



3 Supplementary material: Interplay between diets, 4 health, and climate change

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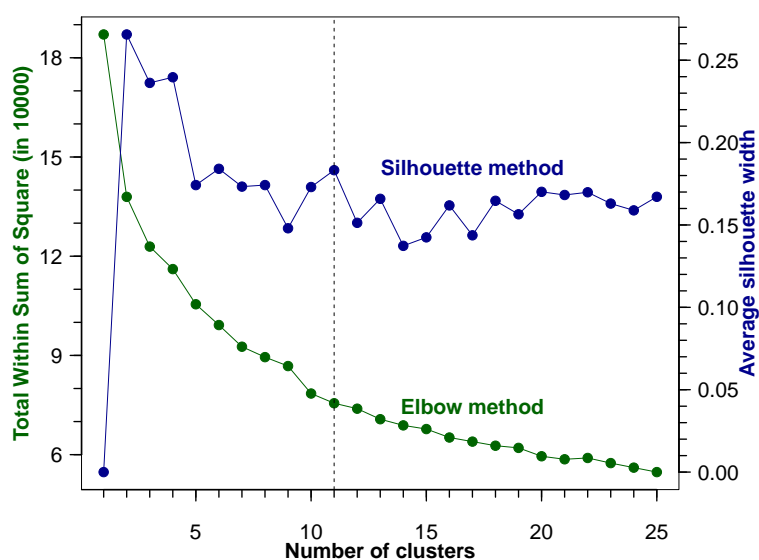


Figure S1. We determine 11 clusters to represent the food supply data based on the elbow and silhouette method based on 100 iterations. The elbow at k equals 10 is ambiguous. Therefore, we additionally apply the silhouette method to choose the right cluster number.

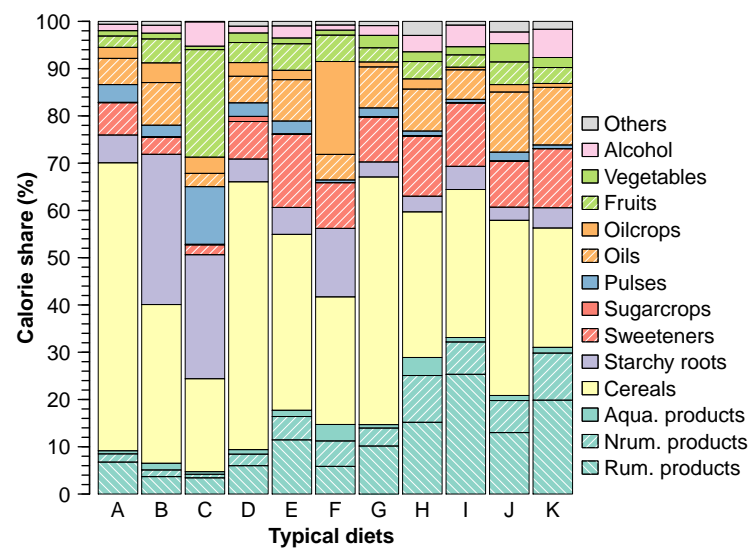


Figure S2. The calorie shares of different food groups vary in the diets. The animal source foods, consisting of aquatic (Aqua.), ruminants (Rum.) and non-ruminants (Nrum.) products, contribute to more than 20% of calorie share in the energy-dense diets, composed of larger than 2,800 kcal/cap/day (H-K).

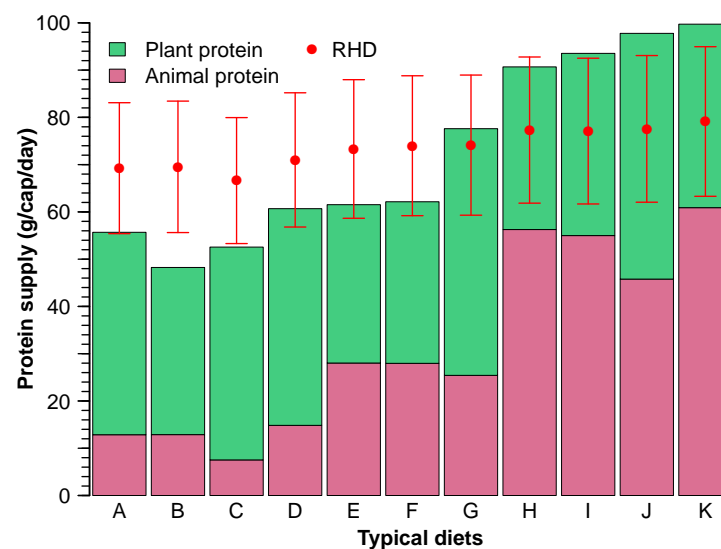


Figure S3. Plant and animal protein content varies among the diets. A larger share of proteins is contributed by animal sources in the energy-dense diets, composed of larger than 2,800 kcal/cap/day (H-K). The red dots represent the average amount of proteins based on the recommended healthy diet (RHD) and the dietary energy requirements.

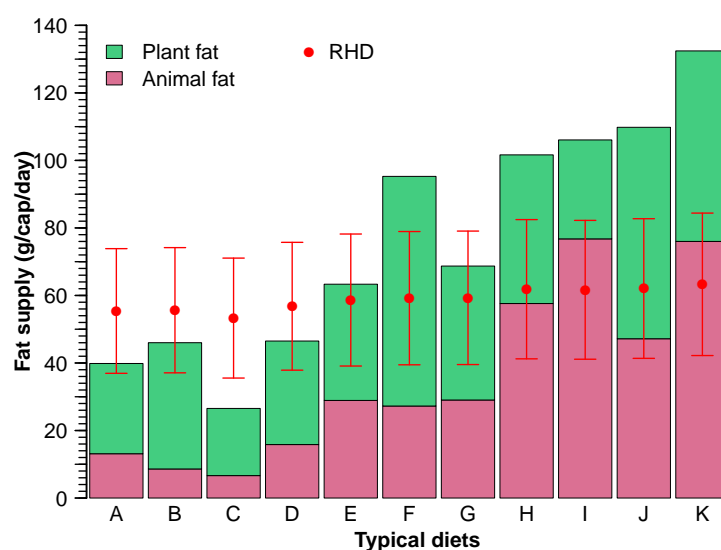


Figure S4. Fat from animal source foods varies among the diets. A larger share of fats is contributed by animal source foods in the energy-dense diets composed of larger than 2,800 kcal/cap/day (H–K). The red dots represent the average amount of fats based on the recommended healthy diet (RHD) and the dietary energy requirements.

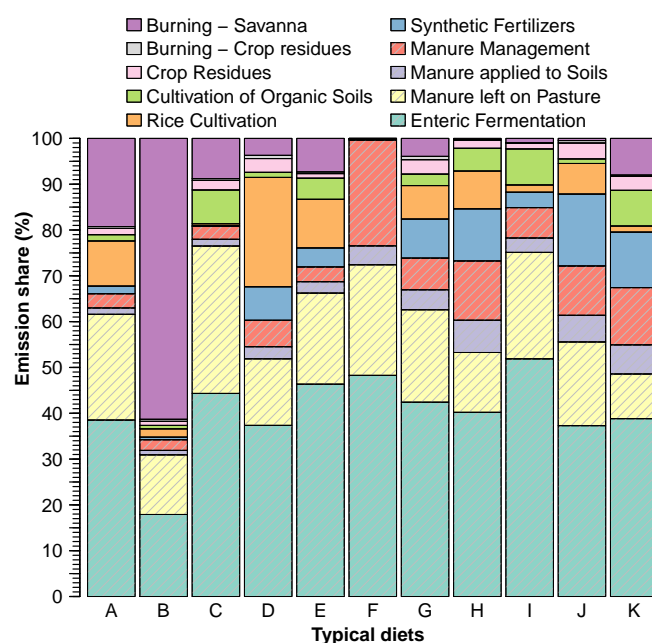


Figure S5. The contributions of the agricultural emissions sub-domains to the total agricultural emissions differ according to the diets. In most of the diets, the livestock sector contributes a larger share of emissions than crop production (shaded lines).

Gif S1. World maps show the spatial distribution of the diets between 1961 and 2013. In recent decades, countries are mostly shifting for low-energy diets (A–C) to energy-dense diets (H–K). Grey color represents countries with no data.

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