**Supplementary Data**

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| **Supplemental Table 1.** A general classification of urban and rural dishes in Cameroon.  |
| Complement\* | Sandwich\* | Cereal\* | Leguminous\* | Meat\* | Fish\* | Sauce\* | Stew\* | Sweet | Beverage\* |
| boiled banana | bread with butter | boiled rice | peas | beef | boiled | baobab leaves | malaxé banana | candies | fruit juice |
| boiled cassava flour | bread with chocolate | roasted rice | red bean | beef tripe | carp | cassava leaves | malaxé cocoyam | chocolate | beer |
| cassava flour | bread with ground meat | pasta | white bean | chicken | boiled mackerel | cucumber leaves | malaxé potatoes | biscuits | wine |
| boiled maize flour | bread with mayonnaise | maize |  | pork  | fried mackerel | ndolé | kondré |  | whisky |
| maize flour | white bread |  |  | pork tripe | grilled mackerel | spinach |  |  | soda |
| boiled rice flour |  |  |  |  | dried cod | cabbage |  |  |  |
| rice flour |  |  |  |  | dried sardines | foléré |  |  |  |
| cassava and products |  |  |  |  |  | folon |  |  |  |
| cocoyam and products |  |  |  |  |  | mbongo |  |  |  |
| ripe/unripe plantain |  |  |  |  |  | nkwi |  |  |  |
| taro water yam |  |  |  |  |  | okok |  |  |  |
|  |  |  |  |  |  | peanut |  |  |  |
|  |  |  |  |  |  | pistachio |  |  |  |
|  |  |  |  |  |  | tomato |  |  |  |
|  |  |  |  |  |  | white sauce |  |  |  |
|  |  |  |  |  |  | yellow sauce |  |  |  |
| \*Dishes group used in the analysis of the food frequency questionnaire (FFQ). |

**Supplementary Data**

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| **Supplemental Table 2.** Energy and macronutrient content of food items consumed in Cameroon. |
|  |  | **Energy** | **Proteins** | **Fats**  | **Carbohydrate**  |
| **Food category** | megajoule | grams |
| **Sauces** | Ndole | 0.74 | 6.2 | 13.7 | 6.9 |
| Tomato sauce | 0.48 | 1.3 | 10.2 | 4.2 |
| Mbongo sauce | 0.57 | 3.9 | 9.9 | 7.5 |
|  |  |  |  |  |  |
| **Stews** | Malaxé sauce | 0.57 | 1.2 | 6.9 | 17.4 |
| Kondre sauce | 1.05 | 10.1 | 7.3 | 36.6 |
|  |  |  |  |  |  |
| **Leguminous** | Koki | 0.70 | 7.8 | 7.2 | 17.5 |
| Red Beans | 0.79 | 8.8 | 7.3 | 21.8 |
|  |  |  |  |  |  |
| **Meat and Fish** | Braised Fish | 0.52 | 28.7 | 1.0 | 0.0 |
| Beef steak | 1.18 | 25.5 | 19.9 | 0.0 |
| Chicken in sauce | 1.44 | 22.2 | 26.7 | 3.5 |
| Braised Pork | 2.17 | 17.6 | 49.9 | 0.0 |
| Roasted Chicken | 1.10 | 21.4 | 19.8 | 0.0 |
|  |  |  |  |  |  |
| **Complement** | Boiled maize flour | 1.49 | 7.1 | 1.5 | 78.6 |
| Rice | 0.55 | 2.6 | 0.2 | 30.1 |
| Plantain | 0.54 | 1.1 | 0.2 | 30.5 |
| Data are reported as quantity (grams) per 100 grams of edible portion. |

**Supplementary Data**

**Supplemental Figure 1**. Rural and urban areas of Cameroon where the Bamiléké and Béti populations were sampled