**Supplementary Tables:**

**Table S1. Micronutrient and energy intakes by sex the across added-sugar groups in Riksmaten Adults.**

|  |  |  |  |
| --- | --- | --- | --- |
|  |  | **Added Sugar Intake (%E)** |  |
|  |  | **< 5%** | **5 – 7.5%** | **7.5 –10%** | **10 – 15%** | **15 – 20%** | **> 20%** | **p-trends** |
| **ENERGY INTAKE** |
|  | Males (kcal/day) | 1845.7(173.21 – 1960.1) | 2124.5(2028.2 – 2220.7) | 2147.1(2049.6 – 2244.7) | 2267.4(2185.1 – 2349.7) | 2359.8(2216.0 – 2503.6) | 1972.3(1651.0 – 2293.6) | < 0.001 |
|  | Females (kcal/day) | 1493.7(1414.3 – 1573.1) | 1706.3(1643.3 – 1769.4) | 1709.2(1647.4 – 1771.1) | 1817.6(1762.6 – 1872.5) | 1825.7(1729.9- 1921.6) | 1862.4(1703.5 – 2021.3) | < 0.001 |
| **MALES** |
|  | Calcium (mg/day) | 1003.3(947.9 – 1058.7) | 976.6(930.9 – 1022.3) | 920.8(874.5 – 967.1) | 940.0(900.6 – 979.3) | 923.7(855.0 – 992.4) | 853.2(700 .5- 1005.9) | 0.013 |
|  | Folate (μg/day) | 289.7(276.0 – 303.4) | 288.1(277.5 – 300.1) | 273.0(261.6 – 284.5) | 256.1(246.4 – 265.9) | 230.4(213.4 – 247.4) | 215.7(177.9 – 253.6) | < 0.001 |
|  | Iron (mg/day) | 11.7(11.2 - 12.3) | 12.0(11.6 - 12.5) | 11.7(11.2 - 12.2) | 11.5(11.1 - 11.9) | 10.1(9.4 - 10.8) | 9.1(7.6 - 10.7) | < 0.001 |
|  | Magnesium (mg/day) | 384.7(370.2 – 399.1) | 373.1(361.1 – 385.0) | 378.9(366.8 – 390.9) | 357.6(347.4 – 367.9) | 335.3(317.4 – 353.2) | 320.9(281.1 – 360.7) | < 0.001 |
|  | Potassium (mg/day) | 3588.1(3470.6 – 3705.7) | 3608.0(3511.0 – 3704.9) | 3483.0(3384.8 – 3581.3) | 3339.6(3256 .2- 3423.0) | 3147.9(3002.2 – 3293.6) | 2866.7(2542.7 – 3190.6) | < 0.001 |
|  | Selenium (μg/day) | 58.6(55.1 - 62.0) | 53.7(50.8 - 56.5) | 51.9(49.0 - 54.7) | 47.5(45.0 - 49.9) | 41.9(37.6 - 46.2) | 43.4(33.9 - 52.9) | < 0.001 |
|  | Vitamin C (mg/day) | 92.9(82.8 – 103.0) | 99.7(91.4 – 108.0) | 95.6(87.1 – 104.0) | 89.0(81.8 - 96.2) | 96.6(84.1 – 109.1) | 90.3(62.4- 118.1) | 0.416 |
|  | Vitamin D (μg/day) | 9.0(8.0 - 9.9) | 8.4(7.6 - 9.2) | 7.8(7.0 - 8.6) | 7.2(6.6 - 7.9) | 6.6(5.4 - 7.8) | 6.5(3.8 - 9.1) | < 0.001 |
|  | Zinc (mg/day) | 13.5(13.0 - 13.9) | 13.0(12.7 - 13.4) | 12.4(12.0 - 12.8) | 11.7(11.4 - 12.0) | 10.7(10.2 - 11.3) | 10.3(9.1 - 11.5) | < 0.001 |
| **FEMALES** |
|  | Calcium (mg/day) | 859.3(823.1 – 895.6) | 838.3(810.0 – 866.6) | 845.9(818.2 – 873.6) | 796.9(772.1 – 821.6) | 775.2(732.1 – 818.3) | 742.7(671.3 – 814.1) | < 0.001 |
|  | Folate (μg/day) | 281.0(264.4 – 297.5) | 267.2(254.3 – 280.1) | 261.1(248.5 – 273.8) | 238.6(227.3 – 249.9) | 234.6(214.9 – 254.2) | 207.1(174.6 – 239.6) | < 0.001 |
|  | Iron (mg/day) | 9.7(9.2 - 10.2) | 9.7(9.3 - 10.1) | 9.8(9.4 - 10.1) | 9.5(9.1 - 9.8) | 9.1(8.6 - 9.7) | 9.4(8.4 - 10.3) | 0.121 |
|  | Magnesium (mg/day) | 325.4(315.0 – 335.7) | 321.9(313.8- 330.0) | 315.6(307.6 – 323.5) | 296.0(288.9 – 303.1) | 273.8(261.5 – 286.1) | 264.3(243.9 – 284.7) | < 0.001 |
|  | Potassium (mg/day) | 3079.9(2993.4 - 3166.5) | 3025.4(2957.9- 3093.0) | 2944.8(2878.6 – 3011.0) | 2811.8(2752.6 – 2871.0) | 2693.2(2590.3 – 2796.1) | 2399.1(22298.7- 2569.5) | < 0.001 |
|  | Selenium (μg/day) | 49.3(46.9 - 51.6) | 43.3(41.4 - 45.1) | 42.6(40.8 - 44.4) | 39.8(38.2 - 41.4) | 36.4(33.5 - 39.2) | 31.6(26.9 - 36.2) | < 0.001 |
|  | Vitamin C (mg/day) | 100.8(92.3 – 109.3) | 102.5(95.9 – 109.2) | 96.5(90.1 – 103.0) | 94.5(88.7 – 100.3) | 92.8(82.7 – 102.8) | 75.1(58.4 - 91.8) | 0.005 |
|  | Vitamin D (μg/day) | 7.7(7.1 - 8.3) | 6.8(6.3 - 7.3) | 6.5(6.1 - 7.0) | 6.1(5.6 - 6.5) | 5.7(5.0 - 6.5) | 4.3(3.0 - 5.5) | < 0.001 |
|  | Zinc (mg/day) | 10.4(10.1 - 10.7) | 9.8(9.6 - 10.1) | 9.7(9.4 - 9.9) | 9.2(9.0 - 9.4) | 8.8(8.4 - 9.1) | 8.2(7.6 - 8.8) | < 0.001 |

**Micronutrient and energy intakes by sex (mean and 95% CI) across the added-sugar intake in Riksmaten Adults (N = 1797).**

The adjusted mean intakes and 95% confidence intervals (in brackets) are presented for the nonalcoholic energy intake (kcal/day), the macronutrient intakes, expressed as the percentage of nonalcoholic energy intake (%E) and the absolute intakes of micronutrients (mg/day or μg/day). The model was created via a general linear model and adjusted for confounders as follows: nonalcoholic energy intake was adjusted for age and body mass index (BMI), and macronutrient and micronutrient intakes were adjusted for age, BMI and nonalcoholic energy intake

**Table S2. Micronutrient and energy intakes by sex across the added-sugar groups in the Malmö Diet and Cancer Study.**

|  |  |  |  |
| --- | --- | --- | --- |
|  |  | **Added Sugar Intake (E%)** |  |
|  | **< 5%** | **5 – 7.5%** | **7.5 –10%** | **10 – 15%** | **15 – 20%** | **> 20%** | **p-trends** |
| **ENERGY INTAKE** |
|  | Males (kcal/day) | 2387.5(2336.1 – 2438.9) | 2549.1(2512.5 – 2585.7) | 2634.9(2604.0 – 2665.8) | 2719.3(2691.7 – 2746.8) | 2767.9(2715.7 – 2820.1) | 2673.4(2577.9 – 2768.8) | < 0.001 |
|  | Females (kcal/day) | 1936.3(1900.2 – 1972.5) | 1989.2(1965.6 – 2012.7) | 2087.0(2067.2 – 2106.9) | 2147.5(2130.6 – 2164.5) | 2198.8(2164.6 – 2232.9) | 2189.2(2123.3 – 2255.1) | < 0.001 |
| **MALES** |
|  | Calcium (mg/day) | 1310.2(1279.6 – 1340.9) | 1258.9(1237.2 – 1280.6) | 1225.7(1207.4 – 1244.0) | 1197.0(1180.6 – 1213.3) | 1155.2(1124.2 – 1186.1) | 1054.8(998.3 – 1111.3) | < 0.001 |
|  | Folate (μg/day) | 291.5(285.9 – 297.2) | 278.4(274.4 – 2825) | 273.1(269.8 – 276.5) | 263.0(260.0 – 266.0) | 254.2(248.4 – 259.9) | 222.9(212.4 – 233.3) | < 0.001 |
|  | Iron (mg/day) | 19.6(19.2 – 19.9) | 19.9(19.6 – 20.1) | 19.5(19.3 – 19.7) | 19.0(18.8 – 19.1) | 18.0(17.7 – 18.4) | 16.9(16.2 – 17.5) | < 0.001 |
|  | Magnesium (mg/day) | 428.3(423.2 – 433.3) | 415.9(412.4 – 419.5) | 403.3(400.4 – 406.3) | 391.1(388.4 – 393.7) | 379.9(374.8 – 384.9) | 358.4(349.2 – 367.7) | < 0.001 |
|  | Potassium (mg/day) | 4131.3(4074.0 – 4188.7) | 3900.4(3859.8 – 3941.1) | 3833.2(3799.0 – 3867.4) | 3684.4(36543.8– 3715.0) | 3563.3(3505 4 – 3621.2) | 3285.8(3180.1 – 3391.5) | < 0.001 |
|  | Selenium (μg/day) | 49.8(48.7 – 50.9) | 46.3(45.6 – 47.1) | 44.0(43.4 – 44.7) | 41.3(40.7 – 41.9) | 38.5(37.4 – 39.6) | 34.2(32.3 – 36.2) | < 0.001 |
|  | Vitamin C (mg/day) | 104.7(99.9 – 109.5) | 94.1(90.7 – 97.6) | 96.3(93.4 – 99.2) | 96.8(94.3 – 99.4) | 107.7(102.8 – 112.5) | 121.1(112.2 – 130.1) | < 0.001 |
|  | Vitamin D (μg/day) | 10.6(10.3 – 10.9) | 9.9(9.7 – 10.1) | 9.5(9.3 – 9.7) | 9.0(8.8 – 9.1) | 8.0(7.7 - 8.3) | 7.1(6.5 – 7.6) | < 0.001 |
|  | Zinc (mg/day) | 14.8(14.6 – 15.0) | 14.3(14.1 – 14.4) | 13.7(13.6 – 13.8) | 13.0(12.9 – 13.1) | 12.2(12.0 – 12.3) | 11.0(10.7 – 11.3) | < 0.001 |
| **FEMALES** |
|  | Calcium (mg/day) | 1241.8(1217.4 – 1266.2) | 1169.7(1153.8 – 1185.7) | 1124.8(1111.4 – 1138.1) | 1087.4(1075.9 – 1098.8) | 1041.5(1018.5 – 1064.5) | 976.7(932.4 – 1020.1) | < 0.001 |
|  | Folate (μg/day) | 274.5(269.4 – 279.6) | 261.9(258.5 – 265.2) | 247.9(245.1 – 250.6) | 236.4(234.0 – 238.8) | 219.9(215.0 – 224.7) | 199.9(190.6 – 209.2) | < 0.001 |
|  | Iron (mg/day) | 14.8(14.6 – 15.0) | 14.8(14.6 – 14.9) | 14.6(14.5 – 14.8) | 14.3(14.2 – 14.4) | 13.3(13.0 – 13.5) | 12.4(11.9 – 12.8) | < 0.001 |
|  | Magnesium (mg/day) | 360.2(356.1 – 364.4) | 347.7(345.0 – 350.4) | 336.8(334.5 – 339.1) | 325.4(323.5 – 327.4) | 309.8(305.9 – 313.7) | 298.5(291.0 – 306.1) | < 0.001 |
|  | Potassium (mg/day) | 3659.0(3609.9 – 3708.1) | 3520.2(3488 .2– 3552.1) | 3364.7(3338.2 – 3391.4) | 3238.7(3215.7 – 3261.7) | 3080.4(3034.1 – 3126.6) | 2861.8(2772.8 – 2950.7) | < 0.001 |
|  | Selenium (μg/day) | 42.8(42.0 – 43.7) | 39.2(38.6 – 39.8) | 37.4(36.9 – 37.9) | 34.9(34.5 – 35.3) | 31.7(30.8 – 32.5) | 28.8(27.2 – 30.4) | < 0.001 |
|  | Vitamin C (mg/day) | 131.1(126.3 – 135.9) | 119.7(116.6 – 122.8) | 112.7(110.1 – 115.3) | 109.4(107.1 – 111.6) | 109.4(104.5 – 113.5) | 122.5(1143.8– 131.2) | < 0.001 |
|  | Vitamin D (μg/day) | 8.0(7.8 – 8.2) | 7.6(7.4 – 7.7) | 7.3(7.2 – 7.4) | 6.9(6.8 – 7.0) | 6.3(6.1 – 6.5) | 5.6(5.2 – 5.9) | < 0.001 |
|  | Zinc (mg/day) | 11.8(11.6 – 11.9) | 11.2(11.1 – 11.3) | 10.8(10.7 – 10.8) | 10.2(10.1 – 10.2) | 9.4(9.3 – 9.6) | 8.7(8.5 – 8.9) | < 0.001 |

**Micronutrient and energy intakes by sex (mean and 95% CI) across the added-sugar intake groups in the Malmö Diet and Cancer Study (N = 12238).**

The adjusted mean intakes and 95% confidence intervals (in brackets) are presented for the nonalcoholic energy intake (kcal/day), the macronutrient intakes, expressed as the percentage of nonalcoholic energy intake (%E) and the absolute intakes of micronutrients (mg/day or μg/day). The model was created via a general linear model and adjusted for confounders as follows: nonalcoholic energy intake was adjusted for age and body mass index (BMI), and macronutrient and micronutrient intakes were adjusted for age, BMI and nonalcoholic energy intake.