Supplementary Materials for "Increased Provision of Bioavailable Mg Through Vegetables Could Significantly Reduce the Growing Health and Economic"

Table S1. Production quantities of top 12 vegetables which account for 88% of total vegetable productions and their moisture contents (Based on FAO and USDA).

	Production (million tons)	Production (%)	Moisture content (%)
Vegetables, fresh nes	298	27.33	--
Tomatoes	182	16.74	94.5
Onions	96.8	8.89	89.1
Cucumbers	75.2	6.91	95.2
Cabbages	69.4	6.37	92.6
Eggplants	54.1	4.97	92.0
Carrots	40.0	3.67	95.3
Peppers	36.8	3.38	93.9
Garlic	28.5	2.62	59.0
Lettuce	27.3	2.50	95.6
Cauliflowers	26.5	2.43	90.7
Spinach	26.3	2.41	91.4

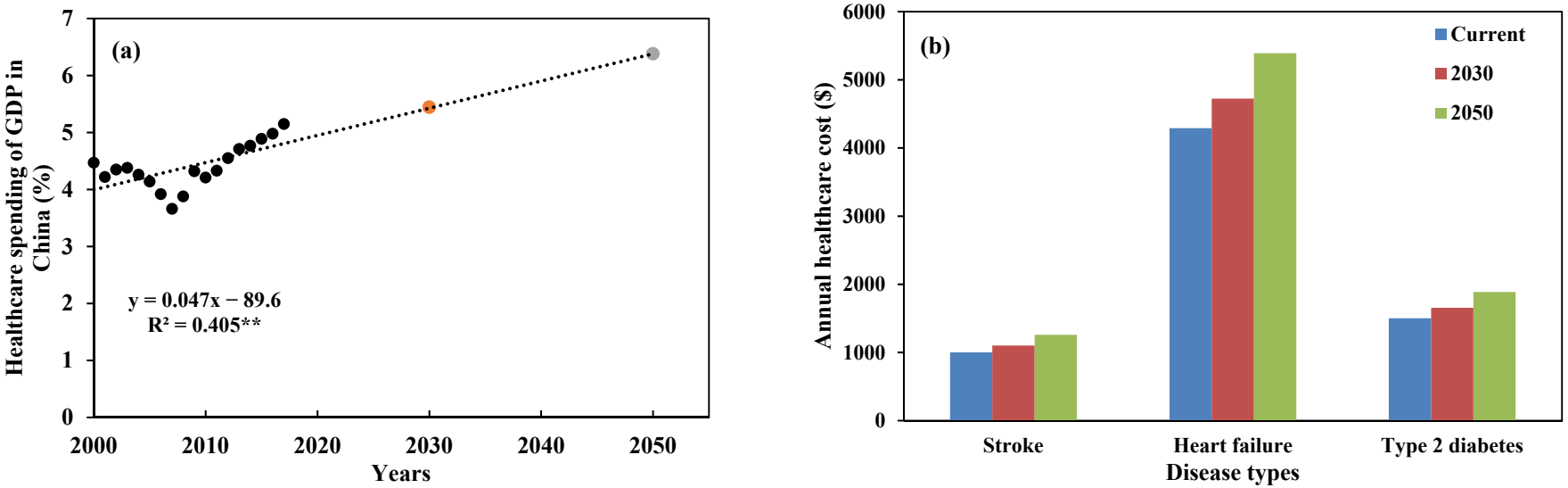

Figure S1. Healthcare spending of GDP in 2030 and 2050 in China (a) predicted by its historical trends (2000-2017) and predicted annual healthcare cost (b) of stroke, heart failure and type 2 diabetes in 2030 and 2050. ** indicates significant difference at $P < 0.01$.

Extended reference list: 235 published references for Mg concentrations in different vegetable species.

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