**Supplementary Table 1.** Food groups and their respective TAC (mmol/d) averages.

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| **Group** | **Foods** | **TAC** |
| Fruits | Avocado, pineapple, açaí pulp, acerola cherry, banana, guava, kiwi, orange, tangerine, apple, papaya, mango, watermelon, melon, strawberry, cherry, peach, plum, grape, pass grape, tropical fruits, fruit salad | 2.58 (SD 2.49) |
| Vegetables | Pumpkin, courgette, chayote, chard, lettuce, cress, green cabbage, arugula, spinach, cassava, yam, baroapotato, fried cassava, baked potato, french fries, beetroot, eggplant, carrot, cauliflower, cabbage, green corn, cucumber, bell pepper, green beans, tomato, vegetables soup. | 0.70 (SD 0.49) |
| Beans and lentils | Bean, lentil, chickpea. | 0.25 (SD 0.28) |
| Oilseeds | Peanuts, walnut, chestnuts. | 0.54 (SD 1.04) |
| Dairy  | Whole milk, skimmed milk, semi-skimmed milk, soy milk, whole yogurt, low-fat yogurt, cream cheese, cream cheese light, cheese, cottage cheese, ricotta cheese. | 0.14 (SD 0.11) |
| Meat and eggs | Mortadella, soy meat, turkey breast, beef, chicken with skin, skinless chicken, pork, sheep meat, viscera, sausage, egg, bacon and pork rinds, sardines and tuna, shrimp, salmon, and other fishes.  | 0.20 (SD 0.15) |
| Breads, pasta and cereals | French bread, loaf bread, toast bread, wheat bread, light bread, sweet bread, cheese bread, breakfast cereals, oatmeal, granola, cereal bar, rice, brown rice, noodle, lasagna, gnocchi, polenta, fried polenta, hominy, pizza, cassava flour, cornflour. | 0.53 (SD 0.37) |
| Oils | Butter, margarine, mayonnaise, light margarine and light mayonnaise, olive oil, canola oil, sunflower oil, corn oil, soy oil, pork fat. | 0.13 (SD 0.14) |
| Junk food | Sugar, brown sugar, sweetener, dark chocolate, milk chocolate, bonbon, candies, popcorn, hot dog, hambúrguer, snack chips, pepper sauce, pudding, milk cream, mustard, chocolate milk, pie, quiche, ice cream, light ice cream, fruit in syrup, guava paste, compote fig, compote peach, fruits jam, noodle soups. | 0.70 (SD 0.90) |
| Natural Juices | Natural fruit juice. | 0.54 (SD 0.64) |
| Teas and Coffee | Mate, black tea, green tea, coffee. | 4.00 (SD 3.83) |
| Artificial juices and sodas | Soda, light soda, sugar-free soda, artificial juice.  | 0.23 (SD 0.40) |
| Alcoholic beverages | Liquor, distilled drinks, beer, Red wine, and other types of wines. | 0.43 (SD 0.78) |