```
┌─────────────────────────────────────────┐
│   Step 1: Identifying categories related  │
│       to the traditional Mexican diet     │
│          The relevant areas were:         │
│           - Relevant organisations        │
│    - Disciplines (i.e., academics, officials │
│        of non-governmental organisations, │
│         governmental officials, and       │
│                practitioners)             │
│          - Academic publications          │
└─────────────────────────────────────────┘
                      │
                      ▼
┌─────────────────────────────────────────┐
│        Step 2: Populating categories      │
│    - Listing individuals who met inclusion │
│         criteria by using web searching   │
└─────────────────────────────────────────┘
                      │
                      ▼
┌─────────────────────────────────────────┐
│     Step 3: Inviting experts to participate │
│                 (via e-mail)              │
│             - Sending invitations         │
│   - Asking contacts to nominate additional │
│                   experts                 │
└─────────────────────────────────────────┘
```

Supplementary figure S1. Process followed to identify participants. Adapted from Okoli and Pawlowski (2004)*

*Okoli C, Pawlowski SD. (2004) The Delphi method as a research tool: An example, design considerations and applications. *Inf Manag*. 42:15-29.

Table S1. Participant's responses to questions made to refine food classification in the index

Statement	Resolution (% of participants voting for that response)*	
	Round 2 (n=18)	*Round 3 (n=17)*
Pinole should be in natural sweeteners (instead of in maize products)	**Yes:** 61.1%	**Yes:** 52.9%
Both fried and non-fried maize-based dishes should be included	**Yes:** 81.2%	N/A
All types of vegetable oils (not only one seed type) should be included	**Yes:** 94.1%	N/A
Both sweetened and non-sweetened beverages should be included	**Yes:** 68.7%	N/A
The group 'beverages' should stay the same (and not separated into more subgroups)	**Yes:** 81.2%	N/A
The group 'sugar and sweeteners' should be separated intro more subgroups	**Yes:** 77.7%	N/A
All types of honey (not only bee or maguey honey) should be considered	**Yes:** 70.6%	N/A
Guajolote should not replace turkey	**Yes:** 70.6%	N/A
Requesón should not replace cheeses	**Yes:** 70.5%	N/A
Peas should be moved from legumes to vegetables	N/A	**Yes:** 64.7%
Avocado should stay in fats and oils (not moved to fruits)	N/A	**Yes:** 76.5%
Cream should stay in fats and oils (not moved to dairy)	N/A	**Yes:** 64.7%
All drinks using cacao should be grouped as 'cacao-based drinks'	N/A	**Yes:** 88.2%
Cheeses should refer to all types of cheese (not only white cheeses)	N/A	**Yes:** 88.2%

N/A, non-applicable.
*To refine food classification in the index, an item should have achieved consensus by at least 67% of participants. However, when consensus was not reached by this cut-off criterion, majority of votes (>50%) was used as a cut-off for consensus instead.

Table S2. Participant agreement [percentage of agreement, mean (SD) and coefficient of variation] on inclusion of food groups in the index, rounds 1-3

	Round 1 (n=22)*			Round 2 (n=18)*			Round 3 (n=17)†		
	Percentage of agreement‡	*Mean§ (SD)*	*Coefficient of variation*	*Percentage of agreement‡*	*Mean§ (SD)*	*Coefficient of variation*	*Percentage of agreement‡*	*Mean§ (SD)*	*Coefficient of variation*
Maize products	95.5%[a]	4.82 (0.85)	0.18	100%[a]	5.00 (0.0)	0.00	N/A	N/A	N/A
Other grains	68.2%	3.95 (1.09)	0.28	50.0%	3.78 (1.0)	0.27	82.4%	4.06 (0.83)	0.20
Tubers	81.8%	4.09 (0.81)	0.20	77.8%	4.11 (0.76)	0.18	N/A	N/A	N/A
Legumes	95.5%[a]	4.73 (0.88)	0.19	100%[a]	5.00 (0.0)	0.00	N/A	N/A	N/A
Vegetables	90.9%[a]	4.64 (0.95)	0.21	100%[a]	4.89 (0.32)	0.07	N/A	N/A	N/A
Fruits	90.9%	4.55(0.96)	0.21	100%[a]	4.89 (0.32)	0.07	N/A	N/A	N/A
Beverages	77.3%	3.95 (1.40)	0.35	94.5%	4.44 (0.78)	0.18	N/A	N/A	N/A
Alcoholic beverages	40.9%	3.05 (1.50)	0.49	50.0%	3.39 (1.04)	0.31	52.9%	3.41 (1.23)	0.36
Meats	72.7%	3.77 (1.15)	0.31	88.9%	4.00 (0.91)	0.23	N/A	N/A	N/A
Fish and seafood	59.1%	3.36 (1.22)	0.36	50.0%	3.28 (1.32)	0.40	58.8%	3.53 (1.23)	0.35
Sugars and sweeteners	63.6%	3.27 (1.45)	0.44	66.7%	3.56 (1.20)	0.34	N/A	N/A	N/A
Herbs and condiments	95.5%[a]	4.68 (0.89)	0.19	100%[a]	4.83(0.38)	0.08	N/A	N/A	N/A
Fats and oils	90.9%	4.36 (0.95)	0.22	100%	4.72 (0.46)	0.10	N/A	N/A	N/A
Nuts and seeds	77.3%	4.09 (1.11)	0.27	77.8%	4.33 (0.84)	0.19	N/A	N/A	N/A
Dairy products	59.1%	3.64 (1.22)	0.33	50.0%	3.61 (1.14)	0.32	76.4%	3.88 (0.93)	0.24
Eggs	90.9%	4.50 (0.67)	0.15	88.9%	4.33 (0.69)	0.16	N/A	N/A	N/A
Insects	68.2%	3.72 (1.20)	0.32	55.6%	3.56 (1.46)	0.41	64.7%	3.65 (1.17)	0.32
Reptiles	18.1%	2.55 (1.14)	0.45	22.2%	2.44 (1.38)	0.57	N/A	N/A	N/A
Maize-based dishes‖	N/A	N/A	N/A	100%[c]	4.83 (0.38)	0.08	N/A	N/A	N/A
Quelites (wild greens)‖	N/A	N/A	N/A	77.8%	3.83 (1.42)	0.37	58.8%	3.71 (1.10)	0.30
Chile‖	N/A	N/A	N/A	72.2%	3.72 (1.67)	0.45	70.6%	4.00 (1.32)	0.33
Plain water‖	N/A	N/A	N/A	72.2%	4.17 (1.25)	0.30	82.4%[c]	4.35 (1.37)	0.31
Natural sweeteners¶	N/A	N/A	N/A	N/A	N/A	N/A	58.8%	3.41 (1.00)	0.29
Sweet products¶	N/A	N/A	N/A	N/A	N/A	N/A	47.1%	3.47 (1.33)	0.38

N/A, non-applicable. SD, standard deviation.

[a]At least ≥75% participants exclusively selected 'totally agree'.

*Rows marked with 'N/A' represent food groups that were not introduced in the study until later rounds.

†Rows marked with 'N/A' represent food groups that had achieved consensus in round 2 and were eliminated from round 3.

‡Represents the percentage of participants selecting either 'agree' or 'totally agree'.

§Descriptive analysis of responses from a 5-point Likert scale (with 1 as 'totally disagree' and 5 as 'totally agree'), were used to calculate means for each category.

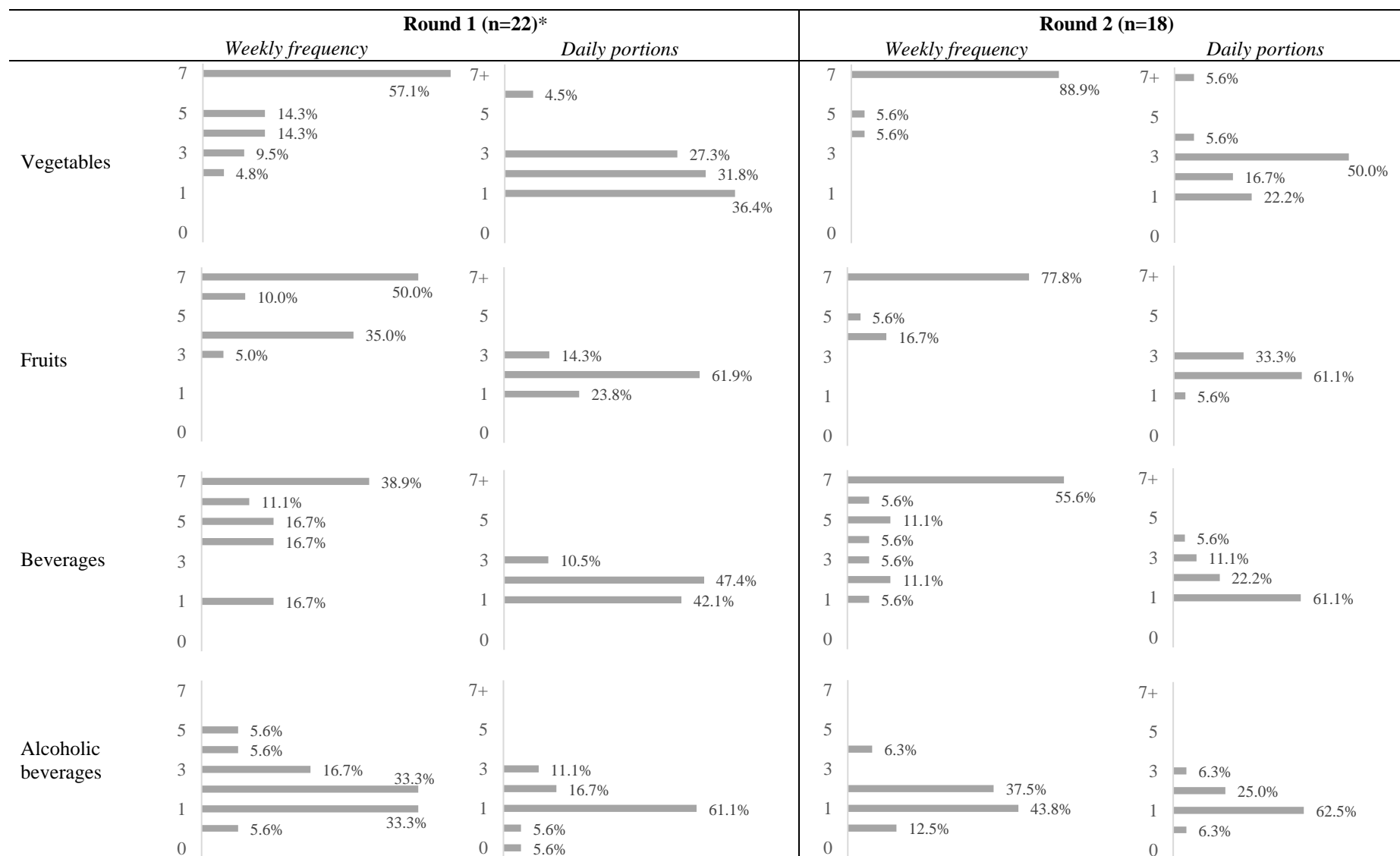‖Represents food group suggested by participants in round 1.

¶Represents food groups created in round 3 after suggestions to separate the group 'sugars and sweeteners' into 'natural sweeteners' and 'sweet products'.
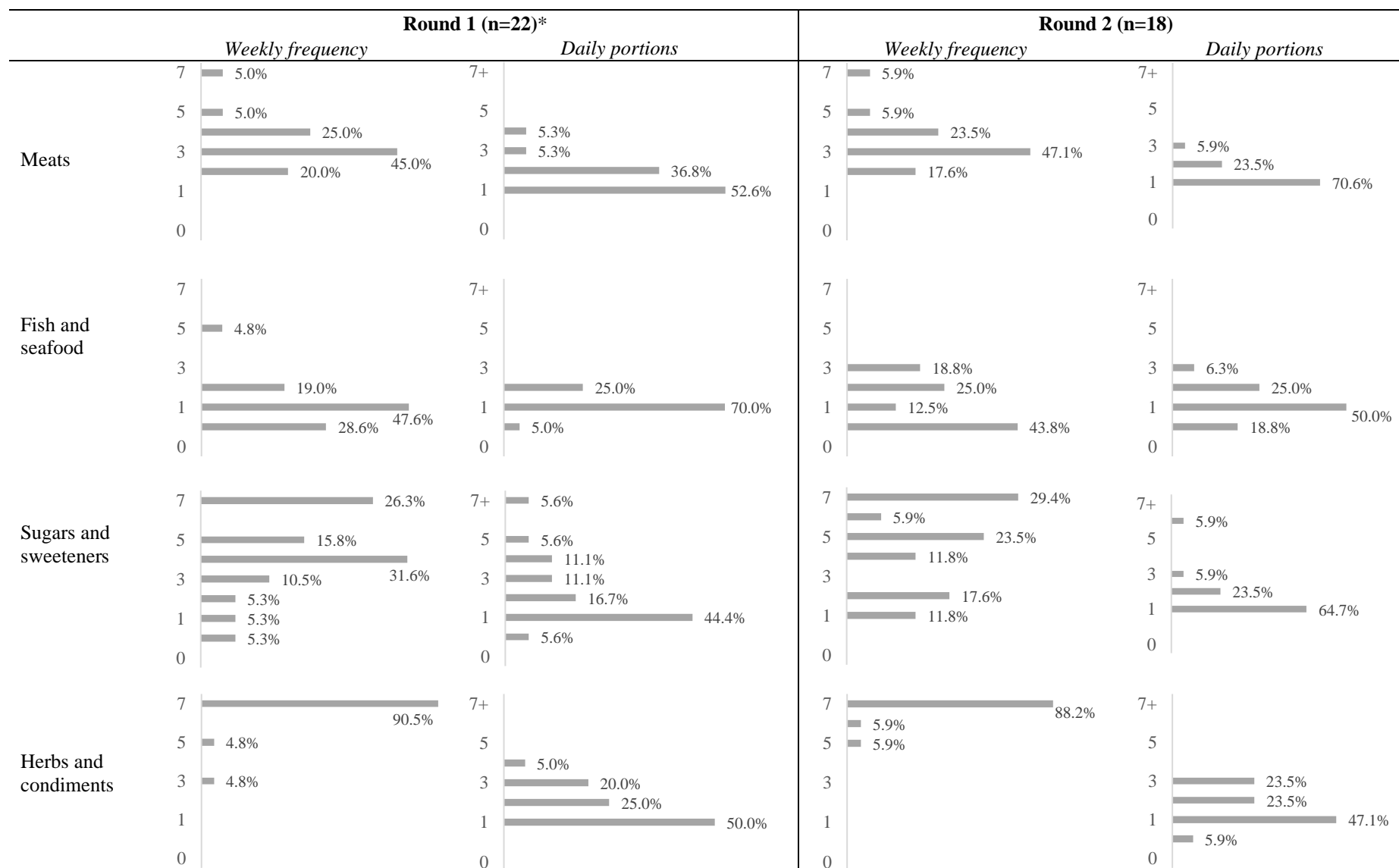
Table S3. Participant agreement on quantities of food groups consumed in the index, rounds 1-2

	Round 1 (n=22)*		Round 2 (n=18)	
	Weekly frequency	*Daily portions*	*Weekly frequency*	*Daily portions*
Maize products	7: 90.5%; 5: 9.5%	7+: 9.1%; 9.1%; 5: 13.6%; 13.6%; 3: 31.8%; 18.2%; 1: 4.5%	7: 100%	7+: 11.8%; 5: 17.6%; 29.4%; 3: 17.6%; 17.6%; 1: 5.6%
Other grains	7: 36.4%; 4.5%; 5: 13.6%; 13.6%; 3: 13.6%; 13.6%; 1: 4.5%	5: 9.5%; 3: 9.5%; 38.1%; 1: 38.1%; 0: 4.8%	7: 29.4%; 11.8%; 5: 5.9%; 23.5%; 3: 17.6%; 5.9%; 1: 5.9%	5: 6.3%; 3: 12.5%; 37.5%; 1: 43.8%
Tubers	5: 13.6%; 31.8%; 3: 36.4%; 1: 13.6%; 4.5%	38.1%; 1: 61.9%	3: 38.9%; 27.8%; 1: 27.8%; 0: 5.6%	27.8%; 1: 72.2%
Legumes	7: 42.9%; 4.8%; 5: 19.0%; 23.8%; 3: 9.5%	3: 4.5%; 4.5%; 31.8%; 1: 59.1%	7: 55.6%; 16.7%; 5: 11.1%; 16.7%	3: 16.7%; 22.2%; 1: 61.1%

Table S3 (continued). Participant agreement on quantities of food groups consumed in the index, rounds 1-2

	Round 1 (n=22)*		Round 2 (n=18)	
	Weekly frequency	*Daily portions*	*Weekly frequency*	*Daily portions*
Vegetables	7: 57.1%; 5: 14.3%; (4): 14.3%; 3: 9.5%; (2): 4.8%	7+: 4.5%; 3: 27.3%; (2): 31.8%; 1: 36.4%	7: 88.9%; 5: 5.6%; (4): 5.6%	7+: 5.6%; (4): 5.6%; 3: 50.0%; (2): 16.7%; 1: 22.2%
Fruits	7: 50.0%; (6): 10.0%; 4: 35.0%; 3: 5.0%	3: 14.3%; (2): 61.9%; 1: 23.8%	7: 77.8%; 5: 5.6%; (4): 16.7%	3: 33.3%; (2): 61.1%; 1: 5.6%
Beverages	7: 38.9%; (6): 11.1%; 5: 16.7%; (4): 16.7%; 1: 16.7%	3: 10.5%; (2): 47.4%; 1: 42.1%	7: 55.6%; (6): 5.6%; 5: 11.1%; (4): 5.6%; 3: 5.6%; (2): 11.1%; 1: 5.6%	(4): 5.6%; 3: 11.1%; (2): 22.2%; 1: 61.1%
Alcoholic beverages	5: 5.6%; (4): 5.6%; 3: 16.7%; (2): 33.3%; 1: 33.3%; (0): 5.6%	3: 11.1%; (2): 16.7%; 1: 61.1%; (0): 5.6%; 0: 5.6%	5: 6.3%; (2): 37.5%; 1: 43.8%; (0): 12.5%	3: 6.3%; (2): 25.0%; 1: 62.5%; (0): 6.3%

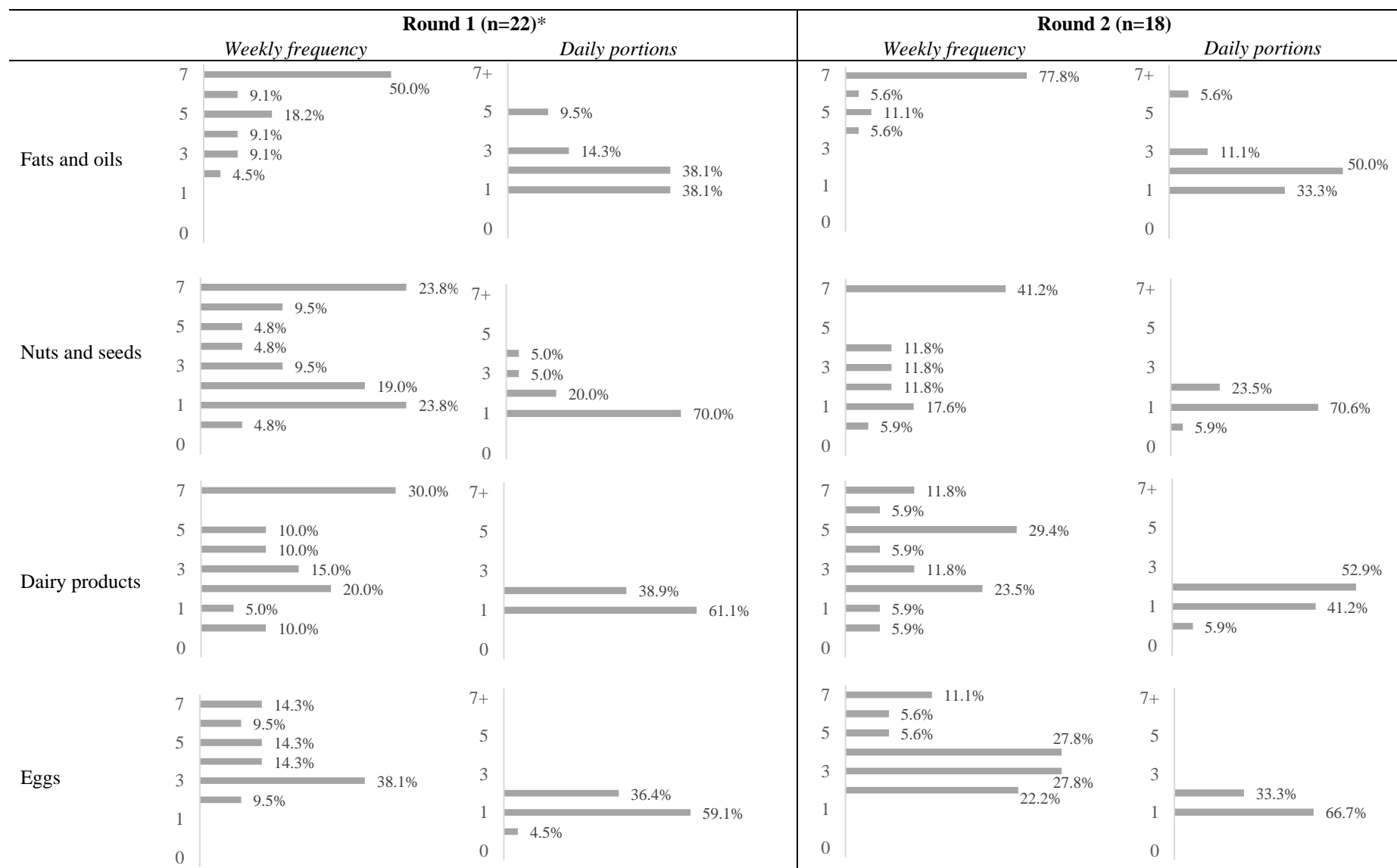**Table S3 (continued). Participant agreement on quantities of food groups consumed in the index, rounds 1-2**

	Round 1 (n=22)*		Round 2 (n=18)	
	Weekly frequency	*Daily portions*	*Weekly frequency*	*Daily portions*

Meats

Round 1, Weekly frequency:
- 7: 5.0%
- 5: 5.0%
- : 25.0%
- 3: 45.0%
- : 20.0%
- 1:
- 0:

Round 1, Daily portions:
- 7+:
- 5: 5.3%
- 3: 5.3%
- : 36.8%
- 1: 52.6%
- 0:

Round 2, Weekly frequency:
- 7: 5.9%
- 5: 5.9%
- : 23.5%
- 3: 47.1%
- : 17.6%
- 1:
- 0:

Round 2, Daily portions:
- 7+:
- 5:
- 3: 5.9%
- : 23.5%
- 1: 70.6%
- 0:

Fish and seafood

Round 1, Weekly frequency:
- 7:
- 5: 4.8%
- 3:
- : 19.0%
- 1: 47.6%
- : 28.6%
- 0:

Round 1, Daily portions:
- 7+:
- 5:
- 3:
- : 25.0%
- 1: 70.0%
- : 5.0%
- 0:

Round 2, Weekly frequency:
- 7:
- 5:
- 3: 18.8%
- : 25.0%
- 1: 12.5%
- : 43.8%
- 0:

Round 2, Daily portions:
- 7+:
- 5:
- 3: 6.3%
- : 25.0%
- 1: 50.0%
- : 18.8%
- 0:

Sugars and sweeteners

Round 1, Weekly frequency:
- 7: 26.3%
- 5: 15.8%
- : 31.6%
- 3: 10.5%
- : 5.3%
- 1: 5.3%
- : 5.3%
- 0:

Round 1, Daily portions:
- 7+: 5.6%
- 5: 5.6%
- : 11.1%
- 3: 11.1%
- : 16.7%
- 1: 44.4%
- : 5.6%
- 0:

Round 2, Weekly frequency:
- 7: 29.4%
- : 5.9%
- 5: 23.5%
- : 11.8%
- 3:
- : 17.6%
- 1: 11.8%
- 0:

Round 2, Daily portions:
- 7+: 5.9%
- 5:
- 3: 5.9%
- : 23.5%
- 1: 64.7%
- 0:

Herbs and condiments

Round 1, Weekly frequency:
- 7: 90.5%
- 5: 4.8%
- 3: 4.8%
- 1:
- 0:

Round 1, Daily portions:
- 7+:
- 5: 5.0%
- 3: 20.0%
- : 25.0%
- 1: 50.0%
- 0:

Round 2, Weekly frequency:
- 7: 88.2%
- 5: 5.9%
- : 5.9%
- 3:
- 1:
- 0:

Round 2, Daily portions:
- 7+:
- 5:
- 3: 23.5%
- : 23.5%
- 1: 47.1%
- : 5.9%
- 0:

Table S3 (continued). Participant agreement on quantities of food groups consumed in the index, rounds 1-2

	Round 1 (n=22)*		Round 2 (n=18)	
	Weekly frequency	*Daily portions*	*Weekly frequency*	*Daily portions*
Fats and oils	7: 50.0%; 9.1%; 5: 18.2%; 9.1%; 3: 9.1%; 9.1%; 4.5%	5: 9.5%; 3: 14.3%; 38.1%; 1: 38.1%	7: 77.8%; 5.6%; 5: 11.1%; 5.6%	7+: 5.6%; 3: 11.1%; 50.0%; 1: 33.3%
Nuts and seeds	7: 23.8%; 9.5%; 5: 4.8%; 4.8%; 3: 9.5%; 19.0%; 1: 23.8%; 4.8%	5: 5.0%; 3: 5.0%; 20.0%; 1: 70.0%	7: 41.2%; 3: 11.8%; 11.8%; 11.8%; 1: 17.6%; 5.9%	23.5%; 1: 70.6%; 5.9%
Dairy products	7: 30.0%; 5: 10.0%; 10.0%; 3: 15.0%; 20.0%; 1: 5.0%; 10.0%	38.9%; 1: 61.1%	7: 11.8%; 5.9%; 5: 29.4%; 5.9%; 3: 11.8%; 23.5%; 1: 5.9%; 5.9%	3: 52.9%; 1: 41.2%; 5.9%
Eggs	7: 14.3%; 9.5%; 5: 14.3%; 14.3%; 3: 38.1%; 9.5%	36.4%; 1: 59.1%; 4.5%	7: 11.1%; 5.6%; 5: 5.6%; 27.8%; 3: 27.8%; 22.2%	3: 33.3%; 1: 66.7%

Table S3 (continued). Participant agreement on quantities of food groups consumed in the index, rounds 1-2

	Round 1 (n=22)*		Round 2 (n=18)	
	Weekly frequency	*Daily portions*	*Weekly frequency*	*Daily portions*
Insects	7: 10.0%; 3: 25.0%; (between): 15.0%; 1: 10.0%; (between): 35.0%; 0: 5.0%	3: 20.0%; 1: 50.0%; (between): 25.0%; 0: 5.0%	7: 6.3%; 3: 12.5%; (between): 6.3%; 1: 18.8%; (between): 56.3%	3: 31.3%; 1: 31.3%; (between): 37.5%
Reptiles	3: 5.6%; 1: 16.7%; (between): 38.9%; 0: 38.9%	(between 3 and 1): 5.9%; 1: 41.2%; (between): 17.6%; 0: 35.3%	1: 13.3%; (between): 33.3%; 0: 53.3%	3: 6.7%; 1: 33.3%; (between): 6.7%; 0: 53.3%
Maize-based dishes†	N/A	N/A	7: 5.6%; 5: 5.6%; (between): 5.6%; 3: 38.9%; (between): 5.6%; 1: 38.9%	7+: 5.6%; 3: 16.7%; (between): 55.6%; 1: 22.2%
Quelites (wild greens†)	N/A	N/A	7: 12.5%; 5: 18.8%; (between): 6.3%; 3: 12.5%; (between): 6.3%; 1: 31.3%; (between): 12.5%	3: 6.3%; (between): 25.0%; 1: 62.5%; (between): 6.3%

Table S3 (continued). Participant agreement on quantities of food groups consumed in the index, rounds 1-2

	Round 1 (n=22)*		Round 2 (n=18)	
	Weekly frequency	*Daily portions*	*Weekly frequency*	*Daily portions*
Chile†	N/A	N/A	7: 66.7% 6.7% 5: 13.3% 6.7% 3: 6.7% 1 0	7+ 5: 6.7% 3: 26.7% 1: 60.0% 6.7% 0
Plain water†	N/A	N/A	7: 88.9% 5: 5.6% 3 1: 5.6% 0	7+: 17.7% 29.4% 5: 5.9% 3: 11.8% 11.8% 1: 23.5% 0

*Rows marked with 'N/A' represent food groups that were not introduced in the study until later rounds.
†Food group suggested by participants in first round.

Table S4. Participant agreement (median and interquartile range) on inclusion of food groups in the index, rounds 1-3

	Round 1 (n=22)*		Round 2 (n=18)*		Round 3 (n=17)†	
	Median‡	*Interquartile range*	*Median*	*Interquartile range*	*Median*	*Interquartile range*
Maize products	5.0	0.0	5.0	0.0	N/A	N/A
Other grains	4.0	2.0	3.5	2.0	4.0	1.0
Tubers	4.0	1.0	4.0	1.0	N/A	N/A
Legumes	5.0	0.0	5.0	0.0	N/A	N/A
Vegetables	5.0	0.0	5.0	0.0	N/A	N/A
Fruits	5.0	1.0	5.0	0.0	N/A	N/A
Beverages	4.5	1.0	5.0	1.0	N/A	N/A
Alcoholic beverages	3.0	2.0	3.5	1.0	4.0	1.0
Meats	4.0	2.0	4.0	0.0	N/A	N/A
Fish and seafood	4.0	2.0	3.5	2.0	4.0	1.0
Sugars and sweeteners	4.0	2.0	4.0	1.0	N/A	N/A
Herbs and condiments	5.0	0.0	5.0	0.0	N/A	N/A
Fats and oils	5.0	1.0	5.0	1.0	N/A	N/A
Nuts and seeds	4.0	1.0	5.0	1.0	N/A	N/A
Dairy products	4.0	2.0	3.5	2.0	4.0	0.0
Eggs	5.0	1.0	4.0	1.0	N/A	N/A
Insects	4.0	2.0	4.0	3.0	4.0	1.0
Reptiles	3.0	1.0	2.0	2.0	N/A	N/A
Maize-base dishes§	N/A	N/A	5.0	0.0	N/A	N/A
Quelites (wild greens)§	N/A	N/A	4.0	1.0	4.0	2.0
Chile§	N/A	N/A	4.5	3.0	5.0	2.0
Plain water§	N/A	N/A	5.0	2.0	5.0	0.0
Natural sweeteners‖	N/A	N/A	N/A	N/A	4.0	1.0
Sweet products‖	N/A	N/A	N/A	N/A	3.0	2.0

N/A, non-applicable.

*Rows marked with 'N/A' represent food groups that were not introduced in the study until later rounds.

†Rows marked with 'N/A' represent food groups that had achieved consensus in round 2 and were eliminated from round 3.

‡Descriptive analysis of responses from a 5-point Likert scale (with 1 as 'totally disagree' and 5 as 'totally agree'), were used to calculate medians for each category.

§Represents food group suggested by participants in round 1.

‖Represents food groups created in round 3 after suggestions to separate the group 'sugars and sweeteners' into 'natural sweeteners' and 'sweet products'.

Table S5. Participant agreement on food group quantities consumed in the index, round 3 (n=17)

Daily portions	Weekly portions

Maize products
- 7+: 29.4%
- 6
- 5: 11.8%
- 4: 58.8%
- 3
- 2

Nuts and seeds
- 7: 35.3%
- 5
- (4): 17.6%
- 3: 17.6%
- (2): 5.9%
- 1: 23.5%

Legumes
- 3: 11.8%
- 2: 58.8%
- 1: 29.4%

Eggs
- 7: 11.8%
- 6
- 5: 23.5%
- 4: 47.1%
- 3: 17.6%
- 2

Vegetables
- 3: 64.7%
- 2: 23.5%
- 1: 11.8%

Maize-based dishes
- 4: 11.8%
- 3: 11.8%
- 2: 17.6%
- 1: 58.8%

Fruits
- 3: 41.2%
- 2: 58.8%

Tubers
- 6
- 5
- 4
- 3: 41.2%
- 2: 29.4%
- 1: 29.4%

Beverages
- 3: 11.8%
- 2: 35.3%
- 1: 52.9%

Meats
- 4: 23.5%
- 3: 52.9%
- 2: 23.5%

Herbs and condiments
- 3: 35.3%
- 2: 17.6%
- 1: 47.1%

Other grains
- 7: 23.5%
- 6: 5.9%
- 5
- 4: 47.1%
- 3: 23.5%

Fats and oils
- 3: 35.3%
- 2: 52.9%
- 1: 11.8%

Alcoholic beverages
- 4
- 3
- 2: 12.5%
- 1: 50.0%
- <1: 25.0%
- 0: 12.5%

Plain water
- 7+: 13.3%
- 6: 40.0%
- 5
- 4
- 3: 33.3%
- 2: 6.7%
- 1: 6.7%

Fish and seafood
- 4
- 3: 13.3%
- 2
- 1: 53.3%
- <1: 26.7%
- 0: 6.7%

Table S5 (continued). Participant agreement on food group quantities consumed in the index, round 3 (n=17)

Daily portions	Weekly portions

Natural sweeteners

7	31.3%
5	12.5%
	18.8%
3	
	18.8%
1	18.8%

Sweet products

7	6.3%
6	
5	
4	25.0%
3	
2	18.8%
1	50.0%

Dairy product

10	
7	
5	18.8%
4	18.8%
3	37.5%
2	25.0%

Insects

3	
2	
1	37.5%
<1	50.0%
0	12.5%

Quelites (wild greens)

	5.9%
6	
4	
	17.6%
2	17.6%
	47.1%
<1	11.8%

Chile

14	5.9%
7	23.5%
6	
5	47.1%
4	17.6%
3	5.9%
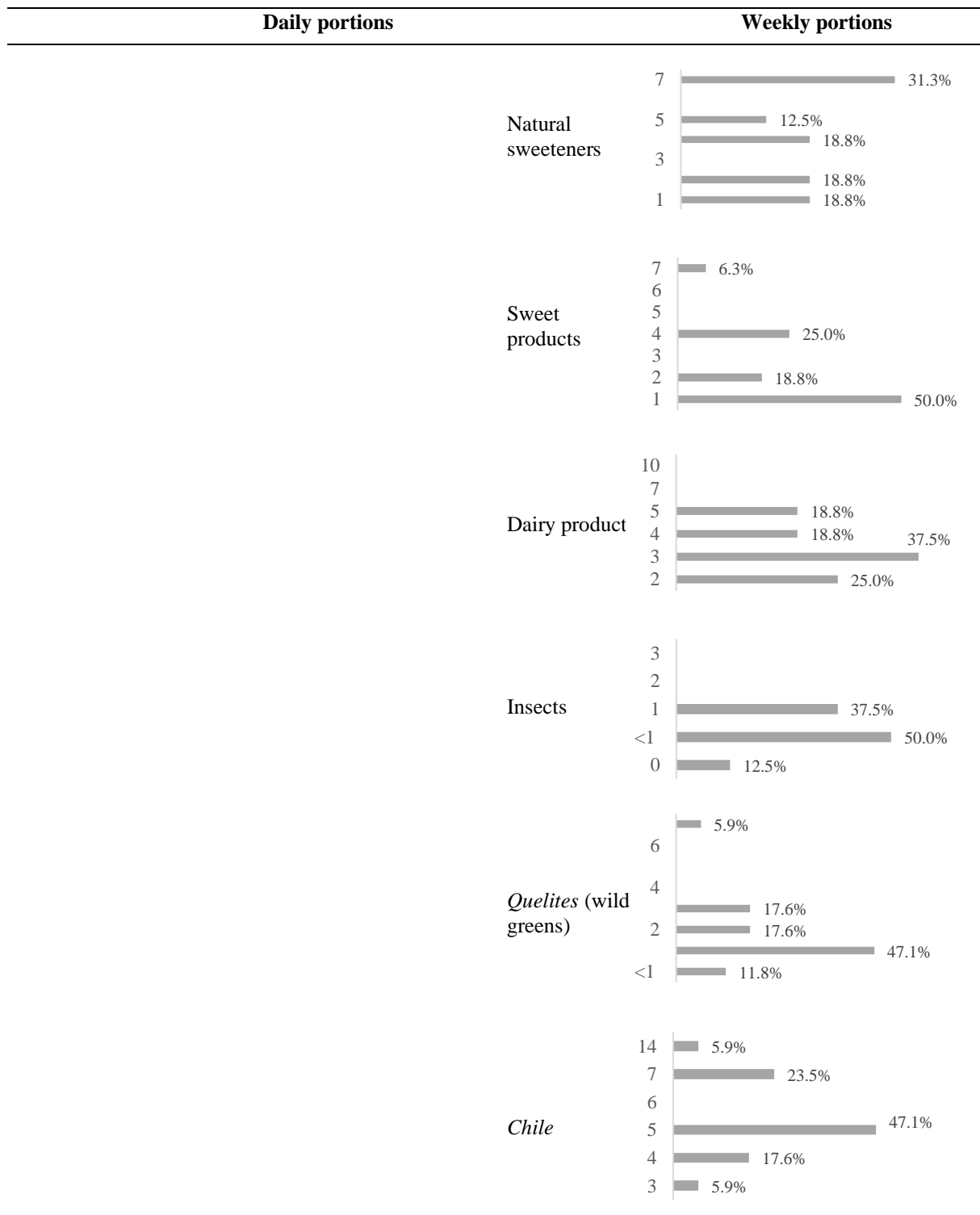
Table S6. Participants' views on the scoring system for food groups in the index, rounds 1-3

	Round 1 (n=22)	Round 2 (n=18)	Round 3 (n=17)
All food groups should be awarded one point when their recommendation is met	45.5%	27.8%	35.3%
Some food groups should be awarded two points when their recommendation is met	54.5%	72.2%	64.7%
Some foods should be awarded minus 1 point when their recommendation is not met*	22.7%	N/A	N/A

N/A, non-applicable.
*The option 'minus one point' was omitted in rounds 2 and 3 given that less than 50% of participants selected it in round 1, and because no participants nominated any food group to be evaluated using this measure.

Table S7. Food groups suggested to be awarded two points in the index, rounds 1-3

	% of participants in round 1 (n=12)*	% of participants in round 2 (n=13)*	% of participants in round 3 (n=11)*
Vegetables	91.7%	76.9%	81.8%
Maize products	66.7%	76.9%	90.9%
Other grains	0%	7.7%	0%
Tubers	0%	7.7%	0%
Legumes	41.7%	84.6%	100%
Fruits	41.7%	23.1%	45.5%
Nuts and seeds	25.0%	7.7%	0%
Insects	16.7%	15.4%	9.1%
Meats	8.3%	7.7%	0%
Fish and seafood	8.3%	7.7%	0%
Fats and oils	8.3%	15.4%	9.1%
Natural sweeteners	8.3%	0%	0%
Maize-based dishes†	N/A	15.4%	27.3%
Quelites (wild greens)†	N/A	15.4%	0%
Plain water†	N/A	7.7%	0%

*The numbers represent only the percentage of participants who suggested that some food groups must be awarded two points, rather than all participants in the survey.
†Food group suggested by participants in the first round.

Table S8. Participant's views on scoring system for food-related habits in the index, rounds 1-3

	Round 1 (n=22)	Round 2 (n=18)	Round 3 (n=17)
Food-related behaviours should be awarded one point when their recommendation is met	63.6%	72.2%	82.4%
Food-related behaviours should be awarded two points when their recommendation is met	13.6%	5.6%	11.8%
Food-related behaviours should be awarded three points when their recommendation is met	0%	5.6%	0%
Food-related behaviours should be awarded ½ point when their recommendation is not met	4.5%	0%	0%

Table S9. Participant agreement on inclusion of food-related habits in the index, rounds 1-3

	Percentage of participants in round 1 (n=22)	Percentage of participants in round 2 (n=18)	Percentage of participants in round 3 (n=17)
Cooking your meals/consuming home-made meals*	63.6%	83.3%	88.2%
Using traditional culinary techniques	77.3%	72.2%	52.9%
Eating with family, friends, and colleagues†	59.1%	88.9%	82.4%
Buying at markets and *tianguis*‡§	4.5%	66.7%	82.4%
Consuming high-quality foods (e.g. consuming whole grains only)‡	4.5%	44.4%	N/A
Consuming in-season foods‡	4.5%	72.2%	64.7%
Not having time to accomplish these goals (e.g. not having time to eat with family/friends or not having time to cook)‖	N/A	5.6%	23.5%
Consume traditional dishes in celebrations‖	N/A	5.6%	29.4%

N/A, non-applicable.
*This option was re-named to 'consuming home-made meals' after round 2, due to feedback of 28% of participants.
†Colleagues were added after second round, due to participant feedback.
‡Option suggested by participants in first round.
§Refers to a traditional open-air market, which occurs on certain days of the week.
‖Option suggested by participants in second round.

Table S10. Participant's views on how to evaluate food-related habits in the index, rounds 1-3

	Measures recommended (% of participants recommending measure*)		
	Round 1 (n=22)	*Round 2 (n=18)*	*Round 3 (n=17)*
Cooking your meals/consuming home-made meals†	N/A	**Frequency:** Daily (40.0%), 5 times per week (40.0%), 3 times per week (13.3%), 4 times per week (6.7%).	**Frequency:** Daily (53.3%), 5 times/week (13.3%), 4 times/week (13.3%), 10 times/week (6.7%), 6 times/week (6.7%).
Using traditional culinary techniques	**Specific recommendations:** Consuming nixtamalized maize (17.6%), *tamales* (11.8%), non-fried (11.8%), steamed, and grilled (5.9%) foods. Consuming hand-made tortillas (5.9%).	**Frequency:** 5 times per week (46.2%), 3 times per week (23.1%), daily (15.4%), 4 times per week (7.7%), 4 times per week (7.7%). **Specific recommendations:** Not using microwave (7.7%), consuming non-fried foods (7.7%)	**Specific recommendations:** Consuming grilled (44.4%), boiled (22.2%), steamed (22.2%), roasted (22.2%), stir-fried (11.1%) or cured (11.1%) foods. Consuming, soups, sauces and stews (11.8%), nixtamalized maize (11.1%), hand-made *tortillas* (11.1%). Not consuming battered (11.1%), fried (11.1%) or roasted (11.1%) foods. Using *molcajete*[a] and *metate*[a] (11.1%). Not using pressure cooker (11.1%).
Eating with family, friends, and colleagues‡	N/A	**Frequency:** Daily (31.3%), 5 times/week (25.0%), 4 times/week (12.5%), 2 times/week (12.5%), once/week (12.5%), 6 times/week (6.3%).	**Frequency:** Daily (64.3%), 10 times/week (7.1%), 5 times/week (7.1%), 4 times/week (7.1%), 3 times/week (7.1%), 2 times/week (7.1%).
Buying at markets and *tianguis*§‖	N/A	**Frequency:** Once/week (50.0%), 3 times/week (33.3%), once/month (16.6%), 2 times/week (8.3%), 6 times/week (8.3%).	**Frequency:** Once/week (78.6%), 2 times/week (7.1%), 5 times/week (7.1%).
Consuming high-quality foods (e.g. consuming whole grains only)§	N/A	**Frequency:** Daily (50.0%), 6 times/week (25.0%), 5 times/week (25.0%).	N/A

Table S10 (continued). Participant's views on how to evaluate food-related behaviours in the index

Consuming in-season foods§	N/A	**Frequency:** Daily (46.2%), 5 times/week (23.1%), 4 times/week (23.1%), 3 times/week (7.7%).	**Specific recommendations:** Asking people if they know which are the in-season products (27.3%), or whether they know where the products they buy are produced (18.2%). Buying from local markets (18.2%), buying low-cost foods (9.1%), buying what is available (9.1%). Comparing what the person consumes againstofficial lists of seasonal products (9.1%).
Not having time to accomplish these goals (e.g. not having time to eat with family/friends or not having time to cook)¶	N/A	N/A	N/A
Consume traditional dishes in celebrations¶	N/A	N/A	**Specific recommendations:** Consuming foods traditional of Christmas (40.0%%), patron saints celebrations (20.0%), day of the dead (20.0%), weddings and baptisms (20.0%), Easter (20.0%), Three Kings' Day (20.0%). Consuming *mole*[b] (40.0%), *mixiotes*[c] (40.0%), *tamale*s[d] (20.0%), *atole*[e] (20.0%), *pipián*[f] (20.0%), home-made pastries (20.0%), *pozole*[g] (20.0%), *barbacoa*[h] (20.0%).

N/A, non-applicable.

[a]Ancient cooking instruments used for crushing and grinding maize or condiments. [b] Traditional Mexican *chile*-based sauce.[c] Seasoned, pit-barbecued meat dish. [d] Dish prepared with maize dough, can be sweet or savoury. [e]Hot beverage prepared with maize dough.[f] Traditional Mexican pumpkin-seed-based sauce. [g] Soup made with maize kernels, meat (optional), *chile*, and seasonings.[h] pit-barbecued lamb.

*The numbers represent only the percentage of participants who suggested that those elements should be included, rather than all participants in the survey.

†This option was re-named to 'consuming home-made meals' after round 2, due to feedback of 28% of participants.

‡Colleagues were added after the second round, due to participant feedback.

§Option suggested by participants in first round.

||Refers to a traditional open-air market, which occurs on certain days of the week.

¶Option suggested by participants in second round.

Table S11. Participant agreement on inclusion of individual foods into food groups, rounds 1-3

	Round 1 (n=22)			Round 2 (n=18)			Round 3 (n=17)		
	Disagree	Neither agree/ disagree	Agree	Disagree	Neither agree/ disagree	Agree	Disagree	Neither agree/ disagree	Agree
Maize products									
Tortillas	0%	0%	100%	0%	0%	100%	N/A	N/A	N/A
Other maize presentations (*tostadas* and *totopos*[a])	14%	14%	73%	0%	6%	94%	12%	12%	76%
Maize-based dishes									
Tamales[b]	18%	9%	73%	0%	6%	94%	N/A	N/A	N/A
Pozole[c]	10%	14%	76%	0%	6%	94%	N/A	N/A	N/A
*Tacos**	N/A	N/A	N/A	0%	0%	100%	N/A	N/A	N/A
*Quesadillas**	N/A	N/A	N/A	0%	0%	100%	N/A	N/A	N/A
Mixed Dishes[e]: *Sopes, gorditas, huaraches, tlacoyos, chalupas, tlayudas*	N/A	N/A	N/A	0%	0%	100%	N/A	N/A	N/A
Esquites and *elote*[f]*	N/A	N/A	N/A	6%	6%	88%	N/A	N/A	N/A
Other grains									
Amaranth	0%	5%	96%	0%	0%	100%	N/A	N/A	N/A
Rice	9%	27%	64%	6%	33%	61%	6%	6%	88%
Wheat	9%	36%	55%	11%	33%	56%	24%	24%	53%
Oats*	N/A	N/A	N/A	17%	44%	39%	41%	35%	25%
Sorghum†	N/A	N/A	N/A	N/A	N/A	N/A	65%	29%	6%
Tubers									
Sweet potato	0%	23%	77%	0%	0%	100%	N/A	N/A	N/A
Potato	0%	29%	71%	0%	17%	83%	N/A	N/A	N/A
Yucca	5%	45%	50%	0%	17%	83%	N/A	N/A	N/A
*Chinchayote**	N/A	N/A	N/A	11%	28%	61%	6%	18%	76%
Legumes									
Beans	0%	0%	100%	0%	0%	100%	N/A	N/A	N/A
Lentils*	N/A	N/A	N/A	0%	11%	89%	N/A	N/A	N/A
Chickpeas*	N/A	N/A	N/A	0%	17%	83%	N/A	N/A	N/A
Fava beans*	N/A	N/A	N/A	0%	11%	89%	N/A	N/A	N/A
Ayocotes†	N/A	N/A	N/A	6%	28%	67%	12%	18%	71%
Vegetables									
Squash	0%	0%	100%	0%	0%	100%	N/A	N/A	N/A
Chayote	0%	0%	100%	0%	0%	100%	N/A	N/A	N/A
Nopales	0%	0%	100%	0%	0%	100%	N/A	N/A	N/A
Tomato	0%	0%	100%	0%	0%	100%	N/A	N/A	N/A
Green tomato	0%	5%	95%	0%	0%	100%	N/A	N/A	N/A

Table S11 (continued). Participant agreement on inclusion of individual foods into food groups, rounds 1-3

	Round 1 (n=22)			Round 2 (n=18)			Round 3 (n=17)		
	Disagree	Neither agree/ disagree	Agree	Disagree	Neither agree/ disagree	Agree	Disagree	Neither agree/ disagree	Agree
Quelites (wild greens; includes *papaloquelite*, *verdolaga*, *huauzontle*, purslane, *chaya*, *etc.*)	0%	9%	91%	0%	0%	100%	N/A	N/A	N/A
Mushrooms	0%	19%	81%	0%	22%	78%	N/A	N/A	N/A
Guaje	0%	29%	71%	0%	33%	67%	6%	18%	76%
Carrot	0%	24%	76%	0%	22%	78%	N/A	N/A	N/A
Lettuce	10%	20%	70%	0%	17%	83%	N/A	N/A	N/A
Squash blossoms	0%	0%	100%	0%	0%	100%	N/A	N/A	N/A
Radish*	N/A	N/A	N/A	0%	33%	67%	0%	12%	88%
Green beans*	N/A	N/A	N/A	0%	6%	94%	N/A	N/A	N/A
Spinach*	N/A	N/A	N/A	0%	11%	89%	N/A	N/A	N/A
Chard*	N/A	N/A	N/A	0%	6%	94%	N/A	N/A	N/A
Cucumber*	N/A	N/A	N/A	6%	11%	83%	N/A	N/A	N/A
*Huitlacoche**	N/A	N/A	N/A	0%	0%	100%	N/A	N/A	N/A
*Chilacayote**	N/A	N/A	N/A	0%	17%	83%	N/A	N/A	N/A
Palm*	N/A	N/A	N/A	44%	17%	39%	53%	18%	29%
Celery*	N/A	N/A	N/A	0%	44%	56%	12%	59%	29%
Peas	N/A	N/A	N/A	6%	28%	67%	12%	24%	65%
Alfalfa sprouts†	N/A	N/A	N/A	N/A	N/A	N/A	12%	35%	53%
Aubergine†	N/A	N/A	N/A	N/A	N/A	N/A	18%	35%	47%
Broccoli†	N/A	N/A	N/A	N/A	N/A	N/A	6%	24%	71%
Cauliflower†	N/A	N/A	N/A	N/A	N/A	N/A	6%	18%	76%
Cabbage†	N/A	N/A	N/A	N/A	N/A	N/A	12%	41%	47%
Fruits									
Anona	11%	42%	47%	0%	31%	69%	6%	0%	94%
Capulín	0%	35%	65%	0%	12%	88%	N/A	N/A	N/A
Plum	0%	11%	89%	0%	12%	88%	N/A	N/A	N/A
Guava			100%	0%	6%	94%	N/A	N/A	N/A
Jícama	0%	5%	95%	0%	0%	100%	N/A	N/A	N/A
Mamey	0%	20%	80%	0%	6%	94%	N/A	N/A	N/A
Prickly pear			100%	0%	0%	100%	N/A	N/A	N/A
Zapote	0%	5%	95%	0%	0%	100%	N/A	N/A	N/A
Peach	5%	20%	75%	6%	24%	71%	6%	47%	47%
Berries	10%	14%	76%	12%	24%	65%	12%	18%	71%
Guanábana	0%	20%	80%	0%	12%	88%	N/A	N/A	N/A
Citrus fruits	0%	5%	95%	0%	6%	94%	N/A	N/A	N/A
Mango	0%	10%	90%	0%	6%	94%	N/A	N/A	N/A
Apple	5%	9%	86%	0%	6%	94%	N/A	N/A	N/A

Table S11 (continued). Participant agreement on inclusion of individual foods into food groups, rounds 1-3

	Round 1 (n=22)			Round 2 (n=18)			Round 3 (n=17)		
	Disagree	Neither agree/ disagree	Agree	Disagree	Neither agree/ disagree	Agree	Disagree	Neither agree/ disagree	Agree
Melon	5%	25%	70%	6%	18%	76%	N/A	N/A	N/A
Nanche	0%	26%	74%	0%	18%	82%	N/A	N/A	N/A
Papaya	0%	10%	90%	0%	6%	94%	N/A	N/A	N/A
Pear	5%	20%	75%	6%	18%	94%	N/A	N/A	N/A
Pineapple	0%	25%	75%	0%	12%	88%	N/A	N/A	N/A
Pitahaya	5%	16%	79%	0%	12%	88%	N/A	N/A	N/A
Banana	0%	10%	90%	0%	6%	94%	N/A	N/A	N/A
Tejocote	0%	5%	95%	0%	0%	100%	N/A	N/A	N/A
Medlar*	N/A	N/A	N/A	6%	24%	71%	18%	29%	53%
Watermelon*	N/A	N/A	N/A	6%	18%	76%	N/A	N/A	N/A
*Xoconostle**	N/A	N/A	N/A	0%	18%	82%	N/A	N/A	N/A
Chicozapote†	N/A	N/A	N/A	N/A	N/A	N/A	0%	12%	88%
Pitaya†	N/A	N/A	N/A	N/A	N/A	N/A	0%	12%	88%
Pomegranate†	N/A	N/A	N/A	N/A	N/A	N/A	0%	18%	82%
Grapes†	N/A	N/A	N/A	N/A	N/A	N/A	6%	41%	53%
Garambullo†	N/A	N/A	N/A	N/A	N/A	N/A	6%	24%	71%
Herbs and condiments									
Onion	0%	5%	95%	0%	0%	100%	N/A	N/A	N/A
Chile or salsa	0%	0%	100%	0%	0%	100%	N/A	N/A	N/A
Salt	15%	15%	70%	12%	29%	59%	6%	35%	59%
Achiote	0%	19%	81%	0%	6%	94%	N/A	N/A	N/A
Acuyo or *hojasanta*	0%	14%	86%	0%	12%	88%	N/A	N/A	N/A
Garlic	0%	5%	95%	0%	6%	94%	N/A	N/A	N/A
Chipilín	0%	24%	76%	0%	13%	87%	N/A	N/A	N/A
Cilantro	0%	5%	95%	0%	0%	100%	N/A	N/A	N/A
Epazote	0%	9%	91%	0%	0%	100%	N/A	N/A	N/A
Parsley	0%	11%	90%	0%	0%	100%	N/A	N/A	N/A
Pepper	0%	25%	75%	0%	6%	94%	N/A	N/A	N/A
Vanilla	5%	9%	86%	0%	6%	94%	N/A	N/A	N/A
Peppermint*	N/A	N/A	N/A	7%	27%	67%	0%	47%	53%
*Pipicha**	N/A	N/A	N/A	0%	33%	67%	12%	37%	50%
Basil*	N/A	N/A	N/A	25%	25%	50%	12%	47%	41%
Spirulina Algae*	N/A	N/A	N/A	47%	29%	24%	53%	29%	18%
Tequesquite (mineral salt)†	N/A	N/A	N/A	N/A	N/A	N/A	12%	12%	76%
Cinnamon†	N/A	N/A	N/A	N/A	N/A	N/A	0%	12%	88%
Clove†	N/A	N/A	N/A	N/A	N/A	N/A	6%	18%	76%
Fats and oils									
Avocado	0%	5%	96%	6%	0%	94%	N/A	N/A	N/A
Vegetable oil	10%	29%	62%	0%	35%	65%	0%	24%	76%

Table S11 (continued). Participant agreement on inclusion of individual foods into food groups, rounds 1-3

	Round 1 (n=22)			Round 2 (n=18)			Round 3 (n=17)		
	Disagree	Neither agree/ disagree	Agree	Disagree	Neither agree/ disagree	Agree	Disagree	Neither agree/ disagree	Agree
Cream	20%	35%	45%	18%	29%	53%	29%	24%	47%
Lard	19%	19%	62%	12%	29%	59%	6%	24%	71%
Nuts and seeds									
Pumpkin seeds	0%	5%	95%	0%	0%	100%	N/A	N/A	N/A
Chia seeds	5%	9%	86%	6%	6%	89%	N/A	N/A	N/A
Sesame seeds	0%	10%	90%	0%	6%	94%	N/A	N/A	N/A
Peanuts	0%	5%	95%	6%	0%	94%	N/A	N/A	N/A
Chilacayote seeds*	N/A	N/A	N/A	6%	33%	61%	12%	12%	76%
Capulín seeds*	N/A	N/A	N/A	11%	56%	33%	18%	18%	65%
Pecan nuts*	N/A	N/A	N/A	0%	22%	78%	N/A	N/A	N/A
Almonds*	N/A	N/A	N/A	0%	28%	72%	18%	41%	41%
Sunflower seeds*	N/A	N/A	N/A	0%	22%	78%	N/A	N/A	N/A
Beverages									
Cacao drinks (includes *pozol*, tacalate*, *tejate**, and *chilatole**)	5%	0%	95%	0%	6%	94%	N/A	N/A	N/A
Atole[g]	9%	9%	82%	0%	6%	94%	N/A	N/A	N/A
Aguas Frescas[h]	5%	15%	80%	0%	22%	78%	N/A	N/A	N/A
Coffee	0%	10%	90%	0%	17%	83%	N/A	N/A	N/A
Natural juice	11%	16%	74%	11%	44%	44%	31%	31%	38%
Soda	79%	11%	11%	78%	11%	11%	N/A	N/A	N/A
Tea	10%	30%	60%	0%	33%	67%	31%	0%	69%
Alcoholic beverages									
Pulque[i]	11%	16%	74%	0%	22%	78%	N/A	N/A	N/A
Beer	45%	15%	40%	11%	28%	61%	6%	53%	41%
Pozolagrio[j]	5%	15%	80%	0%	12%	88%	N/A	N/A	N/A
Tesgüino[k]	5%	20%	75%	6%	12%	82%	12%	24%	65%
Tepache[l]*	N/A	N/A	N/A	0%	17%	83%	N/A	N/A	N/A
Aguamiel[m]*	N/A	N/A	N/A	0%	12%	88%	N/A	N/A	N/A
Atoleagrio[n]*	N/A	N/A	N/A	0%	13%	88%	N/A	N/A	N/A
*Mezcal**	N/A	N/A	N/A	18%	24%	59%	18%	35%	47%
Tequila*	N/A	N/A	N/A	18%	24%	59%	18%	35%	47%
Wine*	N/A	N/A	N/A	47%	41%	12%	65%	29%	6%
Fish and seafood									
Shrimp	5%	29%	67%	0%	13%	88%	N/A	N/A	N/A
Catfish	15%	25%	60%	6%	18%	77%	N/A	N/A	N/A
Huauchinango (red snapper)*	N/A	N/A	N/A	6%	6%	88%	N/A	N/A	N/A
Mojarra (sea bream)*	N/A	N/A	N/A	0%	12%	88%	N/A	N/A	N/A

Table S11 (continued). Participant agreement on inclusion of individual foods into food groups, rounds 1-3

	Round 1 (n=22)			Round 2 (n=18)			Round 3 (n=17)		
	Disagree	Neither agree/ disagree	Agree	Disagree	Neither agree/ disagree	Agree	Disagree	Neither agree/ disagree	Agree
Trout*	N/A	N/A	N/A	6%	18%	77%	N/A	N/A	N/A
Dogfish*	N/A	N/A	N/A	0%	0%	100%	N/A	N/A	N/A
Tuna*	N/A	N/A	N/A	0%	13%	88%	N/A	N/A	N/A
Crab*	N/A	N/A	N/A	6%	31%	63%	18%	41%	41%
Sardines*	N/A	N/A	N/A	0%	18%	82%	N/A	N/A	N/A
Carp*	N/A	N/A	N/A	6%	19%	75%	N/A	N/A	N/A
Jaiba (type of crab)*	N/A	N/A	N/A	6%	19%	75%	N/A	N/A	N/A
Octopus*	N/A	N/A	N/A	0%	19%	81%	N/A	N/A	N/A
Oysters*	N/A	N/A	N/A	0%	25%	75%	N/A	N/A	N/A
Lobster†	N/A	N/A	N/A	N/A	N/A	N/A	24%	42%	35%
Mussels†	N/A	N/A	N/A	N/A	N/A	N/A	24%	42%	35%
Snails†	N/A	N/A	N/A	N/A	N/A	N/A	17%	53%	29%
Meats									
Duck	33%	29%	38%	22%	44%	33%	12%	35%	53%
Turkey	5%	10%	86%	0%	6%	94%	N/A	N/A	N/A
Guajolote (native turkey)	N/A	N/A	N/A	N/A	N/A	N/A	0%	0%	100%
Chicken	0%	10%	91%	0%	11%	89%	N/A	N/A	N/A
Armadillo	38%	38%	24%	29%	41%	29%	41%	29%	29%
Rabbit	0%	38%	62%	0%	33%	67%	6%	18%	76%
Hare	19%	48%	33%	17%	44%	39%	35%	24%	41%
Venison	33%	29%	38%	28%	33%	39%	29%	29%	41%
Chevon	19%	33%	48%	0%	29%	71%	6%	18%	76%
Pork	0%	14%	86%	0%	6%	94%	N/A	N/A	N/A
Lamb	10%	29%	62%	0%	33%	67%	6%	24%	71%
Beef	5%	14%	82%	0%	17%	83%	N/A	N/A	N/A
Quail *	N/A	N/A	N/A	18%	35%	47%	18%	12%	71%
Hen*	N/A	N/A	N/A	0%	35%	65%	0%	6%	94%
Field rat*	N/A	N/A	N/A	35%	41%	24%	35%	35%	29%
Tlacuahe (opposom)*	N/A	N/A	N/A	41%	41%	18%	47%	18%	35%
Natural sweeteners									
Sugar and sugar cane	32%	11%	58%	11%	11%	78%	18%	6%	76%
Honey	5%	10%	85%	0%	11%	89%	6%	6%	88%
Mezquite[o]*	N/A	N/A	N/A	0%	24%	77%	18%	12%	71%
Piloncillo [p] *	N/A	N/A	N/A	0%	6%	94%	6%	0%	94%
Pinole[q] ‡	5%	29%	67%	28%	33%	39%	19%	13%	69%
Sweet products									
Candy	6%	22%	72%	6%	33%	61%	23%	12%	65%
Sweet bread (pastries)	21%	16%	63%	11%	39%	50%	18%	18%	65%

Table S11 (continued). Participant agreement on inclusion of individual foods into food groups, rounds 1-3

	Round 1 (n=22)			Round 2 (n=18)			Round 3 (n=17)		
	Disagree	Neither agree/ disagree	Agree	Disagree	Neither agree/ disagree	Agree	Disagree	Neither agree/ disagree	Agree
Mexican desserts	6%	33%	61%	11%	33%	56%	29%	24%	47%
Insects									
Ahuahutle (water fly eggs)	15%	30%	55%	6%	19%	75%	N/A	N/A	N/A
Grasshoppers	0%	10%	91%	0%	11%	89%	N/A	N/A	N/A
Maguey worms	0%	19%	81%	0%	11%	89%	N/A	N/A	N/A
Ants	0%	19%	81%	0%	11%	89%	N/A	N/A	N/A
Jumiles or (stink bug)*	N/A	N/A	N/A	0%	22%	78%	N/A	N/A	N/A
Cocopache (bug)*	N/A	N/A	N/A	6%	44%	50%	19%	38%	44%
Caterpillar*	N/A	N/A	N/A	7%	47%	47%	19%	38%	44%
Acociles (crayfish) *	N/A	N/A	N/A	6%	17%	78%	N/A	N/A	N/A
Reptiles									
Iguana	21%	37%	42%	7%	40%	53%	N/A	N/A	N/A
Viper*	N/A	N/A	N/A	23%	46%	31%	N/A	N/A	N/A
Frog*	N/A	N/A	N/A	14%	43%	43%	N/A	N/A	N/A
Crocodile*	N/A	N/A	N/A	23%	54%	23%	N/A	N/A	N/A
Dairy products									
Milk	23%	14%	64%	12%	29%	59%	12%	29%	59%
Cheese	5%	14%	82%	0%	11%	89%	N/A	N/A	N/A
Yogurt*	N/A	N/A	N/A	17%	33%	50%	29%	29%	42%
Requesón[r]†	N/A	N/A	N/A	N/A	N/A	N/A	0%	6%	94%
Eggs									
Chicken eggs	0%	5%	95%	0%	6%	94%	N/A	N/A	N/A
Guajolote eggs*	N/A	N/A	N/A	0%	33%	67%	12%	12%	76%
Quail eggs*	N/A	N/A	N/A	6%	50%	44%	19%	13%	69%
Duck eggs*	N/A	N/A	N/A	18%	47%	35%	18%	29%	53%
Goose eggs*	N/A	N/A	N/A	18%	47%	35%	23%	29%	47%

N/A, non-applicable.

[a] Fried tortillas.[b] Dish prepared with maize dough, can be sweet or savoury.[c] Soup made with maize kernels, meat (optional), *chile*, and seasonings; [d] Tortillas filled with cheese.[e] Variety of dishes prepared with maize, which often include beans or meats, vegetables and seasonings.[f] Maize kernels or on the cob prepared with mayonnaise, cheese, *chile*.[g] Hot beverage prepared with maize dough.[h] Water blended with fruit/flowers and sugar. [i] Fermented maguey drink. [j] Fermented maize drink prepared with cacao. [k] Fermented maize drink, often referred to as corn beer. [l] Fermented pineapple drink; [m] "Honey water" made with the sap of maguey.[n] Fermented *atole*. drink maize.[o] Ground legume commonly used to sweeten drinks and other dishes; [p] Raw cane sugar; [q] Maize flour, occasionally sweetened and mixed with cacao, cinnamon, or anise.[r] Dairy product similar to ricotta cheese
*Food item suggested by participants after first round.
†Food items suggested by participants after second round.
‡Food item moved from another group, due to participant feedback (Table S11).

Table S12. Participants' views on adding items not mentioned in the questionnaire, rounds 1-3

	Round 1 (n=22)	Round 2 (n=18)	Round 3 (n=17)
Yes	45.5%	55.6%	70.6%
No	27.7%	33.3%	29.4%
Maybe/ have a separate category	13.6%	5.6%	0%

Table S13. Themes generated in participants' criteria for classifying traditional foods in the index

	Percentage of participants mentioning theme at any round (n=22)	Illustrative quotes
Foods commonly consumed in present time	54.5%	"Some foods are [excluded] because they are consumed by a too limited group of people to be considered traditional" "Some foods [were excluded because], although they are from pre-Hispanic origin, their current consumption is limited"
Reflects past habits	50.0%	"*Aguas frescas*[a] are consumed but it is not clear if they form part of the traditional Mexican diet. Same issue with sodas. Unfortunately, these are highly consumed, but I would not say they are part of the 'traditional diet'. It's something more modern" "[I] include[d] foods from the Mesoamerican diet, which are numerous, and add[ed] those that were incorporated [to the diet] during colonial times".
Reflects a healthy diet	31.8%	"In many cases, I [did not include an item] when the food could be considered traditional, but [...] its nutritional value is low" "Apart from considering [foods] that constitute the traditional diet, I took into consideration foods […] with an adequate nutrition value"
Foods common to all regions	27.3%	"Unfortunately, the fish and seafood consumption, apart from regions that produce them, is too localised to be considered traditional".
Non-industrialised products	18.2%	My criteria to add foods in the traditional diet was [based on] non-industrialised products, apart from culinary products or minimally processed products"
Accessible foods	18.2%	"[I would not select] fruits as passion fruit, carambola, blueberry, and others which are starting to be consumed but are very expensive"
Produced in or native to Mexico	18.2%	"While fava beans and [other] legumes are not from Mexican/Mesoamerican origin, they are currently highly produced in the country and form part of dishes that could be […] part of the Mexican food culture"
Compatible with environmental issues	13.6%	"[I would not select] armadillos, iguanas, and other foods, as they are endangered species"

[a]Water blended with fruit/flowers and sugar.