

Supplementary Table 3. Common food sources of betaine [69]

Food	Food, mg/100 g
Wheat bran	1,339.35
Breakfast cereals wheat germ, toasted	1,240.48
Spinach, cooked	645.06
Spinach, raw	599.81
Beets (canned)	296.73
Pretzel, hard, plain, salted	236.45
Finfish and shellfish shrimp, canned	218.74
Baked products wheat bread	201.41
Wheat cracker	198.71
Graham cracker, plain	172.59
Beet, raw	114.42
English muffins	95.42
White bread	93.20
Pasta/rice	89.86
Plain muffins	82.12