Supplementary material

Table 1. 18 food groups used in the analysis

Food groups	Components
Wheat and its products	Wheat, bread, noodles
Rice	Rice and its products
Other cereals and tuber	Corn, millet, sorghum, potato, taro, sweet potato
Legumes	Soybean, bean curd, white kidney bean, bean milk
Vegetables	Potato, tomato, eggplant, dark green and yellow vegetable, cauliflower
Mushroom and algae food	Edible fungus, mushrooms, seaweed, kelp
Fruits	Deep yellow orange fruits, bananas, apples, strawberries, citrus fruits, grapes
Nuts	Nuts and its products
Fresh meat[a]	Red meat, poultry meat
Brawn, bacon	Brawn, bacon, salted and smoked meat
Animal giblet	Animal giblet
Fish	Fish, seafood, shrimp, crab, shellfish (From deep sea or freshwater)
Dairy	Milk and dairy products
Eggs	Eggs, duck eggs, goose egg
Snacks and dessert	Biscuits, cakes, fritters
Sugary beverages	Carbonated drinks and juices
Alcoholic beverages	Alcoholic beverages
Oil	Vegetable oil, animal fat

[a] Most of the meat they consumption is red meat.