Nut-14. Descriptive data: give the distribution of participant characteristics across the exposure variables, if applicable; specify if food consumption for the total population or consumers only was used to obtain results.

Example.

An example table is shown in Figure 1.

Explanation. Confounding is a major concern in nutritional epidemiology, because most dietary exposures are interdependent, and many socioeconomic and lifestyle factors covary with dietary exposures (see also Nut-8.5). Reporting participant characteristics across the dietary exposure variables will enable the reader to assess the potential impact of confounders.