

Supplementary Table S1. Median consumption frequencies per food group per week

Food group ¹	Consump- tion fre- quencies /week ²
Added fats	7
Added sugars	7
Bakery & breakfast cereals	0
Dairy products	7
Fruits	0
Grains & grain products	10
Legumes, nuts & seeds	0
Meat, fish & eggs	1
Starchy roots & other starchy plant foods	0
Vegetables	14

¹ See Supplementary Table S2 for more details on classification of foods

² Based on 124 24-hour dietary recalls