



Supplementary Material

Table S1. Shapiro–Wilk test values among dimensions studied per 100 kcal.

Category	NRF9.3	GHGE	Cost
All items	W = 0.99524, p -value = 1.814×10^{-11}	W = 0.54645, p -value < 2.2×10^{-16}	W = 0.20872, p -value < 2.2×10^{-16}
Fruit and vegetables	W = 0.9571, p -value = 1.555×10^{-14}	W = 0.54036, p -value < 2.2×10^{-16}	W = 0.61444, p -value < 2.2×10^{-16}
Potatoes, bread, rice, pasta and other starchy carbohydrates	W = 0.9896, p -value = 3.286×10^{-08}	W = 0.64448, p -value < 2.2×10^{-16}	W = 0.35481, p -value < 2.2×10^{-16}
Beans, pulses, fish, eggs, meat and other proteins	W = 0.9812, p -value = 4.539×10^{-14}	W = 0.7607, p -value < 2.2×10^{-16}	W = 0.28451, p -value < 2.2×10^{-16}
Dairy and alternatives	W = 0.99099, p -value = 0.0227	W = 0.68748, p -value < 2.2×10^{-16}	W = 0.22126, p -value < 2.2×10^{-16}
Drinks	W = 0.98589, p -value = 0.02606	W = 0.5513, p -value < 2.2×10^{-16}	W = 0.41501, p -value < 2.2×10^{-16}
Items that should be eaten less of-ten and in small amounts	W = 0.97388, p -value = 2.162×10^{-05}	W = 0.70617, p -value < 2.2×10^{-16}	W = 0.15579, p -value < 2.2×10^{-16}

Since all the p -value were <0.05, indicating significantly non-normality. Hence non-parametric tests were selected. NRF8.3 = Nutrient-Rich Food Index 8.3, GHGE = Green House Gas Emission.

Table S2. Overall median values across dimensions and categories.

Category	NRF8.3	GHGE	Cost
All items	300	418	0.5
Fruit and vegetables	120	210	0.35
Potatoes, bread, rice, pasta, and other starchy carbohydrates	260	651	0.25
Beans, pulses, fish, eggs, meat, and other proteins	460	470	0.62
Dairy and alternatives	158	193	0.25
Drinks	72	42	0.26
High fat, salt, or sugar products	400	468	0.58

NRF8.3 = Nutrient-Rich Food Index 8.3, GHGE = Green House Gas Emission.