Table S1. Nutritional composition of the recipes used for the diet modelling

Nutritional composition /100g of product as sold	Brazil	US	UAE
Energy (kcal)	340.9	400.0	409
Fat (g)	2.6	8.1	9.7
Protein (g)	8.6	13.3	17.0
Carbohydrates (g)	85.7	64.1	60.4
Fibers (g)	3.4	6.6	5.6
Calcium (mg)	346.7	660.0	551.6
Niacin (mg)	7.2	6.7	6.2
Folic acid (µg)	185.7	46.7	72.6
Potassium (mg)	116.1	347.3	26.1
Phosphorus (mg)	301.8	281.6	514.6
Iron (mg)	33.3	45.0	15.1
Magnesium (mg)	51.0	139.0	107.7
Sodium (mg)	254.8	17.5	235.3
Zinc (mg)	9.5	11.0	6.1
Vitamin A (µg RAE)	1047.0	-	431.3
Vitamin D (µg)	18.0	10.0	8.3
Thiamin (mg)	1.05	0.5	0.73
Choline (mg)	211.9	100.0	100.0