Supplementary table 1: Input variables of the factor analysis

Original food group	Original food item	Input variable of the factor analysis	Scientific rationale
Starchy roots and tubers	Cassava	Cassava	
	Plantain	Plantain	
	Cocoyam	Cocoyam	
	Yam	Yam	
	Sweet potato	-	Excluded, because 86% of the participants never consumed this item
Cereal and cereal products	Maize (Banku)	Maize (Banku)	
	Millet	Millet	
	Oats (porridge)	Oats (porridge)	
	Rice	Rice	
	Bread	Bread	
Animal products	Fish	Fish	
	Red meat	Red meat	
	Poultry	Poultry	
	Eggs	Eggs	
	Milk	Milk	
	Crab	Crab	
Legumes, nuts and beans	Beans	Beans	
	Groundnut	Groundnut	
	Agushie (pumpkin seeds)	Agushie (pumpkin seeds)	
Fruits	Orange		
	Mango		
	Papaya	Fruits	Single fruit items were combined into one food group "Fruits" to account for dietetic similarity
	Pineapple		
	Banana		
	Pae (avocado)		
Vegetables	Tomatoes	-	Excluded, because 100% of the participants daily consumed this item and thus did not contribute to variation in the usual diet
	Sweet pepper	-	Excluded, because 100% of the participants daily consumed this item and thus did not

			contribute to variation in the usual diet
	Garden egg	Garden egg	
	Okra	Okra	
	Green leafy vegetables	Green leafy vegetables	
	Carrot	Carrot	
	Cucumber	Cucumber	
	Lettuce	Lettuce	
Fats and oils	Palm oil	Palm oil	
	Vegetable oil	Vegetable oil	
	Margarine	Margarine	
Salt and spices	Salt	-	
	Salt with iodine	-	Excluded, because these items did not contribute to energy and macronutrient intake
	Red pepper (dried)	-	
	Sugar	-	
Sweets	Chocolate		Single sweets were combined into one food group "Sweets", because 89% of the participants consumed these items less than once a week
	Ice cream	Sweets	
	Toffee		
Liquids	Water	-	Excluded, because 100% of the participants daily consumed this item; this item did not contribute to energy and macronutrient intake
	Juice	Juice	
	Soft drinks	Soft drinks	
	Coffee	Coffee	
	Milo (chocolate drink)	Milo (chocolate drink)	
	Beer	-	
	Wine	-	Excluded, because >90% of the participants never consumed these items
	Spirits	-	