

**Supplementary Table 1. Determination of Resveratrol and Lauric Acid in Urine by UHPLC-Q-Exactive Orbitrap MS**

<b>Compound</b>	<b>Molecular Formula</b>	<b>m/z</b>	<b>[M-H]<sup>-</sup></b>	<b>Secondary Fragments</b>	<b>Retention Time (min)</b>
<b>Resveratrol</b>	C <sub>14</sub> H <sub>12</sub> O <sub>3</sub>	228.0786	227.0718	143.05	6.85
				185.06	
<b>Lunularin</b>	C <sub>14</sub> H <sub>14</sub> O <sub>2</sub>	214.0994	213.0924	106.04	9.37
				107.05	

**Supplementary Table 2. Food Groups Used in Principal Component Analysis**

<b>No.</b>	<b>Food Group</b>	<b>Included Foods</b>
1	Rice and its products	Cooked rice, porridge, soaked rice
2	Wheat and its products	Steamed bun, bread, steamed stuffed bun
3	Coarse grains	Brown rice, oats, corn
4	Tubers	Sweet potato, potato, taro
5	Soybean and its products	Tofu, dried tofu, soybean milk
6	Fried foods	Fried dough stick, fried cake
7	Vegetables	Chinese cabbage, bok choy, water spinach, cauliflower, leaf lettuce
8	Edible fungi and algae	Mushroom, laver, kelp
9	Seafood	Fish, shrimp, crab
10	Meat	Chicken, duck, beef, pork, lamb
11	Processed meat products	Sausage, ham, luncheon meat
12	Animal offal	Liver, heart, intestine
13	Fruits	Blueberry, citrus, lychee
14	Nuts	Peanut, pistachio, walnut
15	Eggs	Chicken egg, duck egg
16	Dairy products	Milk, yogurt, milk powder
17	Alcoholic Beverages	Beer, Baijiu (Chinese spirits), Wine, Huangjiu (Chinese rice wine)
18	Non-alcoholic Beverages	Cola, Iced black tea, Carbonated drinks
19	Desserts	Pastries, Cakes

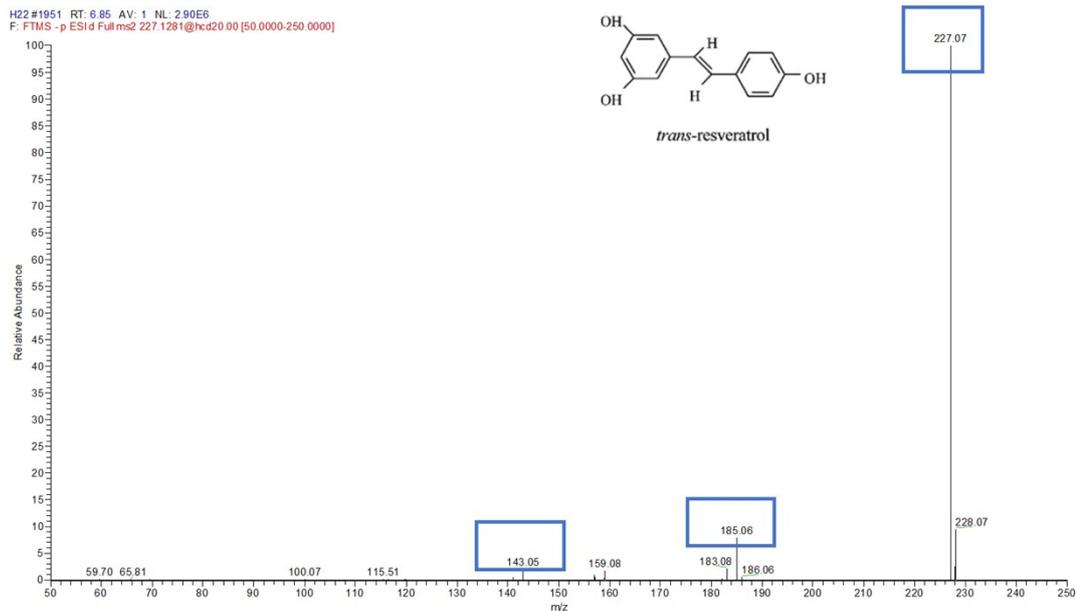


Figure S1. Secondary Mass Spectrum of Resveratrol

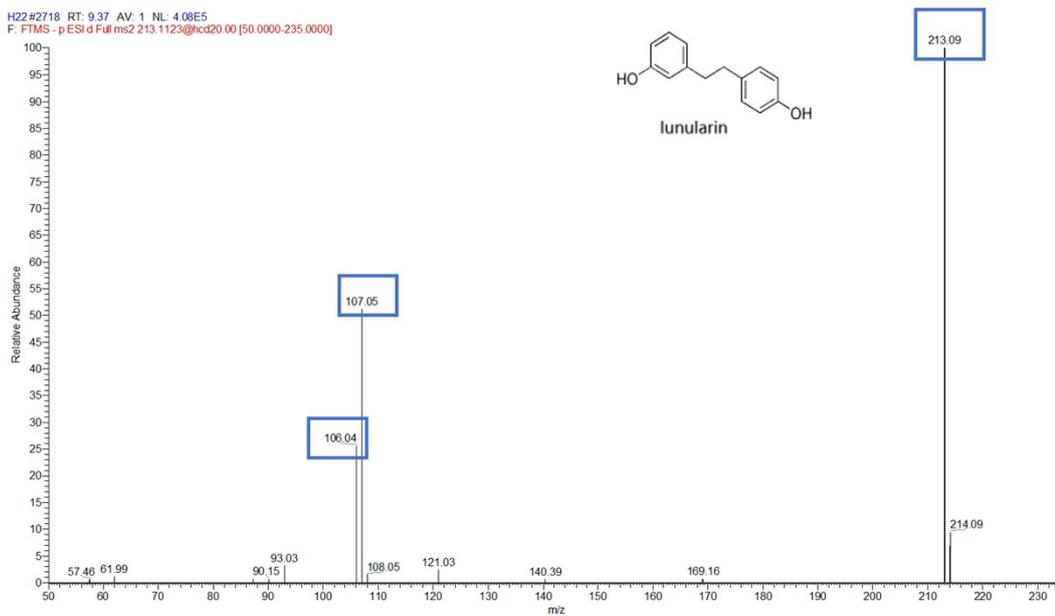


Figure S2. Secondary Mass Spectrum of Lunularin