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### **ADDITIONAL MATERIALS**

Vazquez-Marroquin G, Elguezabal-Rodelo RG, Porchia LM, Torres-Rasgado E, Pérez-Fuentes R, Gonzalez-Mejia ME. Dietary intake and anthropometric indices in Mexican medical students, stratified by family history of Type 2 Diabetes. Rev Esp Nutr Hum Diet. 2020; 24(4): 374-88. doi: 10.14306/renhyd.24.4.1090

**Table AM1.** Consumption of the different food groups by mealtime.

Group of foods	Type of food	% students	% intake students per mealtimes FH-DT2(-) / FH-DT2 (+)			
			Breakfast	Lunch	Dinner	Snacks
<b>Fruits and vegetables</b>	Vegetables	80 / 68	20/20	32/12	12/28	36/40
	Fruits and fruit juices	20 / 32				
<b>Animal Source Food</b>						
	Finfish and shellfish products	4/0				
	Beef products	4/4	8/20	28/12	12/32	52/36
	Pork products	4/0				
	Sausages and luncheon meats	8/12				
	Poultry products	4/4				
	Dairy and eggs products	76/80				
<b>Legumes</b>						
	Legume	76/68	8/12	24/12	16/20	28/24
	None	24/32				
<b>Cereals</b>						
	Cereals and pasta	88/72				
	Sweets	12/20	8/16	28/16	16/28	48/40
	Baked products	0/8				
<b>Fats and oils</b>						
	Nuts and seed products	8/4	8/16	32/12	24/24	16/4
	Fats and oils	76/92				
	none	16/4				
<b>Manufactured products</b>						
	Manufactured products	76/72	12/12	24/32	28/24	36/32
	Beverages	24/28				

**Table AM2.** Consumption of vitamins and minerals in the study groups.

Category	FH-T2D(-) (n=30)	FH-T2D(+) (n=114)	p-value
<i>Vitamins</i>			
Vitamin A RAE(µg)	356.8 ± 161.3	306.2 ± 235.2	<b>0.034*</b>
Vitamin E (mg)	2.4 ± 1.2	2.4 ± 1.3	0.649
Vitamin D (µg)	1.4 ± 0.8	1.2 ± 1.1	0.152
Vitamin C (mg)	68.3 ± 42.8	71.3 ± 51.6	0.914
Thiamine (mg)	0.95 ± 0.5	0.8 ± 0.4	0.299
Riboflavin (mg)	1.1 ± 0.5	1.0 ± 0.5	0.427
Niacin (mg)	13.1 ± 4.9	12.6 ± 5.3	0.631
Pantothenic Acid (mg)	2.6 ± 1.0	2.3 ± 1.8	0.806
Pyridoxine (mg)	0.9 ± 0.4	0.9 ± 0.5	0.228
Cobalamin (µg)	2.4 ± 1.5	2.1 ± 1.2	0.732
Folates (µg)	223.9 ± 85.3	213.6 ± 104.9	0.291
Folic Acid (µg)	51.5 ± 28.7	46.7 ± 31.3	0.284
Vitamin K (µg)	63.7 ± 47.9	54.8 ± 63.3	0.560
<i>Minerals</i>			
Calcium (mg)	916.1 ± 385.0	880.1 ± 409.1	0.628
Iron (mg)	11.5 ± 4.5	10.5 ± 3.5	0.260
Magnesium (mg)	131.7 ± 50.9	114.7 ± 38.9	0.093
Phosphorus (mg)	673.9 ± 293.1	614.3 ± 207.1	0.278
Potassium (mg)	1455.8 ± 553.6	1372.6 ± 590.3	0.278
Sodium (mg)	2452.1±1051.7	2234.6 ± 724.5	0.498
Zinc (mg)	5.9 ± 2.7	4.9 ± 2.2	0.051
Copper (mg)	0.6 ± 0.3	0.5 ± 0.4	0.296
Manganese (mg)	0.9 ± 0.4	0.9 ± 0.4	0.365
Selenium (µg)	59.2 ± 30.8	55.9 ± 23.7	0.942

Values represent average and standard deviation <sup>a</sup> P-values <0.05 were considered significant and indicated with \*.