**Table S1:** Main food groups and food categories. The HECTOR project

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| **Main Food Groups**  **Food Categories** | **Food items included** |
| **Animal origin** |  |
| Meat | Red meat (beef, veal, pork, mutton/lamb, horse and goat)  Poultry (chicken, hen, turkey, duck, goose, rabbit – domestic)  Game, processed meat and offals |
| Fish and seafood | Fish and fish products, fish in crumbs, crustaceans and molluscs |
| Milk and milk products | Milk (liquid, beverages or processed), yoghurt, all types of cheese and dairy creams |
| Eggs | Egg and egg products |
| **Vegetables, fruit and nuts, grains and potatoes\*** |  |
| Vegetables | Leafy, fruiting, root, grain and pod vegetables, cabbages, mushrooms, onion and garlic, stalk and sprouts, mixed salads and mixed vegetables |
| Fruit and nuts | Fruit, fruit salads, nuts and seeds, mixed fruit and olives |
| Cereals, bread and pasta | Flour, flakes, starches, semolina, pasta, rice and other grains, bread, crispbread and rusks, breakfast cereals and dough |
| Potatoes | Potatoes and other tubers |
| Pulses | All types |
| **Sugar, desserts, sweet and savory bakery products** |  |
| Sugar, similars and sweets | Sugar, artificial sweeteners and honey  Jam, marmalade, candied fruits, syrup, confectionery (non-chocolate) |
| Sweet and savory bakery products | Sweet and salty pastries, cakes, pies and biscuits (sweet, salty, aperitif, crackers) |
| Chocolate and chocolate sweets | Items based on chocolate and cocoa |
| Ice cream | All types of ice cream and sorbet |
| **Beverages** |  |
| Alcoholic | Wine, fortified wines, beer and cider, spirits and brandy, aniseed drinks, liqueurs, cocktails and punches |
| Soft drinks | Carbonated, soft and isotonic drinks, diluted syrups |
| Juices | Fruit and vegetable juices |
| Other non-alcoholic | Coffee (with or without caffeine), tea (with or without caffeine), herbal teas, chicory, substitutes and waters |
| **Fats and oils** | Vegetable oils, butter, margarines, deep-frying fats, marine oil and other animal fat |

\* Excluding fruit and vegetable juices, which are included under *Beverages*