**Additional file 1:**

**Table S1.** Examples of food items for each food group

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| **Food groups** | **Examples of food items** |
| Rice | Round-grained rice, long-grained rice, glutinous rice |
| Wheat | Wheat bun, wheat noodles |
| Other cereals | Maize, barley, millet |
| Tubers | Potato, sweet potato |
| Legumes | Soyabeans, and products |
| Fungi and algae | Mushroom, kelp, laver |
| Vegetables | Cabbage, eggplant, carrot, pepper, lettuce, rape, tomato, cauliflower |
| Fruits | Apple, pear, peach, date, grape, watermelon, orange, other fruit |
| Pork | Pork and pork products |
| Other livestock meat | Beef, game, lamb, meat products |
| Poultry | Chicken, duck, goose |
| Organ meat | Organ meat |
| Processed meat | Sausages, ham, luncheon meat, dried meat, smoked meat |
| Aquatic products | Fish, shrimp, crab, shellfish |
| Milk | Milk and products |
| Eggs | Eggs |
| Nuts | Nuts |
| Sugary foods | Jelly, jam, chocolate, honey, sugar, candies |
| Fast foods | Convenience food, hamburger, pizza, sandwich, French fries |
| Beverages | Fruit or flavored drinks, fruit juice, soft drink |