**Supplemental Table S1: Definition of food commodities included in the ecological analysis**

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| Food group | Food items  |
| Meat | chicken, goose, duck, turkey, rabbit, beef and veal, buffalo, pig, mutton and lamb, goat, (other meats) |
| Red meat | beef and veal, buffalo, pig, mutton and lamb, goat, (other red meats) |
| Poultry meat | chicken, turkey, goose, duck (other poultry meats) |
| Animal fats | butter, ghee, fish liver oil, whale oil, lard, drippings, suet, (others) |
| Cereals (excluding beer) | wheat, rye, barley, oats, maize, rice, sorghum, millet, quinoa, teff, (other cereals) |
| Starchy roots | potatoes, sweet potatoes, cassava, taro, yams, (other tubers) |
| Vegetables | beet, carrot, turnip, tomato, onion, lettuce, green beans, garlic, cucumber, mushroom, eggplant, pumpkin, okra, gourds, squash, radish, (other vegetables) |
| Fruits (excluding wine) | citrus fruits, melon, watermelon, plantain, banana, papaya, apple, apricot, avocado, mango, cherry, fig, grape, papaya, peach, berry, pineapple (other fresh fruits), dates, dried figs, raisins, (other dried fruits) |
| Vegetable oils  | soybean oil, groundnut oil, olive oil, maize oil, palm kernel oil, palm oil, sunflower seed oil, cottonseed oil, linseed oil, rape and mustard seed oil, sesame seed oil, copra and coconut oil, (other edible vegetable oils) |
| Sugar (Refined) | Sugar cane, sugar beets |
| Alcoholic beverages | wine, beer, fermented beverages, (other alcoholic beverages)  |