**Appendix A**

CVD was defined according to ICD-9 codes 410-414, 415.1, 427.5, , 428, 430-438, 440-442, 443.9, 444, 798.1, 798.2 and 798.9 or ICD-10 codes I20-I26, I46, I50, , I60-I67, I69, I70-I74. G45 and R96. CHD was defined according to ICD-9 codes 410-414 and ICD-10codes I20-I25 . Stroke was defined as 430-434 and 436 according to ICD-9 and as I60-66 according to ICD-10.

**Appendix B**

We used the following standard portion sizes to convert portions into grams of fruit:

citrus fruit: 130 grams, apple, pear: 132 grams, banana: 130 grams, kiwi: 75 grams, strawberries: 81 grams, grapes: 125 grams, peach: 124 grams, cherries: 124 grams, melon: 150 grams.