

Table S1. Example of foods and ingredients included in the PHDI components.

| Components | Example of included items |
|---------------------------------|--|
| Nuts and peanuts | Nuts, pistachios, almonds, peanuts, and coconut pulp and milk |
| Legumes | Beans, pulses, lentils, chickpeas, peas, soybeans. Includes soy foods (e.g., soymilks, tofu, and textured soy protein) |
| Fruits | All fruits, including fruits used in juices, nectars and punches. Includes coconut water. |
| Vegetables | All vegetables, except tubers. |
| Whole cereals | Brown rice, whole bread, and oat flakes |
| Eggs | Chicken and other poultry eggs |
| Fish and seafood | Fish and seafood, such as mussels and shrimp |
| Tubers and potatoes | All types of potatoes and cassava as well as their derivatives flours |
| Dairy | Cow, goat and buffalo milks, yogurts, and cheeses |
| Vegetable oils | Vegetable oils used in recipes, such as soybean oil, sunflower oil and olive oil |
| Dark green vegetables (DGV) | Broccoli, arugula, cabbage, chicory, and watercress |
| Red and orange vegetables (ReV) | Tomatoes, beetroots, carrots, and pumpkins |
| Red meat | Beef, lamb and pork, including their processed meats (e.g., sausage, ham and salami) |
| Chicken and substitutes | Chicken and other poultry, including their processed meats (e.g.: pate). Includes intakes exceeding the upper limit of eggs and/or fish and seafood |
| Animal fats | Lard, tallow, butter and other dairy fats (e.g., sour cream and cheese cream) |
| Added sugars | All sweetener intake, including the table white or brown sugar and honey used as ingredients in processed or culinary products and the added sugar to manufactured foods and beverages |

Figure S1. Normal distribution of the Planetary Health Diet Index. ELSA-Brasil, 2008-2009.

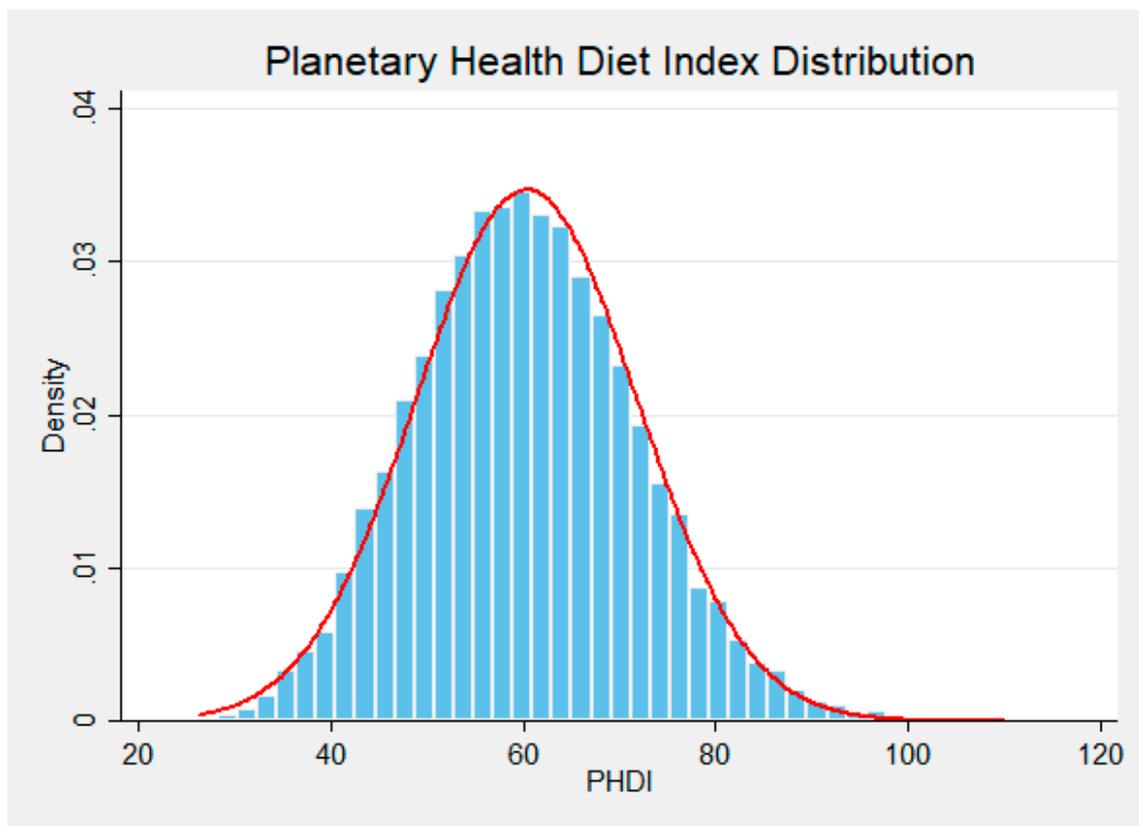


Table S2. Correlations between Planetary Health Diet Index components and each component with total energy intake. ELSA-Brasil, 2008-2009.

| Component | Red meat | Nuts and peanuts | Legumes | Chicken and substitutes | Fish and seafood | Eggs | Fruits | Vegetables | DGV/total ratio | ReV/total ratio | Whole cereals | Tubers | Dairy | Unsaturated oils | Animal fats | Added sugars |
|-------------------------|----------|------------------|---------|-------------------------|------------------|---------|---------|------------|-----------------|-----------------|---------------|---------|--------|------------------|-------------|--------------|
| Nuts and peanuts | 0.12** | | | | | | | | | | | | | | | |
| Legumes | -0.01 | -0.15** | | | | | | | | | | | | | | |
| Chicken and substitutes | 0.04** | 0.08** | 0.04** | | | | | | | | | | | | | |
| Fish and seafood | -0.09** | 0.01 | 0.04** | 0.25** | | | | | | | | | | | | |
| Eggs | -0.03** | 0.03* | 0.01 | 0.19** | 0.06** | | | | | | | | | | | |
| Fruits | 0.03** | 0.09** | -0.12** | 0.01 | 0.04** | 0.01 | | | | | | | | | | |
| Vegetables | -0.01 | 0.03* | 0.00** | -0.02* | 0.05** | -0.01 | 0.08** | | | | | | | | | |
| DGV/total ratio | 0.06** | 0.12** | -0.04** | 0.01 | -0.03* | 0.00 | 0.08** | -0.03** | | | | | | | | |
| ReV/total ratio | 0.05** | 0.10** | -0.07** | 0.03* | -0.03* | 0.01 | 0.08** | -0.17** | 0.24** | | | | | | | |
| Whole cereals | 0.18** | 0.19** | -0.12** | 0.07** | -0.01 | 0.03** | 0.08** | -0.00 | 0.15** | 0.16** | | | | | | |
| Tubers | 0.02* | 0.04** | -0.00 | 0.03** | -0.01 | 0.03** | 0.00 | -0.13** | 0.32** | 0.45** | 0.08** | | | | | |
| Dairy | -0.03* | -0.02* | 0.18** | -0.12** | -0.04** | -0.03** | -0.02* | 0.04** | -0.06** | -0.13** | -0.06** | -0.09** | | | | |
| Unsaturated oils | -0.10** | -0.19** | 0.04** | -0.13** | -0.01 | -0.04** | -0.16** | 0.05** | -0.21** | -0.25** | -0.20** | -0.19** | 0.16** | | | |
| Animal fats | 0.05** | 0.03* | 0.08** | -0.03** | -0.07** | 0.01 | -0.01 | -0.05** | 0.10** | 0.10** | 0.09** | 0.08** | -0.01 | 0.02 | | |
| Added sugars | 0.02* | 0.06** | 0.04** | -0.06** | -0.08** | -0.02 | 0.03* | 0.01 | 0.13** | 0.09** | 0.07** | 0.04** | 0.01 | -0.09** | 0.27** | |
| Energy | -0.10** | -0.07** | 0.23** | 0.00 | 0.11** | 0.06** | -0.03* | 0.03* | -0.20** | -0.21** | -0.18** | -0.10** | 0.12** | 0.14** | -0.09** | -0.16** |

*p<0.05; **p<0.001

Table S3. Mean and 95% CI of the Brazilian Health Eating Index Revised (BHEI-R) and carbon footprint, grouped by sex and age group. ELSA-Brasil, 2008-2009.

| Characteristics | Individuals | | BHEI-R | | Carbon footprint ^a | | |
|-----------------|-------------|------|-------------|----------|-------------------------------|-------------|----------|
| | % | mean | 95% CI | p-value* | mean | 95% CI | p-value* |
| Gender | | | | <0.001 | | | 0.008 |
| Men | 45.5 | 68.3 | 68.1 – 68.5 | | 1.91 | 1.89 – 1.93 | |
| Women | 54.5 | 72.0 | 71.9 – 72.2 | | 1.94 | 1.92 – 1.96 | |
| Age group | | | | <0.001 | | | 0.306 |
| Adults | 78.5 | 69.7 | 69.5 – 69.8 | | 1.93 | 1.91 – 1.94 | |
| Elderly | 21.5 | 72.8 | 72.5 – 73.1 | | 1.94 | 1.92 – 1.97 | |

*t test. ^aCarbon footprint: greenhouse gas emissions (kg CO₂eq/1000 kcal per day).