Table S1: Fruit and Vegetable categories as defined by the Australian Dietary Guidelines and Foundation diets

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| **Vegetable Categories** |  |
| **Green & Brassica** | **Orange** | **Root/tubular/bulb** | **Other** | **Starchy** | **Legumes/beans** |
| Asparagus | Carrot | Artichoke | Alfalfa | Potato | Black beans |
| Basil | Pumpkin | Bamboo shoot | Avocado | Sweet potato | Black-eyed beans |
| Broccoflower |  | Beetroot | Bean sprout | Sweet Corn | Borlotti beans |
| Broccoli |  | Celery  | Broad bean | Cassava | Cannellini beans |
| Brussels |  | Fennel  | Butter bean | Taro | Chickpeas |
| Brussels sprout |  | Garlic | Capsicum |  | Faba beans |
| Cabbage |  | Ginger | Chilli |  | Lentils |
| Cauliflower |  | Leek | Choko |  | Lima beans |
| Chicory |  | Onion | Cucumber |  | Lupin beans |
| Chives |  | Parsnip | Eggplant |  | Pinto beans |
| Endive |  | Radish | Melon, bitter |  | Red kidney beans |
| Green bean |  | Shallot | Mixed vegetable |  | Split peas |
| Green peas |  | Spring onion | Mushroom |  | Soy beans |
| Kale |  | Swede | Okra |  | Tofu |
| Lettuce |  | Turnip | Snowpea sprout |  |  |
| Parsley/cress |  |  | Sprout |  |  |
| Salad cabbage |  |  | Squash |  |  |
| Seaweed |  |  | Tomato |  |  |
| Silverbeet |  |  | Zucchini/marrow |  |  |
| Snowpea |  |  |  |  |  |
| Spinach/Rocket |  |  |  |  |  |
| Bok choy and other Asian greens |  |  |  |  |  |
| **Fruit Categories** |  |
| **Citrus** | **Pome** | **Tropical Fruit** | **Berries** | **Stone** |  | **Other** |
| Grapefruit  | Apple  | Banana  | Blackberry  | Apricot  |  | Feijoa  |
| Lemon | Loquat | Guava | Blueberry | Cherry |  | Fig |
| Lime | Pear | Mango | Loganberry | Nectarine |  | Grapes |
| Mandarin | Quince | Melon | Raspberry | Peach |  | Kiwifruit |
| Orange |  | Pineapple | Strawberry | Plum |  | Lychee |
| Tangerine |  | Pawpaw |  |  |  | Melons |
|  |  | Rambutan |  |  |  | Passionfruit |
|  |  |  |  |  |  | Pomegranate |