**Table S1.** List of food groups with examples of food items

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| **Fruits**  Fresh fruits, cooked or dried  **Fruit juice**  Natural fruit juices unsweetened  **Non-starchy vegetables**  Green leafy vegetables  Tomatoes, carrots, lettuce  Mixed and other vegetables  Vegetable juice  **Starchy vegetables**  Corn, beans, green beans  Pumpkin  Sweet potatoes  **Potato**  Potatoes  **Wholegrain cereals**  Wholegrain cereal products  **Processed cereals**  White cereal products  **Legumes**  Legumes (i.e., beans)  Meat alternatives, soy, tofu  **Nuts**  Nuts, almonds, seeds  Peanut butter  Almond milk  **Milk**  Milk and milk drinks  **Yogurt**  Yogurt  **Cheese**  Cheese | **Egg**  Eggs  **Fish and Shellfish**  Fish fresh and frozen  Shellfish  **Red meat**  Lamb, pork, veal, game  **White meat**  Poultry  **Processed red meat**  Sausages, ham, salami, beacon of red meat origin  **Processed white meat**  Sausages of white meat origin, Chicken nuggets  **Processed fish**  Smoked, canned and salted fish  Fish sticks  **Olive oil and Olives**  Olive oils  Oils  **Vegetable fat**  Vegetable oils, vegetable fat, vegetable oil-based salad dressing  **Animal fat**  Butter, mayonnaise  White sauce, cream  **Alcoholic beverages**  Alcoholic beverages  **Sugar-sweetened beverages**  Carbonated and non-carbonated sugar-sweetened beverages | **Artificially-sweetened beverages**  Carbonated artificially-sweetened beverages  **Salty snacks**  Chips, crackers, pop corn  **Desserts and Sweets**  Sweets, candy, chocolate  Milk desserts  Sugary foods (i.e., baklavas)  **Condiments and Spices**  Condiments  Spices  **Salt**  Salt  **Water**  Water natural, mineral and carbonated  **Coffee**  Coffee  **Tea**  Tea  **Artificially sweeteners**  Artificially sweeteners  **Sugar**  Sugar, honey, syrup  **Baked products**  Cake, biscuit, pie, muffin, doughnuts  **Artificially sweetened Fruit juices**  Artificially sweetened fruit juices  **Fast-Food**  Pizza, souvlaki, burger, fried potatoes  **Baby food**  Baby food |