|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  |  | **Fruit and Vegetables** | **Fruit** | **Vegetables** |
|  | **All** | **Women consuming less than the ratioa** | **Women consuming the ratioa or more** | **Women consuming less than the ratiob** | **Women consuming the ratiob or more** | **Women consuming less than the ratioc** | **Women consuming the ratioc or more** |
|  | ***N=58 193*** | ***N=14 972*** | ***N=43 221*** | ***N=19 007*** | ***N=39 186*** | ***N=17 685*** | ***N=40 508*** |
| ***Mean (Std) or %*** | **Food groups(g/d)** |
| **Fruit** | 255.8 (167.8) | 131.2 (87.6) | 298.9 (167.4) | 119.8 (71.3) | 321.8 (161.3) | 221.7 (160.0) | 270.7 (169.0) |
| **Cooked vegetables** | 173.8 (103.0) | 109.6 (62.3) | 196.1 (105.0) | 154.9 (95.5) | 183.0 (105.2) | 92.6 (48.7) | 209.3 (100.3) |
| **Cereals** | 4.5 (12.8) | 3.2 (11.0) | 4.9 (13.3) | 3.5 (11.5) | 5.0 (13.3) | 3.7 (11.7) | 4.8 (13.2) |
| **French fries** | 8.1 (10.6) | 12.1 (13.0) | 6.8 (9.2) | 10.4 (12.2) | 7.0 (9.5) | 11.7 (13.1) | 6.5 (8.8) |
| **Pizza** | 20.6 (21.7) | 25.9 (25.1) | 18.7 (20.1) | 23.8 (24.1) | 19.0 (20.2) | 24.7 (24.2) | 18.7 (20.2) |
| **Sandwiches** | 9.1 (19.1) | 15.1 (26.1) | 7.1 (15.4) | 12.4 (23.3) | 7.6 (16.5) | 14.6 (25.4) | 6.8 (14.9) |
| **Processed Meat** | 13.5 (14.2) | 19.0 (16.9) | 11.6 (12.7) | 16.9 (16.2) | 11.8 (12.9) | 18.1 (16.4) | 11.5 (12.7) |
| **Meat** | 57.8 (33.6) | 62.9 (35.0) | 56.0 (32.9) | 62.5 (35.3) | 55.4 (32.5) | 59.7 (34.1) | 56.9 (33.3) |
| **Poultry** | 24.6 (15.6) | 25.4 (15.5) | 24.4 (15.6) | 25.8 (15.9) | 24.1 (15.4) | 24.3 (15.1) | 24.8 (15.8) |
| **Fish** | 28.5 (21.7) | 24.9 (18.6) | 29.8 (22.5) | 26.7 (20.3) | 29.4 (22.2) | 24.6 (18.5) | 30.2 (22.7) |
| **Butter** | 6.5 (7.6) | 8.6 (9.4) | 5.7 (6.7) | 7.8 (8.8) | 5.8 (6.9) | 8.2 (9.1) | 5.7 (6.7) |
| **Olive oil** | 4.8 (5.6) | 3.0 (3.9) | 5.4 (6.0) | 4.0 (5.1) | 5.1 (5.8) | 2.9 (3.6) | 5.6 (6.1) |
| **Wine** | 92.9 (127.2) | 126.8 (158.7) | 81.2 (111.9) | 117.1 (150.9) | 81.2 (112.1) | 116.7 (149.1) | 82.5 (114.9) |
| **Coffee** | 287.0 (263.5) | 310.3 (274.9) | 279.0 (258.9) | 310.6 (275.5) | 275.6 (256.6) | 296.0 (264.6) | 283.1 (262.9) |
| **Tea** | 189.1 (282.5) | 162.3 (264.6) | 198.4 (287.9) | 172.9 (274.7) | 197.0 (285.9) | 165.7 (263.5) | 199.4 (289.9) |
|  | **Nutrients (g/d)** |
| **Energy (Kcal/d)** | 2211.1 (550.8) | 2417.1 (585.6) | 2139.7 (519.4) | 2310.7 (577.0) | 2162.8 (530.9) | 2410.4 (590.2) | 2124.0 (508.7) |
| **Carbohydrates** | 235.0 (70.7) | 250.6 (75.0) | 229.6 (68.4) | 234.5 (73.7) | 235.2 (69.3) | 259.8 (74.5) | 224.2 (66.2) |
| **Lipids** | 89.0 (26.6) | 98.5 (29.2) | 85.7 (24.7) | 95.8 (28.4) | 85.6 (25.0) | 95.5 (29.2) | 86.1 (24.8) |
| **Proteins** | 97.5 (24.7) | 104.0 (25.8) | 95.3 (23.9) | 101.9 (25.6) | 95.4 (23.9) | 102.1 (25.9) | 95.5 (23.8) |
| **Fibres** | 25.0 (7.7) | 22.1 (7.2) | 26.0 (7.7) | 22.7 (7.2) | 26.2 (7.7) | 23.1 (7.5) | 25.9 (7.7) |
| **Alcohol** | 11.5 (13.7) | 16.0 (17.1) | 9.9 (11.9) | 14.6 (16.2) | 9.9 (11.9) | 14.7 (16.2) | 10.1 (12.2) |
|  | **National dietary guideline score** |
| **Dietary guideline scorec** | 9.1 (2.2) | 7.5 (2.0) | 9.6 (1.9) | 8.1 (2.1) | 9.5 (2.0) | 7.8 (2.2) | 9.6 (1.9) |
| **Score <8,38** | 33.0% | 64.7% | 22.0% | 51.9% | 23.8% | 58.0% | 22.1% |
| **8,38 ≤ Score <10,13** | 33.0% | 28.0% | 34.7% | 32.8% | 33.1% | 29.6% | 34.5% |
| **Score ≥ 10,13** | 34.0% | 7.3% | 43.3% | 15.3% | 43.1% | 12.4% | 43.4% |

**Supplemental Table 1:** Baseline diet description of the population according to their fruit and vegetable consumption in 1993 (E3N-EPIC cohort study, *n*=58 193).

BMI, Body Mass Index; MET, Metabolic equivalent.

a The standard ratio used was “400g of fruit and vegetables/1800 Kcal”.

b The standard ratio used was “200g of fruit/1800 Kcal”.

c The standard ratio used was “200g of vegetables/1800 Kcal”.