**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 |  |  |  |  |