**Supplementary File 1.** Food frequency questionnaire (FFQ).

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| N | The name of the food item | Consumption unit | Daily | Weekly | Monthly | Annual |
| 1 | Lavash Bread | A palm |  |  |  |  |
| 2 | Barbari Bread | A palm |  |  |  |  |
| 3 | Sangak | A palm |  |  |  |  |
| 4 | Taftoon Bread | A palm |  |  |  |  |
| 5 | Baget | A small number |  |  |  |  |
| 6 | Tost | A slice |  |  |  |  |
| 7 | White Rice | Medium dinner plate |  |  |  |  |
| 8 | Spaghetti | Flat head skimmer |  |  |  |  |
| 9 | Boiled Potatoes | An average number |  |  |  |  |
| 10 | French Fries | A medium slice |  |  |  |  |
| 11 | Spaghetti (Vermishel) | A glass |  |  |  |  |
| 12 | Spaghetti (Reshte) | A glass |  |  |  |  |
| 13 | Wheat Flour | A glass |  |  |  |  |
| 14 | Plain Biscuit | A number |  |  |  |  |
| 15 | Cream Cracker | A number |  |  |  |  |
| 16 | English Muffin(Cake Yazdi) | A number |  |  |  |  |
| 17 | White Cake (Homemade Cake (Birthday and...)) | A slice |  |  |  |  |
| 18 | Other White Cake | A number |  |  |  |  |
| 19 | Corn Flakes | An average number |  |  |  |  |
| 20 | Cooked Barley | One tablespoon cooked |  |  |  |  |
| 21 | Baked Bulgur | A tablespoon |  |  |  |  |
| 22 | Lentils | One tablespoon cooked |  |  |  |  |
| 23 | Bean | Spoon cooked |  |  |  |  |
| 24 | Chickpeas | Spoon cooked |  |  |  |  |
| 25 | Broadbeans | Spoon cooked |  |  |  |  |
| 26 | Soybeans | Spoon cooked |  |  |  |  |
| 27 | Mung Beans | Spoon cooked |  |  |  |  |
| 28 | Split Peas | Spoon cooked |  |  |  |  |
| 29 | Veal | A large piece of stew |  |  |  |  |
| 30 | Lamb | Medium piece of stew |  |  |  |  |
| 31 | Ground Beef | Spoon |  |  |  |  |
| 32 | Chicken With Skin | Medium chicken piece |  |  |  |  |
| 33 | Skinless Chicken | Medium chicken piece |  |  |  |  |
| 34 | Trout (Fish) | A medium piece |  |  |  |  |
| 35 | Tunafish | A can without oil |  |  |  |  |
| 36 | Hamburger | Fried number |  |  |  |  |
| 37 | Beef Sausage | A raw number |  |  |  |  |
| 38 | Sausage | A slice |  |  |  |  |
| 39 | Lamb Liver | A medium piece |  |  |  |  |
| 40 | Boiled Egg | Full |  |  |  |  |
| 41 | Tripe | Medium piece |  |  |  |  |
| 42 | Lamb Tongue | A whole number |  |  |  |  |
| 43 | Lamb Brain | A whole number |  |  |  |  |
| 44 | Meat-Sheep Head | A whole number |  |  |  |  |
| 45 | Tripe | A cooked number |  |  |  |  |
| 46 | Cheese Pizza | A medium cut |  |  |  |  |
| 47 | No Fat Milk | Glass |  |  |  |  |
| 48 | Low Fat Milk | Glass |  |  |  |  |
| 49 | Whole Milk | Glass |  |  |  |  |
| 50 | Choc/ Milk | Small envelope |  |  |  |  |
| 51 | Chocolate Milk | Small envelope |  |  |  |  |
| 52 | Frozen Yogurt | Table spoon flat head |  |  |  |  |
| 53 | Plain Yogurt | Yogurt bowl |  |  |  |  |
| 54 | Full Fat Yogurt | Yogurt bowl |  |  |  |  |
| 55 | Creamy Youghurt | A tablespoon |  |  |  |  |
| 56 | Feta Cheese | Match box |  |  |  |  |
| 57 | Cream Cheese | Match box |  |  |  |  |
| 58 | Doug | Glass |  |  |  |  |
| 59 | Cream And Whipped Cream | Spoon |  |  |  |  |
| 60 | Vanilla Ice Cream | Half a glass |  |  |  |  |
| 61 | Choc/ Ice Cream | A number |  |  |  |  |
| 62 | Butter | Match box |  |  |  |  |
| 63 | Margarine | Match box |  |  |  |  |
| 64 | Curd | Spoon |  |  |  |  |
| 65 | Romaine Lettuce | Half a glass |  |  |  |  |
| 66 | Ripe Tomatoes | Average number |  |  |  |  |
| 67 | Cucumber | Average number |  |  |  |  |
| 68 | Basil | A medium advance |  |  |  |  |
| 69 | Leeks | Half a glass |  |  |  |  |
| 70 | Winter Squash | 6 x 6 pieces |  |  |  |  |
| 71 | Summer Squash (Kado Khore) | An average number |  |  |  |  |
| 72 | Eggplant | An average number |  |  |  |  |
| 73 | Celery | A glass |  |  |  |  |
| 74 | Green Peas | A glass |  |  |  |  |
| 75 | Green Beans | Spoon |  |  |  |  |
| 76 | Raw Carrot | An average number |  |  |  |  |
| 77 | Cooked Carrots | An average number |  |  |  |  |
| 78 | Garlic Clove | A medium pill |  |  |  |  |
| 79 | Raw Onion | Average number |  |  |  |  |
| 80 | Fried Onions | Spoon |  |  |  |  |
| 81 | Cabbage | Eat a bowl of yogurt |  |  |  |  |
| 82 | Sweet Peppers | An average number |  |  |  |  |
| 83 | Raw Spinach | An average number |  |  |  |  |
| 84 | Cooked Spinach | Half a glass |  |  |  |  |
| 85 | Turnips | An average number |  |  |  |  |
| 86 | Black Pepper | An average number |  |  |  |  |
| 87 | Tomato Sauce | Spoon |  |  |  |  |
| 88 | Bamboo Shoots | Spoon |  |  |  |  |
| 89 | Shor (Iranian food) | Spoon |  |  |  |  |
| 90 | Dill Pickles | An average number of 5 cm |  |  |  |  |
| 91 | Cantaloupe | A medium wedge |  |  |  |  |
| 92 | Honeydew Melon | A medium wedge |  |  |  |  |
| 93 | Watermelon | A medium wedge |  |  |  |  |
| 94 | Pears | Average number |  |  |  |  |
| 95 | Apricot | Average number |  |  |  |  |
| 96 | Cherries | Average number |  |  |  |  |
| 97 | Apple | Average number |  |  |  |  |
| 98 | Peaches | Average number |  |  |  |  |
| 99 | Nectarines | Average number |  |  |  |  |
| 100 | Japanese Plums | Average number |  |  |  |  |
| 101 | Figs | Average number |  |  |  |  |
| 102 | Dried Figs | Average number |  |  |  |  |
| 103 | Grapes | Small cluster |  |  |  |  |
| 104 | Kiwifruit | Average number |  |  |  |  |
| 105 | Grapefruit | Average number |  |  |  |  |
| 106 | Orange | Average number |  |  |  |  |
| 107 | Persimmons | Average number |  |  |  |  |
| 108 | Tangerines | Average number |  |  |  |  |
| 109 | Pomegranates | Average number |  |  |  |  |
| 110 | Date-Raw | Average number |  |  |  |  |
| 111 | Plums | Average number |  |  |  |  |
| 112 | Sour Cherries | Average number |  |  |  |  |
| 113 | Strawberries | Average number |  |  |  |  |
| 114 | Banana | Average number |  |  |  |  |
| 115 | Sweet Lemon | Average number |  |  |  |  |
| 116 | Limes | Average number |  |  |  |  |
| 117 | Gripfruit Juice | A glass |  |  |  |  |
| 118 | Orange Juice | A glass |  |  |  |  |
| 119 | Apple Juice | A glass |  |  |  |  |
| 120 | Cantaloupe | A glass |  |  |  |  |
| 121 | Blueberries | A glass |  |  |  |  |
| 122 | Pineapple | A glass |  |  |  |  |
| 123 | Canned Pineapple | A glass |  |  |  |  |
| 124 | Raisins | A spoon |  |  |  |  |
| 125 | Cantaloupe | Yogurt bowl |  |  |  |  |
| 126 | Mulberries | An average number |  |  |  |  |
| 127 | Bluebery Muffin | An average number |  |  |  |  |
| 128 | Dried Peaches | An average number |  |  |  |  |
| 129 | Dried Apricots | An average number |  |  |  |  |
| 130 | Green Olives | An average number |  |  |  |  |
| 131 | Fruit Compote | A can |  |  |  |  |
| 132 | Solid Vegetable Oil | A spoon |  |  |  |  |
| 133 | Vegetable Oil | Spoon |  |  |  |  |
| 134 | Olive Oil | Spoon |  |  |  |  |
| 135 | Beef Tallow | Medium piece |  |  |  |  |
| 136 | Butter (Solid Animal Oil) | Spoon |  |  |  |  |
| 137 | Mayonnaise | Spoon |  |  |  |  |
| 138 | Peanuts | A number |  |  |  |  |
| 139 | Almonds | A number |  |  |  |  |
| 140 | Dried Walnuts | A number |  |  |  |  |
| 141 | Pistachios | A number |  |  |  |  |
| 142 | Hazelnuts | A number |  |  |  |  |
| 143 | Sunflower Seeds | A bowl |  |  |  |  |
| 144 | Sugar Loaf | Pill |  |  |  |  |
| 145 | White Sugar | Tablespoon |  |  |  |  |
| 146 | Honey | Tablespoon |  |  |  |  |
| 147 | Jam | Spoon |  |  |  |  |
| 148 | Lemon Lime Soda | Glass |  |  |  |  |
| 149 | Dry Sweets | An average number |  |  |  |  |
| 150 | Sweeter | An average number |  |  |  |  |
| 151 | Gaz (Iranian food) | A number |  |  |  |  |
| 152 | Hard Candy | A number |  |  |  |  |
| 153 | Sohan (Iranian food) | A piece |  |  |  |  |
| 154 | Corn Puffs | A package |  |  |  |  |
| 155 | Chocolate | A number |  |  |  |  |
| 156 | Caramel | Spoon |  |  |  |  |
| 157 | Brewed Tea | Glass |  |  |  |  |
| 158 | Salt | Tablespoon |  |  |  |  |
| 159 | Beef Broth | A glass |  |  |  |  |
| 160 | Potato Chips | A package |  |  |  |  |
| 161 | Coffee | A glass |  |  |  |  |
| 162 | Lime Juice | Tablespoon |  |  |  |  |
| 163 | White Sugar (Candy) | Medium piece |  |  |  |  |
| 164 | Mushroom | A glass |  |  |  |  |
| 165 | Halva (Iranian food) | Spoon |  |  |  |  |
| 166 | A Sweet Breakfast Food In Iran | A package |  |  |  |  |
| 167 | Noghl (Iranian food) | A number |  |  |  |  |
| 168 | Pirashki | A number |  |  |  |  |