

(a)

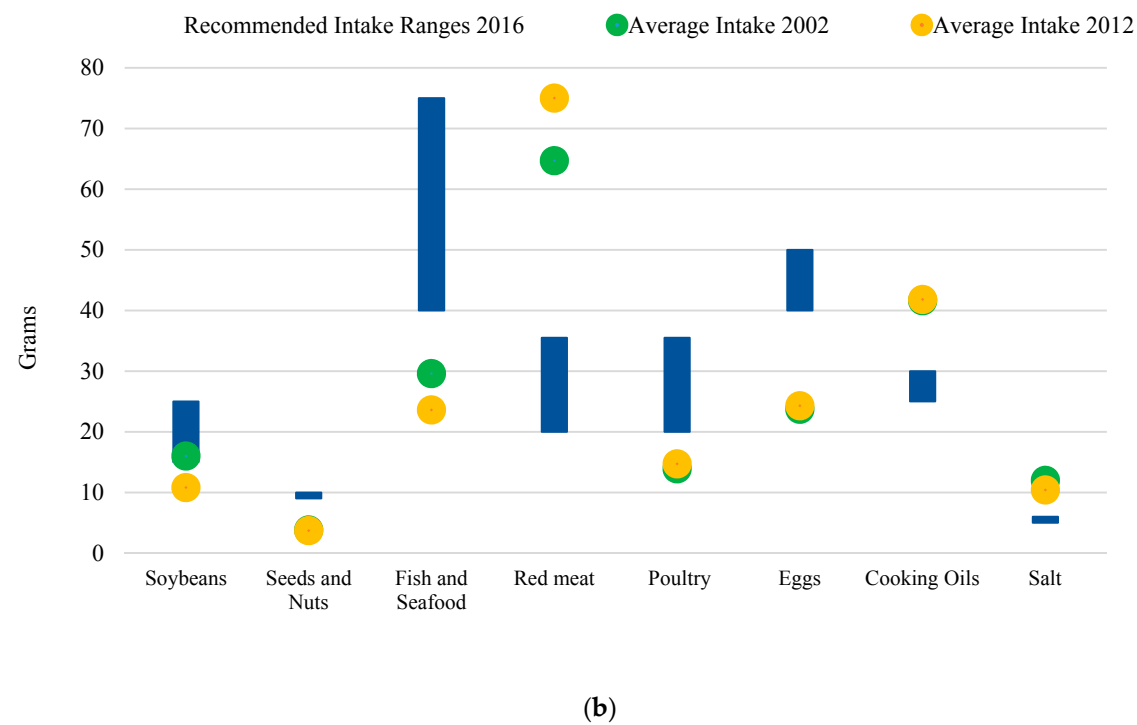


Figure S1. Current nutritional status of China. Added sugars were not included in Supplementary Figure S1a,b because the data sources were from the Chinese Nutrition and Health Surveillance 2002 and 2012, which did not incorporate the data on added sugars.

Table S1. Standard portion (SP) size for 10 major food groups based on the DGC-2016.

Food categories	Energy per SP (kcal)	Carbohydrate per SP (g)	Protein per SP (g)	Fat per SP (g)	Examples of one SP
Grains	160–180	35–40	4–7	0–2	wheat flour 50 g, wheat bun 70–80 g rice (raw) 50 g, rice (steamed) 100–120 g
Tubers	80–90	18–22	0–4	0–1	potato 100 g, sweet potato 80 g
Vegetables	15–35	3–7	1–3	0–1	spinach 100 g, snow pea 80 g
Fruits	40–55	10–15	0–1	0–1	apple 100 g, Chinese date 25 g, pear 100 g, persimmon 65 g
Dairy (whole fat% \approx 3%)	110	10–20	5–6	5–7	milk 200 mL, cheese 20–25 g,
(low fat% $<$ 0.5%)	55			2–3	milk powder 20–30 g
Soybeans and products	65–80	4–8	6–8	3–8	soybean 20 g, soybean curd 60 g soybean curd slab 45 g soybean milk 360–380 mL
Seeds and Nuts	40–55	1–10	1–3	2–4	peanut 10 g, chestnut 25 g lotus seed 20 g
Fish	50–60	0–5	6–10	1–4	grass carp 50 g, shrimp 50 g,
Seafood	35–50				hairtail 45 g, clam 45 g
Meat and Poultry (fat % $<$ 10%)	40–50	0–5	5–10	1–5	lean meat 50 g, streaky pork 25 g
(fat% \geq 10%)	10–25		2–8	5–8	
Eggs	40–50	1–3	7	5–10	Eggs 50 g

Table S2. Recommended amounts of food groups, expressed in grams* (a) and expressed in standard portion (SP) size* (b).

[illegible]

Fish and Seafood	0.3	0.4	0.9	0.9	1.1	1.1	1.7	1.7	1.7	2.2	2.8
Meat and Poultry	0.3	0.6	0.9	0.9	1.1	1.1	1.7	1.7	1.7	2.2	2.2
Eggs	0.4	0.6	0.6	0.9	0.9	1.1	1.1	1.1	1.1	1.1	1.1
Cooking Oils (g)	15.0	20.0	20.0	25.0	25.0	25.0	25.0	30.0	30.0	30.0	35.0

* Specific recommended amounts for Whole Grains and Mixed Beans at 1000–1400 and 2600–3000 calories, for Tubers at 1000–1400 calories, and for Seeds and Nuts at 1000–1400 calories are not given by the Dietary Guideline for Chinese-2016, and they should be appropriate amounts.