**Supplemental Table 1.** Description of the meta-analyses addressing the association between fruit and vegetable intake and gastric cancer included in the systematic review.

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **First author,**  **year (ref)** | **Outcome**  **(measures)** | **Databases**  **searched**  **(time period)** | **Search expression / terms**  **Search restrictions** | **Number and type**  **of studies included** | **Quality score**  **assessment** | **Summary estimate (95% CI)**  **Heterogeneity (*I2* and sources)**  **Publication bias** |
| Riboli, 2003 [16](#_ENREF_16) | Gastric cancer  (risk, incidence, mortality) | MEDLINE  (1973-2001)  Citation tracking | *Not stated*  Restricted to studies published in English | 31 for fruit intake as exposure  7 cohort  24 case-control  22 for vegetable intake as exposure  5 cohort  17 case-control | No | Increase in fruit intake of 100 g/day  All studies – RR=0.74 (0.69-0.81), n=31  ACCORDING TO STUDY DESIGN  Cohort – RR=0.89 (0.73-1.09), n=7  Case-control – RR=0.69 (0.62-0.77), n=24  ACCORDING TO GEOGRAPHICAL REGION  Asia – RR=0.56 (0.40-0.79), n=7  Europe – RR=0.84 (0.76-0.93), n=11  United Sates – RR=0.83 (0.64-1.08), n=4  Increase in vegetable intake of 100 g/day  All studies – RR=0.81 (0.75-0.87), n=22  ACCORDING TO STUDY DESIGN  Cohort – RR=0.89 (0.75-1.05), n=5  Case-control – RR=0.78 (0.71-0.86), n=17  ACCORDING TO GEOGRAPHICAL REGION  Asia – RR=0.92 (0.86-0.98), n=7  Europe – RR=0.75 (0.66-0.84), n=9  United Sates – RR=0.80 (0.63-1.00), n=2 |
| Lunet, 2005 [5](#_ENREF_5) | Gastric cancer  (incidence, mortality) | MEDLINE,  EMBASE,  LILACS  (1966-2004)  Citation tracking | *(((stomach OR gastric OR cardia) AND cancer) OR stomach cancer OR gastric cancer) AND (nutrition OR diet OR lifestyle OR fruit OR vegetable) AND (cohort analysis OR prospective study OR cohort)*  No language restrictions | 13 cohort for fruit intake as exposure  8 cohort for vegetable intake as exposure | No | Highest *vs.* lowest fruit intake  All studies – RR=0.89 (0.78-1.02), n=13, *I2*=30.0%  ACCORDING TO OUTCOME MEASURE  Incidence – RR=0.82 (0.73-0.93), n=7, *I2*=0.0%  Mortality – RR=1.08 (0.86-1.35), n=6, *I2*=38.6%  ACCORDING TO DURATION OF FOLLOW-UP  *Gastric cancer incidence as outcome*  < 10 years – RR=0.90 (0.78-1.04), n=4, *I2*=0.0%  ≥ 10 years – RR=0.66 (0.52-0.83), n=3, *I2*=0.0%  *Gastric cancer mortality as outcome*  < 10 years – RR=1.22 (0.90-1.66), n=2, *I2*=39.0%  ≥ 10 years – RR=0.88 (0.70-1.09), n=4, *I2*=1.6%  ACCORDING TO GEOGRAPHICAL REGION  America – RR=0.75 (0.51-1.11), n=3, *I2*=44.6%  Asia – RR=0.92 (0.80-1.07), n=9, *I2*=27.0%  Europe – RR=0.97 (0.64-1.48), n=1  Highest *vs.* lowest vegetable intake  All studies – RR=0.98 (0.86-1.13), n=8, *I2*=41.1%  ACCORDING TO OUTCOME MEASURE  Incidence – RR=0.88 (0.69-1.13), n=5, *I2*=41.6%  Mortality – RR=1.05 (0.89-1.25), n=3, *I2*=42.3%  ACCORDING TO DURATION OF FOLLOW-UP  *Gastric cancer incidence as outcome*  < 10 years – RR=1.04 (0.83-1.29), n=3, *I2*=0.0%  ≥ 10 years – RR=0.71 (0.53-0.94), n=2, *I2*=0.0%  *Gastric cancer mortality as outcome*  < 10 years – RR=1.14 (0.90-1.44), n=1  ≥ 10 years – RR=1.02 (0.78-1.33), n=2, *I2*=64.1%  ACCORDING TO GEOGRAPHICAL REGION  America – RR=0.94 (0.71-1.23), n=3, *I2*=65.1%  Asia – RR=1.03 (0.85-1.26), n=4, *I2*=30.3%  Europe – RR=0.86 (0.58-1.26), n=1 |
| WCRF, 2007 [18](#_ENREF_18) | Gastric cancer  (risk, incidence, mortality) | MEDLINE,  EMBASE,  CAB Abstracts,  WEB OF SCIENCE,  BIOSIS,  LILACS,  COCHRANE,  CINAHL,  AMED  (inception-2006)  Citation tracking | *Not specifically stated*  No language restrictions | 34 for fruit intake as exposure  8 cohort  26 case-control  27 for vegetable intake as exposure  7 cohort  20 case-control | No | *Per* 100 g/d increment in fruit intake  *Cohort* – RR=0.95 (0.89-1.02), n=8, *I2*=30%, Egger test: p=0.5  ACCORDING TO SEX  Men – RR=0.98 (0.91-1.06), n=5  Women – RR=1.06 (0.87-1.28), n=3  ACCORDING TO TUMOUR LOCATION  Proximal – RR=0.95 (0.68-1.32), n=3  Distal – RR=0.87 (0.64-1.18), n=3  ACCORDING TO HISTOLOGICAL TYPE  Intestinal – RR=1.02 (0.82-1.27), n=1  Diffuse – RR=0.97 (0.73-1.28), n=1  *Case-control* – RR=0.67 (0.59-0.76), n=26, *I2*=75%, Egger test: p=0.6  ACCORDING TO SEX  Men – RR=0.68 (0.50-0.91), n=6  Women – RR=0.61 (0.48-0.79), n=5  ACCORDING TO TUMOUR LOCATION  Proximal – RR=0.56 (0.30-1.05), n=4  Distal – RR=0.66 (0.42-1.03), n=4  ACCORDING TO HISTOLOGICAL TYPE  Intestinal – RR=0.74 (0.57-0.94), n=4  Diffuse – RR=0.77 (0.58-1.03), n=4  *Per* 100 g/d increment in vegetable intake  *Cohort* – RR=0.98 (0.91-1.06), n=7, *I2*=44%, Egger test: p=0.7  ACCORDING TO SEX  Men – RR=0.96 (0.81-1.14), n=3  Women – RR=1.13 (0.99-1.28), n=2  ACCORDING TO TUMOUR LOCATION  Proximal – RR=1.05 (0.95-1.16), n=4  Distal – RR=1.02 (0.87-1.20), n=4  ACCORDING TO HISTOLOGICAL TYPE  Intestinal – RR=0.73 (0.57-0.94), n=2  Diffuse – RR=1.13 (0.85-1.49), n=2  *Case-control* – RR=0.70 (0.62-0.79), n=20, *I2*=89%, Egger test: p=0.02  ACCORDING TO SEX  Men – RR=0.70 (0.44-1.11), n=3  Women – RR=0.77 (0.54-1.11), n=3  ACCORDING TO TUMOUR LOCATION  Proximal – RR=0.72 (0.55-0.95), n=3  Distal – RR=0.79 (0.71-0.87), n=5  ACCORDING TO HISTOLOGICAL TYPE  Intestinal – RR=0.65 (0.39-1.08), n=3  Diffuse – RR=0.63 (0.37-1.08), n=3 |
| Lunet, 2007 [17](#_ENREF_17) | Gastric cancer  (risk, incidence, mortality) | MEDLINE  (inception-2004)  Citation tracking | *gastric cancer, stomach cancer, cardia cancer, nutrition, diet, lifestyle, fruit, and vegetable*  Restricted to studies published in English, Spanish, French, Italian or Portuguese | 11 for fruit intake as exposure  5 population-based case-control  6 hospital-based case-control  11 for vegetable intake as exposure  1 cohort  6 population-based case-control  4 hospital-based case-control | No | Highest *vs.* lowest fruit intake  ACCORDING TO TUMOUR LOCATION  Cardia – RR=0.58 (0.38-0.89), n=6, *I2*=65.1%  Noncardia – RR=0.61 (0.44-0.84), n=6, *I2*=57.1%  ACCORDING TO HISTOLOGICAL TYPE  Intestinal – RR=0.49 (0.33-0.72), n=6, *I2*=49.8%  Diffuse – RR=0.82 (0.57-1.20), n=6, *I2*=31.3%  Highest *vs.* lowest vegetable intake  ACCORDING TO TUMOUR LOCATION  Cardia – RR=0.63 (0.50-0.79), n=6, *I2*=0.0%  Noncardia – RR=0.75 (0.59-0.95), n=8, *I2*=47.6%  ACCORDING TO HISTOLOGICAL TYPE  Intestinal – RR=0.61 (0.44-0.86), n=5, *I2*=28.4%  Diffuse – RR=0.67 (0.44-1.01), n=5, *I2*=42.9% |
| Kim, 2010 [19](#_ENREF_19) | Gastric cancer  (risk, incidence, mortality) | MEDLINE,  KOREAMED,  ICHUSHI  (inception-2008)  Citation tracking | *(‘‘gastric cancer’’ or ‘‘stomach cancer’’), (‘‘vegetable’’ or ‘‘pickled vegetable’’), and (‘‘Japan’’ or ‘‘Korea’’); only studies with Japanese or Korean subjects*  Restricted to studies published in English, Japanese or Korean | 17  8 cohort  9 case-control | No | Highest *vs.* lowest vegetable intake  *Fresh vegetable*  All studies – RR=0.62 (0.46-0.85), n=8, *I2*=71.8%, Begg test: p=0.348  *Pickled vegetable*  All studies – RR=1.28 (1.06-1.53), n=14, *I2*=64.7%, Begg test: p=0.434 |
| Bonequi, 2013 [20](#_ENREF_20) | Gastric cancer  (risk) | MEDLINE,  LILACS,  SCIELO  (inception-2011)  Citation tracking | *(gastric cancer OR stomach cancer) AND (risk OR risk factors OR risk assessment OR epidemiologic factors OR diet OR food habits OR fruit OR vegetable OR sodium, dietary OR salts OR table salt OR sodium chloride, dietary OR nitrites OR meat OR chili pepper OR tobacco use OR smoking OR alcohol OR alcoholic beverages OR alcohol drinking OR polymorphism, genetic OR polymorphism, single nucleotide OR SNPs) AND (case–control studies OR cohort studies OR cohort OR case–control) AND (Latin America OR Central America OR South America OR Argentina OR Aruba OR Bolivia OR Brazil OR Colombia OR Costa Rica OR Cuba OR Chile OR Dominican Republic OR Ecuador OR El Salvador OR Guatemala OR Honduras OR Mexico OR Nicaragua OR Panama OR Paraguay OR Peru OR Uruguay OR Venezuela); only studies conducted in the 20 countries comprising Latin America as defined by the United Nations Educational Scientific and Cultural Organization were included*  No language restrictions | 11 for fruit intake as exposure  1 population-based case-control  1 case-control with healthy volunteers  9 hospital-based case-control  13 for vegetable intake as exposure  2 population-based case-control  1 case-control with healthy volunteers  10 hospital-based case-control | No | Total fruit consumption  OR=0.68 (0.49-0.94), n=11, *I2*=75.7%, Egger test: p=0.67  Total vegetable consumption  OR=0.58 (0.43-0.77), n=12, *I2*=74.2%, Egger test: p=0.57 |
| Shimazu, 2014 [21](#_ENREF_21) | Gastric cancer (incidence) | Pooled analysis of four cohort studies in Japan: Japan Public Health Center-based prospective Study (JPHC) I and II, Japan Collaborative Cohort Study (JACC) and Miyagi Cohort Study (MIYAGI) | NA | 4 cohort | NA | Highest *vs.* lowest fruit intake  *Men* – HR=0.92 (0.76-1.11)  ACCORDING TO TUMOUR LOCATION  Distal – HR=0.90 (0.67-1.22)  Upper third – HR=1.23 (0.70-2.17)  ACCORDING TO HISTOLOGICAL TYPE  Differentiated – HR=1.06 (0.77-1.46)  Undifferentiated – HR=0.88 (0.63-1.23)  *Women* – HR=0.82 (0.59-1.12)  ACCORDING TO TUMOUR LOCATION  Distal – HR=0.78 (0.56-1.07)  Upper third – HR=1.03 (0.37-2.88)  ACCORDING TO HISTOLOGICAL TYPE  Differentiated – HR=0.67 (0.43-1.04)  Undifferentiated – HR=0.69 (0.37-1.26)  Highest *vs.* lowest vegetable intake  *Men* – HR=0.89 (0.77-1.03)  ACCORDING TO TUMOUR LOCATION  Distal – HR=0.78 (0.63-0.97)  Upper third – HR=1.48 (0.89-2.46)  ACCORDING TO HISTOLOGICAL TYPE  Differentiated – HR=0.92 (0.73-1.14)  Undifferentiated – HR=1.02 (0.74-1.40)  *Women* – HR=0.83 (0.67-1.03)  ACCORDING TO TUMOUR LOCATION  Distal – HR=0.89 (0.62-1.29)  Upper third – HR=0.49 (0.21-1.17)  ACCORDING TO HISTOLOGICAL TYPE  Differentiated – HR=0.82 (0.47-1.43)  Undifferentiated – HR=0.78 (0.51-1.20) |
| Wang, 2014 [6](#_ENREF_6) | Gastric cancer  (risk) | MEDLINE,  EMBASE  (inception-2013)  Citation tracking | *(1) gastric OR stomach OR cardia; (2) cancer OR carcinoma OR neoplasia OR adenocarcinoma; (3) nutrition OR diet OR lifestyle OR fruit OR vegetable OR dietary OR consumption and (4) risk OR incidence OR prevalence OR mortality*  Restricted to studies published in English | 22 cohort for fruit intake as exposure  19 cohort for vegetable intake as exposure | Newcastle-Ottawa Scale | *Per* 100 g/d increment in fruit intake  All studies – RR=0.95 (0.91-0.99), n=16, *I2*=38.0%  Highest *vs.* lowest fruit intake  All studies – RR=0.90 (0.83-0.98), n=22, *I2*=0.7%, Egger test: p=0.191, Begg test: p=0.652  ACCORDING TO SEX  Men – RR=0.94 (0.83-1.07), n=11, *I2*=20.1%  Women – RR=0.97 (0.76-1.24), n=7, *I2*=54.2%  ACCORDING TO TUMOUR LOCATION  Cardia – RR=0.88 (0.76-1.02), n=5, *I2*=0.0%  Noncardia – RR=0.89 (0.77-1.02), n=7, *I2*=0.0%  ACCORDING TO OUTCOME MEASURE  Incidence – RR=0.85 (0.78-0.93), n=16, *I2*=0.0%  Mortality – RR=1.17 (0.97-1.42), n=6, *I2*=0.0%  ACCORDING TO DURATION OF FOLLOW-UP  < 10 years – RR=0.99 (0.86-1.15), n=8, *I2*=0.0%  ≥ 10 years – RR=0.86 (0.78-0.96), n=14, *I2*=3.0%  ACCORDING TO GEOGRAPHICAL REGION  Asia – RR=0.95 (0.85-1.05), n=12, *I2*=0.0%  Europe – RR=0.81 (0.68-0.96), n=6, *I2*=0.0%  United Sates – RR=0.90 (0.73-1.28), n=4, *I2*=56.3%  ACCORDING TO STUDY QUALITY  High – RR=0.87 (0.79-0.95), n=18, *I2*=0.0%  Low – RR=1.09 (0.86-1.38), n=4, *I2*=15.6%  *Per* 100 g/d increment in vegetable intake  All studies – RR=0.96 (0.91-1.01), n=16, *I2*=49.7%  Highest *vs.* lowest vegetable intake  All studies – RR=0.96 (0.88-1.06), n=19, *I2*=21.1%, Egger test: p=0.152, Begg test: p=0.263  ACCORDING TO SEX  Men – RR=0.94 (0.84-1.05), n=10, *I2*=0.0%  Women – RR=1.07 (0.91-1.25), n=6, *I2*=0.0%  ACCORDING TO TUMOUR LOCATION  Cardia – RR=1.06 (0.90-1.25), n=6, *I2*=0.0%  Noncardia – RR=0.94 (0.81-1.09), n=8, *I2*=0.0%  ACCORDING TO OUTCOME MEASURE  Incidence – RR=0.90 (0.80-1.02), n=14, *I2*=18.1%  Mortality – RR=1.05 (0.89-1.25), n=5, *I2*=42.3%  ACCORDING TO DURATION OF FOLLOW-UP  < 10 years – RR=0.94 (0.77-1.15), n=7, *I2*=30.1%  ≥ 10 years – RR=0.96 (0.85-1.08), n=12, *I2*=29.4%  ACCORDING TO GEOGRAPHICAL REGION  Asia – RR=1.03 (0.91-1.17), n=8, *I2*=8.3%  Europe – RR=0.84 (0.69-1.01), n=6, *I2*=0.0%  United Sates – RR=0.95 (0.77-1.17), n=5, *I2*=53.4%  ACCORDING TO STUDY QUALITY  High – RR=0.93 (0.83-1.04), n=16, *I2*=31.5%  Low – RR=1.11 (0.89-1.38), n=3, *I2*=0.0% |
| Woo, 2014 [22](#_ENREF_22) | Gastric cancer  (risk) | KMBASE,  KOREAMED,  MEDLINE  (inception-2014)  Citation tracking | *(Korean or Korea) and (food or diet or intake or nutrition) and (cancer risk)*  No language restrictions | 4 for fruit intake as exposure  1 cohort  3 hospital-based case-control  2 for vegetable intake as exposure  1 cohort  1 hospital-based case-control | No | Highest *vs.* lowest fruit intake  RR=0.61 (0.42-0.88), n=4, *I2*=48.9%  Highest *vs.* lowest vegetable intake  RR=0.66 (0.37-1.16), n=2, *I2*=0.0% |

CI – Confidence interval; HR – Hazard ratio; OR – Odds ratio; RR – Relative risk; NA – Not applicable.

**Supplemental Table 2.** Estimates of preventable fractions and absolute number of gastric cancer cases as a result of increasing fruit intake up to the level defined by the Global Burden of Disease (GBD) as the theoretical minimum-risk exposure distribution (300 g/day), in 161 countries, in 2012 and 2025, based on the estimates of availability of fruit \*, estimated number of new gastric cancer cases †, and relative risk of the association between fruit intake and gastric cancer ‡.

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **Country** | **2012** | | |  | **2025** | | |
| **Fruit**  **availability**  **in 1997**  **(g/d)** | **Preventable**  **fraction**  **(%)** | **Number of preventable**  **gastric cancer cases**  **in 2012**  **(*N*)** |  | **Fruit**  **availability**  **in 2010**  **(g/d)** | **Preventable**  **fraction**  **(%)** | **Number of preventable**  **gastric cancer cases**  **in 2025**  **(*N*)** |
| AFRICA |  |  |  |  |  |  |  |
| *Eastern Africa* |  |  |  |  |  |  |  |
| Djibouti Δ | 20.0 | 13.1 | 2 |  | 49.3 | 11.8 | 2 |
| Ethiopia Δ | 10.4 | 13.5 | 199 |  | 20.5 | 13.0 | 298 |
| Kenya Δ | 139.9 | 7.7 | 139 |  | 186.2 | 5.5 | 169 |
| Madagascar Δ | 136.9 | 7.8 | 42 |  | 131.4 | 8.1 | 69 |
| Malawi Δ | 119.4 | 8.6 | 18 |  | 174.9 | 6.1 | 18 |
| Mauritius ° | 83.0 | 10.3 | 12 |  | 140.2 | 7.7 | 14 |
| Mozambique Δ | 54.2 | 11.6 | 12 |  | 67.9 | 11.0 | 15 |
| Rwanda Δ | 502.7 | 0.0 | 0 |  | 433.7 | 0.0 | 0 |
| Somalia | 74.7 | 10.6 | 32 |  | 60.2 | 11.3 | 48 |
| Tanzania Δ | 110.9 | 9.0 | 68 |  | 193.3 | 5.2 | 60 |
| Uganda Δ | 604.2 | 0.0 | 0 |  | 412.9 | 0.0 | 0 |
| Zambia Δ | 29.0 | 12.7 | 35 |  | 26.0 | 12.8 | 51 |
| Zimbabwe Δ | 30.1 | 12.6 | 76 |  | 43.8 | 12.0 | 98 |
| *Middle Africa* |  |  |  |  |  |  |  |
| Angola Δ | 85.4 | 10.2 | 36 |  | 223.1 | 3.8 | 21 |
| Cameroon Δ | 286.1 | 0.7 | 2 |  | 279.8 | 1.0 | 4 |
| Central African Republic Δ | 144.8 | 7.5 | 5 |  | 127.8 | 8.2 | 6 |
| Chad Δ | 34.5 | 12.4 | 15 |  | 24.4 | 12.9 | 22 |
| Congo, Dem. Rep. Δ | 169.5 | 6.3 | 117 |  | 166.5 | 6.4 | 176 |
| Gabon + | 462.4 | 0.0 | 0 |  | 464.6 | 0.0 | 0 |
| *Northern Africa* |  |  |  |  |  |  |  |
| Algeria ° | 96.1 | 9.7 | 166 |  | 247.2 | 2.6 | 72 |
| Egypt + | 241.2 | 2.9 | 52 |  | 278.7 | 1.0 | 26 |
| Libya ° | 160.7 | 6.7 | 11 |  | 235.7 | 3.2 | 8 |
| Morocco + | 170.8 | 6.2 | 74 |  | 214.9 | 4.2 | 69 |
| Sudan Δ | 73.9 | 10.7 | 39 |  | 152.8 | 7.1 | 40 |
| Tunisia ° | 216.0 | 4.1 | 19 |  | 244.2 | 2.8 | 20 |
| *Southern Africa* |  |  |  |  |  |  |  |
| Botswana + | 104.0 | 9.3 | 1 |  | 139.1 | 7.7 | 1 |
| Lesotho Δ | 51.7 | 11.7 | 2 |  | 47.6 | 11.8 | 2 |
| Namibia + | 70.1 | 10.8 | 3 |  | 64.1 | 11.1 | 3 |
| South Africa + | 104.3 | 9.3 | 189 |  | 90.9 | 9.9 | 276 |
| Swaziland + | 67.9 | 11.0 | 2 |  | 236.3 | 3.1 | <1 |
| *Western Africa* |  |  |  |  |  |  |  |
| Benin Δ | 81.9 | 10.3 | 19 |  | 121.8 | 8.5 | 26 |
| Burkina Faso Δ | 20.3 | 13.0 | 30 |  | 16.4 | 13.2 | 46 |
| Cape Verde + | 124.6 | 8.4 | 1 |  | 252.4 | 2.4 | <1 |
| Cote d’Ivoire Δ | 275.2 | 1.2 | 7 |  | 211.6 | 4.3 | 28 |
| Gambia Δ | 14.5 | 13.3 | 1 |  | 27.6 | 12.7 | 2 |
| Ghana + | 307.5 | 0.0 | 0 |  | 466.8 | 0.0 | 0 |
| Guinea Δ | 277.9 | 1.1 | 2 |  | 262.0 | 1.9 | 5 |
| Guinea-Bissau Δ | 147.0 | 7.4 | 2 |  | 139.6 | 7.7 | 4 |
| Liberia Δ | 161.0 | 6.7 | 5 |  | 123.8 | 8.4 | 11 |
| Mali Δ | 75.0 | 10.6 | 69 |  | 84.9 | 10.2 | 99 |
| Mauritania Δ | 29.8 | 12.6 | 8 |  | 32.6 | 12.5 | 14 |
| Niger Δ | 14.8 | 13.3 | 22 |  | 84.3 | 10.2 | 29 |
| Nigeria Δ | 180.4 | 5.8 | 110 |  | 167.0 | 6.4 | 166 |
| Senegal Δ | 36.4 | 12.3 | 47 |  | 43.2 | 12.0 | 79 |
| Sierra Leone Δ | 103.2 | 9.4 | 10 |  | 100.5 | 9.5 | 15 |
| Togo Δ | 30.9 | 12.6 | 27 |  | 24.6 | 12.9 | 38 |
| AMERICA |  |  |  |  |  |  |  |
| *Caribbean* |  |  |  |  |  |  |  |
| Bahamas ° | 553.3 | 0.0 | 0 |  | 714.8 | 0.0 | 0 |
| Barbados x | 227.2 | 3.6 | 1 |  | 332.4 | 0.0 | 0 |
| Cuba ° | 327.2 | 0.0 | 0 |  | 394.8 | 0.0 | 0 |
| Dominican Republic + | 331.6 | 0.0 | 0 |  | 593.8 | 0.0 | 0 |
| Haiti Δ | 208.4 | 4.5 | 24 |  | 187.3 | 5.5 | 41 |
| Jamaica ° | 390.7 | 0.0 | 0 |  | 268.6 | 1.6 | 6 |
| Trinidad and Tobago ° | 154.1 | 7.0 | 5 |  | 212.4 | 4.3 | 5 |
| *Central America* |  |  |  |  |  |  |  |
| Belize + | 653.0 | 0.0 | 0 |  | 682.3 | 0.0 | 0 |
| Costa Rica ° | 378.1 | 0.0 | 0 |  | 303.1 | 0.0 | 0 |
| El Salvador + | 130.0 | 8.1 | 80 |  | 175.2 | 6.0 | 77 |
| Guatemala + | 191.9 | 5.3 | 121 |  | 183.2 | 5.7 | 202 |
| Honduras + | 284.7 | 0.8 | 7 |  | 200.7 | 4.8 | 71 |
| Mexico ° | 280.1 | 1.0 | 76 |  | 266.7 | 1.6 | 199 |
| Nicaragua + | 83.0 | 10.3 | 48 |  | 127.3 | 8.3 | 62 |
| Panama ° | 194.4 | 5.1 | 20 |  | 239.0 | 3.0 | 19 |
| *Northern America* |  |  |  |  |  |  |  |
| Canada x | 338.9 | 0.0 | 0 |  | 365.5 | 0.0 | 0 |
| United States of America x | 328.8 | 0.0 | 0 |  | 281.2 | 0.9 | 267 |
| *Southern America* |  |  |  |  |  |  |  |
| Argentina x | 289.4 | 0.5 | 20 |  | 205.1 | 4.6 | 222 |
| Bolivia + | 261.5 | 1.9 | 11 |  | 195.8 | 5.1 | 44 |
| Brazil ° | 335.7 | 0.0 | 0 |  | 352.9 | 0.0 | 0 |
| Chile x | 152.0 | 7.1 | 265 |  | 177.1 | 6.0 | 350 |
| Colombia ° | 243.4 | 2.8 | 164 |  | 319.2 | 0.0 | 0 |
| Ecuador ° | 683.4 | 0.0 | 0 |  | 480.2 | 0.0 | 0 |
| Guyana + | 175.2 | 6.0 | 1 |  | 125.4 | 8.4 | 2 |
| Paraguay + | 238.2 | 3.0 | 10 |  | 214.1 | 4.2 | 21 |
| Peru ° | 217.1 | 4.0 | 176 |  | 288.3 | 0.6 | 39 |
| Suriname + | 207.8 | 4.5 | 1 |  | 292.1 | 0.4 | <1 |
| Uruguay ° | 260.4 | 2.0 | 11 |  | 241.2 | 2.9 | 19 |
| Venezuela ° | 293.8 | 0.3 | 8 |  | 191.4 | 5.3 | 221 |
| ASIA |  |  |  |  |  |  |  |
| *Eastern Asia* |  |  |  |  |  |  |  |
| China + | 100.8 | 9.5 | 38402 |  | 205.3 | 4.6 | 28019 |
| Japan x | 145.9 | 7.4 | 8000 |  | 134.2 | 8.0 | 10366 |
| Mongolia + | 23.5 | 12.9 | 83 |  | 78.8 | 10.5 | 106 |
| North Korea | 174.7 | 6.1 | 267 |  | 157.7 | 6.9 | 386 |
| South Korea x | 191.1 | 5.3 | 1657 |  | 184.8 | 5.6 | 2613 |
| *South Central Asia* |  |  |  |  |  |  |  |
| Afghanistan Δ | 76.4 | 10.6 | 188 |  | 69.5 | 10.9 | 275 |
| Bangladesh Δ | 30.1 | 12.6 | 831 |  | 70.1 | 10.8 | 1113 |
| India + | 99.1 | 9.6 | 6030 |  | 144.6 | 7.5 | 6731 |
| Iran ° | 424.1 | 0.0 | 0 |  | 382.2 | 0.0 | 0 |
| Kazakhstan ° | 25.2 | 12.8 | 469 |  | 95.8 | 9.7 | 454 |
| Kyrgyzstan + | 31.8 | 12.6 | 106 |  | 86.8 | 10.1 | 124 |
| Maldives + | 192.5 | 5.2 | <1 |  | 285.6 | 0.7 | <1 |
| Nepal Δ | 96.1 | 9.7 | 109 |  | 133.6 | 8.0 | 129 |
| Pakistan Δ | 102.4 | 9.4 | 361 |  | 89.2 | 10.0 | 553 |
| Sri Lanka ° | 101.6 | 9.4 | 139 |  | 96.4 | 9.7 | 192 |
| Tajikistan + | 85.7 | 10.2 | 88 |  | 62.4 | 11.2 | 178 |
| Turkmenistan + | 70.1 | 10.8 | 76 |  | 154.1 | 7.0 | 74 |
| Uzbekistan + | 63.2 | 11.2 | 286 |  | 153.6 | 7.0 | 283 |
| *South Eastern Asia* |  |  |  |  |  |  |  |
| Brunei x | 238.5 | 3.0 | 1 |  | 266.4 | 1.7 | 1 |
| Cambodia + | 71.7 | 10.8 | 55 |  | 75.0 | 10.6 | 100 |
| Indonesia + | 96.4 | 9.7 | 582 |  | 156.6 | 6.9 | 621 |
| Laos + | 83.8 | 10.2 | 10 |  | 167.8 | 6.4 | 9 |
| Malaysia ° | 149.2 | 7.3 | 138 |  | 127.0 | 8.3 | 256 |
| Myanmar Δ | 67.1 | 11.0 | 540 |  | 96.4 | 9.7 | 729 |
| Philippines + | 283.9 | 0.8 | 19 |  | 317.0 | 0.0 | 0 |
| Thailand + | 257.1 | 2.1 | 60 |  | 292.1 | 0.4 | 16 |
| Timor-Leste + | 63.5 | 11.2 | 1 |  | 38.0 | 12.3 | 2 |
| Vietnam + | 127.3 | 8.3 | 1175 |  | 175.2 | 6.0 | 1328 |
| *Western Asia* |  |  |  |  |  |  |  |
| Armenia ° | 141.3 | 7.6 | 53 |  | 179.3 | 5.8 | 46 |
| Azerbaijan ° | 123.5 | 8.4 | 106 |  | 177.7 | 5.9 | 104 |
| Georgia ° | 167.0 | 6.4 | 46 |  | 98.0 | 9.6 | 75 |
| Iraq + | 143.5 | 7.5 | 70 |  | 116.6 | 8.8 | 137 |
| Israel x | 428.5 | 0.0 | 0 |  | 331.3 | 0.0 | 0 |
| Jordan + | 161.2 | 6.7 | 16 |  | 145.9 | 7.4 | 32 |
| Kuwait ° | 284.5 | 0.8 | <1 |  | 167.6 | 6.4 | 4 |
| Lebanon ° | 563.7 | 0.0 | 0 |  | 201.8 | 4.8 | 22 |
| Palestine + | 311.0 | 0.0 | 0 |  | 112.0 | 9.0 | 18 |
| Saudi Arabia° | 258.4 | 2.0 | 11 |  | 222.6 | 3.8 | 37 |
| Syria + | 267.5 | 1.6 | 13 |  | 205.6 | 4.6 | 62 |
| Turkey ° | 311.3 | 0.0 | 0 |  | 331.0 | 0.0 | 0 |
| United Arab Emirates x | 336.8 | 0.0 | 0 |  | 188.1 | 5.4 | 12 |
| Yemen Δ | 66.0 | 11.0 | 46 |  | 133.9 | 8.0 | 52 |
| EUROPE |  |  |  |  |  |  |  |
| *Central and Eastern Europe* |  |  |  |  |  |  |  |
| Belarus ° | 106.0 | 9.2 | 274 |  | 194.1 | 5.2 | 161 |
| Bulgaria ° | 150.0 | 7.2 | 120 |  | 97.7 | 9.6 | 164 |
| Czech Republic x | 203.4 | 4.7 | 75 |  | 197.4 | 5.0 | 102 |
| Hungary x | 160.4 | 6.7 | 131 |  | 170.8 | 6.2 | 135 |
| Moldova + | 208.4 | 4.5 | 27 |  | 89.0 | 10.0 | 65 |
| Poland x | 122.4 | 8.5 | 519 |  | 146.2 | 7.4 | 560 |
| Romania ° | 129.2 | 8.2 | 334 |  | 191.6 | 5.3 | 243 |
| Russia ° | 98.8 | 9.6 | 3676 |  | 181.0 | 5.8 | 2401 |
| Slovakia x | 182.6 | 5.7 | 51 |  | 174.4 | 6.1 | 71 |
| Ukraine ° | 112.0 | 9.0 | 1020 |  | 113.3 | 8.9 | 1027 |
| *Northern Europe* |  |  |  |  |  |  |  |
| Denmark x | 254.3 | 2.2 | 14 |  | 275.7 | 1.2 | 9 |
| Estonia x | 188.1 | 5.4 | 20 |  | 200.1 | 4.9 | 19 |
| Finland x | 191.1 | 5.3 | 34 |  | 243.7 | 2.8 | 22 |
| Iceland x | 230.8 | 3.4 | 1 |  | 327.2 | 0.0 | 0 |
| Ireland x | 177.4 | 5.9 | 29 |  | 362.8 | 0.0 | 0 |
| Latvia x | 133.9 | 8.0 | 51 |  | 127.0 | 8.3 | 49 |
| Lithuania x | 210.3 | 4.4 | 38 |  | 116.9 | 8.7 | 70 |
| Norway x | 280.4 | 1.0 | 5 |  | 350.4 | 0.0 | 0 |
| Sweden x | 253.2 | 2.3 | 19 |  | 326.4 | 0.0 | 0 |
| United Kingdom x | 217.9 | 4.0 | 269 |  | 337.6 | 0.0 | 0 |
| *Southern Europe* |  |  |  |  |  |  |  |
| Albania ° | 112.5 | 8.9 | 75 |  | 378.9 | 0.0 | 0 |
| Bosnia and Herzegovina ° | 106.0 | 9.2 | 49 |  | 244.8 | 2.7 | 17 |
| Croatia x | 227.8 | 3.5 | 34 |  | 287.7 | 0.6 | 7 |
| Cyprus x | 285.8 | 0.7 | 1 |  | 233.0 | 3.3 | 4 |
| Greece x | 387.4 | 0.0 | 0 |  | 338.9 | 0.0 | 0 |
| Italy x | 325.0 | 0.0 | 0 |  | 387.1 | 0.0 | 0 |
| Macedonia ° | 240.4 | 2.9 | 16 |  | 282.5 | 0.9 | 6 |
| Malta x | 239.0 | 3.0 | 2 |  | 199.6 | 4.9 | 5 |
| Portugal x | 295.1 | 0.2 | 7 |  | 291.8 | 0.4 | 15 |
| Slovenia x | 297.3 | 0.1 | 1 |  | 348.0 | 0.0 | 0 |
| Spain x | 318.1 | 0.0 | 0 |  | 233.5 | 3.3 | 322 |
| *Western Europe* |  |  |  |  |  |  |  |
| Austria x | 327.2 | 0.0 | 0 |  | 338.7 | 0.0 | 0 |
| France x | 228.6 | 3.5 | 228 |  | 304.4 | 0.0 | 0 |
| Germany x | 235.7 | 3.2 | 506 |  | 208.1 | 4.5 | 845 |
| Netherlands x | 292.1 | 0.4 | 8 |  | 329.1 | 0.0 | 0 |
| Switzerland x | 307.5 | 0.0 | 0 |  | 281.7 | 0.9 | 8 |
| OCEANIA |  |  |  |  |  |  |  |
| Australia x | 247.2 | 2.6 | 53 |  | 273.5 | 1.3 | 38 |
| Fiji + | 75.8 | 10.6 | 2 |  | 104.8 | 9.3 | 2 |
| French Polynesia | 171.1 | 6.2 | 1 |  | 224.8 | 3.7 | 1 |
| New Caledonia | 152.2 | 7.1 | 2 |  | 256.0 | 2.2 | 1 |
| New Zealand x | 311.6 | 0.0 | 0 |  | 299.0 | <0.1 | <1 |
| Samoa + | 445.7 | 0.0 | 0 |  | 530.0 | 0.0 | 0 |
| Solomon Islands Δ | 108.1 | 9.1 | 1 |  | 156.0 | 6.9 | 1 |
| Vanuatu + | 250.2 | 2.4 | <1 |  | 255.2 | 2.2 | <1 |

\* data retrieved from the FAO Food Balance Sheets for 1997 and 2010 [23](#_ENREF_23); † data retrieved from GLOBOCAN 2012 [1](#_ENREF_1); ‡ data retrieved from the reference selected [6](#_ENREF_6) after a systematic review of meta-analyses; Human Development Index (HDI) distribution in 2012 retrieved from the Human Development Report, 2013 [25](#_ENREF_25): 39, 36, 42 and 40 countries classified as x very high, ° high, + medium and Δ low HDI, respectively, and no evaluation of HDI available for French Polynesia, New Caledonia, North Korea and Somalia.

**Supplemental Table 3.** Estimates of preventable fractions and absolute number of gastric cancer cases as a result of increasing vegetable intake up to the level defined by the Global Burden of Disease (GBD) as the theoretical minimum-risk exposure distribution (400 g/day), in 161 countries, in 2012 and 2025, based on the estimates of availability of vegetable \*, estimated number of new gastric cancer cases †, and relative risk of the association between vegetable intake and gastric cancer ‡.

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **Country** | **2012** | | |  | **2025** | | |
| **Vegetable**  **availability**  **in 1997**  **(g/d)** | **Preventable**  **fraction**  **(%)** | **Number of preventable**  **gastric cancer cases**  **in 2012**  **(*N*)** |  | **Vegetable**  **availability**  **in 2010**  **(g/d)** | **Preventable**  **fraction**  **(%)** | **Number of preventable**  **gastric cancer cases**  **in 2025**  **(*N*)** |
| AFRICA |  |  |  |  |  |  |  |
| *Eastern Africa* |  |  |  |  |  |  |  |
| Djibouti Δ | 87.6 | 11.7 | 2 |  | 187.0 | 8.2 | 2 |
| Ethiopia Δ | 33.9 | 13.6 | 201 |  | 50.6 | 13.0 | 298 |
| Kenya Δ | 131.1 | 10.2 | 185 |  | 154.4 | 9.4 | 285 |
| Madagascar Δ | 60.8 | 12.7 | 69 |  | 45.7 | 13.2 | 113 |
| Malawi Δ | 58.3 | 12.8 | 26 |  | 61.0 | 12.7 | 37 |
| Mauritius ° | 215.7 | 7.1 | 8 |  | 217.9 | 7.0 | 13 |
| Mozambique Δ | 24.1 | 14.0 | 14 |  | 48.2 | 13.1 | 18 |
| Rwanda Δ | 58.3 | 12.8 | 60 |  | 160.4 | 9.1 | 74 |
| Somalia | 27.9 | 13.8 | 41 |  | 31.2 | 13.7 | 59 |
| Tanzania Δ | 86.0 | 11.8 | 89 |  | 98.8 | 11.3 | 131 |
| Uganda Δ | 54.2 | 12.9 | 93 |  | 72.0 | 12.3 | 145 |
| Zambia Δ | 69.0 | 12.4 | 34 |  | 69.0 | 12.4 | 50 |
| Zimbabwe Δ | 29.8 | 13.8 | 82 |  | 44.9 | 13.2 | 108 |
| *Middle Africa* |  |  |  |  |  |  |  |
| Angola Δ | 53.4 | 12.9 | 45 |  | 184.8 | 8.2 | 45 |
| Cameroon Δ | 148.7 | 9.6 | 26 |  | 269.7 | 5.1 | 20 |
| Central African Republic Δ | 60.0 | 12.7 | 8 |  | 53.4 | 12.9 | 10 |
| Chad Δ | 33.4 | 13.6 | 17 |  | 20.8 | 14.1 | 24 |
| Congo, Dem. Rep. Δ | 96.1 | 11.4 | 212 |  | 106.0 | 11.1 | 302 |
| Gabon + | 115.5 | 10.8 | 3 |  | 128.4 | 10.3 | 4 |
| *Northern Africa* |  |  |  |  |  |  |  |
| Algeria ° | 204.6 | 7.5 | 129 |  | 368.2 | 1.3 | 35 |
| Egypt + | 479.9 | 0.0 | 0 |  | 594.4 | 0.0 | 0 |
| Libya ° | 577.1 | 0.0 | 0 |  | 564.3 | 0.0 | 0 |
| Morocco + | 268.0 | 5.1 | 60 |  | 374.0 | 1.0 | 17 |
| Sudan Δ | 132.8 | 10.1 | 37 |  | 167.6 | 8.9 | 50 |
| Tunisia ° | 408.8 | 0.0 | 0 |  | 693.2 | 0.0 | 0 |
| *Southern Africa* |  |  |  |  |  |  |  |
| Botswana + | 72.8 | 12.3 | 2 |  | 102.9 | 11.2 | 2 |
| Lesotho Δ | 66.8 | 12.5 | 2 |  | 57.2 | 12.8 | 2 |
| Namibia + | 42.2 | 13.3 | 3 |  | 80.5 | 12.0 | 4 |
| South Africa + | 122.1 | 10.5 | 213 |  | 125.4 | 10.4 | 290 |
| Swaziland + | 49.0 | 13.1 | 2 |  | 48.2 | 13.1 | 2 |
| *Western Africa* |  |  |  |  |  |  |  |
| Benin Δ | 134.2 | 10.1 | 19 |  | 100.5 | 11.3 | 34 |
| Burkina Faso Δ | 80.5 | 12.0 | 28 |  | 49.0 | 13.1 | 46 |
| Cape Verde + | 104.8 | 11.1 | 2 |  | 196.3 | 7.8 | 2 |
| Cote d’Ivoire Δ | 143.7 | 9.7 | 53 |  | 104.3 | 11.2 | 73 |
| Gambia Δ | 70.4 | 12.4 | 2 |  | 102.7 | 11.2 | 2 |
| Ghana + | 101.8 | 11.2 | 52 |  | 96.4 | 11.4 | 74 |
| Guinea Δ | 229.2 | 6.6 | 12 |  | 146.2 | 9.6 | 27 |
| Guinea-Bissau Δ | 50.6 | 13.0 | 4 |  | 58.6 | 12.8 | 6 |
| Liberia Δ | 111.2 | 10.9 | 8 |  | 73.4 | 12.2 | 15 |
| Mali Δ | 161.8 | 9.1 | 59 |  | 157.7 | 9.2 | 90 |
| Mauritania Δ | 26.6 | 13.9 | 9 |  | 47.9 | 13.1 | 15 |
| Niger Δ | 114.4 | 10.8 | 18 |  | 113.9 | 10.8 | 30 |
| Nigeria Δ | 160.4 | 9.1 | 173 |  | 185.4 | 8.2 | 213 |
| Senegal Δ | 124.8 | 10.4 | 39 |  | 170.8 | 8.8 | 58 |
| Sierra Leone Δ | 159.6 | 9.2 | 10 |  | 162.4 | 9.1 | 14 |
| Togo Δ | 83.2 | 11.9 | 25 |  | 74.7 | 12.2 | 36 |
| AMERICA |  |  |  |  |  |  |  |
| *Caribbean* |  |  |  |  |  |  |  |
| Bahamas ° | 324.4 | 3.0 | 1 |  | 289.2 | 4.3 | 2 |
| Barbados x | 175.8 | 8.6 | 3 |  | 205.3 | 7.5 | 3 |
| Cuba ° | 129.8 | 10.2 | 115 |  | 343.3 | 2.2 | 35 |
| Dominican Republic + | 112.5 | 10.9 | 76 |  | 127.6 | 10.3 | 104 |
| Haiti Δ | 85.1 | 11.8 | 64 |  | 52.6 | 13.0 | 97 |
| Jamaica ° | 202.9 | 7.6 | 20 |  | 204.8 | 7.5 | 28 |
| Trinidad and Tobago ° | 78.3 | 12.1 | 8 |  | 88.7 | 11.7 | 13 |
| *Central America* |  |  |  |  |  |  |  |
| Belize + | 100.5 | 11.3 | 1 |  | 124.0 | 10.4 | 2 |
| Costa Rica ° | 110.1 | 11.0 | 96 |  | 132.0 | 10.2 | 151 |
| El Salvador + | 76.6 | 12.1 | 120 |  | 165.6 | 8.9 | 114 |
| Guatemala + | 119.6 | 10.6 | 245 |  | 175.8 | 8.6 | 305 |
| Honduras + | 120.7 | 10.6 | 96 |  | 151.1 | 9.5 | 138 |
| Mexico ° | 149.5 | 9.5 | 732 |  | 153.9 | 9.4 | 1128 |
| Nicaragua + | 18.6 | 14.1 | 66 |  | 30.1 | 13.8 | 102 |
| Panama ° | 73.4 | 12.2 | 47 |  | 78.3 | 12.1 | 78 |
| *Northern America* |  |  |  |  |  |  |  |
| Canada x | 332.4 | 2.7 | 89 |  | 304.7 | 3.7 | 176 |
| United States of America x | 335.7 | 2.5 | 537 |  | 322.5 | 3.0 | 870 |
| *Southern America* |  |  |  |  |  |  |  |
| Argentina x | 182.3 | 8.3 | 312 |  | 182.1 | 8.3 | 399 |
| Bolivia + | 155.5 | 9.3 | 54 |  | 87.6 | 11.7 | 101 |
| Brazil ° | 103.8 | 11.2 | 2200 |  | 145.4 | 9.7 | 2888 |
| Chile x | 251.3 | 5.8 | 214 |  | 190.6 | 8.0 | 472 |
| Colombia ° | 112.2 | 10.9 | 641 |  | 105.4 | 11.1 | 1091 |
| Ecuador ° | 67.4 | 12.4 | 299 |  | 76.9 | 12.1 | 482 |
| Guyana + | 182.9 | 8.3 | 2 |  | 191.6 | 8.0 | 2 |
| Paraguay + | 136.9 | 10.0 | 34 |  | 150.8 | 9.5 | 48 |
| Peru ° | 112.0 | 10.9 | 472 |  | 178.8 | 8.5 | 569 |
| Suriname + | 189.4 | 8.1 | 2 |  | 130.3 | 10.2 | 4 |
| Uruguay ° | 152.2 | 9.4 | 54 |  | 142.1 | 9.8 | 66 |
| Venezuela ° | 118.8 | 10.6 | 277 |  | 147.8 | 9.6 | 401 |
| ASIA |  |  |  |  |  |  |  |
| *Eastern Asia* |  |  |  |  |  |  |  |
| China + | 478.3 | 0.0 | 0 |  | 896.1 | 0.0 | 0 |
| Japan x | 308.6 | 3.6 | 3875 |  | 270.8 | 5.0 | 6562 |
| Mongolia + | 51.5 | 13.0 | 84 |  | 113.9 | 10.8 | 110 |
| North Korea | 360.3 | 1.6 | 69 |  | 381.9 | 0.7 | 40 |
| South Korea x | 576.6 | 0.0 | 0 |  | 538.0 | 0.0 | 0 |
| *South Central Asia* |  |  |  |  |  |  |  |
| Afghanistan Δ | 75.6 | 12.2 | 217 |  | 94.2 | 11.5 | 291 |
| Bangladesh Δ | 31.8 | 13.7 | 902 |  | 70.9 | 12.3 | 1264 |
| India + | 139.4 | 9.9 | 6247 |  | 208.9 | 7.4 | 6624 |
| Iran ° | 383.6 | 0.6 | 63 |  | 603.4 | 0.0 | 0 |
| Kazakhstan ° | 152.2 | 9.4 | 344 |  | 519.1 | 0.0 | 0 |
| Kyrgyzstan + | 179.6 | 8.4 | 71 |  | 407.7 | 0.0 | 0 |
| Maldives + | 128.4 | 10.3 | 1 |  | 210.0 | 7.3 | 1 |
| Nepal Δ | 156.0 | 9.3 | 105 |  | 293.0 | 4.2 | 68 |
| Pakistan Δ | 89.5 | 11.7 | 448 |  | 78.6 | 12.1 | 668 |
| Sri Lanka ° | 86.5 | 11.8 | 173 |  | 105.4 | 11.1 | 221 |
| Tajikistan + | 152.2 | 9.4 | 82 |  | 392.6 | 0.3 | 5 |
| Turkmenistan + | 251.9 | 5.8 | 40 |  | 427.4 | 0.0 | 0 |
| Uzbekistan + | 274.6 | 4.9 | 125 |  | 614.1 | 0.0 | 0 |
| *South Eastern Asia* |  |  |  |  |  |  |  |
| Brunei x | 238.5 | 6.2 | 1 |  | 164.0 | 9.0 | 4 |
| Cambodia + | 99.4 | 11.3 | 57 |  | 91.4 | 11.6 | 109 |
| Indonesia + | 86.8 | 11.8 | 708 |  | 109.0 | 11.0 | 986 |
| Laos + | 52.0 | 13.0 | 13 |  | 352.4 | 1.9 | 3 |
| Malaysia ° | 87.9 | 11.7 | 223 |  | 180.4 | 8.4 | 260 |
| Myanmar Δ | 145.4 | 9.7 | 476 |  | 224.2 | 6.8 | 511 |
| Philippines + | 169.2 | 8.8 | 213 |  | 180.7 | 8.4 | 318 |
| Thailand + | 119.1 | 10.6 | 302 |  | 135.8 | 10.0 | 398 |
| Timor-Leste + | 69.8 | 12.4 | 2 |  | 76.1 | 12.2 | 2 |
| Vietnam + | 172.2 | 8.7 | 1237 |  | 248.6 | 5.9 | 1290 |
| *Western Asia* |  |  |  |  |  |  |  |
| Armenia ° | 318.4 | 3.2 | 22 |  | 742.0 | 0.0 | 0 |
| Azerbaijan ° | 195.8 | 7.8 | 98 |  | 452.6 | 0.0 | 0 |
| Georgia ° | 289.7 | 4.3 | 31 |  | 154.7 | 9.3 | 73 |
| Iraq + | 350.4 | 2.0 | 18 |  | 390.1 | 0.4 | 6 |
| Israel x | 603.4 | 0.0 | 0 |  | 446.5 | 0.0 | 0 |
| Jordan + | 190.6 | 8.0 | 19 |  | 345.0 | 2.2 | 9 |
| Kuwait ° | 547.3 | 0.0 | 0 |  | 409.8 | 0.0 | 0 |
| Lebanon ° | 932.0 | 0.0 | 0 |  | 572.8 | 0.0 | 0 |
| Palestine + | 453.9 | 0.0 | 0 |  | 399.2 | <0.1 | <1 |
| Saudi Arabia° | 345.2 | 2.2 | 12 |  | 253.8 | 5.7 | 55 |
| Syria + | 225.9 | 6.7 | 55 |  | 228.6 | 6.6 | 90 |
| Turkey ° | 600.7 | 0.0 | 0 |  | 621.5 | 0.0 | 0 |
| United Arab Emirates x | 601.2 | 0.0 | 0 |  | 236.8 | 6.3 | 13 |
| Yemen Δ | 94.2 | 11.5 | 48 |  | 96.6 | 11.4 | 74 |
| EUROPE |  |  |  |  |  |  |  |
| *Central and Eastern Europe* |  |  |  |  |  |  |  |
| Belarus ° | 243.4 | 6.1 | 180 |  | 417.0 | 0.0 | 0 |
| Bulgaria ° | 342.8 | 2.3 | 38 |  | 213.6 | 7.2 | 123 |
| Czech Republic x | 206.2 | 7.5 | 119 |  | 193.3 | 7.9 | 162 |
| Hungary x | 286.6 | 4.4 | 86 |  | 193.0 | 7.9 | 172 |
| Moldova + | 208.4 | 7.4 | 45 |  | 308.0 | 3.6 | 23 |
| Poland x | 377.0 | 0.9 | 56 |  | 310.7 | 3.5 | 265 |
| Romania ° | 360.0 | 1.6 | 65 |  | 483.8 | 0.0 | 0 |
| Russia ° | 221.2 | 6.9 | 2651 |  | 286.1 | 4.4 | 1851 |
| Slovakia x | 234.1 | 6.4 | 58 |  | 253.5 | 5.7 | 66 |
| Ukraine ° | 250.0 | 5.8 | 662 |  | 395.1 | 0.2 | 23 |
| *Northern Europe* |  |  |  |  |  |  |  |
| Denmark x | 234.9 | 6.4 | 40 |  | 329.9 | 2.8 | 21 |
| Estonia x | 180.4 | 8.4 | 31 |  | 299.2 | 3.9 | 15 |
| Finland x | 202.3 | 7.6 | 49 |  | 219.8 | 7.0 | 56 |
| Iceland x | 130.3 | 10.2 | 3 |  | 197.9 | 7.8 | 3 |
| Ireland x | 195.5 | 7.8 | 38 |  | 253.8 | 5.7 | 39 |
| Latvia x | 214.6 | 7.1 | 46 |  | 303.9 | 3.8 | 22 |
| Lithuania x | 227.8 | 6.6 | 58 |  | 259.5 | 5.5 | 44 |
| Norway x | 171.9 | 8.7 | 41 |  | 196.6 | 7.8 | 50 |
| Sweden x | 191.9 | 8.0 | 65 |  | 240.1 | 6.2 | 62 |
| United Kingdom x | 231.1 | 6.5 | 437 |  | 254.1 | 5.7 | 479 |
| *Southern Europe* |  |  |  |  |  |  |  |
| Albania ° | 407.7 | 0.0 | 0 |  | 650.2 | 0.0 | 0 |
| Bosnia and Herzegovina ° | 487.9 | 0.0 | 0 |  | 520.5 | 0.0 | 0 |
| Croatia x | 261.2 | 5.4 | 52 |  | 221.5 | 6.9 | 75 |
| Cyprus x | 356.5 | 1.7 | 2 |  | 295.1 | 4.1 | 6 |
| Greece x | 718.7 | 0.0 | 0 |  | 601.0 | 0.0 | 0 |
| Italy x | 487.6 | 0.0 | 0 |  | 395.6 | 0.2 | 27 |
| Macedonia ° | 411.0 | 0.0 | 0 |  | 545.6 | 0.0 | 0 |
| Malta x | 437.0 | 0.0 | 0 |  | 547.6 | 0.0 | 0 |
| Portugal x | 441.6 | 0.0 | 0 |  | 543.5 | 0.0 | 0 |
| Slovenia x | 184.5 | 8.2 | 39 |  | 204.0 | 7.5 | 46 |
| Spain x | 433.9 | 0.0 | 0 |  | 385.5 | 0.6 | 57 |
| *Western Europe* |  |  |  |  |  |  |  |
| Austria x | 222.3 | 6.9 | 90 |  | 289.1 | 4.3 | 72 |
| France x | 282.5 | 4.6 | 299 |  | 280.9 | 4.6 | 378 |
| Germany x | 227.2 | 6.7 | 1069 |  | 246.7 | 5.9 | 1119 |
| Netherlands x | 207.8 | 7.4 | 144 |  | 214.6 | 7.1 | 187 |
| Switzerland x | 259.5 | 5.5 | 37 |  | 284.2 | 4.5 | 41 |
| OCEANIA |  |  |  |  |  |  |  |
| Australia x | 245.3 | 6.0 | 123 |  | 267.8 | 5.2 | 148 |
| Fiji + | 89.8 | 11.7 | 2 |  | 111.2 | 10.9 | 3 |
| French Polynesia | 146.7 | 9.6 | 2 |  | 163.4 | 9.0 | 3 |
| New Caledonia | 96.9 | 11.4 | 3 |  | 155.8 | 9.3 | 4 |
| New Zealand x | 415.9 | 0.0 | 0 |  | 335.4 | 2.6 | 14 |
| Samoa + | 15.9 | 14.2 | 2 |  | 44.1 | 13.3 | 2 |
| Solomon Islands Δ | 43.2 | 13.3 | 1 |  | 41.6 | 13.4 | 1 |
| Vanuatu + | 140.7 | 9.8 | 1 |  | 150.8 | 9.5 | 1 |

\* data retrieved from the FAO Food Balance Sheets for 1997 and 2010 [23](#_ENREF_23); † data retrieved from GLOBOCAN 2012 [1](#_ENREF_1); ‡ data retrieved from the reference selected [6](#_ENREF_6) after a systematic review of meta-analyses; Human Development Index (HDI) distribution in 2012 retrieved from the Human Development Report, 2013 [25](#_ENREF_25): 39, 36, 42 and 40 countries classified as x very high, ° high, + medium and Δ low HDI, respectively, and no evaluation of HDI available for French Polynesia, New Caledonia, North Korea and Somalia.