**Supplemental Table 3 : Mean and distribution values across braod and detailed food categories. Non-weighted analyses (N=3508)**

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  |  | Mean | Std | Min | Median | Max | N |
| **Fruits and vegetables** | | **-3.05** | **4.84** | **-15** | **-4** | **16** | **340** |
|  | Fruits | -2.64 | 4.39 | -10 | -4 | 11 | 135 |
|  | Dried Fruits | 2.28 | 6.99 | -10 | 1.5 | 16 | 18 |
|  | Vegetables | -6.29 | 3.20 | -15 | -7 | 8 | 126 |
|  | Soups | 1.13 | 2.38 | -5 | 1 | 7 | 61 |
| **Cereals and potatoes** | | **3.99** | **7.92** | **-14** | **4** | **26** | **338** |
|  | Cereals | -1.93 | 4.02 | -9 | -3 | 14 | 60 |
|  | Breackfast cereals | 10.14 | 5.85 | -5 | 11 | 26 | 147 |
|  | Legumes | -10.86 | 3.57 | -14 | -12 | -3 | 14 |
|  | Bread | 1.87 | 5.34 | -7 | 0 | 14 | 84 |
|  | Potatoes | -0.97 | 4.70 | -10 | -1 | 8 | 33 |
| **Milk and dairy products** | | **9.37** | **7.83** | **-5** | **7** | **28** | **550** |
|  | Dairy desserts | 5.81 | 5.05 | -3 | 4 | 25 | 258 |
|  | Cheese | 17.34 | 5.99 | -3 | 19 | 28 | 164 |
|  | Ice cream | 12.60 | 4.32 | -4 | 13 | 21 | 62 |
|  | Milk and yogurt | 0.45 | 2.87 | -5 | -0.5 | 12 | 66 |
| **Meat Fish eggs** | | **5.34** | **8.84** | **-5** | **2** | **26** | **391** |
|  | Offals | 3.13 | 7.23 | -4 | 0 | 21 | 46 |
|  | Processed meat | 17.13 | 6.68 | -3 | 19 | 26 | 85 |
|  | Eggs | 6.00 | 8.44 | -4 | 2 | 22 | 17 |
|  | Fish and seafood | 1.43 | 6.27 | -5 | -1 | 20 | 126 |
|  | Meat | 1.77 | 4.93 | -4 | 0 | 16 | 117 |
| **Sugary snacks** | | **15.71** | **6.06** | **-4** | **16** | **28** | **794** |
|  | Biscuits and cakes | 14.72 | 5.63 | -2 | 15 | 26 | 423 |
|  | Chocolate products | 19.49 | 5.55 | -4 | 20 | 28 | 217 |
|  | Sweets | 12.87 | 5.87 | -3 | 13 | 27 | 112 |
|  | Pastries | 13.62 | 3.99 | 3 | 14 | 23 | 42 |
| **Salty snacks** | | **8.56** | **9.00** | **-12** | **9** | **32** | **148** |
|  | Nuts | -0.46 | 4.92 | -12 | 0 | 8 | 50 |
|  | Appetizers | 13.16 | 6.87 | -3 | 13 | 32 | 98 |
| **Fat and sauces** | | **13.60** | **7.49** | **-6** | **16** | **29** | **136** |
|  | Fats | 17.18 | 5.18 | 0 | 19 | 29 | 61 |
|  | Dressings and sauces | 10.68 | 7.84 | -6 | 11 | 24 | 75 |
| **Composite foods** | | **5.16** | **7.11** | **-11** | **3** | **22** | **634** |
|  | Pizza, pies and quiche | 10.59 | 5.47 | -3 | 12 | 20 | 105 |
|  | One-dish meals | 2.76 | 6.20 | -11 | 1 | 22 | 445 |
|  | Sandwich | 11.10 | 6.20 | -3 | 13 | 22 | 84 |
| **Beverages** | | **0.17** | **2.52** | **-7** | **0** | **10** | **177** |
|  | Artificially sweetened beverages | -0.17 | 0.65 | -3 | 0 | 0 | 23 |
|  | Non-sugared beverages | 0.79 | 3.02 | -3 | 0 | 10 | 39 |
|  | sweetened beverages | 1.35 | 1.26 | -4 | 2 | 5 | 75 |
|  | Fruit juice | -3.34 | 1.84 | -7 | -3 | 3 | 32 |
|  | Fruit nectars | 1.13 | 1.36 | -1 | 1.5 | 3 | 8 |