**Supplementary Table 2**: Foods with highest methyl donor content per serving grouped by micronutrient

2a. Methionine

| Food           | Methionin (g/serving) |
|----------------|-----------------------|
| Poultry        | 1.1695                |
| Meat           | 1.042                 |
| Pizza          | 0.929                 |
| Warm fish      | 0.886                 |
| Sausage        | 0.615                 |
| Yogurt         | 0.462                 |
| Ham            | 0.419                 |
| Pasta          | 0.403                 |
| Eggs           | 0.1845                |
| Milk           | 0.171                 |
| Legumes        | 0.157                 |
| Nuts           | 0.123                 |
| Cold fish      | 0.118                 |
| Rice           | 0.11                  |
| Fried potatoes | 0.081                 |
| Fresh fries/chips | 0.075              |
| Savory biscuits| 0.067                 |
| Cake           | 0.061                 |
| Cooked potatoes| 0.06                  |
| Ice cream      | 0.053                 |
| Brown bread    | 0.044                 |
| White bread    | 0.039                 |
| Crisps         | 0.038                 |
| Cold cuts      | 0.037                 |
| Whole grain bread | 0.036             |
| Cooked vegetables | 0.03            |
| Cream cheese   | 0.028                 |
| Cornflakes     | 0.02                  |
### 2b. Choline

| Food               | Choline (mg/serving) |
|--------------------|----------------------|
| Eggs               | 140,6                |
| Meat               | 138,5666             |
| Warm fish          | 101,5                |
| Pasta              | 83,8                 |
| Sausage            | 79,9                 |
| Pizza              | 77,6                 |
| Legumes            | 70,066               |
| French fries/chips | 67,7                 |
| Hamburger          | 56,9                 |
| Fried potatoes     | 48,6                 |
| Cake               | 41,0666              |
| Milk               | 36,8                 |
| Beer               | 33,7                 |
| Malt beer          | 33,6                 |
| Yogurt             | 29                   |
| Cooked potatoes    | 27                   |
| Cooked vegetables  | 23,5                 |
| Nuts               | 22,8                 |
| Ham                | 16,2                 |
| Cereal             | 16,1                 |
| Ice cream          | 16,05                |
| Chocolate          | 15,6                 |
| Cold fish          | 15,466               |
| Food            | Cysteine (mg/serving) |
|-----------------|-----------------------|
| Pizza           | 586,666               |
| Poultry         | 540,1                 |
| Meat            | 494,5                 |
| Warm fish       | 310,8                 |
| Sausage         | 296,65                |
| Hamburger       | 215                   |
| Pasta           | 210                   |
| Legumes         | 186                   |
| Rice            | 151,33                |
| Yogurt          | 142                   |
| Eggs            | 130,2                 |
| Nuts            | 128,833               |
| Fried Potatoes  | 77                    |
| Savory biscuits | 70,35                 |
| Brown bread     | 55,36                 |
| White bread     | 53,48                 |
| Cooked vegetables| 51,375               |
| Cheese          | 50,9                  |
| Cooked potatoes | 48                    |
| Cake            | 46,24                 |
| Whole grain bread| 45,76                |
| Cold fish       | 42,76                 |
| Milk            | 41,32                 |
| Ham             | 40                    |
| French fries/chips | 37,4               |
| Raw vegetables  | 34,75                 |
| Crisps          | 31,15                 |
| Cold cuts       | 24,1                  |
| Cereal          | 19,8                  |
| Chocolate       | 19,68                 |
| Ice Cream       | 19                    |
| Tomato juice    | 16,48                 |
| Biscuits        | 14,69                 |