Supplementary Table 3 title: Newsletter topics by study week

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| Newsletter number | Main topic | Keywords |
| #1 (Week 2) | Welcome newsletter | Organizational aspects; study hotline; FAQ covering inquiries from participants; group seminars & coaching sessions, group session appointment reminder for week 3 |
| #2 (Week 3) | Folic acid | Folic acid in health and disease; biochemical properties; recommended daily intake; foods abundant in folic acid; biosampling appointment reminder for week 4 |
| #3 (Week 4) | Iron | Iron in health and disease; biochemical properties; recommended daily intakes; foods abundant in iron, bioavailability & resorption, iron intake in young menstruating women |
| #4 (Week 5) | Calcium | Calcium in health and disease; biochemical properties; recommended daily intakes; foods abundant in calcium, bioavailability & resorption, mineral waters & calcium intake |
| #5 (Week 6) | Vitamin B2 | Vitamin B2 in health and disease; biochemical properties; recommended daily intakes; foods abundant in vitamin B2, bioavailability & resorption; cooking strategies to preserve the vitamin B2 content of foods |
| #6 (Week 7) | Zinc | Zinc in health and disease; biochemical properties; recommended daily intake; foods abundant in zinc, zinc bioavailability & resorption; biosampling appointment reminder for week 8 |
| #7 (Week 8) | Final week newsletter | Organizational aspects |

Supplementary Table 3 legend: Participants received one newsletter in German language per week. The topics and most important keywords are listed in Supplementary Table 3.