



Supplementary Materials

Role of Portion Size in the Context of a Healthy, Balanced Diet: A Case Study of European Countries

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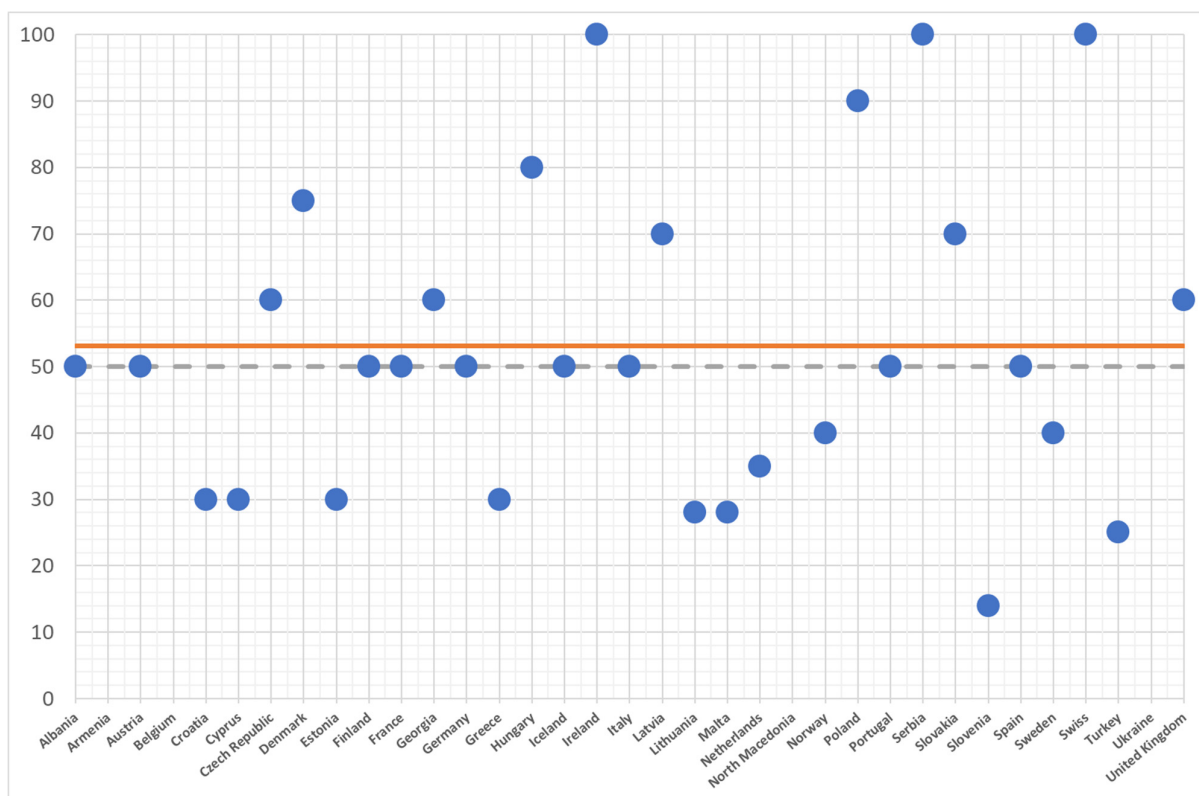
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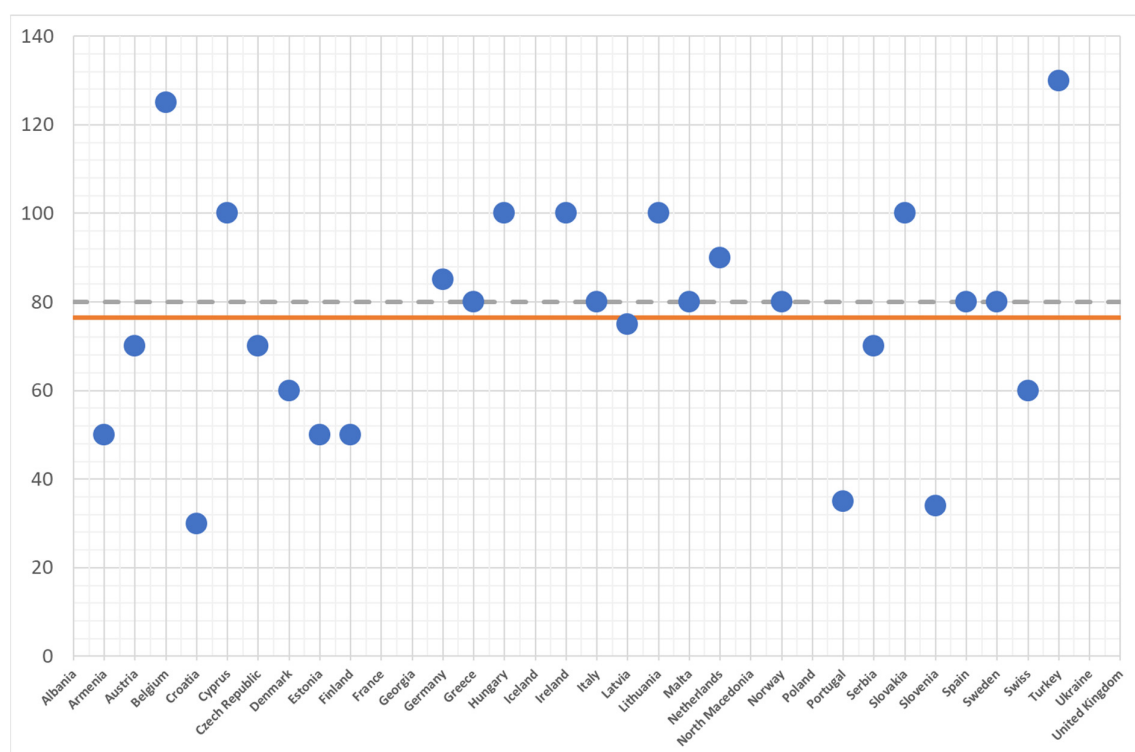
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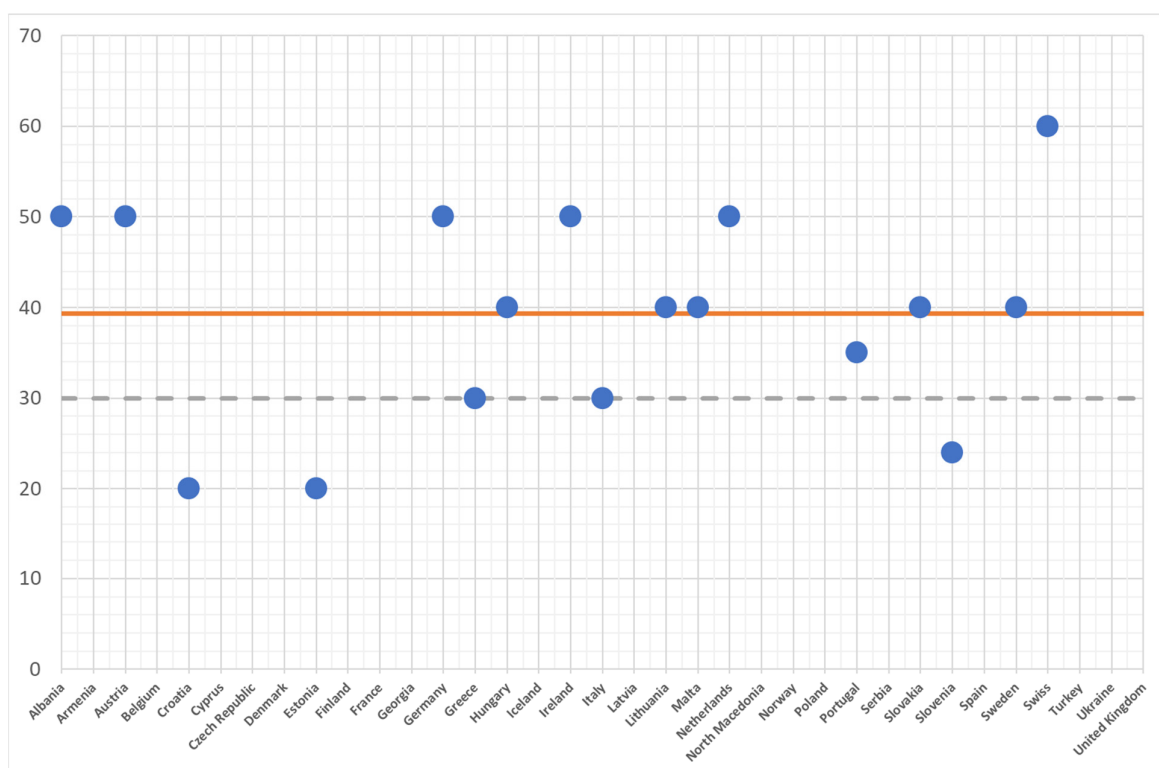
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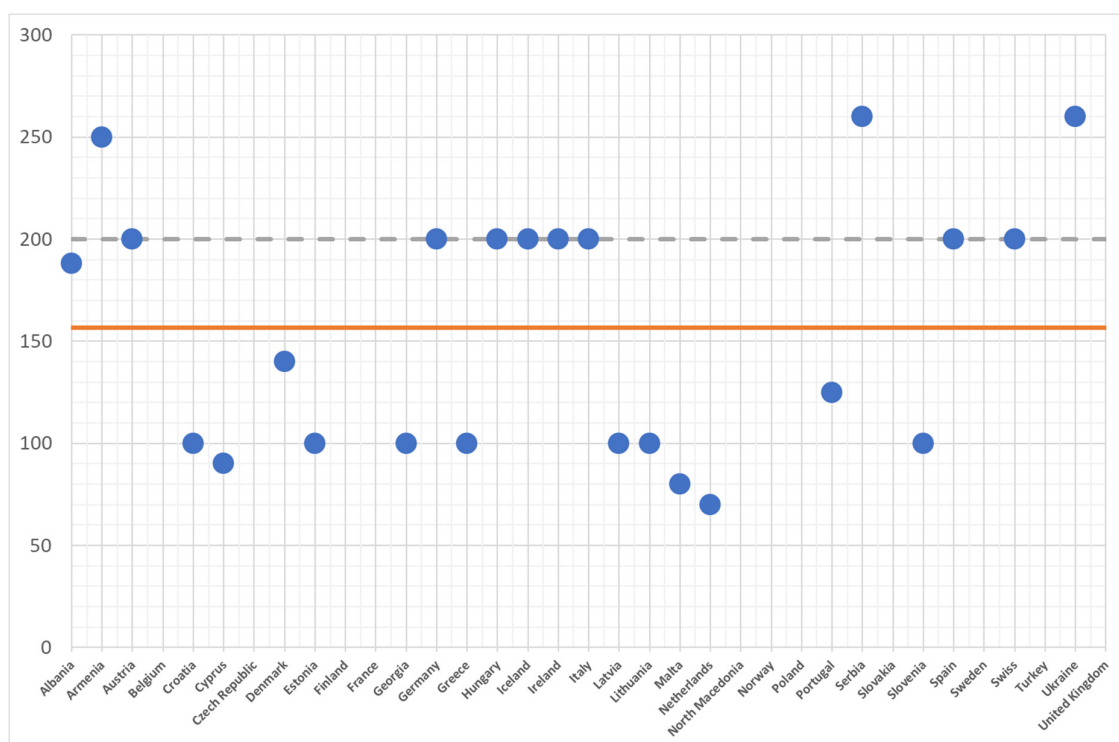
Supplementary Figure S1. Portion sizes of bread (g) in the different countries. Dashed gray line: reference standard portion defined by the Italian Society of Human Nutrition (SINU, 2014); full orange line: mean.



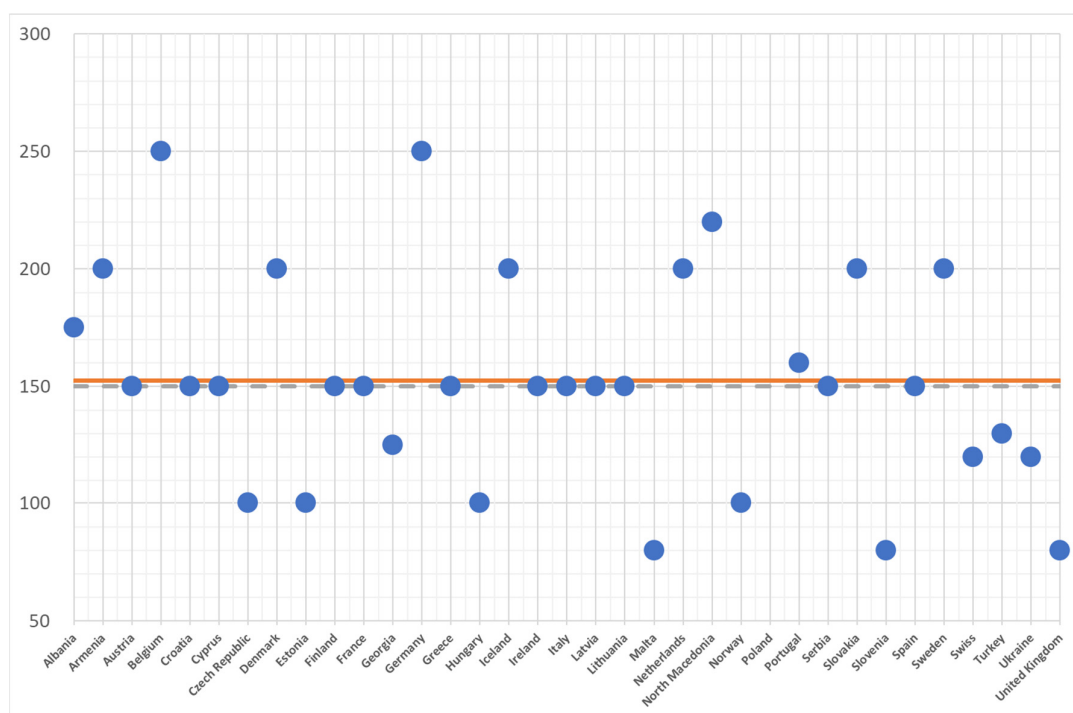
Supplementary Figure S2. Portion size of pasta & rice (raw) (g) in the different countries. Dashed gray line: reference standard portion defined by the Italian Society of Human Nutrition (SINU, 2014); full orange line: mean.



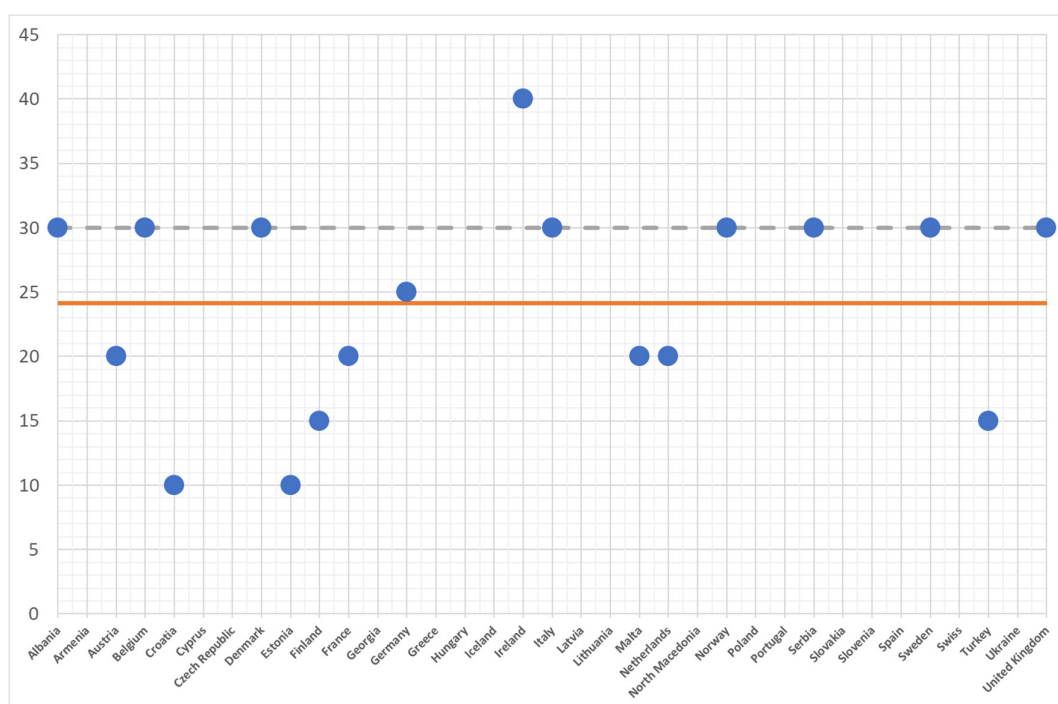
Supplementary Figure S3. Portion sizes of breakfast cereals (g) in the different countries. Dashed gray line: reference standard portion defined by the Italian Society of Human Nutrition (SINU, 2014); full orange line: mean.



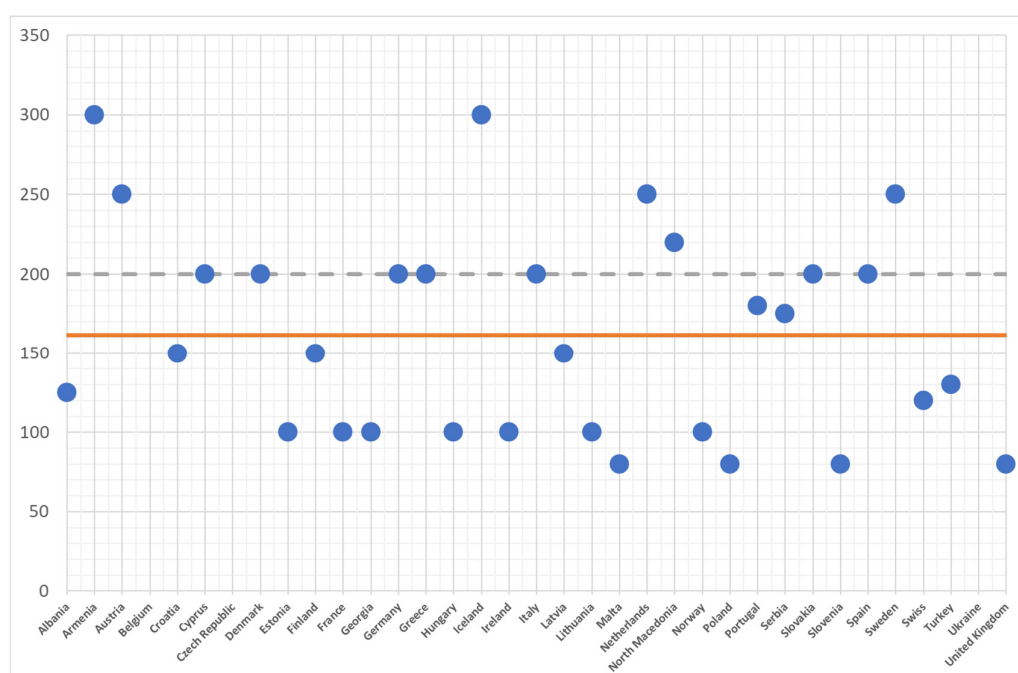
Supplementary Figure S4. Portion sizes of potatoes (g) in the different countries. Dashed gray line: reference standard portion defined by the Italian Society of Human Nutrition (SINU, 2014); full orange line: mean.



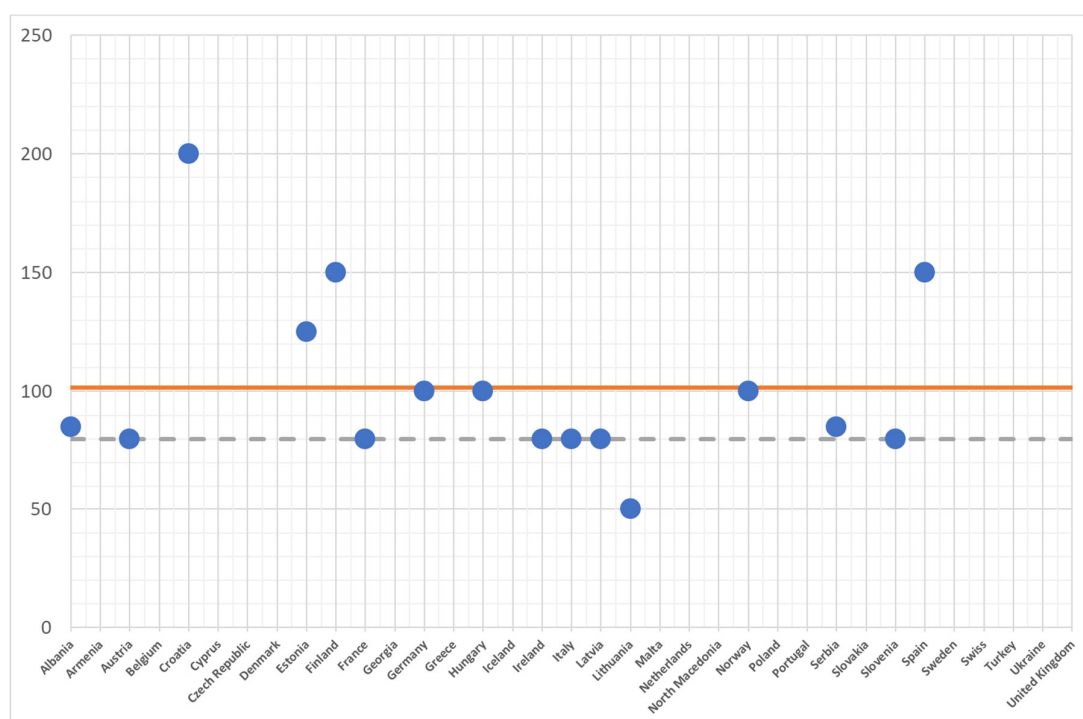
Supplementary Figure S5. Portion sizes of fresh fruit (g) in the different countries. Dashed gray line: reference standard portion defined by the Italian Society of Human Nutrition (SINU, 2014); full orange line: mean.



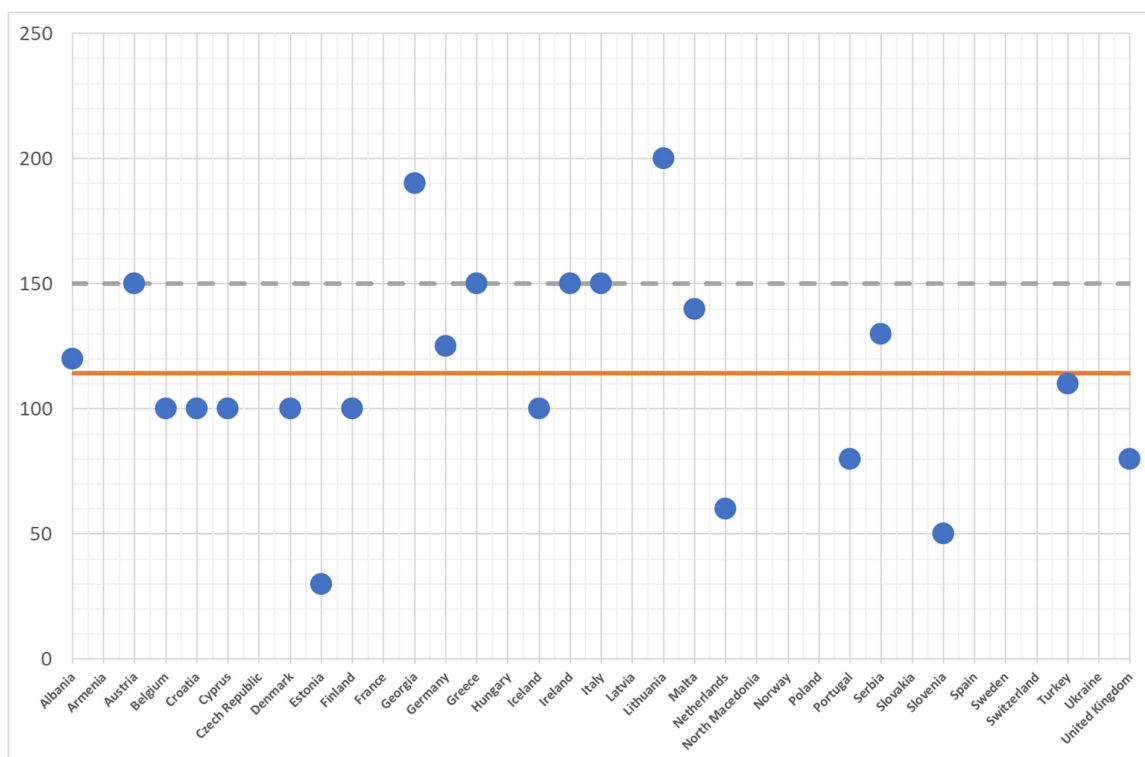
Supplementary Figure S6. Portion sizes of nuts (g) in the different countries. Dashed gray line: reference standard portion defined by the Italian Society of Human Nutrition (SINU, 2014); full orange line: mean.



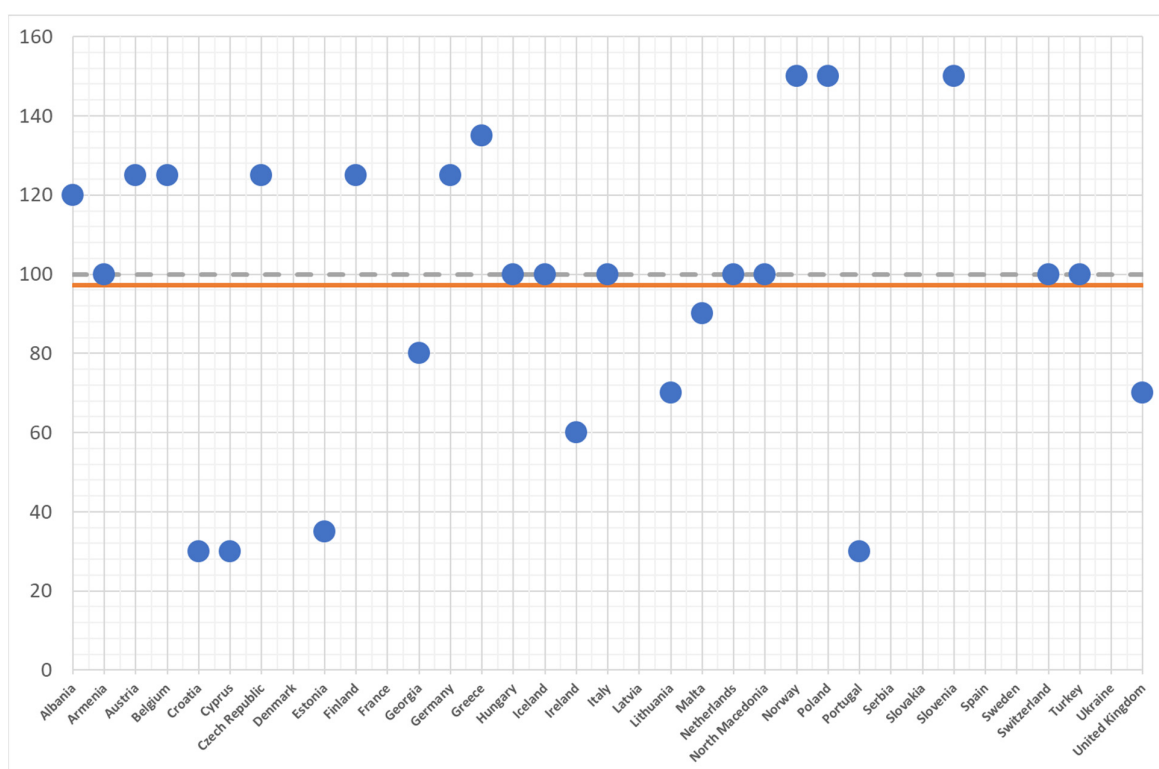
Supplementary Figure S7. Portion sizes of fresh vegetables (g) in the different countries. Dashed gray line: reference standard portion defined by the Italian Society of Human Nutrition (SINU, 2014); full orange line: mean.



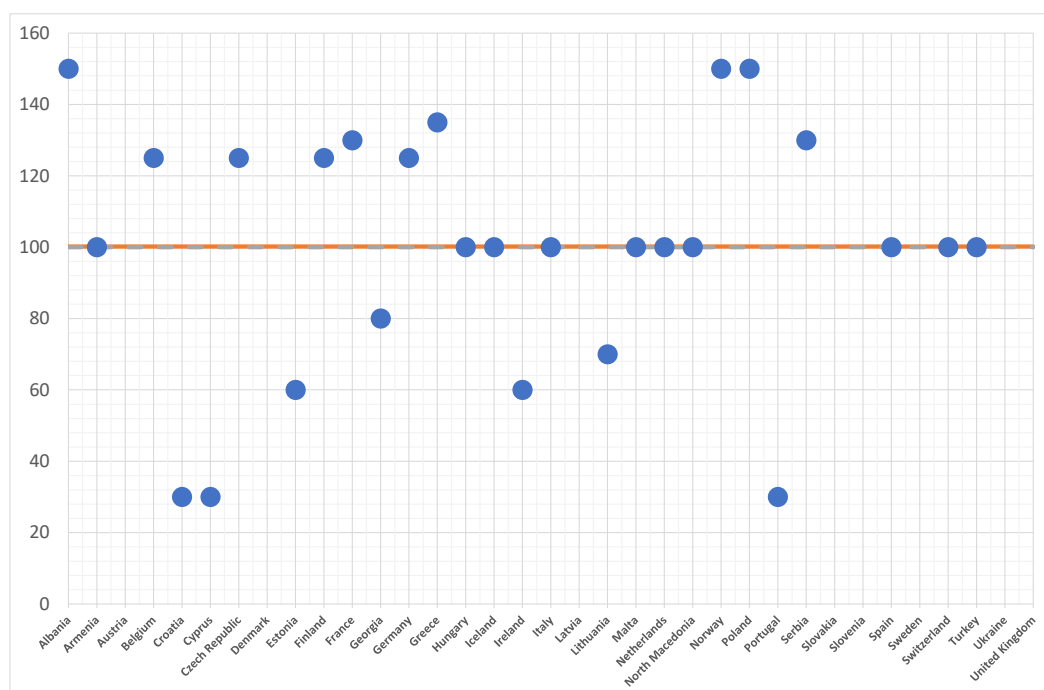
Supplementary Figure S8. Portion sizes of salad (g) in the different countries. Dashed gray line: reference standard portion defined by the Italian Society of Human Nutrition (SINU, 2014); full orange line: mean.



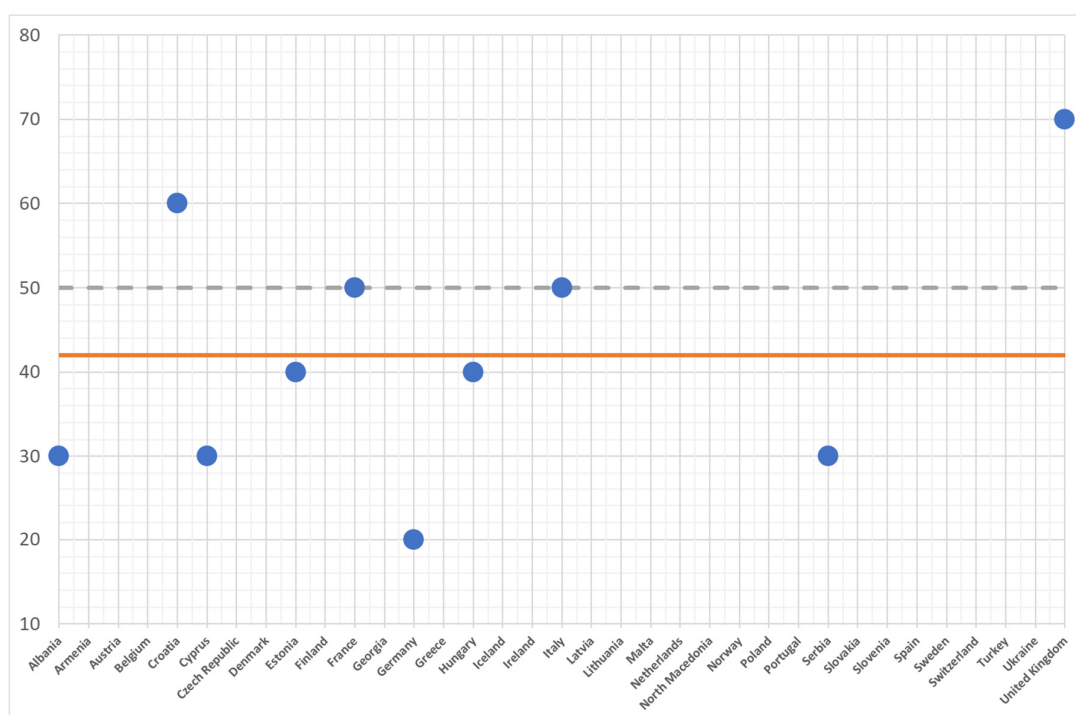
Supplementary Figure S9. Portion sizes of legumes (g) in the different countries. Dashed gray line: reference standard portion defined by the Italian Society of Human Nutrition (SINU, 2014); full orange line: mean.



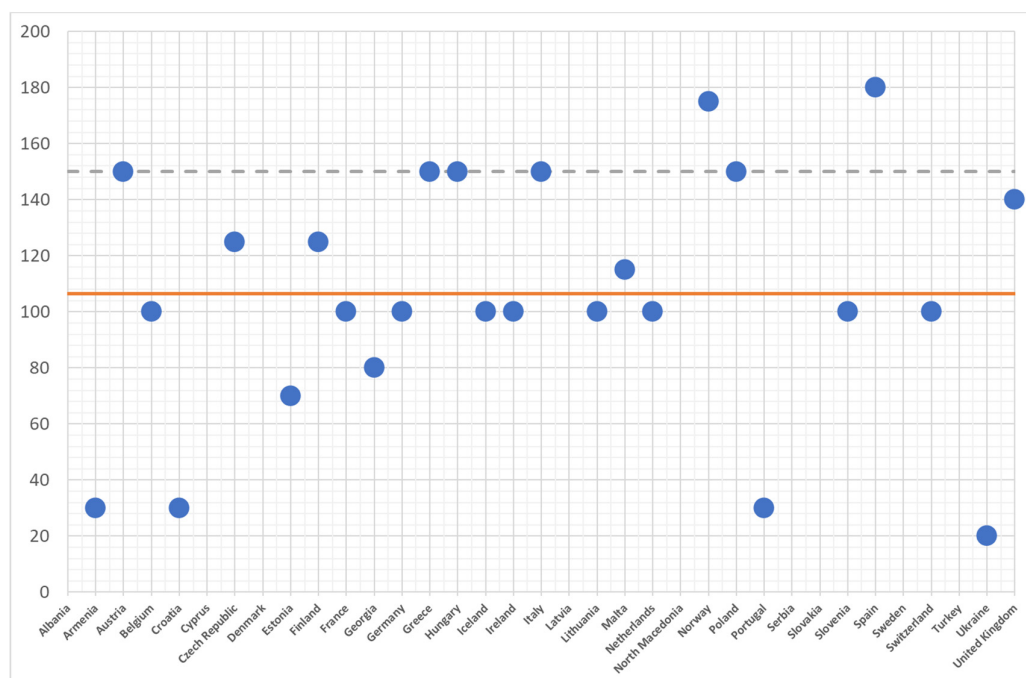
Supplementary Figure S10. Portion sizes of red meat (g) in the different countries. Dashed gray line: reference standard portion defined by the Italian Society of Human Nutrition (SINU, 2014); full orange line: mean.



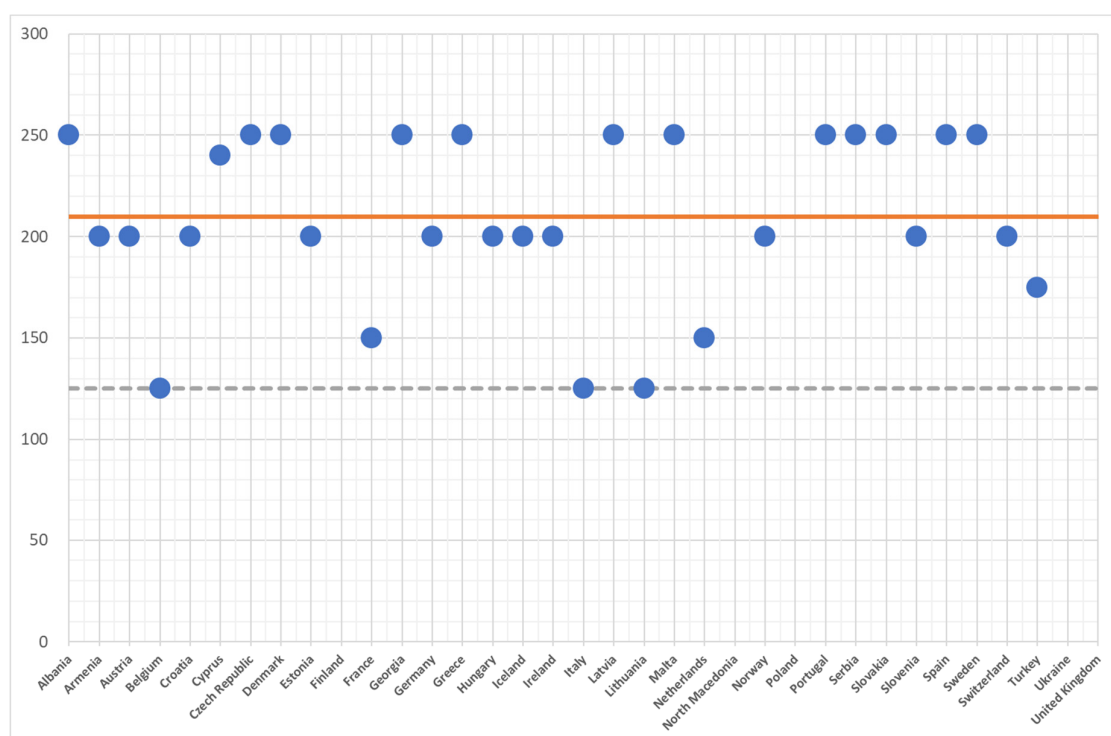
Supplementary Figure S11. Portion sizes of white meat (g) in the different countries. Dashed gray line: reference standard portion defined by the Italian Society of Human Nutrition (SINU, 2014); full orange line: mean.



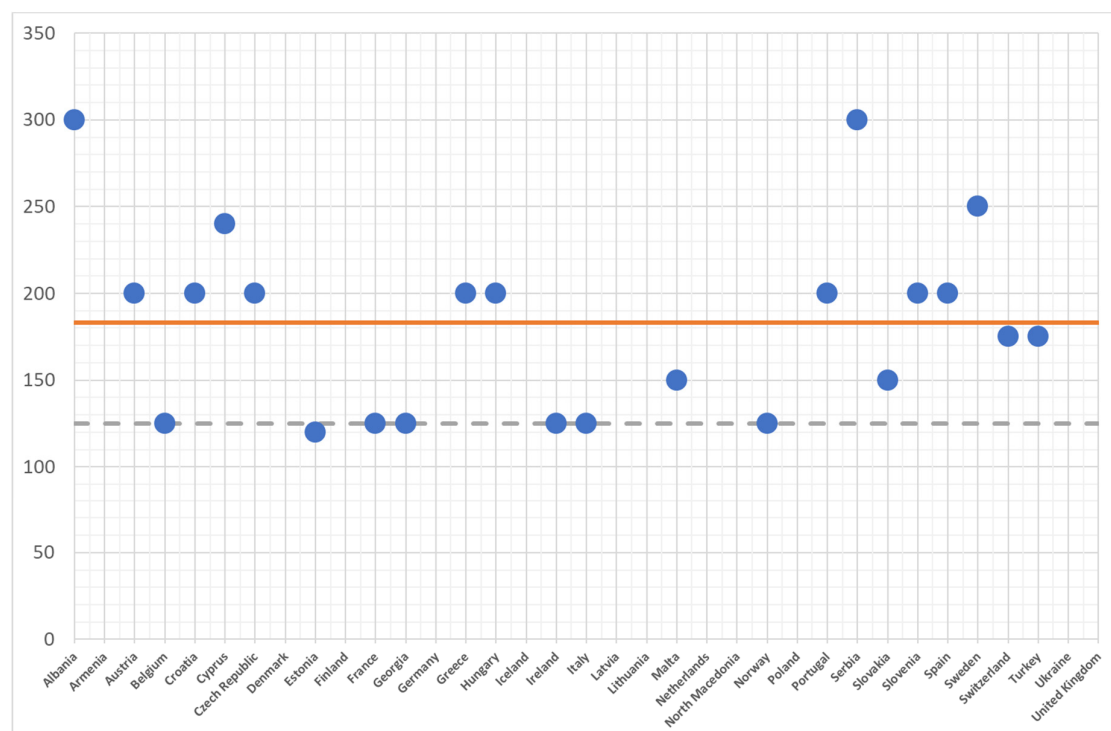
Supplementary Figure S12. Portion sizes of cured meat (g) in the different countries. Dashed gray line: reference standard portion defined by the Italian Society of Human Nutrition (SINU, 2014); full orange line: mean.



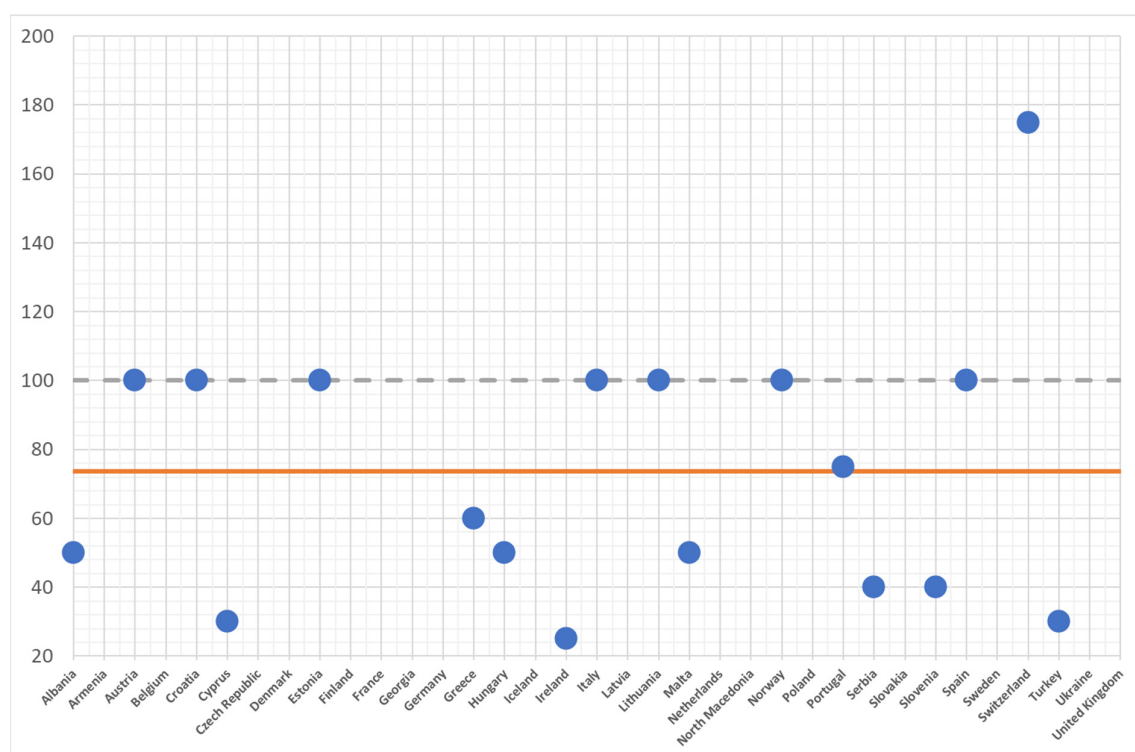
Supplementary Figure S13. Portions sizes of fish (g) in the different countries. Dashed gray line: reference standard portion defined by the Italian Society of Human Nutrition (SINU, 2014); full orange line: mean.



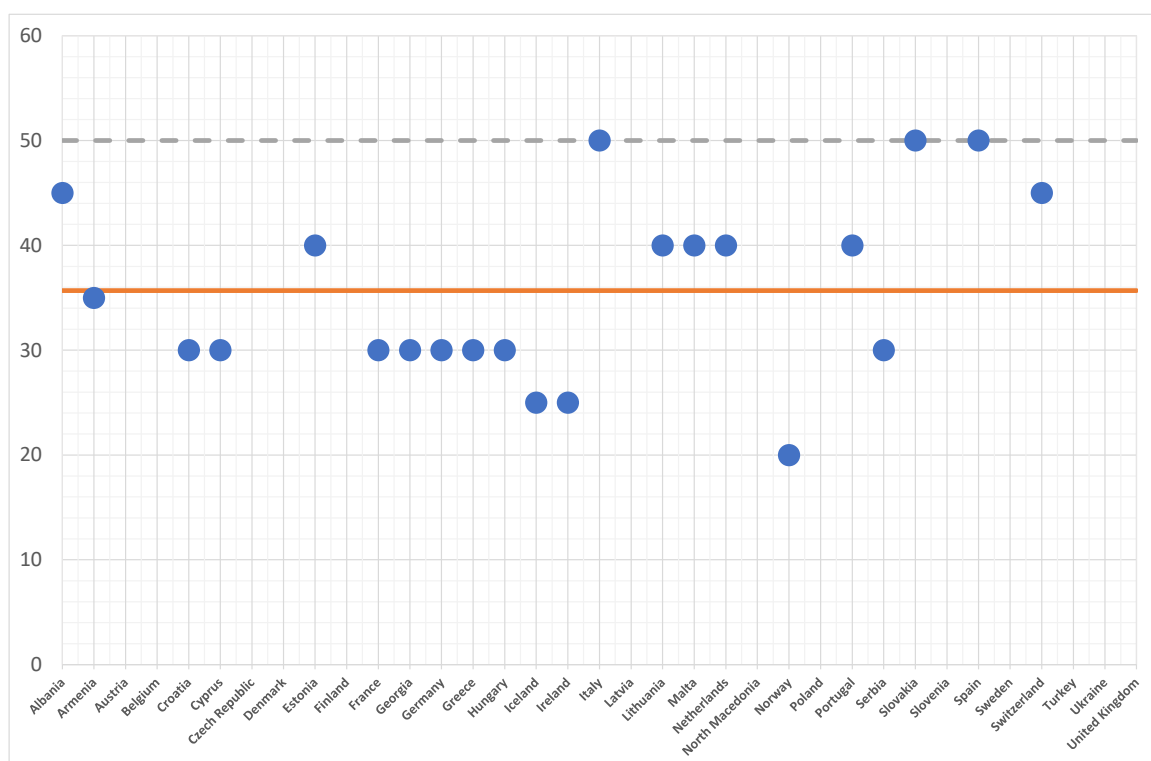
Supplementary Figure S14. Portion sizes of milk (ml) in the different countries. Dashed gray line: reference standard portion defined by the Italian Society of Human Nutrition (SINU, 2014); full orange line: mean.



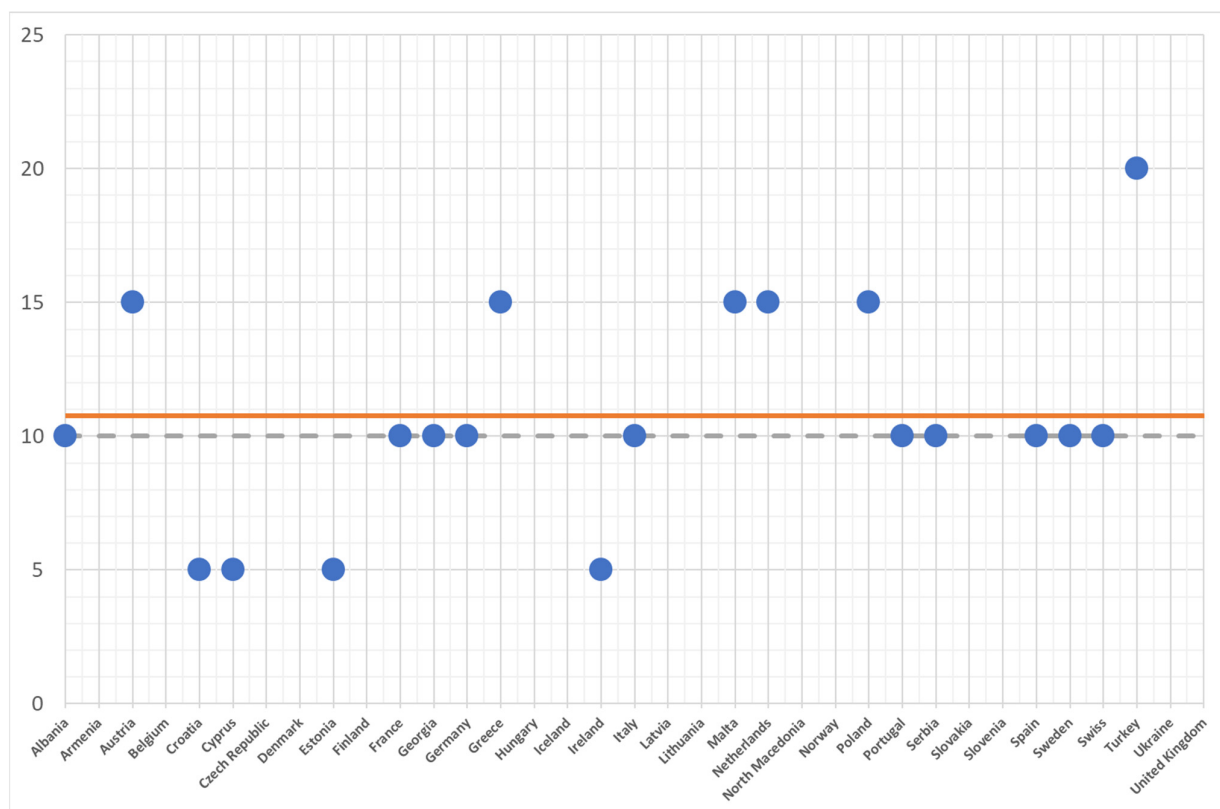
Supplementary Figure S15. Portion sizes of yogurt (g) in the different countries. Dashed gray line: reference standard portion defined by the Italian Society of Human Nutrition (SINU, 2014); full orange line: mean.



Supplementary Figure S16. Portion sizes of cream cheese (g) in the different countries. Dashed gray line: reference standard portion defined by the Italian Society of Human Nutrition (SINU, 2014); full orange line: mean.



Supplementary Figure S17. Portion sizes of hard (ripened) cheese in the different countries. Dashed gray line: reference standard portion defined by the Italian Society of Human Nutrition (SINU, 2014); full orange line: mean.



Supplementary Figure S18. Portion sizes of vegetable oils (g) in the different countries. Dashed gray line: reference standard portion defined by the Italian Society of Human Nutrition (SINU, 2014); full orange line: mean.