Supplemental table 2 Food groups included in the analyses, based on PNNS food groups.

|  |  |
| --- | --- |
| **Fruits and vegetables** |  |
|  | Fruits | Raw and cooked fruits, fruits in syrup |
|  | Dried Fruits | Dried fruit |
|  | Vegetables | Raw and cooked vegetables |
|  | Soups | Soups, dry soups, minestrone, broth |
| **Cereals and potatoes** |  |
|  | Cereals | Pasta, rice, flour |
|  | Bread | Bread, toasts, English muffins, croutons |
|  | Potatoes | Potatoes, sweet potatoe, plantain banana, igname |
|  | Legumes | Lentils, beans, chikpeas |
|  | Breakfast cereals | Muesli, oat flakes, puffed cereals, cereal bars |
| **Milk and dairy products** |  |
|  | Dairy desserts | Batter pudding, mousse, custard, crème brulée, crème caramel, flan, pannacotta, rice or semolina puddings |
|  | Cheese | All types of cheese |
|  | Ice cream | Ice cream, sorbet |
|  | Milk and yogurt | Milk, cream cheese, yogurt |
| **Fish Meat Eggs** |  |
|  | Offals | Kidneys, liver, tripes, beef tongue, blood pudding |
|  | Processed meat | Ham, salami, pâté, bacon |
|  | Eggs | Eggs |
|  | Fish and seafood | salmon, tuna fish, cod, sole, t-burbot, skate, herring, sardines, anchovies, shrimps, scallops, oysters, mussels |
|  | Meat | Beef, lamb, turkey, chicken, duck, rabbit, pork |
| **Sugary snacks** |  |
|  | Chocolate products | chocolate, peanut butter, chocolate bars, chocolate spread |
|  | Sweets | jam, honey, sweets |
|  | Biscuits and cakes | Donut, chocolate cakes, cookies, sugar pie, almond biscuits, pancakes, clafoutis, biscuits, muffins, gingerbread, meringue, sponge cake |
|  | Pastries | Croissants, chocolate croissants, brioche |
| **Salty snacks** |  |
|  | Nuts | Nuts |
|  | Appetizers | Potatoe chips, crackers |
|  | Salty and fatty products | popcorn, sausage rolls |
| **Fat and sauces** |  |
|  | Fats | Butter, vegetable oils |
|  | Dressings and sauces | salad dressing, bechamel sauce, mayonnaise, pesto sauce |
| **Composite foods** |  |
|  | Pizza, pies and quiche | Pizza, vegetable pie, meat pie, quiche lorraine |
|  | One-dish meals | Composite salads, bœuf bourguignon, cooked meat |
|  | Sandwich | Sandwich, hamburger, panini |