

Climate change and water scarcity at the focus of environmental impacts associated with the COVID-19 crisis in Spain

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SUPPLEMENTARY MATERIAL

Table S1. Daily intake ($\text{g}\cdot\text{person}^{-1}\cdot\text{day}^{-1}$) per food item for the Spanish Dietary Pattern (SDP) in 2020.

	Month											
	1	2	3	4	5	6	7	8	9	10	11	12
Fruits												
Oranges	66.1	66.2	81.6	95.6	74.1	42.4	27.6	18.7	20.9	32.3	50.4	64.0
Mandarin	35.2	29.3	25.8	21.5	6.3	0.9	0.6	1.2	4.8	27.0	41.0	42.2
Banana	40.4	42.5	47.6	55.8	52.2	42.6	35.6	29.5	35.8	45.4	45.9	42.7
Apple	34.2	33.6	40.0	46.0	41.2	29.7	21.5	20.6	29.2	42.4	36.0	30.8
Pear	15.7	15.9	18.7	21.6	17.3	11.6	9.0	10.9	16.3	21.5	19.9	16.7
Melon	5.0	5.0	4.5	7.3	16.8	38.3	62.8	66.3	62.2	32.7	10.8	6.9
Watermelon	0.0	0.4	1.5	6.1	40.2	79.5	101.8	81.2	41.6	7.7	0.5	0.4
Lemon	6.9	6.2	8.1	11.3	10.1	9.7	8.3	7.6	7.5	9.2	8.2	9.1
Peaches	0.2	0.1	0.1	0.9	6.4	19.3	28.7	26.0	20.5	10.8	1.5	0.3
Apricot	0.1	0.1	0.1	0.6	12.2	11.7	5.3	1.3	0.2	0.1	0.1	0.2
Strawberry	6.1	16.4	22.9	27.4	20.1	4.3	1.6	1.1	1.1	1.0	0.8	1.9
Plum	0.8	0.9	1.0	1.3	1.2	4.9	8.9	9.7	10.2	5.9	1.8	0.4
Grapes	4.8	2.4	2.4	2.9	2.8	1.7	3.0	6.4	17.0	20.8	13.3	12.2
Kiwi	9.7	10.3	10.2	11.8	10.4	8.3	7.9	6.5	7.1	10.3	10.2	11.1
Pineapple	5.9	4.5	5.6	7.7	7.2	6.6	4.8	3.6	4.3	5.5	6.9	13.9
Mango	2.1	2.4	2.3	2.3	2.4	2.0	2.6	2.6	3.7	5.8	3.6	3.2
Vegetables												
Tomatoes	53.3	55.8	62.6	73.2	76.9	71.7	75.5	65.7	70.7	62.5	61.0	54.8
Onions	33.9	34.6	43.1	46.5	40.4	32.7	28.8	27.0	32.3	38.7	37.0	40.7
Peppers	22.5	21.2	26.0	30.1	26.5	24.1	23.4	23.5	30.1	31.7	24.5	23.5
Lettuce	18.8	19.2	22.6	24.8	24.4	20.2	17.5	16.1	17.3	19.1	19.5	19.5
Carrot	19.5	17.8	21.6	24.7	21.4	16.3	13.9	12.6	15.7	18.4	18.0	18.5
Courgette	18.8	21.2	24.4	27.5	25.3	19.6	17.3	15.1	18.3	19.8	21.2	18.6
Cucumber	5.7	6.4	7.1	10.2	12.4	13.8	15.5	13.3	11.5	9.5	8.0	5.9
Cabbage	10.6	9.7	10.1	10.8	7.0	5.0	3.4	3.5	6.0	9.6	10.3	10.6
Garlic	3.4	3.4	4.2	4.5	4.1	3.3	2.8	2.5	3.1	3.2	3.5	3.9
Mushroom	7.2	7.5	7.3	8.7	7.6	5.7	4.5	4.3	5.4	7.7	9.3	8.3
Asparagus	2.0	2.6	5.2	5.8	6.5	2.8	1.1	1.0	1.3	2.0	1.5	2.1
Aubergines	6.4	7.1	8.2	11.4	9.9	8.8	8.9	8.0	10.2	10.3	10.1	6.7
Artichokes	10.4	16.3	13.7	13.2	9.4	1.9	0.6	0.2	0.3	1.0	3.8	7.4
Leek	6.8	5.6	6.6	7.0	5.5	3.6	2.7	2.8	4.1	5.9	6.2	5.8
Green peas	1.2	1.2	1.5	1.5	1.4	1.1	0.9	0.9	0.8	1.2	1.0	1.1
Pulses												
Chickpeas	4.7	4.3	6.8	5.7	4.3	3.7	3.2	3.2	3.9	5.2	5.0	3.9
Beans	3.2	2.9	4.7	3.7	3.0	2.7	2.2	2.1	2.9	3.8	3.3	2.6
Lentils	3.6	3.2	5.3	3.5	3.2	2.8	2.4	2.2	3.2	3.8	3.5	2.8
Starch-based products												

Bread	93.2	91.2	103.0	13.1	103.6	90.5	84.0	79.0	85.0	95.9	91.8	95.7
Rice	12.2	11.6	17.9	13.3	12.4	11.4	11.1	10.1	10.7	13.1	11.4	11.3
Pasta	13.4	12.6	18.5	114.2	13.1	11.8	11.7	10.8	11.3	13.8	12.5	12.8
Potatoes	75.7	79.7	107.0	13.1	102.9	88.3	90.9	77.7	84.9	98.1	90.9	93.3
Nuts												
Olives	8.7	9.0	11.5	15.1	14.4	12.7	12.3	10.4	9.8	11.5	12.1	13.6
Almonds	0.9	0.8	0.9	1.6	0.9	0.8	0.6	0.5	1.7	2.6	1.1	1.5
Walnut	2.7	2.8	3.0	3.4	3.0	2.3	1.9	1.5	1.7	3.7	3.9	4.7
Peanut	1.2	1.3	1.7	2.1	1.9	1.4	1.1	1.0	1.2	1.6	1.6	1.7
Hazelnut	0.3	0.3	0.3	0.4	0.3	0.3	0.2	0.2	0.3	0.3	0.5	0.5
Pistachio	0.8	0.8	1.0	1.3	1.1	0.8	0.6	0.6	0.6	0.9	1.1	1.3
Chestnut	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Dairy products												
Milk	251.3	238.9	297.7	296.8	279.5	255.7	250.8	226.1	243.3	267.3	252.0	262.6
Yogurt	34.1	33.9	36.8	41.9	40.4	35.2	33.2	30.2	33.3	37.2	33.3	31.1
Cheese	25.7	26.7	30.7	35.9	34.5	30.2	28.4	26.5	27.6	32.3	29.2	31.0
Butter	1.2	1.5	1.8	2.3	1.8	1.3	1.3	1.2	1.3	1.6	1.4	1.9
Eggs												
Eggs	24.2	23.5	29.5	23.5	31.2	31.2	25.5	25.5	25.5	25.5	25.5	25.5
Meat												
Beef	15.7	14.8	18.2	18.4	17.5	14.6	13.8	11.9	14.3	18.3	16.3	18.7
Chicken	38.6	36.6	47.2	50.3	46.1	41.2	36.5	33.2	37.5	42.6	40.5	40.4
Pork	32.1	31.1	36.5	39.4	35.4	31.6	28.8	26.1	28.6	34.9	32.3	36.2
Rabbit	2.8	2.6	3.3	3.1	3.1	2.8	2.8	2.3	2.8	2.9	2.7	2.3
Sheep	3.9	3.6	3.7	4.7	4.4	3.8	3.3	3.3	2.9	3.6	3.7	10.7
Turkey	4.7	4.8	5.0	5.2	4.8	4.2	4.4	3.5	4.2	5.0	4.4	5.0
Processed meat	33.7	32.9	40.4	41.5	38.5	35.7	32.4	30.8	34.6	41.4	38.3	45.3
Fish and seafood												
Hake	14.6	15.5	17.6	18.0	18.2	15.1	14.1	11.2	13.8	15.4	14.7	13.0
Mackerel	0.6	1.2	4.7	5.1	3.0	1.3	1.0	1.0	1.1	1.2	1.1	0.5
Salmon	6.6	7.2	8.5	10.2	10.4	8.8	8.8	9.0	10.6	12.1	10.6	10.0
Pilchard	1.3	1.4	2.3	1.6	1.8	1.7	1.6	1.3	1.3	1.5	1.1	1.0
Cod	4.3	7.0	8.9	9.1	6.6	5.4	5.0	4.5	4.7	5.0	4.7	5.2
Tuna	1.4	1.5	2.0	2.5	3.5	3.9	6.9	5.3	3.2	2.3	2.3	1.2
Trout	1.5	1.4	1.6	2.0	1.8	1.7	1.2	1.2	1.4	1.3	1.4	1.2
Sole	3.3	4.0	3.8	3.7	4.7	4.5	4.6	3.4	4.3	3.7	3.2	1.9
Bass	4.4	4.1	4.6	4.5	5.1	4.8	3.3	3.2	4.1	4.7	4.5	4.5
Gilt-head bream	3.9	3.9	4.7	5.5	5.5	4.6	4.2	3.5	4.1	5.8	4.6	5.1
Turbot	0.7	0.4	0.5	1.1	1.2	0.9	0.8	0.8	0.7	0.9	0.8	1.7
Angler	1.6	1.5	2.0	2.0	2.3	2.1	1.8	1.4	1.8	1.7	2.3	3.9
Prawns	8.1	6.2	7.2	9.8	10.0	10.3	9.4	9.0	8.4	9.8	12.3	33.3
Squids	7.5	6.5	8.2	8.7	9.4	9.2	8.0	7.2	8.2	9.0	9.1	11.3
Mussels	5.8	5.1	3.7	4.9	5.0	4.9	7.2	6.8	6.4	6.2	7.0	9.6
Clams	2.8	2.5	2.3	3.0	3.1	2.8	2.7	2.6	2.6	3.4	2.8	5.6
Sweets												
Honey	1.4	1.4	1.6	1.9	1.5	1.2	1.0	0.7	1.3	1.8	1.5	1.6
Sugar	10.4	10.0	15.6	17.7	13.2	11.0	8.9	8.4	10.0	13.2	12.9	14.3
Ice cream	3.1	3.7	5.0	8.9	18.0	21.4	27.6	24.8	14.4	7.8	5.1	6.6
Chocolate	12.6	11.4	14.4	17.3	13.8	10.3	8.8	8.2	9.7	14.0	17.0	25.4
Pastry	20.4	20.4	21.7	24.5	21.0	18.1	16.2	15.5	17.6	23.0	23.8	27.2
Biscuits	18.6	18.5	22.1	22.5	19.9	16.7	14.5	13.8	16.7	19.5	19.4	19.4
Cereals	5.6	5.4	7.0	6.9	6.4	5.6	4.9	4.4	5.4	6.2	6.0	5.9
Oils and fats												

Sunflower oil	9.1	9.1	13.1	14.0	12.1	9.6	8.6	9.0	9.7	11.1	9.6	10.4
Olive oil	21.1	21.1	25.6	24.0	25.7	24.8	21.5	20.7	22.0	27.2	22.8	22.4
Margarine	1.6	1.7	2.3	2.7	2.1	1.7	1.5	1.5	1.6	1.9	1.8	1.9
Ready meals												
Pizza	10.8	10.7	12.4	12.2	10.8	9.5	9.0	8.2	8.7	11.0	10.6	10.8
Soups and creams	27.5	23.1	26.8	23.1	22.0	23.9	24.5	20.7	22.6	27.3	25.4	25.7
Sauces	10.3	10.4	12.7	14.0	13.5	12.5	11.6	10.8	11.1	12.5	11.5	13.5

Table S2. Daily intake (g-person⁻¹·day⁻¹) per food group for the Spanish Dietary Pattern (SDP) in 2019.

	Month											
	1	2	3	4	5	6	7	8	9	10	11	12
Fruits												
Oranges	71.2	66.6	73.8	66.8	64.7	47.9	33.6	23.2	22.8	29.4	47.4	54.6
Mandarin	38.7	28.9	21.5	16.1	11.0	4.1	1.0	0.8	3.2	20.7	36.0	33.9
Banana	38.7	37.3	41.9	40.9	43.9	39.0	33.1	29.7	34.9	40.4	42.1	37.7
Apple	31.9	31.0	35.7	33.1	32.2	24.8	20.8	18.4	26.4	36.9	34.3	29.7
Pear	15.8	14.7	16.8	14.9	14.4	10.4	8.6	11.0	14.6	19.5	19.6	14.8
Melon	4.3	3.6	4.3	4.1	12.7	33.6	65.0	69.4	59.7	27.2	8.3	6.6
Watermelon	0.2	0.2	2.0	5.5	34.3	70.2	87.1	67.7	36.4	7.4	0.8	0.3
Lemon	6.7	5.8	6.4	6.4	7.4	7.5	8.3	7.2	7.2	7.1	8.2	8.0
Peaches	0.1	0.1	0.1	0.2	4.3	16.0	25.7	25.4	25.1	16.0	2.6	0.2
Apricot	0.1	0.2	0.1	0.2	8.8	14.5	6.9	1.8	0.6	0.2	0.1	0.1
Strawberry	5.5	15.1	26.8	29.4	19.0	4.1	1.5	1.1	1.1	1.0	0.8	1.0
Plum	0.4	0.7	1.0	1.1	0.9	3.0	9.4	12.7	10.1	7.6	2.8	1.2
Grapes	4.2	2.6	2.5	2.1	2.1	1.4	1.8	4.5	13.8	16.3	11.6	9.3
Kiwi	9.1	8.4	9.3	8.4	8.6	7.8	6.9	6.0	6.9	9.1	10.4	9.3
Pineapple	7.5	5.4	6.0	5.6	6.3	4.9	4.5	3.2	4.3	5.0	5.4	12.9
Mango	1.8	1.9	1.8	1.5	1.9	1.6	1.5	2.0	3.3	5.8	3.6	2.9
Total	236.2	222.5	250.0	236.2	272.3	290.7	315.7	284.2	270.3	249.7	234.1	222.6
Vegetables												
Tomatoes	53.1	51.4	57.4	51.0	61.9	65.6	71.8	66.5	71.2	63.5	53.7	47.6
Onions	37.0	34.3	35.7	33.0	32.0	29.3	30.4	31.5	27.5	31.3	32.7	33.0
Peppers	21.8	20.7	21.9	21.0	20.1	20.0	19.5	20.6	26.7	26.7	23.5	19.4
Lettuce	18.0	16.9	19.5	16.9	20.6	19.2	19.1	15.5	16.2	18.6	16.6	18.3
Carrot	18.9	16.9	16.4	15.9	15.2	13.4	13.0	11.8	15.0	15.7	17.1	15.5
Courgette	18.0	19.7	20.8	18.7	19.4	16.7	16.5	15.2	17.4	19.9	17.3	16.4
Cucumber	5.6	5.1	6.4	7.2	10.6	13.1	14.5	13.1	10.6	9.3	6.1	5.0
Cabbage	10.7	8.9	7.6	5.6	5.2	4.4	4.3	4.1	5.2	6.8	10.7	8.5
Garlic	3.8	3.2	3.6	3.5	3.0	3.0	4.9	3.7	2.4	3.2	3.1	3.2
Mushroom	7.8	7.1	7.7	6.7	5.6	4.9	3.5	3.6	4.6	6.3	7.2	8.1
Asparagus	1.7	2.9	6.2	7.3	7.2	3.1	1.8	1.0	1.8	1.8	2.0	1.7
Aubergines	5.0	5.8	8.1	7.0	6.9	6.5	6.9	8.4	8.9	9.4	7.9	5.8
Artichokes	12.9	15.7	15.9	11.1	7.8	2.6	0.9	0.4	0.6	1.4	2.9	4.8
Leek	6.3	5.7	5.5	4.9	4.0	3.7	2.8	2.9	4.4	5.0	5.8	5.0
Green peas	1.1	1.1	1.2	0.9	1.0	1.0	0.9	0.9	0.8	0.8	0.9	0.9
Total	221.5	215.4	233.8	210.6	220.5	206.5	210.9	199.0	213.1	219.8	207.3	193.2
Pulses												
Chickpeas	4.9	3.9	4.4	3.9	3.7	3.2	3.2	2.9	3.7	4.6	4.5	4.0
Beans	3.1	2.8	3.0	2.7	2.2	2.4	2.0	1.8	2.6	3.3	3.2	2.4
Lentils	3.6	2.8	3.0	2.7	2.5	2.3	2.0	2.0	3.0	3.1	3.2	2.8
Total	11.6	9.5	10.4	9.3	8.4	7.9	7.2	6.7	9.3	11.1	10.9	9.2
Starch-based products												

Bread	94.7	86.8	95.1	90.3	91.8	86.4	85.9	81.5	83.1	91.3	90.8	89.4
Rice	11.9	11.4	11.8	11.2	11.5	10.6	10.3	10.1	10.3	11.5	10.9	10.1
Pasta	13.4	11.6	12.3	11.7	11.9	11.3	10.9	10.4	11.5	12.3	13.0	12.0
Potatoes	81.3	74.2	79.2	78.3	81.7	75.7	83.6	77.4	77.2	81.2	79.9	78.2
Total	201.4	184.0	198.4	191.5	197.0	184.0	190.8	179.4	182.1	196.4	194.6	189.7
Nuts												
Olives	9.0	8.3	9.5	10.0	10.0	9.9	10.7	10.2	9.1	9.7	10.6	10.4
Almonds	0.8	0.8	0.9	0.8	0.8	0.8	0.7	0.7	1.5	1.1	1.1	1.9
Walnut	3.3	2.8	2.8	2.5	2.5	2.0	1.6	1.4	1.9	3.2	3.8	4.2
Peanut	1.1	1.2	1.3	1.4	1.2	1.0	1.0	0.9	1.0	1.2	1.2	1.5
Hazelnut	0.3	0.3	0.3	0.3	0.3	0.3	0.2	0.2	0.1	0.3	0.3	0.5
Pistachio	0.7	0.7	0.8	0.8	0.8	0.6	0.6	0.6	0.6	0.8	0.7	1.1
Chestnut	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Total	15.1	14.1	15.5	15.7	15.6	14.7	14.8	14.0	14.2	16.2	17.8	19.6
Dairy products												
Milk	265.1	237.2	254.2	250.5	257.3	238.8	238.3	232.2	234.4	250.3	246.3	240.4
Yogurt	32.6	32.2	36.4	33.9	36.4	33.5	33.0	31.9	33.4	36.5	33.0	29.4
Cheese	24.5	24.7	27.5	27.1	27.6	26.3	26.5	25.9	25.8	27.5	27.6	29.4
Butter	1.2	1.1	1.2	1.2	1.1	1.0	1.0	1.1	1.1	1.3	1.3	1.6
Total	323.3	295.2	319.3	312.6	322.4	299.6	298.9	291.0	294.7	315.6	308.1	300.9
Eggs												
Total	23.2	21.6	24.3	21.6	23.4	23.4	22.9	22.9	22.9	22.9	22.9	22.9
Meat												
Beef	15.8	14.3	15.0	14.4	15.1	12.8	13.1	12.1	13.6	15.6	15.7	16.6
Chicken	40.8	36.5	40.3	37.1	37.8	35.0	33.7	33.9	35.4	37.9	39.1	36.2
Pork	32.4	28.6	30.7	28.0	27.9	27.3	25.2	24.9	26.6	29.9	30.8	33.4
Rabbit	2.8	2.7	3.3	2.7	3.0	2.8	2.5	2.5	2.4	2.6	2.6	2.6
Sheep	5.1	3.5	3.9	4.5	3.2	3.0	2.8	3.1	3.0	2.9	3.5	9.5
Turkey	4.9	4.4	4.8	4.6	4.7	4.5	4.4	3.7	4.3	4.7	4.4	5.4
Processed meat	33.6	32.1	35.0	33.5	34.1	31.5	30.7	29.8	32.3	37.0	37.1	42.7
Total	135.3	122.2	133.0	124.8	125.9	116.9	112.4	110.0	117.6	130.6	133.1	146.4
Fish and seafood												
Hake	16.7	15.7	16.8	15.5	15.4	15.1	14.4	12.9	13.6	14.0	13.6	14.0
Mackerel	0.8	1.1	3.7	4.1	3.0	1.8	1.4	1.2	1.3	1.2	0.8	0.6
Salmon	6.8	6.2	6.7	5.9	8.1	7.4	6.4	6.4	8.6	9.9	8.4	6.8
Pilchard	1.2	1.2	1.4	1.4	1.5	1.8	1.7	1.3	1.4	1.4	1.2	1.0
Cod	4.9	6.8	8.1	8.4	5.2	4.5	4.2	3.8	4.0	4.5	4.3	3.8
Tuna	1.8	1.9	1.8	2.1	2.4	3.8	6.6	5.5	3.7	2.5	1.7	1.2
Trout	1.6	1.5	1.6	1.4	1.8	1.6	1.5	1.2	1.1	1.4	1.4	1.0
Sole	3.6	3.4	4.2	4.6	4.6	4.3	4.1	3.2	4.0	3.7	3.3	2.6
Bass	3.9	3.5	3.6	3.4	3.8	3.7	3.4	2.8	3.2	3.2	3.9	3.4
Gilt-head bream	3.8	3.2	3.9	3.8	3.9	3.7	3.6	3.8	3.6	4.2	4.2	4.1
Turbot	0.7	0.6	0.4	0.6	0.8	0.5	0.3	0.4	0.4	0.6	0.5	1.0
Angler	2.4	1.6	1.5	1.7	1.7	1.9	1.7	1.6	1.2	1.5	1.5	2.9
Prawns	7.5	5.7	7.5	8.0	7.7	8.4	8.6	9.5	7.6	7.8	13.7	30.7
Squids	7.8	6.9	7.6	7.9	8.1	7.5	8.1	7.1	7.4	8.2	8.0	8.1
Mussels	6.1	5.8	5.6	4.7	3.6	5.0	6.0	6.2	6.0	6.6	6.7	8.7
Clams	2.5	2.3	2.5	2.6	2.1	2.6	2.4	2.5	2.6	2.7	2.9	5.2
Total	71.9	67.2	77.0	76.1	73.7	73.7	74.7	69.3	69.6	73.4	76.3	95.2
Sweets												
Honey	1.9	1.3	1.3	1.4	1.3	0.9	1.1	1.2	1.1	1.4	1.4	1.9
Sugar	10.8	9.7	11.5	11.5	10.2	8.9	7.9	8.8	9.5	11.5	11.2	13.4
Ice cream	4.0	3.5	5.0	7.1	13.6	21.4	27.2	23.5	12.0	7.1	4.1	6.2

Chocolate	12.6	11.5	12.3	11.6	10.6	9.0	8.0	7.9	8.9	12.1	16.2	22.2
Pastry	20.1	19.5	21.2	20.5	19.7	17.0	15.7	16.2	17.0	20.5	22.1	24.3
Biscuits	18.8	18.4	19.8	18.5	17.9	15.9	14.8	14.0	16.7	18.5	18.6	19.3
Cereals	5.6	5.2	5.8	5.4	5.5	4.8	4.7	4.3	5.1	5.6	5.5	5.5
Total	73.9	69.1	76.9	76.2	78.9	77.9	79.4	75.8	70.3	76.6	79.1	92.7
Oils and fats												
Sunflower oil	9.7	9.1	10.1	10.0	10.0	9.0	8.9	8.6	8.8	9.5	9.9	10.1
Olive oil	19.8	17.3	19.6	20.6	20.6	19.9	19.5	19.1	20.5	21.8	21.0	21.5
Margarine	1.8	1.9	1.8	1.8	1.7	1.5	1.4	1.5	1.5	1.7	1.7	1.8
Total	31.3	28.3	31.6	32.5	32.3	30.4	29.8	29.2	30.8	33.0	32.5	33.4
Ready meals												
Pizza	10.5	9.6	10.6	10.2	10.0	8.8	8.5	8.8	9.2	10.3	9.6	9.8
Soups and creams	25.9	19.9	19.9	19.7	20.5	21.8	23.5	21.2	20.5	23.6	24.0	23.6
Sauces	10.0	9.2	10.7	10.2	11.0	10.7	10.7	10.6	10.0	10.6	9.9	12.0
Total	46.3	38.7	41.2	40.1	41.6	41.3	42.7	40.6	39.7	44.6	43.4	45.4

Table S3. Carbon footprint per foodstuff.

Foodstuff	Source	Carbon footprint (kgCO ₂ eq·kg ⁻¹)
Fruits		
Oranges	(Aguilera et al., 2015a)	0.15
Mandarine	(Aguilera et al., 2015a)	0.15
Banana	(Aguilera et al., 2015a)	0.64
Apple	(Aguilera et al., 2015a)	0.12
Pear	(Aguilera et al., 2015a)	0.12
Melon	(Clune et al., 2017)	0.51
Watermelon	(Clune et al., 2017)	0.32
Lemon	(Aguilera et al., 2015a)	0.15
Peaches	(Aguilera et al., 2015a)	0.12
Apricot	(Aguilera et al., 2015a)	0.12
Strawberry	(Gunady et al., 2012)	0.33
Plum	(Audsley et al., 2009)	0.43
Grape	(Aguilera et al., 2015a)	0.06
Kiwi	(Zeus, 2012)	0.83
Pineapple	(West Africa Fair Fruit, 2011)	0.95
Mango	(Frankowska et al., 2019)	0.88
Vegetables		
Tomato	(Aguilera et al., 2015b)	0.22
Onion	(Aguilera et al., 2015b)	0.24
Peppers	(Aguilera et al., 2015b)	0.22
Lettuce	(Aguilera et al., 2015b)	0.23
Carrots	(Nemecek et al., 2012)	0.20
Courgette	(Aguilera et al., 2015a)	0.20
Cucumber	(Audsley et al., 2009)	1.30
Cabbage	(Aguilera et al., 2015b)	0.24
Garlic	(Khoshnevisan and Rafiee, 2013)	0.39
Mushroom	(Leiva et al., 2015)	1.82
Asparagus	(Audsley et al., 2009)	2.22
Aubergines	(Audsley et al., 2009)	1.30
Artichoke	(Audsley et al., 2009)	0.48
Leek	(Clune et al., 2017)	0.39
Green peas	(Aguilera et al., 2015b)	0.60
Pulses		

Chickpeas	(Clune et al., 2017)	0.67
Beans	(Clune et al., 2017)	0.51
Lentils	(Clune et al., 2017)	1.03
Starch-based products		
Bread	(Espinoza-Orias et al., 2011; Kulak et al., 2015; Notarnicola et al., 2017)	1.15
Rice	(Hess et al., 2016)	2.31
Pasta	(Hess et al., 2016)	1.28
Potatoes	(Aguilera et al., 2015b)	0.24
Nuts		
Olives	(Clune et al., 2017)	0.63
Almond	(Clune et al., 2017)	1.74
Walnut	(Clune et al., 2017)	1.62
Peanut	(Volpe et al., 2015)	0.62
Hazelnut	(Clune et al., 2017)	0.97
Pistachio	(Volpe et al., 2015)	0.53
Chestnut	(Clune et al., 2017)	0.43
Dairy products		
Milk	(Iribarren et al., 2011)	0.77
Yogurt	(González-García et al., 2013a)	1.50
Cheese	(González-García et al., 2013b)	10.44
Butter	(Vergéet al., 2013)	7.20
Eggs		
Eggs	(Nielsen et al., 2013)	1.80
Meat		
Beef	(van Oort and Andrew, 2016)	24.69
Pig	(Noya et al., 2017)	2.50
Chicken	(González-García et al., 2014)	4.96
Rabbit	(Clune et al., 2017)	5.72
Sheep	(Clune et al., 2017)	26.61
Turkey	(Clune et al., 2017)	3.71
Processed meat	(Noya et al., 2017)	14.55
Fish and seafood		
Hake	(Iribarren et al., 2010b)	5.98
Mackerel	(Vázquez-Rowe et al., 2010)	1.54
Salmon	(Sherry and Koester, 2020)	2.26
Pilchard	(González-García et al., 2015)	0.43
Cod	(Ziegler et al., 2013)	1.20
Tuna	(Hospido and Tyedmers, 2005)	1.64
Trout	(Clune et al., 2017)	4.20
Sole	(Clune et al., 2017)	20.86
Bass	(Clune et al., 2017)	3.27
Gilt-head bream	(Clune et al., 2017)	3.49
Turbot	(Clune et al., 2017)	14.50
Angler	(Clune et al., 2017)	3.49
Prawns	(Clune et al., 2017)	14.85
Squids	(Iribarren et al., 2010b)	3.86
Mussels	(Iribarren et al., 2010a)	1.42
Clams	(Iribarren et al., 2010a)	1.42
Sweets		
Honey	(Scarborough et al., 2014)	1.00
Sugar	(Klenk et al., 2012)	0.23
Ice-cream	(Werner et al., 2014)	2.80

Chocolate	(Miah et al., 2018)	3.60
Pastry	(Clune et al., 2017)	0.52
Biscuits	(Konstantas et al., 2019)	1.03
Breakfast cereals	(Jeswani et al., 2015)	2.64
Oils and fats		
Olive oil	(Monini, 2014)	3.73
Sunflower oil	(Muñoz et al., 2014)	0.76
Margarine	(Nilsson et al., 2010)	1.36
Ready meals		
Soups and creams	(Berners-Lee et al., 2012)	4.00
Pizza	(Werner et al., 2014)	2.50
Sauces	(Berners-Lee et al., 2012)	2.10

Table S4. Importing and exporting volumes, and distribution distances (import and national) per food item in 2020.

	Export (t)	Import (t)	%N	%I	Lorry distance (km)	Ship distance (km)
Fruits						
Oranges	1638922	191327	89	11	416	181
Mandarine	1055655	17344	100	0	400	1
Banana	96571	375340	45	55	198	4185
Apple	142089	199924	71	29	535	0
Pear	116072	53668	80	20	537	288
Melon	433749	95791	70	30	314	1895
Watermelon	839620	110036	77	23	447	114
Lemon	733966	54501	73	27	375	1619
Peaches	654280	8110	99	1	402	16
Apricot	860373	17002	100	0	400	0
Strawberry	286853	19213	77	23	354	129
Plum	89837	4270	95	5	392	373
Grape	195275	70958	99	1	402	72
Kiwi	28124	138045	0	100	910	9434
Pineapple	23696	151447	0	100	83	7870
Mango	59491	70302	0	100	59	8250
Tomato	728809	165324	96	4	417	0
Onion	572678	122672	88	12	409	933
Peppers	845359	62154	90	10	430	0
Lettuce	829604	20971	89	11	471	0
Carrots	128559	18007	93	7	433	0
Courgette	425805	18015	91	9	421	0
Cucumber	704371	7842	82	18	462	0
Cabbage	493900	21475	100	0	400	0
Garlic	189199	7665	91	9	405	365
Mushroom	4113	1511	99	1	412	0
Asparagus	24339	10941	76	24	331	2409
Eggplant	171386	1226	98	2	408	0
Artichoke	11552	230	100	0	400	0
Leek	27202	25979	67	33	621	0
Green peas	2228	1522	99	1	406	0
Pulses						
Chickpeas	5921	53105	45	55	181	5813
Beans	6137	15305	77	23	482	1481
Lentils	8114	58906	32	68	126	6280
Starch-based products						

Bread	19189	18813	98	2	408	0
Rice	299203	210458	72	28	1475	1442
Pasta	155641	103398	61	39	721	105
Potatoes	284809	914441	68	32	507	57
Nuts						
Olives	13531	5494	99	1	400	0
Almond	101772	112703	68	32	290	2753
Walnut	1842	29118	35	65	205	6101
Peanut	2941	45988	16	84	6248	23920
Hazelnut	3832	5926	59	41	1666	267
Pistachio	19	57	99	1	430	4
Chestnut	7736	3038	98	2	401	40
Dairy products						
Milk	76738	99910	99	1	409	0
Yogurt	80789	115693	88	12	482	0
Cheese	106958	304726	52	48	852	0
Butter	7967	20654	4	96	1209	0
Eggs						
Eggs	126509	15856	98	2	406	0
Meat						
Beef	224449	111133	79	21	574	135
Pig	2694756	109463	99	1	476	347
Chicken	155858	87369	85	15	408	0
Rabbit	6885	847	98	2	405	0
Sheep	2515	152	98	2	422	0
Turkey	2544	2257	99	1	415	0
Processed meat	163508	88752	93	7	465	8
Fish and seafood						
Hake	5761	29891	68	32	604	226
Mackerel	6831	5953	0	100	457	0
Salmon	939	58412	0	100	3012	0
Pilchard	6117	14300	82	18	533	0
Cod	423	5894	96	4	484	0
Tuna	228	1815	99	1	403	0
Trout	3888	1142	100	0	400	0
Sole	670	4016	58	42	657	87
Bass	5263	14219	57	43	1534	0
Gilt-head bream	4445	25012	22	78	2223	158
Turbot	3704	4181	51	49	474	0
Angler	617	10701	18	82	1141	0
Prawns	33	9200	34	66	134	4812
Squids	8885	1961	73	27	560	0
Mussels	10598	13313	95	5	383	605
Clams	1846	20886	21	79	818	0
Sweets						
Honey	28263	31690	3	97	2099	2866
Sugar	126164	1173189	18	82	626	1661
Ice-cream	38378	59324	100	0	1210	0
Chocolate	116567	140840	23	77	1045	0
Pastry	50	307	74	26	631	0
Biscuits	201881	55159	80	20	537	98
Breakfast cereals	48190	325136	98	2	399	152
Oils and fats						
Sunflower oil	222518	606633	0	100	5662	0
Olive oil	1121436	249957	73	27	341	346
Margarine	126039	58668	40	60	959	0

Ready meals						
Pizza	125856	110303	97	3	410	17
Soups	75849	23940	88	12	493	0
Sauces	94720	21877	93	7	483	0

Table S5. Importing and exporting volumes, and distribution distances (import and national) per food item in 2019.

	Export (t)	Import (t)	%N	%I	Lorry distance (km)	Ship distance (km)
Fruits						
Oranges	1756863	148549	91	9	466	312
Mandarine	1082744	17302	98	2	415	9
Banana	99999	391506	43	57	204	4066
Apple	127076	217563	70	30	536	0
Pear	137170	61334	76	24	552	318
Melon	455783	94671	68	32	314	2022
Watermelon	910929	81709	78	22	428	221
Lemon	739802	58564	71	29	330	2399
Peaches	837593	12813	98	2	407	17
Apricot	1055075	21944	100	0	400	0
Strawberry	300002	18568	74	26	489	0
Plum	94711	6185	93	7	390	581
Grape	163728	69196	99	1	426	71
Kiwi	22041	136519	2	98	932	8181
Pineapple	36513	172440	0	100	101	7704
Mango	46987	59737	0	100	43	8717
Vegetables						
Tomato	767369	198203	96	4	417	0
Onion	404587	81834	93	7	391	654
Peppers	828961	63259	90	10	429	0
Lettuce	829872	23359	88	12	479	0
Carrots	111023	19266	93	7	424	0
Courgette	414930	19548	91	9	425	0
Cucumber	709190	8477	78	22	513	0
Cabbage	490278	23045	100	0	400	0
Garlic	184283	4493	95	5	408	134
Mushroom	4306	1559	99	1	409	0
Asparagus	25945	13463	71	29	295	2977
Eggplant	160162	1053	99	1	19	0
Artichoke	13272	657	100	0	399	30
Leek	25210	23339	70	30	584	0
Green peas	2918	1929	98	2	405	0
Pulses						
Chickpeas	6020	57473	43	57	173	6130
Beans	4798	36524	59	41	998	233
Lentils	3797	48467	39	61	158	5575
Starch-based products						
Bread	24927	15473	98	2	408	0
Rice	291849	210227	72	28	300	2275
Pasta	144239	107840	61	39	722	110
Potatoes	302981	839271	70	30	503	55
Nuts						
Olives	12010	2685	100	0	403	0
Almond	107825	110464	68	32	291	2727
Walnut	2527	32035	32	68	197	6344

Peanut	2470	50256	16	84	63	7149
Hazelnut	4190	6288	57	43	1557	1398
Pistachio	7	112	98	2	394	94
Chestnut	8800	2555	99	1	402	44
Dairy products						
Milk	87853	122300	99	1	409	0
Yogurt	77433	130960	87	12	493	0
Cheese	107581	309743	52	48	865	0
Butter	11627	22036	0	100	1192	0
Eggs						
Eggs	119301	21334	97	3	411	0
Meat						
Beef	217937	136605	76	24	633	165
Pig	2184047	114686	99	1	408	0
Chicken	180799	95870	83	17	476	355
Rabbit	5672	2140	96	4	407	0
Sheep	1321	193	98	2	422	26
Turkey	2605	2242	99	1	417	0
Processed meat	150182	89427	93	7	463	10
Fish and seafood						
Hake	6855	35570	63	37	552	831
Mackerel	6566	8029	0	100	471	0
Salmon	982	53354	0	100	1824	1186
Pilchard	5658	17868	79	21	571	0
Cod	493	5011	96	4	453	21
Tuna	286	1084	100	0	401	0
Trout	3964	1282	100	0	400	0
Sole	855	4071	57	43	655	138
Bass	7936	11816	58	42	846	740
Gilt-head bream	4967	21349	24	76	1173	1309
Turbot	4805	4038	44	56	491	0
Angler	692	10038	19	81	603	525
Prawns	121	11642	28	72	112	5144
Squids	10876	2526	57	43	529	170
Mussels	13232	11089	96	4	384	517
Clams	2052	17047	23	77	838	0
Sweets						
Honey	225258	26547	21	79	673	3589
Sugar	165039	1739038	11	89	629	1524
Ice-cream	48569	73253	100	0	1160	0
Chocolate	120671	150554	20	80	1075	0
Pastry	24	72	93	7	465	0
Biscuits	192876	58101	80	20	670	0
Breakfast cereals	957215	15548030	43	57	1448	1154
Oils and fats						
Sunflower oil	237274	598051	0	100	5613	0
Olive oil	1077213	148562	83	17	382	179
Margarine	128345	62567	37	63	877	0
Ready meals						
Pizza	144943	85402	98	2	412	0
Soups	69405	22899	89	11	486	0
Sauces	85982	24323	93	7	492	0

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