**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, lettuceMixed and other vegetablesVegetable juice**Starchy vegetables**Corn, beans, green beansPumpkinSweet 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, seedsPeanut butterAlmond milk**Milk**Milk and milk drinks**Yogurt**Yogurt**Cheese**Cheese | **Egg**Eggs**Fish and Shellfish**Fish fresh and frozenShellfish**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 fishFish sticks**Olive oil and Olives**Olive oilsOils**Vegetable fat**Vegetable oils, vegetable fat, vegetable oil-based salad dressing**Animal fat**Butter, mayonnaiseWhite 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, chocolateMilk dessertsSugary foods (i.e., baklavas)**Condiments and Spices**CondimentsSpices**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 |