**Table S1** Food groupings based on culinary usage and nutrient content

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| **Food group** | **Food items** |
| **Grains** | Breads, cereals, toast, bread sticks, pastries , corn flakes ,bulgur, cornstarch, wheat, noodles , pasta , spaghetti ,flour, semolina, and quinoa |
| Refined grains | White rice, white flour, white bread, and pasta |
| Whole grains | Brown rice , whole wheat flour, whole wheat bread, oatmeal , barley, buckwheat, and rye |
| **Meat, processed meat, poultry, sea Food** | Beef , fish, poultry |
| Meat | Beef, lamb, luncheon meat (mortadella, turkey ham), pork |
| Poultry | Chicken drumstick, chicken patty, chicken fillet , chicken tenders, and breaded chicken |
| Fish | Crab meat, shrimps, salmon, tuna, fish fillet, mollusks, squid (Calamary), etc. |
| **Eggs** | Eggs |
| **Dairy products** | Milk, cheese, labneh-pressed yogurt , plain yogurt, kashta, and cream |
| Milk | Milk, powder or liquid  Dairy /Non-dairy creamer |
| Milk Derivatives | Yogurt , strained yoghurt (labneh), cheese, sweetened milk, and whipped cream |
| **Legumes** | Lentils, beans (broad /fava/kidney /red/lima ), chickpeas, and lupin |
| **Vegetables** | Green beans, fresh pepper, green peas, asparagus, cabbage, celery, cucumber, eggplant, garden rocket, cauliflower, mushrooms; onions, parsley, peppermint leaves, radishes, Swiss Chard, thyme, and fresh tomatoes |
| **Starchy vegetables** | Potatoes, sweet potato, and corn |
| **Fruits, Total** | All fruits |
| Whole Fruits | Apple, banana, orange, grapes, pear, pineapple, strawberries, kiwi, mulberries, lemon ,tangerine, watermelon, blueberries, dates, raisins, and coconut |
| Fresh Juices (100%) | All fresh fruit juice |
| **Chips & salty crackers** | Chips, salty crackers, pretzels, and popcorn |
| **Nuts & Seeds** | All nuts and seeds |
| Nuts | Pine, walnut, pistachio, almonds, cashews, peanuts, and mixed nuts |
| Seeds | Pumpkin seeds, sesame seeds , watermelon seeds, sunflower seeds etc. |
| **Desserts & added Sugars** |  |
| Desserts | Milkshakes, all ice cream, puddings, frozen yogurt, chocolates, cookies, cakes, plain sugar, pastries, traditional desserts and sweets, jam, chocolate spread, biscuits (plain and sweetened), gello, popsicle |
| Added Sugars | Table sugar, honey, syrup, jam, and molasses. |
| **Sugar sweetened beverages** | All sweetened carbonated soda and sugar-sweetened fruit juices (regular soda, sugar preserved condensed juices, packed juice, chocolate powder, hot chocolate) |
| **Unsweetened beverages** | All carbonated beverages made with non-caloric nutritive sweeteners |
| **Hot beverages** | All coffee and herbal teas (black tea, green tea, Chamomile, Anise, peppermint tea, ginger, etc.) |
| **Alcoholic Beverages** | Whiskey , beer, wine, etc. |
| **Added Fats & Oils** | Olives , avocado, sesame butter or tahini ,oil, ghee , mayonnaise mustard, and lard |