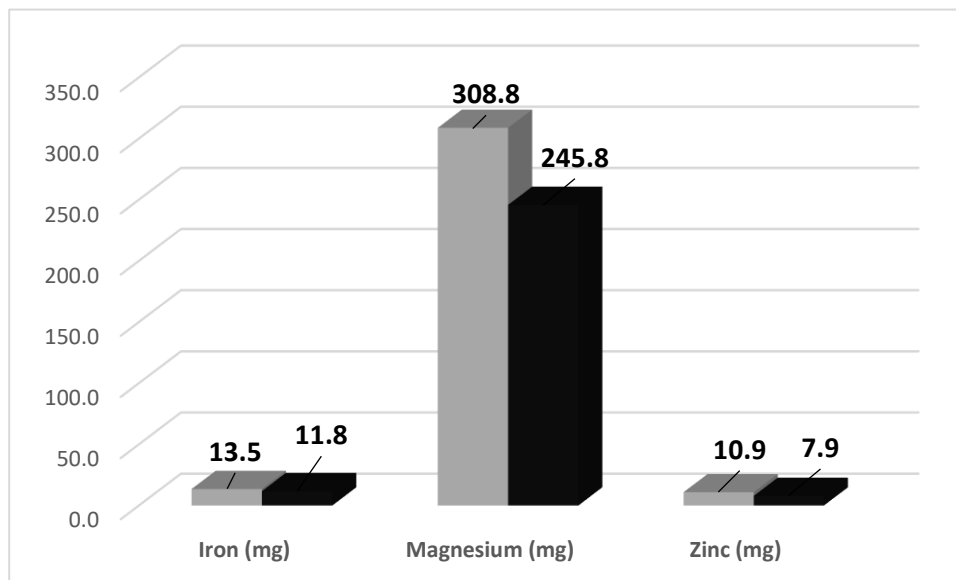
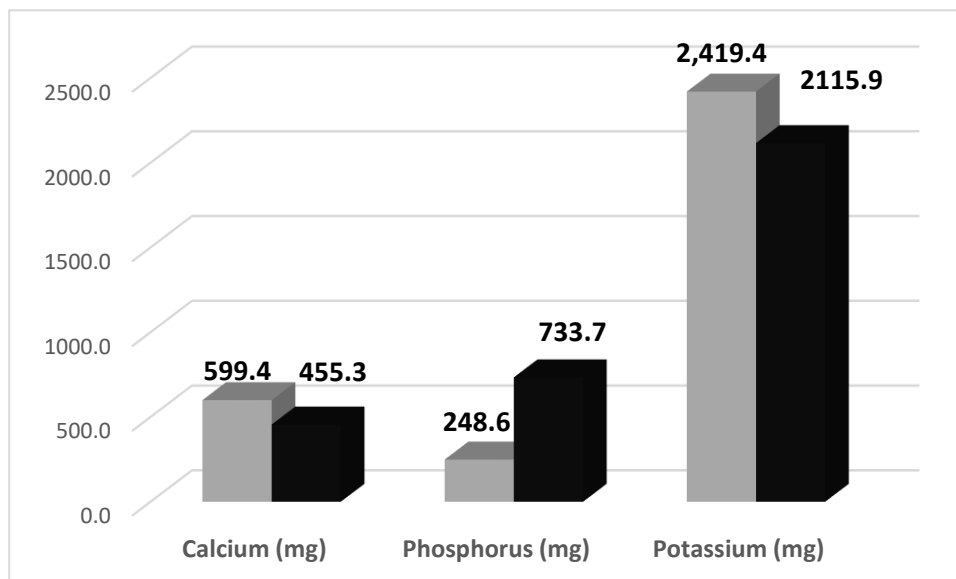


Figure 3Sd: Women, 20-30 (major minerals: median intakes - calcium mg/1000 kcal) & 31-50 years (major minerals: median intakes - phosphorus & potassium mg/1000 kcal)



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kcal = kilocalories; mg = milligrams

Figure S3: Energy adjusted mineral intakes that significantly differed by mental health state^a /cont'd

Figure 3Se: Women, 51-70 years (major minerals: median intakes - calcium, phosphorus, potassium, & sodium mg/1000 kcal)

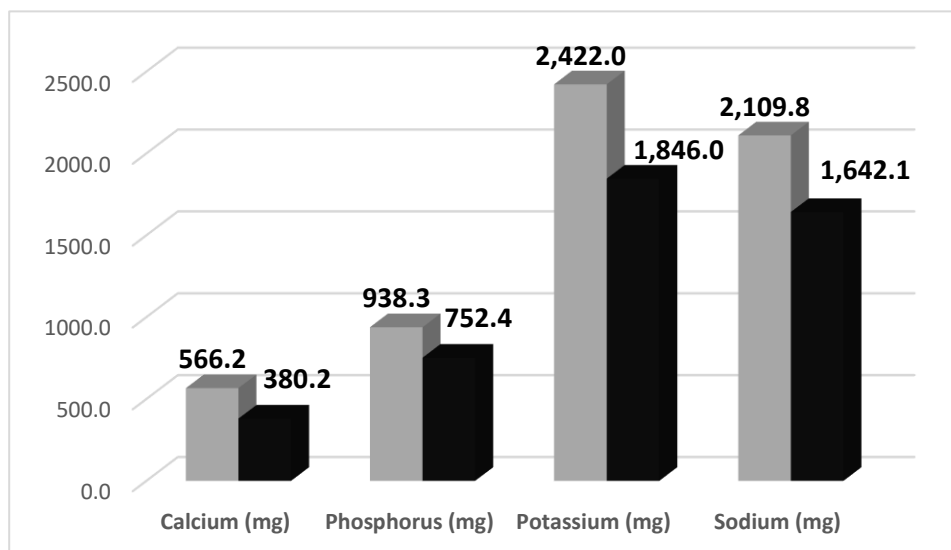
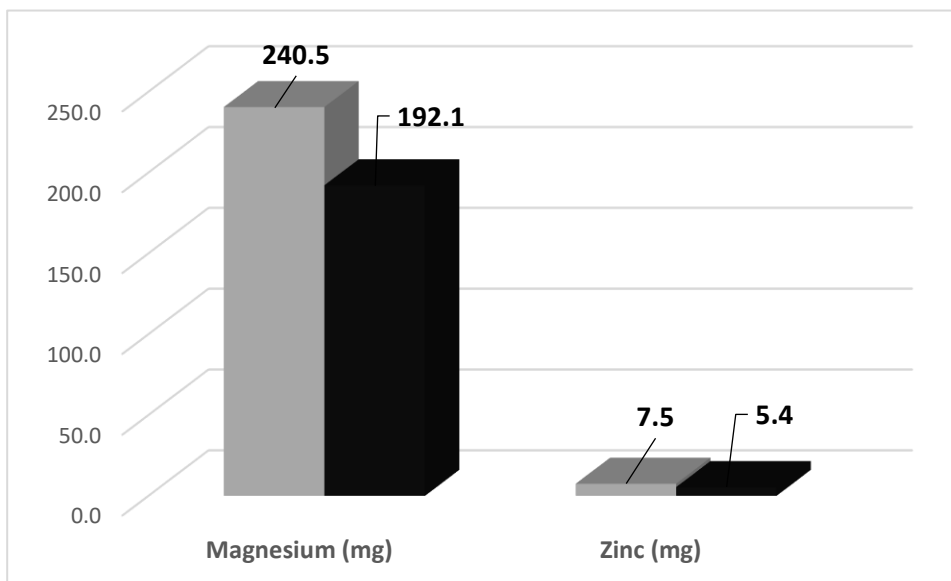


Figure 3Sf: Women, 51-70 years (trace minerals: median intakes - magnesium & zinc mg/1000 kcal)



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kcal = kilocalories; mg = milligrams; ^aAll energy adjusted dietary mineral intake differences at p<0.05