**Appendix A. food groups and food subgroups in the present study**

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| **Food items** | **Food subgroups** | **Food groups (number of food items)** |
| Breads | Breads | **Bread, Cereal, Rice, & Pasta (28)** |
| Noodles, pasta, rice | Rice & Pasta |
| Barley, starch, popcorn, cornflakes, wheat germ, bulgur | Cereals |
| potatoes | Starchy roots | **Vegetables (33)** |
| Cabbage, Cauliflower, Brussels sprouts, Broccoli | Cruciferous vegetables |
| Mixed Vegetables, Spinach, lettuce | Leafy green vegetables |
| Cucumbers, eggplant, green peas, green beans, green peppers, turnips, corn, squash, Celery, mushrooms, onions, Garlic, Tomatoes, Carrots, Olives | Other vegetables |
| Pears, apricots, cherries, apples, raisins or grapes, bananas, cantaloupe, watermelon, oranges, grapefruit, kiwi, grapefruits, strawberries, peaches, nectarines, tangerines, mulberries, plums, persimmons, pomegranates, lemons, pineapples, fresh figs, natural fruit juices | Fresh fruits | **Fruits (31)** |
| Dried figs, dried dates, dried mulberries, other dried fruits | Dried fruits |
| Milk, yoghurt, flavored milk, cream, cheese, ice cream, Dough | Milk, Yogurt, & Cheese | **Milk, Yogurt, & Cheese (19)** |
| Processed meats | Processed meat | **Meat, Poultry, Fish, Eggs, Legumes and Nuts (49)** |
| Red meats, Organ meats | Meat |
| Poultry | Poultry |
| Fish, Shrimp | Fish |
| Eggs | Eggs |
| Beans, peas, lima beans, broad beans, lentils, soy | Legumes |
| Peanuts, almonds, pistachios, hazelnuts, roasted seeds, walnuts | Nuts |
| Hydrogenated fats, animal fats, Mayonnaise | Hydrogenated fats | **Fats, Oils, Sugars, Sweets (33)** |
| Vegetable oils | Vegetable oils |
| Chocolates, candies, tamarisk, , honey, Artificial juice, Jam, jelly | Sugars |
| Cookies, cakes, confections | Sweets |