

Supplementary table S1: Mean intake of each food item by center and sex

	Apples/pears (g/day)		Berries (g/day)		Cabbages (g/day)		Root vegetables (g/day)		Shellfish (g/day)		Fish (g/day)		Dark bread (g/day)	
	Male	Female	Male	Female	Male	Female	Male	Female	Male	Female	Male	Female	Male	Female
<b>Norway</b>	-	56.7	-	7.4	-	23.6	-	34.9	-	4.2	-	41.2	-	111.0
South-East of Norway	-	58.8	-	8.1	-	23.9	-	29.9	-	3.8	-	34.7	-	110.0
North-West of Norway	-	54.1	-	6.7	-	23.3	-	41.3	-	4.8	-	49.4	-	112.2
<b>Sweden</b>	47.5	54.4	5.8	6.3	13.5	15.2	18.7	19.8	3.1	3.2	34.2	27.5	55.0	41.8
Umeå	44.2	55.0	6.9	7.1	10.5	16.1	17.1	22.0	2.6	2.7	31.0	25.4	57.7	44.2
Malmö	50.7	53.8	4.7	5.5	16.3	14.4	20.3	17.7	3.6	3.7	37.3	29.5	52.5	39.4
<b>Denmark</b>	80.0	87.5	3.0	2.7	17.3	19.8	20.5	25.8	4.0	3.4	40.5	33.9	134.6	110.4
Aarhus	102.3	124.5	2.6	3.2	16.9	18.2	20.8	28.9	3.1	3.7	41.8	29.3	139.1	121.0
Copenhagen	70.6	74.8	3.2	2.6	17.5	20.3	20.4	24.7	4.4	3.3	40.0	35.5	132.7	106.7
<b>Great Britain</b>	69.6	56.5	7.6	8.7	30.1	30.2	26.6	26.0	2.1	1.7	25.4	22.8	63.4	49.0
Cambridge	59.9	57.9	6.2	6.0	26.1	33.1	25.3	28.6	3.0	2.6	35.3	26.3	43.2	41.8
Oxford, general popl.	74.7	49.1	4.8	9.1	31.0	24.6	29.3	24.2	1.9	1.3	24.3	27.0	58.7	39.1
Oxford, health conscious	84.5	63.1	13.9	12.5	37.6	32.4	26.3	24.2	0.0	0.8	5.0	12.2	113.8	72.3

<b>Netherlands</b>	52.8	74.7	4.8	8.5	23.6	23.3	9.1	11.4	2.4	1.1	15.5	13.3	123.2	87.6
Bilthoven	52.8	58.3	4.82	5.3	23.6	22.1	9.1	10.6	2.4	1.4	15.5	11.7	123.2	85.1
Utrecht	-	86.9	-	10.9	-	24.1	-	11.9	-	0.8	-	14.4	-	89.4
<b>Germany</b>	87.0	84.5	9.7	14.0	23.2	25.5	16.9	20.2	1.0	1.1	20.45	16.4	105.8	76.3
Potsdam	98.6	92.7	13.8	12.5	24.6	26.2	15.5	21.1	0.4	0.2	24.1	19.7	113.0	78.5
Heidelberg	73.1	76.5	4.9	15.4	21.6	24.8	18.6	19.4	1.6	2.0	16.1	13.1	97.2	74.1
<b>France</b>	-	88.7	-	15.1	-	15.5	-	27.7	-	6.6	-	34.4	-	39.9
Ile-de-France	-	88.5	-	14.0	-	17.8	-	30.4	-	6.1	-	37.6	-	43.6
North-West of France	-	93.9	-	14.1	-	11.4	-	33.6	-	13.4	-	40.1	-	34.7
North-East of France	-	82.5	-	17.6	-	14.4	-	28.2	-	5.0	-	29.4	-	40.0
Rhone-Alpes/Auvergne	-	88.1	-	21.5	-	16.9	-	25.4	-	3.3	-	30.0	-	41.4
Provence/Languedoc	-	87.7	-	10.2	-	13.8	-	21.5	-	7.4	-	35.9	-	36.1
South-West of France	-	97.2	-	7.3	-	16.7	-	24.9	-	7.6	-	35.0	-	39.1
<b>Greece</b>	73.1	61.0	0.8	0.5	13.9	11.7	8.3	10.1	6.2	5.8	47.4	27.1	154.6	91.7
<b>Italy</b>	156.1	114.4	5.0	6.6	16.3	12.8	10.5	10.5	5.1	3.3	25.7	18.2	27.2	14.2
Varese	127.9	122.4	2.0	4.1	15.2	7.8	12.9	9.8	1.0	3.2	19.7	17.4	15.5	12.6

Turin	172.4	125.2	7.3	12.7	18.4	16.0	11.5	13.9	4.9	2.4	29.2	18.3	21.0	15.8
Florence	160.1	115.3	5.0	7.3	17.3	12.8	10.6	11.1	9.2	3.1	28.4	17.5	16.5	13.1
Naples	-	83.8	-	6.1	-	20.3	-	10.1	-	4.3	-	19.0	-	9.5
Ragusa	139.2	121.2	2.0	0.9	7.9	11.3	1.8	3.8	7.5	4.5	18.8	23.9	92.7	39.9
<b>Spain</b>	144.0	119.3	3.6	4.6	10.3	10.6	9.0	8.9	11.4	8.1	85.2	54.5	10.1	12.7
Asturias	160.6	155.9	6.6	5.3	15.3	11.4	7.9	5.7	15.6	6.6	88.1	61.0	13.3	15.8
San Sebastian	178.8	155.9	5.2	8.9	10.5	13.9	11.2	14.2	6.4	7.7	113.8	67.7	8.2	14.9
Navarra	111.0	90.5	1.6	3.7	6.8	11.2	6.8	5.3	12.9	7.7	71.9	58.5	6.8	10.4
Murcia	131.1	97.4	0.7	3.3	15.4	13.7	11.7	12.0	11.1	6.6	58.7	45.5	9.7	8.9
Granada	117.6	98.4	2.2	2.7	2.0	3.5	7.7	7.9	12.8	12.1	72.0	42.3	15.8	13.7
<b>All centers/ countries</b>	<b>87.3</b>	<b>80.8</b>	<b>5.13</b>	<b>8.5</b>	<b>17.2</b>	<b>18.1</b>	<b>14.7</b>	<b>19.9</b>	<b>4.4</b>	<b>3.9</b>	<b>37.9</b>	<b>27.9</b>	<b>83.6</b>	<b>60.76</b>

<i>Supplementary table s2: Main dietary components contributing to the 7 included dietary categories, by country (cut-off value: 5%)</i>	
<b>Norway</b>	
Apples/pears	Apple (79.66%), pear (20.34%)
Berries	Strawberry (38.26%), cowberry (23.48%), blueberry (11.30%), currant, red (6.96%), raspberry (6.96%), cloudberry (5.22%)
Cabbages	Cabbage, Chinese (35.38%), cabbage, white (22.51%), broccoli (17.30%), cauliflower (10.41%), cabbage, sauerkraut (7.96%)
Dark Bread	Wholemeal bread, coarse (29.11%), bread, kneipp (20.02%), bread, multigrain (8.56%), wholemeal bread, extra coarse (6.02%), bread, wholemeal 50%, with water (5.53%), bread roll, whole (5.09%)
Fish	Salmon (15.11%), mackerel, atlantic (14.23%), cod (14.11%), herring, atlantic (12.86%), fish pudding (5.99%)
Shellfish	Shrimp (82.71%)
Root vegetables	Carrot (64.80%), swede (12.10%), beetroot (10.72%), celery root (celeriac) (8.98%)
<b>Sweden</b>	
Apples/pears	Apple (77.60%), pear (22.40%)
Berries	Strawberry (28.24%), raspberry (20.59%), blueberry (18.47%), currant, black (9.77%), currant, red (5.94%), cloudberry (5.31%)
Cabbages	Cabbage, white (51.98%), broccoli (19.16%), cauliflower (10.91%), cabbage, Chinese (10.75%),
Dark Bread	Wasa husman (19.29%), coarse rye bread (16.33%), wholemeal bread (13.97%), bread with coarse flour, non-specified (6.89%), wasa sport, rye (5.12%)
Fish	Herring, atlantic (26.30%), salmon (20.48%), cod (16.84%),
Shellfish	Shrimp (85.74%), mussels (7.13%)
Root vegetables	Carrot (68.09%), beetroot (13.66%),
<b>Denmark</b>	
Apples/pears	Apple (79.66%), pear (20.34%)
Berries	Strawberry (56.41%), raspberry (12.82%), red currant (5.98%), lingonberry (5.98%), blackberry (5.13%)
Cabbages	Broccoli (28.46%), cabbage, red (21.65%), cauliflower (16.16%), cabbage, white (14.74%), cabbage, chinese (8.64%), brussel sprouts (5.89%)
Dark Bread	Bread, rye, wholemeal (55.23%), bread, coarse, non-specified (18.51%), roll, wholemeal (7.44%), bread, rye, dark (5.53%)

Fish	Herring, marinated (25.35%), mackerel (11.26%), salmon (9.83%), tuna (8.18%), herring, non-specified (7.01%), fish meat ball (5.74%),
Shellfish	Shrimp (69.91%), crab (15.74%),
Root vegetables	Carrot (65.45%), beetroot (23.03%), horseradish (5.33%)
<b>Great Britain</b>	
Apples/pears	Apple, eating (66.94%), pear (22.54%), apple, cooking (5.95%)
Berries	Strawberry (51.43%), raspberry (18.10%), blackberry (10.48%), cranberry (6.67%)
Cabbages	Broccoli (31.59%), cauliflower (21.84%), cabbage, not specified (14.26%), Cabbage, green (11.55%), brussel sprouts (8.66%)
Dark Bread	Bread, wholemeal (52.28%), bread, granary (11.87%), bread, brown, non-specified (10.33%),
Fish	Tuna (21.17%), cod (20.55%), haddock (8.28%), salmon, pink (canned) (6.13%), salmon, red (canned) (5.21%),
Shellfish	Prawns (71.67%), crab (6.67%), mussels (6.67%), scallops (5.00%), scampi (5.00%)
Root vegetables	Carrot (72.93%), beetroot (8.70%), swede (5.52%)
<b>The Netherlands</b>	
Apples/pears	Apple (86.43%), pear (11.90%)
Berries	Strawberry (74.15%), redcurrant (9.75%), raspberry (5.30%)
Cabbages	Cauliflower (23.63%), broccoli (13.74%), cabbage, white (11.72%), cabbage, green (10.66%), cabbage, oxheart (10.66%), cabbage, sauerkraut (8.93%), brussel sprouts 8.45%), kale (5.76%)
Dark Bread	Bread, wholemeal (32.28%), bread, brown (27.30%), bread, of seven cereals (5.87%), Dutch rusks, non-specified (5.83%)
Fish	Salmon (24.44%), herring (15.64%), tuna (12.22%), codfish (7.88%)
Shellfish	Shrimps (65.59%), mussels (15.59%), crab (11.29%)
Root vegetables	Carrot (61.71%), celeriac 817.31%), radish, red/white (8.55%), beetroot (8.45%)
<b>Germany</b>	
Apples/pears	Apple (89.98%), pear (9.98%)
Berries	Strawberry (59.07%), raspberry (8.58%), blueberry (6.86%), redcurrant (6.62%),
Cabbages	Cauliflower (20.53%), cabbage, sauerkraut (19.43%), cabbage, white (19.32%), cabbage, red (16.36%), broccoli (11.64%), brussel sprouts (6.04%)

Dark Bread	Bread, mixed grain, rye (30.32%), bread, mixed grain, wheat (11.39%), bread, multigrain (9.50%), bread, wholemeal, rye (9.49%), bread, wholemeal, multigrain (6.66%), bread, rye (6.00%)
Fish	Salmon (17.73%), herring (15.10%), matjeshering (9.00%), fish, non-specified (6.79%), coley/saithe (6.65%), trout (brown + rainbow) (5.82%), tuna (5.12%)
Shellfish	Shrimp (55.71%), prawn (18.57%), cuttlefish (10.00%), molluscs, non-specified (5.71%)
Root vegetables	Carrot (52.16%), radish, red (19.15%), kohlrabi (9.45%), radish, black (6.38%), celeriac (5.39%)
<b>France</b>	
Apples/pears	Apple (82.22%), pear (17.71%)
Berries	Strawberry (72.04%), raspberry (19.21%)
Cabbages	Cauliflower (34.29%), Broccoli (21.75%), Cabbage, sauerkraut (12.70%), Cabbage, green (10.32%), Cabbage, red (7.30%), Cabbage, white (6.51%), brussel sprouts (5.40%)
Dark Bread	Bread, countrystyle (44.03%), bread, wholemeal (25.17%), bread, cereals (9.42%)
Fish	Salmon (17.53%), tuna (13.53%), cod (8.29%), hake (5.00%)
Shellfish	Prawn (25.81%), mussel (17.27%), squid (8.73%), oyster (6.64%), gamba (6.64%), crab (5.69%)
Root vegetables	Carrot (55.03%), beetroot (13.74%), Radish, red (13.40%), celeriac (8.74%), turnip (5.81%)
<b>Greece</b>	
Apples/pears	Apple, eating (66.48%), pear (17.37%), apple, sour (14.50%)
Berries	Strawberry (70.00%), berries, not specified (20.00%), blackberry (10.00%)
Cabbages	Cabbage, white (57.91%), cauliflower (16.88%), sauerkraut (12.39%), broccoli (8.12%)
Dark Bread	Bread, wheat, brown (68.21%), bread, wheat, wholemeal (18.57%)
Fish	Sardine (10.46%), Anchovy (9.35%), cod (9.35%), fish, non-specified (7.26%), fish, semi-fat, non-specified (5.17%)
Shellfish	Shrimp (23.04%), octopus (20.94%), squid (19.90%), cuttlefish (12.04%), cockle (7.33%)
Root vegetables	Carrot (86.49%), beetroot (8.07%)
<b>Italy</b>	
Apples/pears	Apple (74.35%), pear (25.62%)
Berries	Strawberry (88.29%),
Cabbages	Cauliflower (32.22%), cabbage, savoy (23.17%), Cabbage, red (17.84%), broccoli (16.64%),
Dark Bread	Bread, wholemeal (43.84%), bread, wholegrain (22.53%), wholemeal crispbread (19.51%)

Fish	Tuna (22.86%), anchovy (15.35%), cod (13.49%), salmon (7.72%), trout, brown (6.59%)
Shellfish	Squid (15.43%), shrimp (14.29%), octopus (12.86%), cuttlefish (12.86%), mussels (8.86%), clam (8.29%), molluscs, non-specified (5.14%)
Root vegetables	Carrot (86.87%), radish, red (7.26%),
<b>Spain</b>	
Apples/pears	Apple (71.57%), pear (28.00%)
Berries	Strawberry (99.21%)
Cabbages	Cauliflower (40.76%), Cabbage, green (23.57%), Cabbage, normal (14.97), brussel spouts (12.42%)
Dark Bread	Bread, wholemeal (61.18%), crispbread, wholemeal, commercial (28.03%), bread, English, wholemeal (6.45%)
Fish	Tuna (21.05%), hake or sea pike (merluccius merluccius) (13.04%), cod (9.31%), anchovies (8.30%), small hake/whiting placide fish (6.37%), sardine (6.29%), atlantic bonito (5.95%)
Shellfish	Prawn (3.79%), squid (0.70%), clam (12.75%), mussels (7.63%), long-finned squid (6.64%), molluscs, non-specified (5.23%)
Root vegetables	Carrot (85.46%)
<b>All countries</b>	
Apples/pears	Apple (64.47%), pear (18.85%), apple, eating (11.71%)
Berries	Strawberry (62.12%), raspberry (12.04%),
Cabbages	Cabbage, white (2.03%), cauliflower (20.96%), broccoli (18.08%), cabbage, red (7.72%), cabbage, Chinese (6.56%)
Dark Bread	Bread, rye, wholemeal (8.95%), bread, wheat, brown (7.34%), bread, wholemeal (5.15%)
Fish	Salmon (11.81%), tuna (10.85%), Cod (8.34%),
Shellfish	Shrimp (30.32%), Prawn (13.54%), squid (9.31%)
Root vegetables	Carrot (67.4%), beetroot (11.36%), radish, red (5.97%)