

Supplemental data

Supplemental Table 1: The 39 food groups considered in the study: their definition and content

S. No	Food groups	Definition and Content
1.	Potatoes	Potatoes and other tubers
2.	Leafy vegetables	e.g., spinach, iceberg lettuce
3.	Fruiting vegetables	e.g., tomatoes, sweet pepper and avocados
4.	Root vegetables	e.g., carrots, radish, salsify, beetroot, turnip
5.	Cabbage	Broccoli and other cabbages
6.	Other vegetables	Mushrooms, grain and pod vegetables, onion, garlic, stalk vegetables, sprouts and mixed salads
7.	Legumes	Dried peas, lentils and beans
8.	Fruits	e.g., apples, citrus fruits, grapes and stone fruits
9.	Nuts and seeds	Nuts and seeds
10.	Other fruits	Mixed fruits and olives
11.	Milk and dairy products	Milk and milk beverages, including fermented ones, yoghurt, curd, cream desserts and puddings (milk based), dairy creams, milk for coffee and creamers (dairy)
12.	Cheese	All cheese, including cream cheese and ricotta
13.	Pasta and rice	Pasta and rice
14.	Bread	Bread, crispbread and rusks
15.	Cereals	e.g., muesli, cornflakes, puffed rice
16.	Red meat	Beef, veal, pork, mutton/lamb, horse, goat
17.	Poultry	Chicken, turkey, duck, goose and rabbit
18.	Processed meat	Processed meat from red meat or poultry (e.g., ham, bacon, sausages, etc.)
19.	Offals	Game and offals
20.	Fish	Fish and fish products, crustaceans and molluscs
21.	Eggs	Eggs and egg products
22.	Vegetable oils	e.g., olive oil, soya oil, sunflower oil, rapeseed oil and walnut oil
23.	Margarine	Pure vegetable margarines, margarines of mixed origin and non-specified
24.	Butter	Butter
25.	Other fats	Deep frying fats, other animal fats and fat non-specified
26.	Sugar and confectionery	Sugar, honey, jam, syrup, chocolate, confectionery, ice cream and water ice
27.	Cakes and cookies	Cakes, sweet pies, pastries, puddings (non-milk based), dry cakes, biscuits
28.	Fruit and vegetable juice	Fruit and vegetable juices
29.	Soft drinks	Carbonated/soft/isotonic drinks, diluted syrups and non-specified non-alcoholic beverages
30.	Coffee	Coffee, chicory and coffee substitutes
31.	Tea	Tea and herbal tea
32.	Other non-alcoholic drinks	Tap water, ice cubes, mineral water and other water products
33.	Wine	Red/white/rosé wine and non-specified wines
34.	Beer	Beer, cider, fruit wines and drinks based on beer/cider
35.	Spirits	Spirits, brandy, liqueurs and aniseed drinks
36.	Other alcoholic drinks	Fortified wines, cocktails and non-specified alcoholic beverages
37.	Sauces	Tomato sauces, dressing sauces, mayonnaises, dessert sauces and other sauces
38.	Soups	Soups and bouillons

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39. Miscellaneous	Vegetarian foods, soya products, dietetic products (e.g., artificial sweeteners), non-dairy creams, amphibians and snacks, yeast, spices, herbs, flavourings and condiments
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