

**Table S1.** Classification of the beverage types

Classification	Detailed beverage types
<b>Plain water</b>	Tap water, Bottled water (mineral water, purified water).
<b>Hot beverages</b>	Coffee (coffee from coffee maker, powder coffee, instant coffee, etc), Tea (black tea, green tea, flower tea, etc).
<b>Milk and milk derivatives</b>	Liquid milk (low fat milk, full fat milk), Powdered milk (whole or skimmed powdered milk, powdered milk for pregnant women), Yoghurt, etc.
<b>Fruit and vegetables drinks</b>	100% Fruit juice (bottled or freshly squeezed watermelon juice, pear juice, orange juice, etc), 100% Fruit and vegetable juice (bottled or freshly squeezed cucumber and pineapple mixed juice, orange and carrot mixed juice, apple and celery mixed juice, etc).
<b>Sugar sweetened drinks</b>	Carbonated beverages (Cola, Sprite, Fanta, etc), Tea flavoured beverage (bottled/boxed ice black tea, ice green tea, jasmine tea, etc), Fruit flavored beverage (peach flavored, lemon flavored, grapefruit flavored, etc), Milk flavored beverage (chocolate milk, banana milk, coconut milk, etc), Functional beverages (probiotics, dietary fiber, vitamins, etc), Milky tea (pearl milky tea, coconut jelly milk tea, fruit milk tea, etc), etc.
<b>Botanical protein drinks</b>	Soybean milk, almond juice, walnut juice, etc.

**Table S2.** Classification of the food types

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Classification	Detailed food types
<b>Staple food</b>	
<i>Cereals and cereals products</i>	Rice, Steamed buns, Bread, Steamed twisted rolls, Fried dough sticks, Noodles, etc.
<i>Compound processed products</i>	Dumpling, Wonton, Hamburger, Sandwich, etc.
<i>Others</i>	Sweet potato, Starch vermicelli, etc.
<b>Dishes</b>	
<i>Vegetables</i>	Spinach, Cabbage, Bok choy, Leaf lettuce, Chinese leek, Garlic bolt, Cauliflower, Broccoli flower, Chinese cabbage, Carrot, Potato, Chinese yam, Taro, Bamboo shoot, Onion, Garlic, Lotus root, Cucumber, Summer squash, Towel gourd, Pumpkin, White gourd, Bitter gourd, Eggplant, Cowpea, Snap bean, Snow pea, Green soybean, Pea, Soybean sprout, Green gram sprouts, Mushroom, Laver, Kelp seaweed, etc.
<i>Beans and legume products</i>	Tofu, Shredded tofu, Dried bean curd, Tofu skin, etc.
<i>Aquatic products</i>	Grass carp, Catfish, Loach, Carp, Yellow croaker, Perch, Sea shrimp, River shrimp, Lobster, Sea crab, River crab, Oysters, Clams, Scallops, Cuttlefish, Octopus, etc.
<i>Livestock meat</i>	Pork, Pork (heart / ear / liver / kidney / blood / intestine), Trotters, Bacon, Lunch meat, Beef, Beef tongue, Tripe, Mutton, Lamb liver, Lamb belly, etc.
<i>Poultry</i>	Chicken, Chicken (wings / legs / claw / liver / heart / gizzards / blood), Duck, Duck (wings / legs / claw / tongue / intestine / liver / gizzard / blood), Goose, Goose (wings / legs / liver / gizzard / blood), Quail, Pigeon, etc.
<i>Eggs</i>	Hen's egg, Duck egg, Goose egg , Quail egg, etc.
<b>Porridge</b>	Rice porridge, Millet porridge, Corn porridge, Black rice and mixed bean porridge, etc.
<b>Soup</b>	Tomato egg drop soup, Oyster soup, etc.
<b>Snacks</b>	
<i>Fruits</i>	Apple, Pear, Hawthorn, Peach, Apricot, Plum, Papaya, Cherry, Grape, Persimmon, Tangerines, Grapefruit, Watermelon, Honeydew melon, Strawberry, Kiwifruit, Mulberry, Banana, Mango, Litchi, Pitaya, Durian, etc.
<i>Nuts</i>	Walnut, Chestnut, Pine nut, Peanut, Sunflower seed, Pumpkin seed, watermelon seed, etc.
<i>Others</i>	Cake, Cookies, Chocolate, Ice cream, etc.