**Appendix 1.** Food groups and food items

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| **Food group** | **Food items** |
| 1. Rice | Steamed white rice; Sticky rice/steamed glutinous rice; Boiled rice  |
| 2. Noodles | Vermicelli noodles; Fresh rice noodles; Fermented rice noodle; Fresh wheat noodles; Instant wheat noodles  |
| 3. Wheat | White bread; Cream filled bread  |
| 4. Starchy vegetables | Boiled taro; Steamed sweet potato; Boiled corn  |
| 5. Legumes | Dried soybean curd; Steamed yellow hard soybean curd; Peanut |
| 6. Vegetables | Chinese white cabbage; Thai eggplant; Gourd; Chinese green cabbage; Ivygourd leaves; Angled gourd; Green yard long bean; Stinkbean seeds; Pickled bamboo shoot; Fresh pumpkin; Tomato; Sesbania yellow flower; Mushroom; Turkey berry; Holy basil leaves |
| 7. Fruits | Banana; Sugar apple; Apple; Tangerine; Grape; Watermelon; Papaya |
| 8. Meat | Pork; Beef; Chinese style shredded pork; Pork ball |
| 9. Fried food | Fried rice; Deep fried pork skin; Deep fried polished rice |
| 10. Animal organs | Pork liver; Giblets; Beef lung; Boiled pork blood |
| 11. Processed meat | Sausage |
| 12. Fish | Nile tilapia; Gunther's walking catfish; Truncated estuarine catfish; Red Nile tilapia; Malabar red snapper; Bluespot gray mullet; Short bodied mackerel-Short bodied mackerel; Black-banded trevally; Snake skin gourami; Indian anchovy/common anchovy; Rasbora; Dried striped snakehead fish; Canned sardines |
| 13. Shellfish and squid | Squid; Shrimp; Cockle |
| 14. Fresh water animals | Salted small shrimp; Lanchester's freshwater shrimp; Pond snail; Frog |
| 15. Eggs  | Egg; Omelette; Fried egg; Soft egg (tube) |
| 16. Insects | Blanched cricket; Giant water bug  |
| 17. Milk | Cow milk; Drinking yoghurt; Different flavours UHT; Low fat milk (Bear brand) |
| 18. Soymilk | Soybean milk – Vitamilk; Soybean milk High Calcium (D-NA brand);Soybean milk with milk powder |
| 19. SSBs | Orange juice; Soft drinks; Energy drinks; Chocolate- Ovaltine; Black coffee; Coffee (3-in-1); Coffee with milk; Cereal soy based supplementary food (Nesvita)  |
| 20. Alcohol | Beer; Distilled whiskey |
| 21. Sweet snacks | Butter cookies; Ice cream; Deep fried doughstick (Pa-tong-ko); Deep fried banana with rice flake (Khao-mao-tod); Steamed egg custard; Mungbean custard; Egg yolk sheeted in heavy syrup cupped (Thong-yip); Steamed layer cake (Kanom-chun); Filled coconut cream (Kanom-sai-sai); Sponge cake (Kanom-kai); CakeSteamed glutinous rice with banana and coconut milk; Steamed glutinous rice with black bean and coconut milk; Glutinous rice steeped in coconut milk (Khao-niao-moon); Glutinous rice with shrimp and coconut meat;Banana in coconut milk; Boiled black bean with sugar and coconut milk; Thai glutinous rice dumpling in sweet coconut cream; Lod-chong in coconut milk and syrup; Mixed roasted rice cake (Gra-vah-sard); Kanom-pia with blackbean filling; Blackbean bun filled steamed bun; Mungbean filled steamed bun |
| 22. Chilli sauce/dip  | Mashed shrimp with condiments; Mashed fish with condiments; Mashed dried fish with condiments; Shrimp chilli paste with condimentsChilli oil paste; Young tamarind pod chilli paste; Chilli paste (nam prik ta daeng);Grilled walking catfish chilli paste; Spicy sauce;  |
| 23. Food with coconut milk | Spicy fish curry; Northern soup (Nam ngeaw); Coconut milk with chilli pasteGreen curry soup; Red curry soup; Coconut milk with galanga - chicken soup |
| 24. Fatty meat | Belly pork |
| 25. Fermented food  | Fermented fish chilli pasted; Fermented soybean - coconut milk simmer;Mashed fermented fish with condiments; Fermented fish viscera curry |
| 26. Poultry | Poultry |
| 27. Added sugar and syrup | Sweetened condensed milk; Refined sugar |
| 28. Fat and oil | Palm oil; Vegetable oil; Lard; Non-dairy cream (Coffeemate) |
| 29. Salted seasonings | Fish sauce; Seasoning sauce |
| 30. Mixed dishes and local dishes | Wat tan ho/Rad nha soup; Stir fried gravy; Minced pork filled steamed bun; Pork broth soup; Five spices soup; Mixed vegetable sour soup; Curry jungle with eggplant; Yellow curry soup |