

**Data dictionary corresponding to the Nutritional variables
In the study WLH**

Name of variable	Description	Comments
N2	Energy (kj/day)	
N3	Energy (kcal/day)	
N4	Water (g/day)	
N5	Ash (g/day)	
N6	Protein (g/day)	
N7	Fat (g/day)	
N8	Carbohydrate (g/day)	
N9	Retinol (mg/day)	
N10	Beta-carotene (mg/day)	
N11	Vitamin A (mg/day)	
N12	Vitamin D (µg/day)	
N13	Vitamin E (mg/day)	
N14	Alpha-tocopherol (mg/day)	
N15	Vitamin C (mg/day)	
N16	Thiamine (mg/day)	
N17	Riboflavin (mg/day)	
N18	Niacin (mg/day)	
N19	Niacin EQ (mg/day)	
N20	Vitamin B6 (mg/day)	
N21	Vitamin B12 (µg/day)	
N22	Calcium (Ca) (mg/day)	
N23	Phosphorus (P) (mg/day)	
N24	Iron (Fe) (mg/day)	
N25	Magnesium (Mg) (mg/day)	
N26	Sodium (Na) (mg/day)	
N27	Potassium (K) (mg/day)	
N28	Zinc (Zn) (mg/day)	
N29	Alcohol (g/day)	
N30	Saturated fat (g/day)	
N31	Monounsaturated fat (g/day)	
N32	Polyunsaturated fat (g/day)	
N33	Cholesterol (g/day)	
N34	Monosaccharides (g/day)	
N35	Disaccharides (g/day)	
N36	Saccharides (g/day)	
N37	Fatty acid 4:0 (g/day)	
N38	Fatty acid 12:0 (g/day)	
N39	Fatty acid 14:0 (g/day)	
N40	Fatty acid 16:0 (g/day)	
N41	Fatty acid 18:0 (g/day)	
N42	Fatty acid 20:0 (g/day)	
N43	Fatty acid 16:1 (g/day)	
N44	Fatty acid 18:1 (g/day)	

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N45	Fatty acid 18:2-Linoleic acid (g/day)	
N46	Fatty acid 18:3 (g/day)	
N47	Fatty acid 20:4 (g/day)	
N48	Fatty acid 20:5 (g/day)	
N49	Fatty acid 22:5 (g/day)	
N50	Fatty acid 22:6 (g/day)	
N51	Fibre (g/day)	
N52	Folate (µg/day)	
N53	Selenium (Se) (µg/day)	
N54	Omega-3 fatty acids (g/day)	N46+N48++N49+N50
N55	Omega-6 fatty acids (g/day)	N45+N47
N56	Genistein (µg/day)	
N57	Daidzein (µg/day)	
N58	Coumestrol (µg/day)	
N59	Formononetin (µg/day)	
N60	Biochanin A (µg/day)	
N61	SECOtot (µg/day)	
N62	Matairesinol (µg/day)	
N63	Quercetin (mg/day)	
N64	Kaempferol (mg/day)	
N65	Myricetin (mg/day)	
N66	Luteolin (mg/day)	
N67	Apigenin (mg/day)	
N68	Hesperetin (mg/day)	
N69	Naringenin (mg/day)	
N70	Isolariciresinol (µg/day)	
N71	Lariciresinol (µg/day)	
N72	Pinoresinol (µg/day)	
N73	Syringaresinol (µg/day)	
N74	Medioresinol (µg/day)	
N75	Equol (µg/day)	
N76	Enterodiol (µg/day)	
N77	Enterolactone (µg/day)	
N78	Alpha-carotene(µg/day)	
N79	Lycopene (µg/day)	
N80	Beta-cryptoxanthin (µg/day)	
N81	Lutein (µg/day)	
N82	Zeathanxin (µg/day)	