## Supplementary material

**Supplemental Table 1** Country food groups aggregated from 93 unique food items/preparations reported in the 24h recall of Inuit adults (n 2095)

| Major groups (number of unique items) | Item included |
| --- | --- |
|  |  |
| **Country food, by part** |  |
| Country food – meat (27) | duck; goose; ptarmigan; squab (pigeon); caribou meat (raw, cooked, dried); moose; muskox; polar bear; ringed seal meat (boiled, raw); bearded seal meat (boiled and raw); beluga meat (dried, raw); narwhal meat; |
| Country food – fat (23) | caribou fat; ringed seal blubber (aged, boiled, raw); bearded seal oil; walrus blubber (aged, boiled, raw); beluga oil; beluga blubber (boiled and raw); beluga muktuk (boiled, raw); narwhal blubber (boiled and raw); narwhal muktuk (boiled and raw) |
| Country food – organs (15) | caribou bone marrow; caribou heart; caribou liver; caribou stomach; caribou tongue; bear liver; ringed seal blood; ringed seal heart; ringed seal liver; bearded seal intestine (boiled and raw); |
|  |  |
| **Country food, by species** |  |
|  |  |
| Birds (14) | duck; goose; ptarmigan; squab (pigeon) |
|  |  |
| Fish and seafood, country food only (16) | arctic char; cisco; sculpin; whitefish; sea cucumber |
|  |  |
| Caribou (12) |  |
|  | caribou meat (raw, cooked, dried); caribou fat; caribou bone marrow; caribou heart; caribou liver; caribou stomach; caribou tongue |
|  |  |
| Other land mammals (8) | bear; moose; muskox; polar bear |
|  |  |
| Seal and walrus (28) | ringed seal blubber (aged, boiled, raw); ringed seal meat (boiled, raw); ringed seal blood; ringed seal flippers; ringed seal heart; ringed seal liver; bearded seal oil; bearded seal meat (boiled and raw); bearded seal intestine (boiled and raw); walrus blubber (aged, boiled, raw); walrus skin; harp seal |
|  |  |
| Beluga whale (8) |  |
|  | beluga oil; beluga blubber (boiled and raw); beluga muktuk (boiled, raw); beluga meat (dried, raw) |
|  |  |
| Narwhal(5) | Narwhal blubber (boiled and raw); narwhal meat; narwhal muktuk (boiled and raw) |
|  |  |
| Berries (2) | Black crowberry; cloudberry  |
|  |  |

**Supplemental Table 2** Market food groups, sub groups and items, aggregated from 1591 unique food codes1 (unique items and preparations) reported in the 24h recall of Inuit adults (n 2095)

| Major group (number of unique items) | Sub groups (number of unique items)2 | Description and item groups3 |
| --- | --- | --- |
| Dairy products (74) |  |  |
|  | milk (11) | fluid milk (all fat contents); evaporated milk (all fat contents) |
|  | coffee whitener and milk powder (5)  | milk powder (skim); non-dairy coffee whitener |
|  | cream (8) |  |
|  | cheese (27) | natural cheese; processed cheese (slices and spread)  |
|  | yoghurt (11) |  |
|  |  |  |
| Added fat (43) |  |  |
|  | table fats (18) | butter; margarine |
|  | vegetable oil (4) |  |
|  | lard and shortening (5) |  |
|  | salad dressing and mayonnaise (16) |  |
|  |  |  |
| Market meat and alternatives (315) |  |  |
|  | poultry (72) | broiler chicken (various parts); turkey; dove; domestic duck |
|  | pork (39) | pork loin; cured pork (bacon, ham) |
|  | beef (51) | ground beef; beef roast; beef steak |
|  | processed meat (35) | canned luncheon meat; sliced cold cuts; frankfurters and sausages  |
|  | eggs (9) | all preparations |
|  | fish and shellfish (59) | canned fish; fish fillets; other seafood |
|  | broth and gravy (19) |  |
|  | alternatives (28) | nut butter; nuts and seeds; legumes and beans |
|  |  |  |
| Fruit (86) |  |  |
|  | fruit (solid) (35) | apple; citrus fruit; banana; other fruit |
|  | fruit (juice) (24) | apple juice; citrus juice; other fruit juice |
|  | canned fruit (20) |  |
|  | dried fruit (7) |  |
| Vegetables (167) |  |  |
|  | Solid vegetables (125) | corn; onion; carrots; tomato; lettuce and leafy greens; mushrooms; sweet pepper; celery; broccoli and cauliflower; cucumber; other  |
|  | Vegetable sauce and soup (42) |  |
|  |  |  |
| Cereals, grains, and starches (281) |  |  |
|  | bread (73) | white bread; wheat and grain breads; other bread products (e.g. bagels); quick breads; bread crumbs and other dry bread |
|  | bannock (23) | various recipes/preparations |
|  | crackers and other (48) | crackers; pilot biscuits; other snacks from grain products  |
|  | pasta and rice (27) | pasta; rice |
|  | cereals (68) | ready to eat cereals; hot cereals |
|  | potatoes (38) | potatoes (prepared); mashed potatoes, fried potatoes and hash browns;  |
|  |  |  |
| Sweets and snacks (285) |  |  |
|  | sweetened beverages (48) | sweetened carbonated beverages; powdered fruit drinks; other sweetened beverages |
|  | sugar (3) |  |
|  | sweet toppings and spreads (27) | sweet toppings; jams and preserves |
|  | chocolate and candy (61) | candies (with chocolate); candies (without chocolate) |
|  | pastries (113) | includes cakes, pies, pastries, cookies and granola bars |
|  | sweet dairy products (23) |  |
|  | potato chips (10) |  |
|  |  |  |
| Mixed dishes and other (186) |  |  |
|  | mixtures (grain) (70) | pizza; pasta dishes; macaroni and cheese; soups (mostly noodles) |
|  | mixtures (meat) (73) | sandwich-type (hamburgers, hot dogs); meat sauce; meat soup and stew |
|  | sauces and condiments (37) | ketchup; other condiments |
|  |  |  |
| Low-calorie items (49) | low-calorie beverages (26) | water; coffee; tea; diet carbonated beverages;  |
|  | low-calorie items (23) | salt and seasoning; spices; low-calorie sweeteners |
|  |  |  |

1Alcoholic beverages were excluded from all analyses

2 Distinct item-level groups are designated by semicolon

3 Sum of sub group items may not equal total food group items, with the difference attributed to other / ungrouped items