

### Which functional unit to identify sustainable foods?

Supplementary Table 1: Sustainable foods which obtained the maximum sustainability score (=3), by food group<sup>a</sup>

Functional unit for GHGE and price	Weight (100 g)		Energy (100 kcal)	
	SAIN/LIM	Ofcom	SAIN/LIM	Ofcom
Nutritional quality indicator				
Food groups (No. of foods in the group)				
Meat, fish & eggs (57)	0	0	0	0
Fruit and vegetables (92)	58	62	9	9
	Cooked cauliflower; cooked broccoli; cooked green cabbage; cooked Brussels sprouts; cooked frozen green beans; cooked spinach; cooked zucchini; cooked bell pepper; cooked eggplant; canned tomatoes; cooked squash; cooked carrot; cooked onion; cooked turnip; cooked squash; canned salsify; canned carrots; cooked leek; cooked fennel; cooked celery; ratatouille; canned/frozen mixed vegetables; canned tomato paste; canned/frozen green/butter beans; canned Brussels sprouts; red cabbage; white cabbage; chicory; lettuce; tomato; avocado; carrot; beet; radish; canned sweetcorn; apple; pear; lemon; mandarin; orange; kiwi fruit; white/black grapes; peeled/unpeeled peach/nectarine; grapefruit; apricot; pineapple; plum; banana; fruit sauce; 100% orange juice, from concentrate; 100% mixed fruit juice, from concentrate; 100% apple juice, from concentrate; 100% mixed fruit juice with added vitamins, from concentrate; 100% grapefruit juice, from concentrate; 100% pineapple juice, from concentrate; 100% grape juice	Cooked cauliflower; cooked broccoli; cooked green cabbage; cooked Brussels sprouts; cooked frozen green beans; cooked spinach; cooked zucchini; cooked bell pepper; cooked eggplant; canned tomatoes; cooked squash; cooked carrot; cooked onion; cooked turnip; cooked squash; canned salsify; canned carrots; cooked leek; cooked fennel; cooked celery; ratatouille; canned/frozen mixed vegetables; canned tomato paste; canned/frozen green/butter beans; canned Brussels sprouts; red cabbage; white cabbage; chicory; lettuce; tomato; avocado; carrot; beet; radish; canned sweetcorn; apple; pear; lemon; mandarin; orange; kiwi fruit; white/black grapes; peeled/unpeeled peach/nectarine; grapefruit; apricot; pineapple; plum; banana; fruit sauce; canned pineapple/mixed fruit in syrup; apple sauce; 100% orange juice, from concentrate; 100% mixed fruit juice, from concentrate; 100% apple juice, from concentrate; 100% mixed fruit juice with added vitamins, from concentrate; 100% grapefruit juice, from concentrate; 100% pineapple juice, from concentrate; 100% grape juice	Avocado; banana; 100% apple juice, from concentrate; 100% grape juice; dried dates, plums, raisins; walnuts; mixed nuts/dried fruit	Avocado; banana; 100% apple juice, from concentrate; 100% grape juice; dried plums; walnuts; mixed nuts/dried fruit; canned apple/mixed fruit sauce

Snacks and sweets (73)	5 Flavoured/unflavoured soy-based dairy-like dessert; semolina cake	5 Flavoured/unflavoured soy-based dairy-like dessert; semolina cake; lemonade	2 Swiss style muesli, semolina cake	3 Swiss style muesli, semolina cake; lemonade
Fats, condiments (30)	6 Vinegar; tomato paste; sunflower margarine; sunflower oil; mixed plant oil; rapeseed oil	2 Vinegar; tomato paste	6 Sunflower margarine; sunflower oil; mixed plant oil; rapeseed oil; walnut oil; wheat germs	1 Wheat germs
Starchy foods (34)	15 Cooked couscous, pasta, rice, boulgour, polenta, incl. wholemeal; cooked chickpeas, kidney beans, lentils; boiled potatoes; frozen diced potatoes; reconstituted mashed potatoes; rye/multi-cereal bread	17 Cooked couscous, pasta, rice, boulgour, polenta, incl. wholemeal; cooked chickpeas, kidney beans, lentils; boiled potatoes; frozen diced potatoes; frozen chip; reconstituted mashed potatoes; rye/multi-cereal/sourdough bread	13 Cooked pasta (incl. wholemeal and egg), couscous, boulgour, polenta; cooked chickpeas; boiled potatoes; frozen diced potatoes; reconstituted mashed potatoes; rye/multi-cereal bread	18 Cooked pasta (incl. wholemeal and egg), couscous, boulgour, polenta; cooked chickpeas; boiled potatoes; frozen diced potatoes, chips, potato balls; reconstituted mashed potatoes; rye/multi-cereal/sourdough bread
Mixed dishes, sandwiches (44)	7 Homemade/pre-packed/dehydrated vegetable soup; Fish soup; chicken and pasta soup; couscous salad; coleslaw	4 Homemade/pre-packed/dehydrated vegetable soup; couscous salad	3 Chicken and pasta soup; couscous salad; coleslaw	2 Couscous salad, non-specified pizza
Dairy products (43)	10 Skimmed milk; semi-skimmed milk; whole milk; standard unsweetened yogurt; standard fruit yogurt; semi-skimmed milk flavoured yogurt; bifidus yogurt; greek style yogurt; fromage blanc; soy-based milk	10 Skimmed milk; semi-skimmed milk; standard unsweetened yogurt; standard fruit yogurt; semi-skimmed milk flavoured yogurt; bifidus yogurt; greek style yogurt; fromage blanc; fruit-flavoured fromage blanche; soy-based milk	1 Soy-based milk	1 Soy-based milk
<b>Total (373)</b>	<b>101 (27%)</b>	<b>100 (27%)</b>	<b>34 (9.1%)</b>	<b>34 (9.1%)</b>

<sup>a</sup>To achieve the maximum score of three, foods needed to have their greenhouse gas emissions below the overall median, their price below the overall median, and their SAIN/LIM<sup>(44)</sup> or Ofcom<sup>(45)</sup> above the overall median. Prices were derived from household consumer panel data<sup>(43)</sup>.