

Table S1. Individual FA and major nutrient calculation in the individual FA dataset (MCW + USDA). USDA food codes are highlighted in red.

[illegible]

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Food item	Grams per 100g of food item ¹				Codes for foods from MCW and USDA and the fraction (%) assigned to each code ²																				
	Total fat	Total SFAs	Total MUFAs	Total PUFAs	Code 1	Fraction 1	Code 2	Fraction 2	Code 3	Fraction 3	Code 4	Fraction 4	Code 5	Fraction 5	Code 6	Fraction 6	Code 7	Fraction 7	Code 8	Fraction 8	Code 9	Fraction 9	Code 10	Fraction 10	Code 11
brdbag_s_olive_fat_thick	59.10	13.22	31.37	11.53	12-505	100																			
brdbag_s_olive_fat_thin	59.10	13.22	31.37	11.53	12-505	100																			
brdbag_s_olive_lowfat_med	38.90	8.90	21.68	6.36	12-498	100																			
brdbag_s_olive_lowfat_thick	38.90	8.90	21.68	6.36	12-498	100																			
brdbag_s_olive_lowfat_thin	38.90	8.90	21.68	6.36	12-498	100																			
brdbag_s_olive_vlowfat_med	38.90	8.90	21.68	6.36	12-498	100																			
brdbag_s_olive_vlowfat_thick	38.90	8.90	21.68	6.36	12-498	100																			
brdbag_s_olive_vlowfat_thin	38.90	8.90	21.68	6.36	12-498	100																			
brdbag_s_other_med	68.67	33.71	21.43	9.30	81204000	18	17-685	16	17-661	16	12-499	12.5	12-503	12.5	12-497	12.5	12-504	12.5							
brdbag_s_other_thick	68.67	33.71	21.43	9.30	81204000	18	17-685	16	17-661	16	12-499	12.5	12-503	12.5	12-497	12.5	12-504	12.5							
brdbag_s_other_thin	68.67	33.71	21.43	9.30	81204000	18	17-685	16	17-661	16	12-499	12.5	12-503	12.5	12-497	12.5	12-504	12.5							
brdbag_s_poly_chol_med	36.90	8.55	11.50	14.96	12-499	100																			
brdbag_s_poly_chol_thick	36.90	8.55	11.50	14.96	12-499	100																			
brdbag_s_poly_chol_thin	36.90	8.55	11.50	14.96	12-499	100																			
brdbag_s_poly_dunno_med	48.05	10.88	14.60	20.07	12-499	50	12-503	50																	
brdbag_s_poly_dunno_thick	48.05	10.88	14.60	20.07	12-499	50	12-503	50																	
brdbag_s_poly_dunno_thin	48.05	10.88	14.60	20.07	12-499	50	12-503	50																	
brdbag_s_poly_fat_med	59.20	13.21	17.70	25.17	12-503	100																			
brdbag_s_poly_fat_thick	59.20	13.21	17.70	25.17	12-503	100																			
brdbag_s_poly_fat_thin	59.20	13.21	17.70	25.17	12-503	100																			
brdbag_s_poly_lowfat_med	36.90	8.55	11.50	14.96	12-499	100																			
brdbag_s_poly_lowfat_thick	36.90	8.55	11.50	14.96	12-499	100																			
brdbag_s_poly_lowfat_thin	36.90	8.55	11.50	14.96	12-499	100																			
brdbag_s_poly_vlowfat_med	36.90	8.55	11.50	14.96	12-499	100																			
brdbag_s_poly_vlowfat_thick	36.90	8.55	11.50	14.96	12-499	100																			
brdbag_s_poly_vlowfat_thin	36.90	8.55	11.50	14.96	12-499	100																			
brdbag_s_soya_chol_med	36.90	8.55	11.50	14.96	12-499	100																			
brdbag_s_soya_chol_thick	36.90	8.55	11.50	14.96	12-499	100																			
brdbag_s_soya_chol_thin	36.90	8.55	11.50	14.96	12-499	100																			
brdbag_s_soya_dunno_med	48.05	10.88	14.60	20.07	12-499	50	12-503	50																	
brdbag_s_soya_dunno_thick	48.05	10.88	14.60	20.07	12-499	50	12-503	50																	
brdbag_s_soya_dunno_thin	48.05	10.88	14.60	20.07	12-499	50	12-503	50																	
brdbag_s_soya_fat_med	59.20	13.21	17.70	25.17	12-503	100																			
brdbag_s_soya_fat_thick	59.20	13.21	17.70	25.17	12-503	100																			
brdbag_s_soya_fat_thin	59.20	13.21	17.70	25.17	12-503	100																			
brdbag_s_soya_lowfat_med	36.90	8.55	11.50	14.96	12-499	100																			
brdbag_s_soya_lowfat_thick	36.90	8.55	11.50	14.96	12-499	100																			
brdbag_s_soya_lowfat_thin	36.90	8.55	11.50	14.96	12-499	100																			
brdbag_s_soya_vlowfat_med	36.90	8.55	11.50	14.96	12-499	100																			
brdbag_s_soya_vlowfat_thick	36.90	8.55	11.50	14.96	12-499	100																			
brdbag_s_soya_vlowfat_thin	36.90	8.55	11.50	14.96	12-499	100																			
brdcric_s_butt_fat_med	79.10	34.15	29.54	10.00	17-655	100																			
brdcric_s_butt_fat_thick	79.10	34.15	29.54	10.00	17-655	100																			
brdcric_s_butt_fat_thin	79.10	34.15	29.54	10.00	17-655	100																			
brdcric_s_butt_lowfat_med	60.20	25.70	22.66	7.75	17-656	100																			
brdcric_s_butt_lowfat_thick	60.20	25.70	22.66	7.75	17-656	100																			
brdcric_s_butt_lowfat_thin	60.20	25.70	22.66	7.75	17-656	100																			
brdcric_s_butter_dunno_med	80.65	43.12	25.23	6.42	17-655	50	17-685	25	17-661	25															
brdcric_s_butter_dunno_thick	80.65	43.12	25.23	6.42	17-655	50	17-685	25	17-661	25															
brdcric_s_butter_dunno_thin	80.65	43.12	25.23	6.42	17-655	50	17-685	25	17-661	25															
brdcric_s_butter_fat_med	82.20	52.09	20.91	2.83	17-685	50	17-661	50																	
brdcric_s_butter_fat_thick	82.20	52.09	20.91	2.83	17-685	50	17-661	50																	
brdcric_s_butter_fat_thin	82.20	52.09	20.91	2.83	17-685	50	17-661	50																	
brdcric_s_butter_lowfat_med	60.20	25.70	22.66	7.75	17-656	100																			
brdcric_s_butter_lowfat_thick	60.20	25.70	22.66	7.75	17-656	100																			
brdcric_s_butter_lowfat_thin	60.20	25.70	22.66	7.75	17-656	100																			
brdcric_s_dairy_chol_med	39.00	9.76	17.39	9.82	12-497	100																			
brdcric_s_dairy_chol_thick	39.00	9.76	17.39	9.82	12-497	100																			
brdcric_s_dairy_chol_thin	39.00	9.76	17.39	9.82	12-497	100																			
brdcric_s_dairy_dunno_med	49.80	12.69	23.67	10.86	12-497	50	12-504	50																	
brdcric_s_dairy_dunno_thick	49.80	12.69	23.67	10.86	12-497	50	12-504	50																	
brdcric_s_dairy_dunno_thin	49.80	12.69	23.67	10.86	12-497	50	12-504	50																	
brdcric_s_dairy_fat_med	60.60	15.61	29.95	11.90	12-504	100																			
brdcric_s_dairy_fat_thick	60.60	15.61	29.95	11.90	12-504	100																			
brdcric_s_dairy_fat_thin	60.60	15.61	29.95	11.90	12-504	100																			
brdcric_s_dairy_lowfat_med	39.00	9.76	17.39	9.82	12-497	100																			
brdcric_s_dairy_lowfat_thick	39.00	9.76	17.39	9.82	12-497	100																			
brdcric_s_dairy_lowfat_thin	39.00	9.76	17.39	9.82	12-497	100																			
brdcric_s_dairy_vlowfat_med	39.00	9.76	17.39	9.82	12-497	100																			
brdcric_s_dairy_vlowfat_thick	39.00	9.76	17.39	9.82	12-497	100																			
brdcric_s_dairy_vlowfat_thin	39.00	9.76	17.39	9.82	12-497	100																			
brdcric_s_dunno_chol_med	37.95	9.16	14.45	12.39	12-497	50	12-499	50																	
brdcric_s_dunno_chol_thick	37.95	9.16	14.45	12.39	12-497	50	12-499	50																	
brdcric_s_dunno_chol_thin	37.95	9.16	14.45	12.39	12-497	50	12-499	50																	
brdcric_s_dunno_dunno_med	48.93	11.78	19.14	15.46	12-497	25	12-499	25	12-503	25	12-504</														

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Table S1. Individual FA and major nutrient calculation in the individual FA dataset (MCW + USDA). USDA food codes are highlighted in red.

Food item	Grams per 100g of food item ¹				Codes for foods from MCW and USDA and the fraction (%) assigned to each code ²																					
	Total fat	Total SFAs	Total MUFAs	Total PUFAs	Code 1	Fraction 1	Code 2	Fraction 2	Code 3	Fraction 3	Code 4	Fraction 4	Code 5	Fraction 5	Code 6	Fraction 6	Code 7	Fraction 7	Code 8	Fraction 8	Code 9	Fraction 9	Code 10	Fraction 10	Code 11	Fraction 11
brdlbp_s_butterspr_lowfat_thick	60.20	25.70	22.66	7.75	17-656	100																				
brdlbp_s_butterspr_lowfat_thin	60.20	25.70	22.66	7.75	17-656	100																				
brdlbp_s_dairy_chol_med	39.00	9.76	17.39	9.82	12-497	100																				
brdlbp_s_dairy_chol_thick	39.00	9.76	17.39	9.82	12-497	100																				
brdlbp_s_dairy_chol_thin	39.00	9.76	17.39	9.82	12-497	100																				
brdlbp_s_dairy_dunno_med	49.80	12.69	23.67	10.86	12-497	50	12-504	50																		
brdlbp_s_dairy_dunno_thick	49.80	12.69	23.67	10.86	12-497	50	12-504	50																		
brdlbp_s_dairy_dunno_thin	49.80	12.69	23.67	10.86	12-497	50	12-504	50																		
brdlbp_s_dairy_fat_med	60.60	15.61	29.95	11.90	12-504	100																				
brdlbp_s_dairy_fat_thick	60.60	15.61	29.95	11.90	12-504	100																				
brdlbp_s_dairy_fat_thin	60.60	15.61	29.95	11.90	12-504	100																				
brdlbp_s_dairy_lowfat_med	39.00	9.76	17.39	9.82	12-497	100																				
brdlbp_s_dairy_lowfat_thick	39.00	9.76	17.39	9.82	12-497	100																				
brdlbp_s_dairy_lowfat_thin	39.00	9.76	17.39	9.82	12-497	100																				
brdlbp_s_dairy_vlowfat_med	39.00	9.76	17.39	9.82	12-497	100																				
brdlbp_s_dairy_vlowfat_thick	39.00	9.76	17.39	9.82	12-497	100																				
brdlbp_s_dairy_vlowfat_thin	39.00	9.76	17.39	9.82	12-497	100																				
brdlbp_s_dunno_chol_med	37.95	9.16	14.45	12.39	12-497	50	12-499	50																		
brdlbp_s_dunno_chol_thick	37.95	9.16	14.45	12.39	12-497	50	12-499	50																		
brdlbp_s_dunno_chol_thin	37.95	9.16	14.45	12.39	12-497	50	12-499	50																		
brdlbp_s_dunno_dunno_med	48.93	11.78	19.14	15.46	12-497	25	12-499	25	12-503	25	12-504	25														
brdlbp_s_dunno_dunno_thick	48.93	11.78	19.14	15.46	12-497	25	12-499	25	12-503	25	12-504	25														
brdlbp_s_dunno_dunno_thin	48.93	11.78	19.14	15.46	12-497	25	12-499	25	12-503	25	12-504	25														
brdlbp_s_dunno_fat_med	59.90	14.41	23.83	18.54	12-503	50	12-504	50																		
brdlbp_s_dunno_fat_thick	59.90	14.41	23.83	18.54	12-503	50	12-504	50																		
brdlbp_s_dunno_fat_thin	59.90	14.41	23.83	18.54	12-503	50	12-504	50																		
brdlbp_s_dunno_lowfat_med	37.95	9.16	14.45	12.39	12-497	50	12-499	50																		
brdlbp_s_dunno_lowfat_thick	37.95	9.16	14.45	12.39	12-497	50	12-499	50																		
brdlbp_s_dunno_lowfat_thin	37.95	9.16	14.45	12.39	12-497	50	12-499	50																		
brdlbp_s_dunno_vlowfat_med	37.95	9.16	14.45	12.39	12-497	50	12-499	50																		
brdlbp_s_dunno_vlowfat_thick	37.95	9.16	14.45	12.39	12-497	50	12-499	50																		
brdlbp_s_dunno_vlowfat_thin	37.95	9.16	14.45	12.39	12-497	50	12-499	50																		
brdlbp_s_hardmarg_med	76.40	26.41	34.00	12.21	12-500	100																				
brdlbp_s_hardmarg_thick	76.40	26.41	34.00	12.21	12-500	100																				
brdlbp_s_hardmarg_thin	76.40	26.41	34.00	12.21	12-500	100																				
brdlbp_s_olive_chol_med	38.90	8.90	21.68	6.36	12-498	100																				
brdlbp_s_olive_chol_thick	38.90	8.90	21.68	6.36	12-498	100																				
brdlbp_s_olive_chol_thin	38.90	8.90	21.68	6.36	12-498	100																				
brdlbp_s_olive_dunno_med	49.00	11.06	26.53	8.95	12-498	50	12-505	50																		
brdlbp_s_olive_dunno_thick	49.00	11.06	26.53																							

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brdlbp_s_soya_fat_thick	59.20	13.21	17.70	25.17	12-503	100																			
brdlbp_s_soya_fat_thin	59.20	13.21	17.70	25.17	12-503	100																			
brdlbp_s_soya_lowfat_med	36.90	8.55	11.50	14.96	12-499	100																			
brdlbp_s_soya_lowfat_thick	36.90	8.55	11.50	14.96	12-499	100																			
brdlbp_s_soya_lowfat_thin	36.90	8.55	11.50	14.96	12-499	100																			
brdlbp_s_soya_vlowfat_med	36.90	8.55	11.50	14.96	12-499	100																			
brdlbp_s_soya_vlowfat_thick	36.90	8.55	11.50	14.96	12-499	100																			
brdlbp_s_soya_vlowfat_thin	36.90	8.55	11.50	14.96	12-499	100																			
brdoth_s_butter_dunno_med	80.65	43.12	25.23	6.42	17-655	50	17-685	25	17-661	25															
brdoth_s_butter_dunno_thick	80.65	43.12	25.23	6.42	17-655	50	17-685	25	17-661	25															
brdoth_s_butter_dunno_thin	80.65	43.12	25.23	6.42	17-655	50	17-685	25	17-661	25															
brdoth_s_butter_fat_med	82.20	52.09	20.91	2.83	17-685	50	17-661	50																	
brdoth_s_butter_fat_thick	82.20	52.09	20.91	2.83	17-685	50	17-661	50																	
brdoth_s_butter_fat_thin	82.20	52.09	20.91	2.83	17-685	50	17-661	50																	
brdoth_s_butter_lowfat_med	60.20	25.70	22.66	7.75	17-656	100																			
brdoth_s_butter_lowfat_thick	60.20	25.70	22.66	7.75	17-656	100																			
brdoth_s_butter_lowfat_thin	60.20	25.70	22.66	7.75	17-656	100																			
brdoth_s_buttspr_fat_med	79.10	34.15	29.54	10.00	17-655	100																			
brdoth_s_buttspr_fat_thick	79.10	34.15	29.54	10.00	17-655	100																			
brdoth_s_buttspr_fat_thin	79.10	34.15	29.54	10.00	17-655	100																			
brdoth_s_buttspr_lowfat_med	60.20	25.70	22.66	7.75	17-656	100																			
brdoth_s_buttspr_lowfat_thick	60.20	25.70	22.66	7.75	17-656	100																			
brdoth_s_buttspr_lowfat_thin	60.20	25.70	22.66	7.75	17-656	100																			
brdoth_s_dairy_chol_med	39.00	9.76	17.39	9.82	12-497	100																			
brdoth_s_dairy_chol_thick	39.00	9.76	17.39	9.82	12-497	100																			
brdoth_s_dairy_chol_thin	39.00	9.76	17.39	9.82	12-497	100																			
brdoth_s_dairy_dunno_med	49.80	12.69	23.67	10.86	12-497	50	12-504	50																	
brdoth_s_dairy_dunno_thick	49.80	12.69	23.67	10.86	12-497	50	12-504	50																	
brdoth_s_dairy_dunno_thin	49.80	12.69	23.67	10.86	12-497	50	12-504	50																	
brdoth_s_dairy_fat_med	60.60	15.61	29.95	11.90	12-504	100																			
brdoth_s_dairy_fat_thick	60.60	15.61	29.95	11.90	12-504	100																			
brdoth_s_dairy_fat_thin	60.60	15.61	29.95	11.90	12-504	100																			
brdoth_s_dairy_lowfat_med	39.00	9.76	17.39	9.82	12-497	100																			
brdoth_s_dairy_lowfat_thick	39.00	9.76	17.39	9.82	12-497	100																			
brdoth_s_dairy_lowfat_thin	39.00	9.76	17.39	9.82	12-497	100																			
brdoth_s_dairy_vlowfat_med	39.00	9.76	17.39	9.82	12-497	100																			
brdoth_s_dairy_vlowfat_thick	39.00	9.76	17.39	9.82	12-497	100																			
brdoth_s_dairy_vlowfat_thin	39.00	9.76	17.39	9.82	12-497	100																			
brdoth_s_dunno_chol_med	37.95	9.16	14.45	12.39	12-497	50	12-499	50																	
brdoth_s_dunno_chol_thick	37.95	9.16	14.45	12.39	12-497	50	12-499	50																	
brdoth_s_dunno_chol_thin	37.95	9.16	14.45	12.39	12-497	50	12-499	50																	
brdoth_s_dunno_dunno_med	48.93	11.78	19.14	15.46	12-497	25	12-499	25	12-503	25	12-504	25													
brdoth_s_dunno_dunno_thick	48.93	11.78	19.14	15.46	12-497	25	12-499	25	12-503	25	12-504	25													
brdoth_s_dunno_dunno_thin	48.93	11.78	19.14	15.46	12-497	25	12-499	25	12-503	25	12-504	25													
brdoth_s_dunno_fat_med	59.90	14.41	23.83	18.54	12-503	50	12-504	50																	
brdoth_s_dunno_fat_thick	59.90	14.41	23.83	18.54	12-503	50	12-504	50																	
brdoth_s_dunno_fat_thin	59.90	14.41	23.83	18.54	12-503	50	12-504	50																	
brdoth_s_dunno_lowfat_med	37.95	9.16	14.45	12.39	12-497	50	12-499	50																	
brdoth_s_dunno_lowfat_thick	37.95	9.16	14.45	12.39	12-497	50	12-499	50																	
brdoth_s_dunno_lowfat_thin	37.95	9.16	14.45	12.39	12-497	50	12-499	50																	
brdoth_s_dunno_vlowfat_med	37.95	9.16	14.45	12.39	12-497	50	12-499	50																	
brdoth_s_dunno_vlowfat_thick	37.95	9.16	14.45	12.39	12-497	50	12-499	50																	
brdoth_s_dunno_vlowfat_thin	37.95	9.16	14.45	12.39	12-497	50	12-499	50																	
brdoth_s_hardmarg_med	76.40	26.41	34.00	12.21	12-500	100																			
brdoth_s_hardmarg_thick	76.40	26.41	34.00	12.21	12-500	100																			
brdoth_s_hardmarg_thin	76.40	26.41	34.00	12.21	12-500	100																			
brdoth_s_olive_chol_med	38.90	8.90	21.68	6.36	12-498	100																			
brdoth_s_olive_chol_thick	38.90	8.90	21.68	6.36	12-498	100																			
brdoth_s_olive_chol_thin	38.90	8.90	21.68	6.36	12-498	100																			
brdoth_s_olive_dunno_med	49.00	11.06	26.53	8.95	12-498	50	12-505	50																	
brdoth_s_olive_dunno_thick	49.00	11.06	26.53	8.95	12-498	50	12-505	50																	
brdoth_s_olive_dunno_thin	49.00	11.06	26.53	8.95	12-498	50	12-505	50																	
brdoth_s_olive_fat_med	59.10	13.22	31.37	11.53	12-505	100																			
brdoth_s_olive_fat_thick	59.10	13.22	31.37	11.53	12-505	100																			
brdoth_s_olive_fat_thin	59.10	13.22	31.37	11.53	12-505	100																			
brdoth_s_olive_lowfat_med	38.90	8.90	21.68	6.36	12-498	100																			
brdoth_s_olive_lowfat_thick	38.90	8.90	21.68	6.36	12-498	100																			
brdoth_s_olive_lowfat_thin	38.90	8.90	21.68	6.36	12-498	100																			
brdoth_s_olive_vlowfat_med	38.90	8.90	21.68	6.36	12-498	100																			
brdoth_s_olive_vlowfat_thick	38.90	8.90	21.68	6.36	12-498	100																			
brdoth_s_olive_vlowfat_thin	38.90	8.90	21.68	6.36	12-498	100																			
brdoth_s_other_med	68.67	33.71	21.43	9.30	81204000	18	17-685	16	17-661	16	12-499	12.5	12-503	12.5	12-497	12.5	12-504	12.5							
brdoth_s_other_thick	68.67	33.71	21.43	9.30	81204000	18	17-685	16	17-661	16	12-499	12.5	12-503	12.5	12-497	12.5	12-504	12.5							
brdoth_s_other_thin	68.67	33.71	21.43	9.30	81204000	18	17-685	16	17-661	16	12-499	12.5	12-503	12.5	12-497	12.5	12-504								

Table S1. Individual FA and major nutrient calculation in the individual FA dataset (MCW + USDA). USDA food codes are highlighted in red.

[illegible]

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Table S1. Individual FA and major nutrient calculation in the individual FA dataset (MCW + USDA). USDA food codes are highlighted in red.

Food item	Grams per 100g of food item ¹				Codes for foods from MCW and USDA and the fraction (%) assigned to each code ²																				
	Total fat	Total SFAs	Total MUFAs	Total PUFAs	Code 1	Fraction 1	Code 2	Fraction 2	Code 3	Fraction 3	Code 4	Fraction 4	Code 5	Fraction 5	Code 6	Fraction 6	Code 7	Fraction 7	Code 8	Fraction 8	Code 9	Fraction 9	Code 10	Fraction 10	Code 11
brdqli_s_dairy_lowfat_thick	39.00	9.76	17.39	9.82	12-497	100																			
brdqli_s_dairy_lowfat_thin	39.00	9.76	17.39	9.82	12-497	100																			
brdqli_s_dairy_vlowfat_med	39.00	9.76	17.39	9.82	12-497	100																			
brdqli_s_dairy_vlowfat_thick	39.00	9.76	17.39	9.82	12-497	100																			
brdqli_s_dairy_vlowfat_thin	39.00	9.76	17.39	9.82	12-497	100																			
brdqli_s_dunno_chol_med	37.95	9.16	14.45	12.39	12-497	50	12-499	50																	
brdqli_s_dunno_chol_thick	37.95	9.16	14.45	12.39	12-497	50	12-499	50																	
brdqli_s_dunno_chol_thin	37.95	9.16	14.45	12.39	12-497	50	12-499	50																	
brdqli_s_dunno_dunno_med	48.93	11.78	19.14	15.46	12-497	25	12-499	25	12-503	25	12-504	25													
brdqli_s_dunno_dunno_thick	48.93	11.78	19.14	15.46	12-497	25	12-499	25	12-503	25	12-504	25													
brdqli_s_dunno_dunno_thin	48.93	11.78	19.14	15.46	12-497	25	12-499	25	12-503	25	12-504	25													
brdqli_s_dunno_fat_med	59.90	14.41	23.83	18.54	12-503	50	12-504	50																	
brdqli_s_dunno_fat_thick	59.90	14.41	23.83	18.54	12-503	50	12-504	50																	
brdqli_s_dunno_fat_thin	59.90	14.41	23.83	18.54	12-503	50	12-504	50																	
brdqli_s_dunno_lowfat_med	37.95	9.16	14.45	12.39	12-497	50	12-499	50																	
brdqli_s_dunno_lowfat_thick	37.95	9.16	14.45	12.39	12-497	50	12-499	50																	
brdqli_s_dunno_lowfat_thin	37.95	9.16	14.45	12.39	12-497	50	12-499	50																	
brdqli_s_dunno_vlowfat_med	37.95	9.16	14.45	12.39	12-497	50	12-499	50																	
brdqli_s_dunno_vlowfat_thick	37.95	9.16	14.45	12.39	12-497	50	12-499	50																	
brdqli_s_dunno_vlowfat_thin	37.95	9.16	14.45	12.39	12-497	50	12-499	50																	
brdqli_s_hardmarg_med	76.40	26.41	34.00	12.21	12-500	100																			
brdqli_s_hardmarg_thick	76.40	26.41	34.00	12.21	12-500	100																			
brdqli_s_hardmarg_thin	76.40	26.41	34.00	12.21	12-500	100																			
brdqli_s_olive_chol_med	38.90	8.90	21.68	6.36	12-498	100																			
brdqli_s_olive_chol_thick	38.90	8.90	21.68	6.36	12-498	100																			
brdqli_s_olive_chol_thin	38.90	8.90	21.68	6.36	12-498	100																			
brdqli_s_olive_dunno_med	49.00	11.06	26.53	8.95	12-498	50	12-505	50																	
brdqli_s_olive_dunno_thick	49.00	11.06	26.53	8.95	12-498	50	12-505	50																	
brdqli_s_olive_dunno_thin	49.00	11.06	26.53	8.95	12-498	50	12-505	50																	
brdqli_s_olive_fat_med	59.10	13.22	31.37	11.53	12-505	100																			
brdqli_s_olive_fat_thick	59.10	13.22	31.37	11.53	12-505	100																			
brdqli_s_olive_fat_thin	59.10	13.22	31.37	11.53	12-505	100																			
brdqli_s_olive_lowfat_med	38.90	8.90	21.68	6.36	12-498	100																			
brdqli_s_olive_lowfat_thick	38.90	8.90	21.68	6.36	12-498	100																			
brdqli_s_olive_lowfat_thin	38.90	8.90	21.68	6.36	12-498	100																			
brdqli_s_olive_vlowfat_med	38.90	8.90	21.68	6.36	12-498	100																			
brdqli_s_olive_vlowfat_thick	38.90	8.90	21.68	6.36	12-498	100																			
brdqli_s_olive_vlowfat_thin	38.90	8.90	21.68	6.36	12-498	100																			
brdqli_s_other_med	68.67	33.71	21.43	9.30	81204000	18	17-685	16	17-661	16	12-499	12.5	12-503	12.5	12-497	12.5	12-504	12.5							
brdqli_s_other_thick	68.67	33.71	21.43	9.30	81204000	18	17-685	16	17-661	16	12-499	12.5	12-503	12.5	12-497	12.5	12-504	12.5							
brdqli_s_other_thin	68.67	33.71	21.43	9.30	81204000	18	17-685	16	17-661	16	12-499	12.5	12-503	12.5	12-497	12.5	12-504	12.5							
brdqli_s_poly_chol_med	36.90	8.55	11.50	14.96	12-499	100																			
brdqli_s_poly_chol_thick	36.90	8.55	11.50	14.96	12-499	100																			
brdqli_s_poly_chol_thin	36.90	8.55	11.50	14.96	12-499	100																			
brdqli_s_poly_dunno_med	48.05	10.88	14.60	20.07	12-499	50	12-503	50																	
brdqli_s_poly_dunno_thick	48.05	10.88	14.60	20.07	12-499	50	12-503	50																	
brdqli_s_poly_dunno_thin	48.05	10.88	14.60	20.07	12-499	50	12-503	50																	
brdqli_s_poly_fat_med	59.20	13.21	17.70	25.17	12-503	100																			
brdqli_s_poly_fat_thick	59.20	13.21	17.70	25.17	12-503	100																			
brdqli_s_poly_fat_thin	59.20	13.21	17.70	25.17	12-503	100																			
brdqli_s_poly_lowfat_med	36.90	8.55	11.50	14.96	12-499	100																			
brdqli_s_poly_lowfat_thick	36.90	8.55	11.50	14.96	12-499	100																			
brdqli_s_poly_lowfat_thin	36.90	8.55	11.50	14.96	12-499	100																			
brdqli_s_poly_vlowfat_med	36.90	8.55	11.50	14.96	12-499	100																			
brdqli_s_poly_vlowfat_thick	36.90	8.55	11.50	14.96	12-499	100																			
brdqli_s_poly_vlowfat_thin	36.90	8.55	11.50	14.96	12-499	100																			
brdqli_s_soya_chol_med	36.90	8.55	11.50	14.96	12-499	100																			
brdqli_s_soya_chol_thick	36.90	8.55	11.50	14.96	12-499	100																			
brdqli_s_soya_chol_thin	36.90	8.55	11.50	14.96	12-499	100																			
brdqli_s_soya_dunno_med	48.05	10.88	14.60	20.07	12-499	50	12-503	50																	
brdqli_s_soya_dunno_thick	48.05	10.88	14.60	20.07	12-499	50	12-503	50																	
brdqli_s_soya_dunno_thin	48.05	10.88	14.60	20.07	12-499	50	12-503	50																	
brdqli_s_soya_fat_med	59.20	13.21	17.70	25.17	12-503	100																			
brdqli_s_soya_fat_thick	59.20	13.21	17.70	25.17	12-503	100																			
brdqli_s_soya_fat_thin	59.20	13.21	17.70	25.17	12-503	100																			
brdqli_s_soya_lowfat_med	36.90	8.55	11.50	14.96	12-499	100																			
brdqli_s_soya_lowfat_thick	36.90	8.55	11.50	14.96	12-499	100																			
brdqli_s_soya_lowfat_thin	36.90	8.55	11.50	14.96	12-499	100																			
brdqli_s_soya_vlowfat_med	36.90	8.55	11.50	14.96	12-499	100																			
brdqli_s_soya_vlowfat_thick	36.90	8.55	11.50	14.96	12-499	100																			
brdqli_s_soya_vlowfat_thin	36.90	8.55	11.50	14.96	12-499	100																			
bread_baguette_gf_nonwhite	14.79	2.40	4.28	7.40	11-972	15	11-971	15	11-969	15	11-981	15	11-975	15	14-844	8.4	14-845	8.3	13-849	8.3					
bread_baguette_gf_unanswered	2.80	0.49	1.04	0.78	11-969	33.4	11-981	33.3	11-971	33.3															
bread_baguette_gf_white	2.90	0.46	1.20	0.77	11-978	50	11-969	50																	

Table S1. Individual FA and major nutrient calculation in the individual FA dataset (MCW + USDA). USDA food codes are highlighted in red.

Food item	Grams per 100g of food item ¹				Codes for foods from MCW and USDA and the fraction (%) assigned to each code ²																				
	Total fat	Total SFAs	Total MUFAs	Total PUFAs	Code 1	Fraction 1	Code 2	Fraction 2	Code 3	Fraction 3	Code 4	Fraction 4	Code 5	Fraction 5	Code 6	Fraction 6	Code 7	Fraction 7	Code 8	Fraction 8	Code 9	Fraction 9	Code 10	Fraction 10	Code 11
bread_baguette_other	3.35	0.56	1.49	0.85	11-975	13.4	11-981	13.3	11-969	60	11-971	13.3													
bread_baguette_seeded	50.87	7.96	14.45	27.10	14-844	33.4	14-845	33.3	13-849	33.3															
bread_baguette_unanswered	2.80	0.49	1.04	0.78	11-969	33.4	11-981	33.3	11-971	33.3															
bread_baguette_white	2.90	0.46	1.20	0.77	11-978	50	11-969	50																	
bread_baguette_wholemeal	2.50	0.46	0.59	0.82	11-981	100																			
bread_crisp	7.91	4.08	2.09	1.11	11-822	40	11-820	30	11-826	30															
bread_crisp_gf	7.91	4.08	2.09	1.11	11-822	40	11-820	30	11-826	30															
bread_garlic	16.70	8.63	5.39	1.56	11-937	100																			
bread_large_bap_gf_nonwhite	14.60	2.41	4.05	7.39	11-972	15	11-971	15	11-1006	15	11-981	15	11-975	15	14-844	8.4	14-845	8.3	13-849	8.3					
bread_large_bap_gf_unanswered	2.37	0.50	0.54	0.76	11-1006	33.4	11-971	33.3	11-981	33.3															
bread_large_bap_gf_white	2.40	0.57	0.54	0.77	11-985	50	11-1006	50																	
bread_large_bap_mixed	2.30	0.54	0.54	0.74	11-972	33.4	11-971	33.3	11-1006	33.3															
bread_large_bap_other	2.57	0.59	0.58	0.83	11-975	13.4	11-981	13.3	11-1006	60	11-971	13.3													
bread_large_bap_seeded	50.87	7.96	14.45	27.10	14-844	33.4	14-845	33.3	13-849	33.3															
bread_large_bap_unanswered	2.37	0.50	0.54	0.76	11-1006	33.4	11-971	33.3	11-981	33.3															
bread_large_bap_white	2.40	0.57	0.54	0.77	11-985	50	11-1006	50																	
bread_large_bap_wholemeal	2.50	0.46	0.59	0.82	11-981	100																			
bread_naam	7.30	0.97	3.05	2.37	11-973	100																			
bread_other	2.56	0.96	0.55	0.67	11-541	80	11-826	10	11-462	10															
bread_other_gf	2.56	0.96	0.55	0.67	11-541	80	11-826	10	11-462	10															
bread_roll_gf_nonwhite	14.60	2.41	4.05	7.39	11-972	15	11-971	15	11-1006	15	11-981	15	11-975	15	14-844	8.4	14-845	8.3	13-849	8.3					
bread_roll_gf_unanswered	2.37	0.50	0.54	0.76	11-1006	33.4	11-971	33.3	11-981	33.3															
bread_roll_gf_white	2.40	0.57	0.54	0.77	11-985	50	11-1006	50																	
bread_roll_mixed	2.30	0.54	0.54	0.74	11-972	33.4	11-971	33.3	11-1006	33.3															
bread_roll_other	2.57	0.59	0.58	0.83	11-975	13.4	11-981	13.3	11-1006	60	11-971	13.3													
bread_roll_seeded	50.87	7.96	14.45	27.10	14-844	33.4	14-845	33.3	13-849	33.3															
bread_roll_unanswered	2.37	0.50	0.54	0.76	11-1006	33.4	11-971	33.3	11-981	33.3															
bread_roll_white	2.40	0.57	0.54	0.77	11-985	50	11-1006	50																	
bread_roll_wholemeal	2.50	0.46	0.59	0.82	11-981	100																			
bread_sliced_gf_nonwhite	14.45	2.36	4.01	7.34	11-972	15	11-971	15	11-980	15	11-975	15	11-981	15	14-844	8.4	14-845	8.3	13-849	8.3					
bread_sliced_gf_unanswered	2.03	0.39	0.45	0.66	11-980	33.4	11-981	33.3	11-971	33.3															
bread_sliced_gf_white	1.60	0.29	0.32	0.52	11-980	100																			
bread_sliced_mixed	1.97	0.43	0.45	0.64	11-972	33.4	11-971	33.3	11-980	33.3															
bread_sliced_other	2.30	0.48	0.51	0.76	11-975	25	11-981	25	11-971	25	11-980	25													
bread_sliced_seeded	50.87	7.96	14.45	27.10	14-844	33.4	14-845	33.3	13-849	33.3															
bread_sliced_unanswered	2.03	0.39	0.45	0.66	11-980	33.4	11-981	33.3	11-971	33.3															
bread_sliced_wheat	1.60	0.29	0.32	0.52	11-980	100																			
bread_sliced_wholemeal	2.50	0.46	0.59	0.82	11-981	100																			
cake	21.03	7.68	8.20	3.86	11-832	20	11-814	20	11-836	20	11-799	6	14-318	5	12-335	5	17-063	1	12-324	2	17-661	1	11-737	20	
cake_gf	21.03	7.68	8.20	3.86	11-832	20	11-814	20	11-836	20	11-799	6	14-318	5	12-335	5	17-063	1	12-324	2	17-661	1	11-737	20	
cereal_bran	3.10	0.48	0.39	1.64	11-763	25	11-767	75																	
cereal_bran_driedfruit	5.80	2.65	0.88	0.64	11-779	100																			
cereal_muesli	6.30	1.27	2.97	1.68	11-780	100																			
cereal_muesli_driedfruit	5.71	1.14	2.67	1.51	11-780	90	14-087	10																	
cereal_oatcrunch	20.50	4.61	10.63	4.22	11-939	100																			
cereal_oatcrunch_driedfruit	18.49	4.15	9.57	3.80	11-939	90	14-087	10																	
cereal_other	4.90	0.83	1.54	2.10	11-755	20	11-767	40	11-792	40															
cereal_other_driedfruit	4.80	1.35	1.38	1.30	11-755	15	11-779	32.5	11-792	32.5	14-087	20													
cereal_plain	1.07	0.21	0.20	0.41	11-760	33.4	11-742	16.7	11-742	16.6	11-750	16.7	11-750	16.6											
cereal_plain_driedfruit	0.85	0.14	0.14	0.28	11-760	22.7	11-742	11.4	11-742	11.3	11-750	11.3	11-750	11.3	14-087	32									
cereal_sugar	0.00	0.00	0.00	0.00	17-063	33.4	17-050	33.3	17-065	33.3															
cereal_sweet	2.30	0.67	1.03	0.48	11-754	33.4	11-746	33.3	11-753	33.3															
cereal_sweet_driedfruit	2.11	0.61	0.92	0.43	11-754	30.06	11-746	29.97	11-753	29.97	14-087	10													
cereal_wwheat	2.23	0.31	0.31	0.97	11-775	33.4	11-761	33.3	11-773	33.3															
cereal_wwheat_driedfruit	1.80	0.26	0.17	0.88	11-777	50	11-773	50																	
cerealbar	14.12	5.91	5.69	1.80	11-819	55	11-818	45																	
cerealbar_gf	14.12	5.91	5.69	1.80	11-819	55	11-818	45																	
cheese_blue	33.88	21.65	9.04	1.35	12-354	25	12-367	25	12-494	50															
cheese_cottage	3.56	1.42	0.64	0.10	14201010	60	14204010	40																	
cheese_feta	20.30	13.75	5.04	0.76	12-360	100																			
cheese_goat	25.80	17.91	6.09	1.04	12-357	100																			
cheese_hard	33.86	21.19	9.08	1.10	12-346	80	12-526	20																	
cheese_hard_lof	14.10	8.85	4.13	0.41	14110120	100																			
cheese_mozzarella	20.30	13.75	5.04	0.76	12-360	100																			
cheese_other	26.70	18.13	6.60	1.06	12-346	20	12-496	40	12-357	40															
cheese_soft	25.75	17.99	6.34	1.03	12-492	50	12-357	50																	
cheese_spread	23.00	14.32	6.34	0.83	12-527	100																			
cheese_spread_lof	8.88	5.65	2.46	0.42	14110330	100																			
cheesecake	12.30	7.54	3.49	0.51	12-542	100																			
cheesecake_gf	12.30	7.54	3.49	0.51	12-542	100																			
choc_bar	25.21	11.81	10.19	1.95	17-658	34	17-670	33	11-740	33															
choc_dark	28.00	16.80	9.00	1.00	17-491	100																			

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	Total fat	Total SFAs	Total MUFAs	Total PUFAs	Code 1	Fraction 1	Code 2	Fraction 2	Code 3	Fraction 3	Code 4	Fraction 4	Code 5	Fraction 5	Code 6	Fraction 6	Code 7	Fraction 7	Code 8	Fraction 8	Code 9	Fraction 9	Code 10	Fraction 10	Code 11	Fraction 11
fish_battered	11.80	1.71	6.65	2.75	16-369	100																				
fish_breaded	9.75	1.22	5.09	2.85	16-405	16.5	16-407	16.5	16-403	34	16-370	33														
fish_lobcrab	2.83	0.43	0.61	0.72	16-391	25	16-392	25	16-332	50																
fish_oily	13.17	2.79	5.09	3.31	16-176	10	16-397	10	16-394	10	16-358	30	16-422	10	16-419	20	16-400	10								
fish_other	8.91	1.81	2.65	2.86	16-412	70	16-404	6	16-396	12	16-402	12														
fish_prawns	0.90	0.15	0.19	0.22	16-384	100																				
fish_shell	1.96	0.36	0.21	0.55	16-262	30	16-390	70																		
fish_tinnedtuna	3.70	0.54	0.91	2.01	16-416	50	16-417	50																		
fish_white	0.40	0.09	0.07	0.14	16-373	50	16-376	50																		
fruit_apple	0.40	0.10	0.03	0.17	14-346	100																				
fruit_banana	0.10	0.04	0.00	0.04	14-318	100																				
fruit_berry	0.29	0.04	0.07	0.15	14-375	25	14-324	25	14-053	5	14-325	25	14-388	20												
fruit_cherry	0.40	0.08	0.09	0.10	14-382	100																				
fruit_dried	0.90	0.14	0.30	0.27	14-393	62.5	14-392	12.5	14-395	12.5	14-016	12.5														
fruit_grapefruit	0.35	0.05	0.05	0.08	14-384	70	14-107	30																		
fruit_grapes	0.15	0.06	0.01	0.06	14-323	50	14-322	50																		
fruit_mango	0.38	0.09	0.14	0.07	63129010	100																				
fruit_melon	0.17	0.03	0.03	0.03	14-339	33.4	14-159	33.3	14-296	33.3																
fruit_mixed	0.11	0.00	0.00	0.00	14-097	35	14-336	30	14-333	35																
fruit_orange	0.20	0.05	0.05	0.07	14-327	100																				
fruit_other	0.63	0.06	0.09	0.34	14-371	60	63133010	10	14-226	10	14-025	10	14-091	10												
fruit_peach	0.20	0.01	0.04	0.06	14-299	50	14-380	50																		
fruit_pear	0.10	0.01	0.03	0.03	14-361	100																				
fruit_pineapple	0.07	0.00	0.04	0.04	14-376	70	14-211	30																		
fruit_plum	0.10	0.00	0.00	0.00	14-220	100																				
fruit_prunes	0.30	0.06	0.04	0.12	14-391	100																				
fruit_satsuma	0.20	0.04	0.06	0.07	14-326	100																				
fruit_stewed	0.17	0.02	0.01	0.04	14-320	33.4	14-253	33.3	14-314	33.3																
fruitcake	12.10	4.64	4.72	1.88	11-829	100																				
fruitcake_gf	12.10	4.64	4.72	1.88	11-829	100																				
grains_couscous	0.95	0.14	0.12	0.38	11-901	45	17-377	55																		
grains_other	0.83	0.14	0.22	0.30	11-904	10.5	17-377	24.5	11-869	55		11-877	10													
guacamole	12.47	1.81	8.33	1.55	63105010	85	14-277	5	13-517	10																
hummus	20.95	3.47	8.64	8.47	41302120	58	14-844	29	14-277	9	17-041	1.5	17-038	1.5	75111500	1										
icecream	12.33	8.13	3.06	0.45	12-508	33.4	12-509	33.3	12-510	33.3																
indian_snack	12.18	2.07	4.07	5.37	13-489	8.75	41302120	20	75214010	8.75	17-045	5	11-886	7.5	19-326	25	15-305	25								
jam_honey	0.00	0.00	0.00	0.00	17-688	35	17-050	20	17-065	10	17-078	35														
mashed_butter_dunno	4.22	2.25	1.29	0.33	13-490	89	12-313	6	17-655	2.5	17-685	1.25	17-661	1.25												
mashed_butter_fat	4.30	2.70	1.08	0.15	13-490	89	12-313	6	17-685	2.5	17-661	2.5														
mashed_butter_lowfat	3.20	1.38	1.17	0.40	13-490	89	12-313	6	17-656	5																
mashed_butter_spread_fat	4.15	1.80	1.51	0.51	13-490	89	12-313	6	17-655	5																
mashed_butter_spread_lowfat	3.20	1.38	1.17	0.40	13-490	89	12-313	6	17-656	5																
mashed_fat_dunno	5.19	0.42																								

Table S1. Individual FA and major nutrient calculation in the individual FA dataset (MCW + USDA). USDA food codes are highlighted in red.

Food item	Grams per 100g of food item ¹				Codes for foods from MCW and USDA and the fraction (%) assigned to each code ²																					
	Total fat	Total SFAs	Total MUFAs	Total PUFAs	Code 1	Fraction 1	Code 2	Fraction 2	Code 3	Fraction 3	Code 4	Fraction 4	Code 5	Fraction 5	Code 6	Fraction 6	Code 7	Fraction 7	Code 8	Fraction 8	Code 9	Fraction 9	Code 10	Fraction 10	Code 11	Fraction 11
mashed_s_olive_lowfat	2.14	0.54	1.12	0.33	13-490	89	12-313	6	12-498	5																
mashed_s_olive_vlowfat	2.14	0.54	1.12	0.33	13-490	89	12-313	6	12-498	5																
mayo	49.17	3.77	29.60	13.31	17-654	50	17-041	11	17-339	9	17-377	20	17-063	7.5	12-939	2.5										
mayo_lowfat	16.39	2.24	5.47	7.94	83204000	50	17-041	4.5	17-339	11	17-377	24	17-063	8	12-939	2.5										
meat_bacon_nofat	21.60	8.10	9.00	2.80	19-500	100																				
meat_bacon_withfat	23.86	8.77	10.17	3.17	19-500	33.4	19-503	33.3	19-018	33.3																
meat_beef_nofat	8.65	3.68	3.70	0.50	18-022	25	18-088	25	18-080	25	18-042	25														
meat_beef_withfat	13.45	5.73	5.80	0.62	18-009	25	18-089	25	18-470	25	18-042	25														
meat_ham_nofat	3.30	1.10	1.39	0.52	19-496	100																				
meat_ham_withfat	14.99	5.16	6.59	2.15	19-021	90	19-517	10																		
meat_lamb_nofat	12.26	5.61	4.72	0.67	18-179	30	18-141	30	18-186	20	18-159	20														
meat_lamb_withfat	22.14	10.59	8.53	1.10	18-180	30	18-169	30	18-187	20	18-159	20														
meat_liverpate	22.81	6.62	7.93	2.67	18-413	19.5	18-413	1	18-417	18	11-886	1	17-685	0.5	19-317	60										
meat_other	26.10	7.95	13.07	3.67	18-374	64	18-390	25	18-383	11																
meat_pork_nofat	5.70	1.98	2.43	0.72	18-534	33.4	18-515	33.3	18-527	33.3																
meat_pork_withfat	11.27	4.02	4.94	1.47	18-535	33.4	18-517	33.3	18-528	33.3																
meat_sausage	23.18	8.42	9.81	3.50	19-657	25	19-512	75																		
milk_chol_cereal	0.30	0.13	0.06	0.01	12-307	100																				
milk_chol_coffee	0.30	0.13	0.06	0.01	12-307	100																				
milk_chol_glass	0.30	0.13	0.06	0.01	12-307	100																				
milk_chol_tea	0.30	0.13	0.06	0.01	12-307	100																				
milk_dontknow_cereal	1.80	1.13	0.44	0.04	12-313	60	12-307	20	12-596	20																
milk_dontknow_coffee	1.80	1.13	0.44	0.04	12-313	60	12-307	20	12-596	20																
milk_dontknow_glass	1.80	1.13	0.44	0.04	12-313	60	12-307	20	12-596	20																
milk_dontknow_tea	1.80	1.13	0.44	0.04	12-313	60	12-307	20	12-596	20																
milk_goatsheep_cereal	3.70	2.37	0.94	0.16	12-328	100																				
milk_goatsheep_coffee	4.23	2.67	1.07	0.21	12-328	75	12-329	25																		
milk_goatsheep_glass	4.23	2.67	1.07	0.21	12-328	75	12-329	25																		
milk_goatsheep_tea	4.23	2.67	1.07	0.21	12-328	75	12-329	25																		
milk_other_cereal	1.53	0.70	0.54	0.12	12-313	27	11350000	40	11114330	33																
milk_other_coffee	1.53	0.70	0.54	0.12	12-313	27	11350000	40	11114330	33																
milk_other_glass	1.53	0.70	0.54	0.12	12-313	27	11350000	40	11114330	33																
milk_other_tea	1.53	0.70	0.54	0.12	12-313	27	11350000	40	11114330	33																
milk_powdered_cereal	0.30	0.13	0.06	0.01	12-307	100																				
milk_powdered_coffee	18.10	16.50	0.58	0.02	11810000	50	12210400	50																		
milk_powdered_glass	0.30	0.13	0.06	0.01	12-307	100																				
milk_powdered_tea	0.72	0.47	0.19	0.03	11810000	100																				
milk_riceoatveg_cereal	1.32	0.12	0.48	0.65	12-524	50	11350000	50																		
milk_riceoatveg_coffee	1.32	0.12	0.48	0.65	12-524	50	11350000	50																		
milk_riceoatveg_glass	1.32	0.12	0.48	0.65	12-524	50	11350000	50																		
milk_riceoatveg_tea	1.32	0.12	0.48	0.65	12-524	50	11350000	50																		
milk_semi_cereal	1.70	1.07	0.40	0.04	12-313	100																				
milk																										

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Food item	Grams per 100g of food item ¹				Codes for foods from MCW and USDA and the fraction (%) assigned to each code ²																					
	Total fat	Total SFAs	Total MUFAs	Total PUFAs	Code 1	Fraction 1	Code 2	Fraction 2	Code 3	Fraction 3	Code 4	Fraction 4	Code 5	Fraction 5	Code 6	Fraction 6	Code 7	Fraction 7	Code 8	Fraction 8	Code 9	Fraction 9	Code 10	Fraction 10	Code 11	Fraction 11
oatcak_s_butterspr_lowfat_thin	60.20	25.70	22.66		17-656	100																				
oatcak_s_dairy_chol_med	39.00	9.76	17.39	9.82	12-497	100																				
oatcak_s_dairy_chol_thick	39.00	9.76	17.39	9.82	12-497	100																				
oatcak_s_dairy_chol_thin	39.00	9.76	17.39	9.82	12-497	100																				
oatcak_s_dairy_dunno_med	49.80	12.69	23.67	10.86	12-497	50	12-504	50																		
oatcak_s_dairy_dunno_thick	49.80	12.69	23.67	10.86	12-497	50	12-504	50																		
oatcak_s_dairy_dunno_thin	49.80	12.69	23.67	10.86	12-497	50	12-504	50																		
oatcak_s_dairy_fat_med	60.60	15.61	29.95	11.90	12-504	100																				
oatcak_s_dairy_fat_thick	60.60	15.61	29.95	11.90	12-504	100																				
oatcak_s_dairy_fat_thin	60.60	15.61	29.95	11.90	12-504	100																				
oatcak_s_dairy_lowfat_med	39.00	9.76	17.39	9.82	12-497	100																				
oatcak_s_dairy_lowfat_thick	39.00	9.76	17.39	9.82	12-497	100																				
oatcak_s_dairy_lowfat_thin	39.00	9.76	17.39	9.82	12-497	100																				
oatcak_s_dairy_vlowfat_med	39.00	9.76	17.39	9.82	12-497	100																				
oatcak_s_dairy_vlowfat_thick	39.00	9.76	17.39	9.82	12-497	100																				
oatcak_s_dairy_vlowfat_thin	39.00	9.76	17.39	9.82	12-497	100																				
oatcak_s_dunno_chol_med	37.95	9.16	14.45	12.39	12-497	50	12-499	50																		
oatcak_s_dunno_chol_thick	37.95	9.16	14.45	12.39	12-497	50	12-499	50																		
oatcak_s_dunno_chol_thin	37.95	9.16	14.45	12.39	12-497	50	12-499	50																		
oatcak_s_dunno_dunno_med	48.93	11.78	19.14	15.46	12-497	25	12-499	25	12-503	25	12-504	25														
oatcak_s_dunno_dunno_thick	48.93	11.78	19.14	15.46	12-497	25	12-499	25	12-503	25	12-504	25														
oatcak_s_dunno_dunno_thin	48.93	11.78	19.14	15.46	12-497	25	12-499	25	12-503	25	12-504	25														
oatcak_s_dunno_fat_med	59.90	14.41	23.83	18.54	12-503	50	12-504	50																		
oatcak_s_dunno_fat_thick	59.90	14.41	23.83	18.54	12-503	50	12-504	50																		
oatcak_s_dunno_fat_thin	59.90	14.41	23.83	18.54	12-503	50	12-504	50																		
oatcak_s_dunno_lowfat_med	37.95	9.16	14.45	12.39	12-497	50	12-499	50																		
oatcak_s_dunno_lowfat_thick	37.95	9.16	14.45	12.39	12-497	50	12-499	50																		
oatcak_s_dunno_lowfat_thin	37.95	9.16	14.45	12.39	12-497	50	12-499	50																		
oatcak_s_dunno_vlowfat_med	37.95	9.16	14.45	12.39	12-497	50	12-499	50																		
oatcak_s_dunno_vlowfat_thick	37.95	9.16	14.45	12.39	12-497	50	12-499	50																		
oatcak_s_dunno_vlowfat_thin	37.95	9.16	14.45	12.39	12-497	50	12-499	50																		
oatcak_s_hardmarg_med	76.40	26.41	34.00	12.21	12-500	100																				
oatcak_s_hardmarg_thick	76.40	26.41	34.00	12.21	12-500	100																				
oatcak_s_hardmarg_thin	76.40	26.41	34.00	12.21	12-500	100																				
oatcak_s_olive_chol_med	38.90	8.90	21.68	6.36	12-498	100																				
oatcak_s_olive_chol_thick	38.90	8.90	21.68	6.36	12-498	100																				
oatcak_s_olive_chol_thin	38.90	8.90	21.68	6.36	12-498	100																				
oatcak_s_olive_dunno_med	49.00	11.06	26.53	8.95	12-498	50	12-505	50																		
oatcak_s_olive_dunno_thick	49.00	11.06	26.53	8.95	12-498	50	12-505	50																		
oatcak_s_olive_dunno_thin	49.00	11.06	26.53	8.95	12-498	50	12-505	50																		
oatcak_s_olive_fat_med	59.10	13.22	31.37	11.53	12-505	100																				
oatcak_s_olive_fat_thick	59.10	13.22	31.37	11.53	12-505	100																				
oatcak_s_olive_fat_thin	59.10	13.22	31.37	11.53	12-505	100																				
oatcak_s_olive_lowfat_med	38.90	8.90	21.68	6.36	12-498	100																				

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	Total fat	Total SFAs	Total MUFAs	Total PUFAs	Code 1	Fraction 1	Code 2	Fraction 2	Code 3	Fraction 3	Code 4	Fraction 4	Code 5	Fraction 5	Code 6	Fraction 6	Code 7	Fraction 7	Code 8	Fraction 8	Code 9	Fraction 9	Code 10	Fraction 10	Code 11	Fraction 11
oatcak_s_soya_fat_thin	59.20	13.21	17.70	25.17	12-503	100																				
oatcak_s_soya_lowfat_med	36.90	8.55	11.50	14.96	12-499	100																				
oatcak_s_soya_lowfat_thick	36.90	8.55	11.50	14.96	12-499	100																				
oatcak_s_soya_lowfat_thin	36.90	8.55	11.50	14.96	12-499	100																				
oatcak_s_soya_vlowfat_med	36.90	8.55	11.50	14.96	12-499	100																				
oatcak_s_soya_vlowfat_thick	36.90	8.55	11.50	14.96	12-499	100																				
oatcak_s_soya_vlowfat_thin	36.90	8.55	11.50	14.96	12-499	100																				
oatcakes	20.00	5.67	9.32	3.87	11-823	100																				
pancake_blini_chol	7.68	0.91	4.09	2.01	11-886	26	12-940	12	17-686	6	12-307	56														
pancake_blini_dontknow	8.52	1.46	4.31	2.03	11-886	26	12-940	12	17-686	6	12-313	33.6	12-307	11.2	12-596	11.2										
pancake_blini_goatsheep	10.17	2.50	4.74	2.14	11-886	26	12-940	12	17-686	6	12-328	28	12-329	28												
pancake_blini_other	8.37	1.23	4.36	2.07	11-886	26	12-940	12	17-686	6	12-313	15.12	11350000	22.4	11114330	18.48										
pancake_blini_powdered	7.68	0.91	4.09	2.01	11-886	26	12-940	12	17-686	6	12-307	56														
pancake_blini_riceoatveg	8.25	0.90	4.33	2.37	11-886	26	12-940	12	17-686	6	12-524	28	11350000	28												
pancake_blini_semi	8.46	1.43	4.28	2.02	11-886	26	12-940	12	17-686	6	12-313	56														
pancake_blini_skimmed	7.68	0.91	4.09	2.01	11-886	26	12-940	12	17-686	6	12-307	56														
pancake_blini_soya_ca	8.41	0.97	4.25	2.62	11-886	26	12-940	12	17-686	6	12-524	56														
pancake_blini_soya_noca	8.41	0.97	4.25	2.62	11-886	26	12-940	12	17-686	6	12-524	56														
pancake_blini_whole	9.53	2.12	4.60	2.05	11-886	26	12-940	12	17-686	6	12-596	56														
pancake_crepe_chol	7.68	0.91	4.09	2.01	11-886	26	12-940	12	17-686	6	12-307	56														
pancake_crepe_dontknow	8.52	1.46	4.31	2.03	11-886	26	12-940	12	17-686	6	12-313	33.6	12-307	11.2	12-596	11.2										
pancake_crepe_goatsheep	10.17	2.50	4.74	2.14	11-886	26	12-940	12	17-686	6	12-328	28	12-329	28												
pancake_crepe_other	8.37	1.23	4.36	2.07	11-886	26	12-940	12	17-686	6	12-313	15.12	11350000	22.4	11114330	18.48										
pancake_crepe_powdered	7.68	0.91	4.09	2.01	11-886	26	12-940	12	17-686	6	12-307	56														
pancake_crepe_riceoatveg	8.25	0.90	4.33	2.37	11-886	26	12-940	12	17-686	6	12-524	28	11350000	28												
pancake_crepe_semi	8.46	1.43	4.28	2.02	11-886	26	12-940	12	17-686	6	12-313	56														
pancake_crepe_skimmed	7.68	0.91	4.09	2.01	11-886	26	12-940	12	17-686	6	12-307	56														
pancake_crepe_soya_ca	8.41	0.97	4.25	2.62	11-886	26	12-940	12	17-686	6	12-524	56														
pancake_crepe_soya_noca	8.41	0.97	4.25	2.62	11-886	26	12-940	12	17-686	6	12-524	56														
pancake_crepe_whole	9.53	2.12	4.60	2.05	11-886	26	12-940	12	17-686	6	12-596	56														
pasta_brown	0.40	0.06	0.05	0.15	11-720	100																				
pasta_gf	0.93	0.15	0.15	0.30	11-450	25	11-722	50	11-724	25																
pasta_white	0.93	0.15	0.15	0.30	11-450	25	11-722	50	11-724	25																
pesto	42.50	6.50	16.55	17.55	17-622	100																				
pizza	9.80	4.12	3.67	1.39	11-936	100																				
pizza_gf	9.80	4.12	3.67	1.39	11-936	100																				
pnutbutter_nutella	46.16	11.75	18.98	13.41	14-892	70	17-687	30																		
por_milk_chol	1.28	0.28	0.46	0.40	11-792	14	12-307	86																		
por_milk_chol_driedfruit	1.08	0.23	0.36	0.32	11-792	11	14-087	13	12-307	76																
por_milk_dontknow	2.57	1.14	0.79	0.43	11-792	14	12-313	51.6	12-307	17.2	12-596	17.2														
por_milk_dontknow_driedfruit	2.22	0.99	0.66	0.34	11-792	11	14-087	13	12-313	45.6	12-307	15.2	12-596	15.2												
por_milk_goatsheep	5.11	2.73	1.44	0.61	11-792	14	12-328	43	12-329	43																
por_milk_goatsheep_driedfruit	4.47	2.39	1.23	0.50	11-792	11	14-087	13	12-328	38	12-329	38														
por_milk_other	2.34	0.77	0.87	0.49	11-792	14	12-313	23.22	11350000	34.4	11114330	28.38														
por_milk_other_driedfruit	2.02	0.67	0.73	0.40	11-792	11	14-087	13	12-313	20.52	11350000	30.4	11114330	25.08												
por_milk_powdered	1.28	0.28	0.46	0.40	11-792	14	12-307	86																		
por_milk_powdered_driedfruit	1.08	0.23	0.36	0.32	11-792	11	14-087	13	12-307	76																
por_milk_riceoatveg	2.16	0.27	0.82	0.95	11-792	14	12-524	43	11350000	43																
por_milk_riceoatveg_driedfruit	1.86	0.22	0.68	0.81	11-792	11	14-087	13	12-524	38	11350000	38														
por_milk_semi	2.48	1.09	0.75	0.43	11-792	14	12-313	86																		
por_milk_semi_driedfruit	2.15	0.95	0.62	0.34	11-792	11	14-087	13	12-313	76																
por_milk_skimmed	1.28	0.28	0.46	0.40	11-792	14	12-307	86																		
por_milk_skimmed_driedfruit	1.08	0.23	0.36	0.32	11-792	11	14-087	13	12-307	76																

Table S1. Individual FA and major nutrient calculation in the individual FA dataset (MCW + USDA). USDA food codes are highlighted in red.

Food item	Grams per 100g of food item ¹				Codes for foods from MCW and USDA and the fraction (%) assigned to each code ²																					
	Total fat	Total SFAs	Total MUFAs	Total PUFA	Code 1	Fraction 1	Code 2	Fraction 2	Code 3	Fraction 3	Code 4	Fraction 4	Code 5	Fraction 5	Code 6	Fraction 6	Code 7	Fraction 7	Code 8	Fraction 8	Code 9	Fraction 9	Code 10	Fraction 10	Code 11	Fraction 11
sauce_cheese_other	6.04	3.55	1.71	0.26	11-886	2.5	17-685	2.5	12-346	7.5	12-313	23.625	11350000	35	11114330	28.875										
sauce_cheese_powdered	4.97	3.05	1.29	0.17	11-886	2.5	17-685	2.5	12-346	7.5	12-307	87.5														
sauce_cheese_riceoatveg	5.29	2.07	1.57	1.29	11-886	2.5	12-503	2.5	12-346	7.5	12-524	43.75	11350000	43.75												
sauce_cheese_semi	6.20	3.88	1.59	0.19	11-886	2.5	17-685	2.5	12-346	7.5	12-313	87.5														
sauce_cheese_skimmed	4.97	3.05	1.29	0.17	11-886	2.5	17-685	2.5	12-346	7.5	12-307	87.5														
sauce_cheese_soya_ca	5.53	2.18	1.44	1.68	11-886	2.5	12-503	2.5	12-346	7.5	12-524	87.5														
sauce_cheese_soya_noca	5.53	2.18	1.44	1.68	11-886	2.5	12-503	2.5	12-346	7.5	12-524	87.5														
sauce_cheese_whole	7.86	4.94	2.08	0.24	11-886	2.5	17-685	2.5	12-346	7.5	12-596	87.5														
sauce_gravy	6.06	3.09	2.38	0.20	28501010	95	17-487	5																		
sauce_ketchup	0.10	0.00	0.00	0.00	17-709	100																				
sauce_tomato	3.38	0.48	1.64	1.13	17-619	75	17-621	25																		
sauce_white_chol	2.46	1.46	0.60	0.10	11-886	10	17-685	2.5	12-307	87.5																
sauce_white_dontknow	3.77	2.33	0.93	0.13	11-886	10	17-685	2.5	12-313	52.5	12-307	17.5	12-596	17.5												
sauce_white_goatsheep	6.35	3.95	1.60	0.31	11-886	10	17-685	2.5	12-328	43.75	12-329	43.75														
sauce_white_other	3.53	1.96	1.02	0.20	11-886	10	17-685	2.5	12-313	23.625	11350000	35	11114330	28.875												
sauce_white_powdered	2.46	1.46	0.60	0.10	11-886	10	17-685	2.5	12-307	87.5																
sauce_white_riceoatveg	2.78	0.48	0.88	1.23	11-886	10	12-503	2.5	12-524	43.75	11350000	43.75														
sauce_white_semi	3.68	2.28	0.90	0.13	11-886	10	17-685	2.5	12-313	87.5																
sauce_white_skimmed	2.46	1.46	0.60	0.10	11-886	10	17-685	2.5	12-307	87.5																
sauce_white_soya_ca	3.02	0.58	0.75	1.62	11-886	10	12-503	2.5	12-524	87.5																
sauce_white_soya_noca	3.02	0.58	0.75	1.62	11-886	10	12-503	2.5	12-524	87.5																
sauce_white_whole	5.35	3.35	1.39	0.17	11-886	10	17-685	2.5	12-596	87.5																
scone	12.30	6.37	3.54	1.19	11-827	100																				
scone_gf	12.30	6.37	3.54	1.19	11-827	100																				
single_crust	36.02	14.83	14.40	4.94	11-854	40	11-853	60																		
smoothie_dairy	0.73	0.43	0.16	0.02	12-379	25	12-313	25	17-747	50																
smoothie_fruit	0.10	0.00	0.00	0.00	17-747	100																				
snack_cheesybis	28.10	11.67	12.20	2.62	11-821	100																				
snack_crisps	30.65	3.21	17.30	9.33	21201015	50	17-643	25	17-644	25																
snack_olives	12.07	1.60	8.92	1.03	25510000	100																				
snack_saltednuts	48.33	7.05	29.13	9.90	42104200	50	14-870	25	42114130	25																
snack_saltedpeanuts	46.00	8.66	22.03	13.10	14-877	100																				
snack_savourybis	20.83	1.90	12.38	5.19	17-645	67	11-822	33																		
snack_seeds	49.55	7.72	13.63	25.75	14-844	25	14-845	25	13-849	25	14-842	25														
snack_svyother	27.99	3.91	13.95	9.04	17-764	10	17-645	40	21201015	30	11-826	20														
snack_swtother	26.26	12.79	9.59	2.49	11-819	10	11-810	30	11-815	30	17-648	20	17-645	10												
snack_unsaltednuts	53.87	6.63	24.96	19.63	42104200	25	14-879	25	42114130	25	14-870	25														
snack_unsaltedpeanuts	46.00	8.66	22.03	13.10	14-877	100																				
snackpot	2.87	1.60	0.80	0.29	11-734	25	17-377	73	17-685	2																
soup_canned_fish	5.88	3.48	1.43	0.34	16-373	12.5	16-263	6.25	16-384	6.25	16-390	12.5	17-377	20	13-530	20	13-489	16								

Table S1. Individual FA and major nutrient calculation in the individual FA dataset (MCW + USDA). USDA food codes are highlighted in red.

Food item	Grams per 100g of food item ¹				Codes for foods from MCW and USDA and the fraction (%) assigned to each code ²																					
	Total fat	Total SFAs	Total MUFAs	Total PUFAs	Code 1	Fraction 1	Code 2	Fraction 2	Code 3	Fraction 3	Code 4	Fraction 4	Code 5	Fraction 5	Code 6	Fraction 6	Code 7	Fraction 7	Code 8	Fraction 8	Code 9	Fraction 9	Code 10	Fraction 10	Code 11	Fraction 11
veg_leek_spread_dunno_chol	0.67	0.14	0.18	0.26	13-625	98.75	12-499	0.625	12-497	0.625																
veg_leek_spread_dunno_dunno	0.81	0.18	0.24	0.30	13-625	98.75	12-499	0.3125	12-503	0.3125	12-497	0.3125	12-504	0.3125												
veg_leek_spread_dunno_fat	0.95	0.21	0.30	0.34	13-625	98.75	12-503	0.625	12-504	0.625																
veg_leek_spread_dunno_lowfat	0.67	0.14	0.18	0.26	13-625	98.75	12-497	0.625	12-499	0.625																
veg_leek_spread_dunno_vlowfat	0.67	0.14	0.18	0.26	13-625	98.75	12-497	0.625	12-499	0.625																
veg_leek_spread_olive_chol	0.68	0.14	0.27	0.19	13-625	98.75	12-498	1.25																		
veg_leek_spread_olive_dunno	0.81	0.17	0.33	0.22	13-625	98.75	12-498	0.625	12-505	0.625																
veg_leek_spread_olive_fat	0.94	0.19	0.39	0.25	13-625	98.75	12-505	1.25																		
veg_leek_spread_olive_lowfat	0.68	0.14	0.27	0.19	13-625	98.75	12-498	1.25																		
veg_leek_spread_olive_vlowfat	0.68	0.14	0.27	0.19	13-625	98.75	12-498	1.25																		
veg_lettuce	0.10	0.03	0.00	0.08	13-520	100																				
veg_mixed	0.50	0.00	0.00	0.00	13-543	100																				
veg_mush_butter_dunno	2.31	1.16	0.63	0.33	13-506	97.5	17-655	1.25	17-685	0.625	17-661	0.625														
veg_mush_butter_fat	2.35	1.38	0.52	0.24	13-506	97.5	17-685	1.25	17-661	1.25																
veg_mush_butter_lowfat	1.80	0.72	0.57	0.36	13-506	97.5	17-656	2.5																		
veg_mush_butter_spread_fat	2.27	0.93	0.74	0.42	13-506	97.5	17-655	2.5																		
veg_mush_butter_spread_lowfat	1.80	0.72	0.57	0.36	13-506	97.5	17-656	2.5																		
veg_mush_fat_dunno	2.79	0.24	1.48	0.90	13-506	97.5	17-686	2.5																		
veg_mush_fat_none	0.30	0.08	0.00	0.17	13-506	100																				
veg_mush_fat_other	2.77	1.48	0.83	0.24	13-506	97.5	81204000	1.25	17-487	1.25																
veg_mush_lard	2.77	1.09	1.09	0.42	13-506	97.5	17-010	2.5																		
veg_mush_marg_hard	2.20	0.74	0.85	0.47	13-506	97.5	12-500	2.5																		
veg_mush_marg_poly_chol	1.22	0.29	0.29	0.54	13-506	97.5	12-499	2.5																		
veg_mush_marg_poly_dunno	1.49	0.35	0.37	0.67	13-506	97.5	12-499	1.25	12-503	1.25																
veg_mush_marg_poly_fat	1.77	0.41	0.44	0.80	13-506	97.5	12-503	2.5																		
veg_mush_marg_poly_lowfat	1.22	0.29	0.29	0.54	13-506	97.5	12-499	2.5																		
veg_mush_marg_poly_vlowfat	1.22	0.29	0.29	0.54	13-506	97.5	12-499	2.5																		
veg_mush_marg_soya_chol	1.22	0.29	0.29	0.54	13-506	97.5	12-499	2.5																		
veg_mush_marg_soya_dunno	1.49	0.35	0.37	0.67	13-506	97.5	12-499	1.25	12-503	1.25																
veg_mush_marg_soya_fat	1.77	0.41	0.44	0.80	13-506	97.5	12-503	2.5																		
veg_mush_marg_soya_lowfat	1.22	0.29	0.29	0.54	13-506	97.5	12-499	2.5																		
veg_mush_marg_soya_vlowfat	1.22	0.29	0.29	0.54	13-506	97.5	12-499	2.5																		
veg_mush_oil_olive	2.79	0.44	1.83	0.37	13-506	97.5	17-038	2.5																		
veg_mush_oil_other	2.48	0.35	1.00	0.98	13-506	97.5	17-033	0.75	17-040	0.5	17-686	0.938	17-377	0.312												
veg_mush_oil_rapeseed	2.79	0.24	1.48	0.90	13-506	97.5	17-041	2.5																		
veg_mush_oil_sunflower	2.79	0.38	0.51	1.75	13-506	97.5	17-045	2.5																		
veg_mush_oil_veg	2.79	0.24	1.48	0.90	13-506	97.5	17-686	2.5																		
veg_mush_s_dairy_chol	1.27	0.32	0.43	0.41	13-506	97.5	12-497	2.5																		
veg_mush_s_dairy_dunno	1.54	0.40	0.59	0.44	13-506	97.5	12-497	1.25	12-504	1.25																
veg_mush_s_dairy_fat	1.81	0.47	0.75	0.46	13-506	97.5	12-504	2.5																		
veg_mush_s_dairy_lowfat	1.27	0.32	0.43	0.41	13-506	97.5	12-497	2.5																		
veg_mush_s_dairy_vlowfat	1.27	0.32	0.43	0.41	13-506	97.5	12-497	2.5																		
veg_mush_s_dunno_chol	1.24	0.31	0.36	0.48	13-506	97.5	12-499	1.25	12-497	1.25																
veg_mush_s_dunno_dunno	1.52	0.37	0.48	0.55	13-506	97.5	12-499	0.625	12-503	0.625	12-497	0.625	12-504	0.625												
veg_mush_s_dunno_fat	1.79	0.44	0.60	0.63	13-506	97.5	12-503	1.25	12-504	1.25																
veg_mush_s_dunno_lowfat	1.24	0.31	0.36	0.48	13-506	97.5	12-499	1.25	12-497	1.25																
veg_mush_s_dunno_vlowfat	1.24	0.31	0.36	0.48	13-506	97.5	12-499	1.25	12-497	1.25																
veg_mush_s_olive_chol	1.27	0.30	0.54	0.32	13-506	97.5	12-498	2.5																		
veg_mush_s_olive_dunno	1.52	0.35	0.66	0.39	13-506	97.5	12-498	1.25	12-505	1.25																
veg_mush_s_olive_fat	1.77	0.41	0.78	0.45	13-506	97.5	12-505	2.5																		
veg_mush_s_olive_lowfat	1.27	0.30	0.54	0.32	13-506	97.5	12-498	2.5																		
veg_mush_s_olive_vlowfat	1.27	0.30	0.54	0.32	13-506	97.5	12-498	2.5																		
veg_mxtr_butter_dunno	4.51	2.16	1.26	0.32	13-543	95	17-655	2.5	17-685	1.25	17-661	1.25														
veg_mxtr_butter_fat	4.59	2.60	1.05	0.14	13-543	95	17-685	2.5	17-661	2.5																

Table S1. Individual FA and major nutrient calculation in the individual FA dataset (MCW + USDA). USDA food codes are highlighted in red.

Food item	Grams per 100g of food item ¹				Codes for foods from MCW and USDA and the fraction (%) assigned to each code ²																				
	Total fat	Total SFAs	Total MUFAs	Total PUFAs	Code 1	Fraction 1	Code 2	Fraction 2	Code 3	Fraction 3	Code 4	Fraction 4	Code 5	Fraction 5	Code 6	Fraction 6	Code 7	Fraction 7	Code 8	Fraction 8	Code 9	Fraction 9	Code 10	Fraction 10	Code 11
veg_mxtr_oil_sunflower	5.47	0.60	1.03	3.17	13-543	95	17-045	5																	
veg_mxtr_oil_veg	5.47	0.33	2.97	1.47	13-543	95	17-686	5																	
veg_mxtr_s_dairy_chol	2.43	0.49	0.87	0.49	13-543	95	12-497	5																	
veg_mxtr_s_dairy_dunno	2.97	0.63	1.18	0.54	13-543	95	12-497	2.5	12-504	2.5															
veg_mxtr_s_dairy_fat	3.51	0.78	1.50	0.60	13-543	95	12-504	5																	
veg_mxtr_s_dairy_lowfat	2.43	0.49	0.87	0.49	13-543	95	12-497	5																	
veg_mxtr_s_dairy_vlowfat	2.43	0.49	0.87	0.49	13-543	95	12-497	5																	
veg_mxtr_s_dunno_chol	2.37	0.46	0.72	0.62	13-543	95	12-499	2.5	12-497	2.5															
veg_mxtr_s_dunno_dunno	2.92	0.59	0.96	0.77	13-543	95	12-499	1.25	12-503	1.25	12-497	1.25	12-504	1.25											
veg_mxtr_s_dunno_fat	3.47	0.72	1.19	0.93	13-543	95	12-503	2.5	12-504	2.5															
veg_mxtr_s_dunno_lowfat	2.37	0.46	0.72	0.62	13-543	95	12-497	2.5	12-499	2.5															
veg_mxtr_s_dunno_vlowfat	2.37	0.46	0.72	0.62	13-543	95	12-497	2.5	12-499	2.5															
veg_mxtr_s_olive_chol	2.42	0.45	1.08	0.32	13-543	95	12-498	5																	
veg_mxtr_s_olive_dunno	2.93	0.55	1.33	0.45	13-543	95	12-498	2.5	12-505	2.5															
veg_mxtr_s_olive_fat	3.43	0.66	1.57	0.58	13-543	95	12-505	5																	
veg_mxtr_s_olive_lowfat	2.42	0.45	1.08	0.32	13-543	95	12-498	5																	
veg_mxtr_s_olive_vlowfat	2.42	0.45	1.08	0.32	13-543	95	12-498	5																	
veg_onion_butter_dunno	2.19	1.08	0.63	0.24	13-499	20	13-589	77.5	17-655	1.25	17-685	0.625	17-661	0.625											
veg_onion_butter_fat	2.23	1.30	0.52	0.15	13-499	20	13-589	77.5	17-685	1.25	17-661	1.25													
veg_onion_butter_lowfat	1.68	0.64	0.57	0.28	13-499	20	13-589	77.5	17-656	2.5															
veg_onion_butter_spread_fat	2.15	0.85	0.74	0.33	13-499	20	13-589	77.5	17-655	2.5															
veg_onion_butter_spread_lowfat	1.68	0.64	0.57	0.28	13-499	20	13-589	77.5	17-656	2.5															
veg_onion_fat_dunno	2.67	0.17	1.48	0.82	13-499	20	13-589	77.5	17-686	2.5															
veg_onion_fat_none	0.18	0.00	0.00	0.09	13-499	20	13-589	80																	
veg_onion_fat_other	2.66	1.41	0.83	0.16	13-499	20	13-589	77.5	81204000	1.25	17-487	1.25													
veg_onion_lard	2.65	1.01	1.09	0.33	13-499	20	13-589	77.5	17-010	2.5															
veg_onion_marg_hard	2.09	0.66	0.85	0.39	13-499	20	13-589	77.5	12-500	2.5															
veg_onion_marg_poly_chol	1.10	0.21	0.29	0.46	13-499	20	13-589	77.5	12-499	2.5															
veg_onion_marg_poly_dunno	1.38	0.27	0.37	0.59	13-499	20	13-589	77.5	12-499	1.25	12-503	1.25													
veg_onion_marg_poly_fat	1.66	0.33	0.44	0.71	13-499	20	13-589	77.5	12-503	2.5															
veg_onion_marg_poly_lowfat	1.10	0.21	0.29	0.46	13-499	20	13-589	77.5	12-499	2.5															
veg_onion_marg_poly_vlowfat	1.10	0.21	0.29	0.46	13-499	20	13-589	77.5	12-499	2.5															
veg_onion_marg_soya_chol	1.10	0.21	0.29	0.46	13-499	20	13-589	77.5	12-499	2.5															
veg_onion_marg_soya_dunno	1.38	0.27	0.37	0.59	13-499	20	13-589	77.5	12-499	1.25	12-503	1.25													
veg_onion_marg_soya_fat	1.66	0.33	0.44	0.71	13-499	20	13-589	77.5	12-503	2.5															
veg_onion_marg_soya_lowfat	1.10	0.21	0.29	0.46	13-499	20	13-589	77.5	12-499	2.5															
veg_onion_marg_soya_vlowfat	1.10	0.21	0.29	0.46	13-499	20	13-589	77.5	12-499	2.5															
veg_onion_oil_olive	2.67	0.36	1.83	0.29	13-499	20	13-589	77.5	17-038	2.5															
veg_onion_oil_other	2.36	0.27	1.00	0.90	13-499	20	13-589	77.5	17-033	0.75	17-040	0.5	17-686	0.938	17-377	0.312									
veg_onion_oil_rapeseed	2.67	0.17	1.48	0.82	13-499	20	13-589	77.5	17-041	2.5															
veg_onion_oil_sunflower	2.67	0.30	0.51	1.67	13-499	20	13-589	77.5	17-045	2.5															
veg_onion_oil_veg	2.67	0.17	1.48	0.82	13-499	20	13-589	77.5	17-686	2.5															
veg_onion_spread_dairy_chol	1.15	0.24	0.43	0.33	13-499	20	13-589	77.5	12-497	2.5															
veg_onion_spread_dairy_dunno	1.42	0.32	0.59	0.36	13-499	20	13-589	77.5	12-497	1.25	12-504	1.25													
veg_onion_spread_dairy_fat	1.69	0.39	0.75	0.38	13-499	20	13-589	77.5	12-504	2.5															
veg_onion_spread_dairy_lowfat	1.15	0.24	0.43	0.33	13-499	20	13-589	77.5	12-497	2.5															
veg_onion_spread_dairy_vlowfat	1.15	0.24	0.43	0.33	13-499	20	13-589	77.5	12-497	2.5															
veg_onion_spread_dunno_chol	1.12	0.23	0.36	0.39	13-499	20	13-589	77.5	12-499	1.25	12-497	1.25													
veg_onion_spread_dunno_dunno	1.40	0.29	0.48	0.47	13-499	20	13-589	77.5	12-499	0.625	12-503	0.625	12-497	0.625	12-504	0.625									
veg_onion_spread_dunno_fat	1.67	0.36	0.60	0.55	13-499	20	13-589	77.5	12-503	1.25	12-504	1.25													
veg_onion_spread_dunno_lowfat	1.12	0.23	0.36	0.39	13-499	20	13-589	77.5	12-499	1.25	12-497	1.25													
veg_onion_spread_dunno_vlowfat	1.12	0.23	0.36	0.39	13-499	20	13-589	77.5	12-499	1.25	12-497	1.25													
veg_onion_spread_olive_chol	1.15	0.22	0.54	0.24	13-499	20	13-589	77.5	12-498	2.5															
veg_onion_spread_olive_dunno	1.40	0.28	0.66	0.31	13-499	20	13-589	77.5	12-498	1.25	12-505	1.25													
veg_onion_spread_olive_fat	1.65	0.33	0.78	0.37	13-499	20	13-589	77.5	12-505	2.5															
veg_onion_spread_olive_lowfat	1.15	0.22	0.54	0.24	13-499	20	13-589	77.5	12-498	2.5															
veg_onion_spread_olive_vlowfat	1.15	0.22	0.54	0.24	13-499	20	13-589	77.5	12-498	2.5															
veg_other_butter_dunno	2.80	1.36	0.80	0.34	13-542	5	13-638	42.5	13-549	5	13-585	5	13-161	34.5	13-656	5	17-655	1.5	17-685	0.75	17-661	0.75			
veg_other_butter_fat	2.84	1.63	0.67	0.23	13-542	5	13-638	42.5	13-549	5	13-585	5	13-161	34.5	13-656	5	17-655	1.5	17-661	1.5					
veg_other_butter_lowfat	2.18	0.84	0.72	0.38	13-542	5	13-638	42.5	13-549	5	13-585	5	13-161	34.5	13-656	5	17-656	3							
veg_other_butter_spread_fat	2.18	0.84	0.72	0.38	13-542	5	13-638	42.5	13-549	5	13-585	5	13-161	34.5	13-656	5	17-656	3							
veg_other_butter_spread_lowfat	2.75	1.10	0.93	0.44	13-542	5	13-638	42.5	13-549	5	13-585	5	13-161	34.5	13-656	5	17-655	3							
veg_other_fat_dunno	3.38	0.27	1.82	1.02	13-542	5	13-638	42.5	13-549	5	13-585	5	13-161	34.5	13-656	5	17-686	3							
veg_other_fat_none	0.39	0.07	0.04	0.15	13-542	5	13-638	44	13-549	5	13-585	5	13-161	36	13-656	5									
veg_other_fat_other	3.36	1.76	1.04	0.23	13-542	5	13-638	42.5	13-549	5	13-585	5	13-161	34.5	13-656	5	8124000	1.5	17-487	1.5					
veg_other_lard	3.35	1.28	1.34	0.44	13-542	5	13-638	42.5	13-549	5	13-585	5	13-161	34.5	13-656	5	17-010	3							
veg_other_marg_hard	2.67	0.86	1.06	0.51	13-542	5	13-638	42.5	13-549	5	13-585	5	13-161												

Table S1. Individual FA and major nutrient calculation in the individual FA dataset (MCW + USDA). USDA food codes are highlighted in red.

Food item	Grams per 100g of food item ¹				Codes for foods from MCW and USDA and the fraction (%) assigned to each code ²																					
	Total fat	Total SFAs	Total MUFAs	Total PUFAs	Code 1	Fraction 1	Code 2	Fraction 2	Code 3	Fraction 3	Code 4	Fraction 4	Code 5	Fraction 5	Code 6	Fraction 6	Code 7	Fraction 7	Code 8	Fraction 8	Code 9	Fraction 9	Code 10	Fraction 10	Code 11	Fraction 11
veg_other_marg_soya_lowfat	1.49	0.33	0.39	0.59	13-542	5	13-638	42.5	13-549	5	13-585	5	13-161	34.5	13-656	5	12-499	3								
veg_other_marg_soya_vlowfat	1.49	0.33	0.39	0.59	13-542	5	13-638	42.5	13-549	5	13-585	5	13-161	34.5	13-656	5	12-499	3								
veg_other_oil_olive	3.38	0.50	2.23	0.39	13-542	5	13-638	42.5	13-549	5	13-585	5	13-161	34.5	13-656	5	17-038	3								
veg_other_oil_other	3.00	0.39	1.25	1.12	13-542	5	13-638	42.5	13-549	5	13-585	5	13-161	34.5	13-656	5	17-033	0.9	17-040	0.6	17-686	0.75	17-686	0.375	17-377	0.375
veg_other_oil_rapeseed	3.38	0.27	1.82	1.02	13-542	5	13-638	42.5	13-549	5	13-585	5	13-161	34.5	13-656	5	17-041	3								
veg_other_oil_sunflower	3.38	0.43	0.66	2.04	13-542	5	13-638	42.5	13-549	5	13-585	5	13-161	34.5	13-656	5	17-045	3								
veg_other_oil_veg	3.38	0.27	1.82	1.02	13-542	5	13-638	42.5	13-549	5	13-585	5	13-161	34.5	13-656	5	17-686	3								
veg_other_spread_dairy_chol	1.55	0.36	0.56	0.44	13-542	5	13-638	42.5	13-549	5	13-585	5	13-161	34.5	13-656	5	12-497	3								
veg_other_spread_dairy_dunno	1.87	0.45	0.75	0.47	13-542	5	13-638	42.5	13-549	5	13-585	5	13-161	34.5	13-656	5	12-497	1.5	12-504	1.5						
veg_other_spread_dairy_fat	2.20	0.54	0.94	0.50	13-542	5	13-638	42.5	13-549	5	13-585	5	13-161	34.5	13-656	5	12-504	3								
veg_other_spread_dairy_lowfat	1.55	0.36	0.56	0.44	13-542	5	13-638	42.5	13-549	5	13-585	5	13-161	34.5	13-656	5	12-497	3								
veg_other_spread_dairy_vlowfat	1.55	0.36	0.56	0.44	13-542	5	13-638	42.5	13-549	5	13-585	5	13-161	34.5	13-656	5	12-497	3								
veg_other_spread_dunno_chol	1.52	0.35	0.48	0.51	13-542	5	13-638	42.5	13-549	5	13-585	5	13-161	34.5	13-656	5	12-499	1.5	12-497	1.5						
veg_other_spread_dunno_dunno	1.85	0.42	0.62	0.61	13-542	5	13-638	42.5	13-549	5	13-585	5	13-161	34.5	13-656	5	12-499	0.75	12-503	0.75	12-497	0.75	12-504	0.75		
veg_other_spread_dunno_fat	2.18	0.50	0.76	0.70	13-542	5	13-638	42.5	13-549	5	13-585	5	13-161	34.5	13-656	5	12-503	1.5	12-504	1.5						
veg_other_spread_dunno_lowfat	1.52	0.35	0.48	0.51	13-542	5	13-638	42.5	13-549	5	13-585	5	13-161	34.5	13-656	5	12-497	1.5	12-499	1.5						
veg_other_spread_dunno_vlowfat	1.52	0.35	0.48	0.51	13-542	5	13-638	42.5	13-549	5	13-585	5	13-161	34.5	13-656	5	12-497	1.5	12-499	1.5						
veg_other_spread_olive_chol	1.55	0.34	0.69	0.33	13-542	5	13-638	42.5	13-549	5	13-585	5	13-161	34.5	13-656	5	12-498	3								
veg_other_spread_olive_dunno	1.85	0.40	0.84	0.41	13-542	5	13-638	42.5	13-549	5	13-585	5	13-161	34.5	13-656	5	12-498	1.5	12-505	1.5						
veg_other_spread_olive_fat	2.15	0.47	0.98	0.49	13-542	5	13-638	42.5	13-549	5	13-585	5	13-161	34.5	13-656	5	12-505	3								
veg_other_spread_olive_lowfat	1.55	0.34	0.69	0.33	13-542	5	13-638	42.5	13-549	5	13-585	5	13-161	34.5	13-656	5	12-498	3								
veg_other_spread_olive_vlowfat	1.55	0.34	0.69	0.33	13-542	5	13-638	42.5	13-549	5	13-585	5	13-161	34.5	13-656	5	12-498	3								
veg_par_butter_dunno	2.31	1.13	0.74	0.21	75222010	97.5	17-655	1.25	17-685	0.625	17-661	0.625														
veg_par_butter_fat	2.35	1.35	0.63	0.12	75222010	97.5	17-685	1.25	17-661	1.25																
veg_par_butter_lowfat	1.80	0.69	0.67	0.24	75222010	97.5	17-656	2.5																		
veg_par_butter_spread_fat	2.27	0.90	0.85	0.30	75222010	97.5	17-655	2.5																		
veg_par_butter_spread_lowfat	1.80	0.69	0.67	0.24	75222010	97.5	17-656	2.5																		
veg_par_fat_dunno	2.79	0.21	1.59	0.78	75222010	97.5	17-686	2.5																		
veg_par_fat_none	0.30	0.05	0.11	0.05	75222010	100																				
veg_par_fat_other	2.77	1.46	0.94	0.12	75222010	97.5	81204000	1.25	17-487	1.25																
veg_par_lard	2.77	1.06	1.19	0.30	75222010	97.5	17-010	2.5																		
veg_par_marg_hard	2.20	0.71	0.96	0.35	75222010	97.5	12-500	2.5																		
veg_par_marg_poly_chol	1.22	0.26	0.40	0.42	75222010	97.5	12-499	2.5																		
veg_par_marg_poly_dunno	1.49	0.32	0.47	0.55	75222010	97.5	12-499	1.25	12-503	1.25																
veg_par_marg_poly_fat	1.77	0.38	0.55	0.68	75222010	97.5	12-503	2.5																		
veg_par_marg_poly_lowfat	1.22	0.26	0.40	0.42	75222010	97.5	12-499	2.5																		
veg_par_marg_poly_vlowfat	1.22	0.26	0.40	0.42	75222010	97.5	12-499	2.5																		
veg_par_marg_soya_chol	1.22	0.26	0.40	0.42	75222010	97.5	12-499	2.5																		
veg_par_marg_soya_dunno	1.49	0.32	0.47	0.55	75222010	97.5	12-499	1.25	12-503	1.25																
veg_par_marg_soya_fat	1.77	0.38	0.55	0.68	75222010	97.5	12-503	2.5																		
veg_par_marg_soya_lowfat	1.22	0.26	0.40	0.42	75222010	97.5	12-499	2.5																		
veg_par_marg_soya_vlowfat	1.22	0.26	0.40	0.42	75222010	97.5	12-499	2.5																		
veg_par_oil_olive	2.79	0.41	1.93	0.25	75222010	97.5	17-038	2.5																		
veg_par_oil_other	2.48	0.32	1.11	0.86	75222010	97.5	17-033	0.75	17-040	0.5	17-686	0.938	17-377	0.312												
veg_par_oil_rapeseed	2.79	0.21	1.59	0.78	75222010	97.5	17-041	2.5																		
veg_par_oil_sunflower	2.79	0.35	0.62	1.63	75222010	97.5	17-045	2.5																		
veg_par_oil_veg	2.79	0.21	1.59	0.78	75222010	97.5	17-686	2.5																		
veg_par_s_dairy_chol	1.27	0.29	0.54	0.29	75222010	97.5	12-497	2.5																		
veg_par_s_dairy_dunno	1.54	0.37	0.70	0.32																						

Table S1. Individual FA and major nutrient calculation in the individual FA dataset (MCW + USDA). USDA food codes are highlighted in red.

Food item	Grams per 100g of food item ¹				Codes for foods from MCW and USDA and the fraction (%) assigned to each code ²																						
	Total fat	Total SFAs	Total MUFAs	Total PUFAs	Code 1	Fraction 1	Code 2	Fraction 2	Code 3	Fraction 3	Code 4	Fraction 4	Code 5	Fraction 5	Code 6	Fraction 6	Code 7	Fraction 7	Code 8	Fraction 8	Code 9	Fraction 9	Code 10	Fraction 10	Code 11	Fraction 11	
veg_pepp_marg_poly_fat	1.73	0.37	0.44	0.75	13-548	19.5	13-524	19.5	13-526	19.5	13-525	19.5	13-537	19.5	12-503	2.5											
veg_pepp_marg_poly_lowfat	1.18	0.25	0.29	0.49	13-548	19.5	13-524	19.5	13-526	19.5	13-525	19.5	13-537	19.5	12-499	2.5											
veg_pepp_marg_poly_vlowfat	1.18	0.25	0.29	0.49	13-548	19.5	13-524	19.5	13-526	19.5	13-525	19.5	13-537	19.5	12-499	2.5											
veg_pepp_marg_soya_chol	1.18	0.25	0.29	0.49	13-548	19.5	13-524	19.5	13-526	19.5	13-525	19.5	13-537	19.5	12-499	2.5											
veg_pepp_marg_soya_dunno	1.45	0.31	0.37	0.62	13-548	19.5	13-524	19.5	13-526	19.5	13-525	19.5	13-537	19.5	12-499	1.25	12-503	1.25									
veg_pepp_marg_soya_fat	1.73	0.37	0.44	0.75	13-548	19.5	13-524	19.5	13-526	19.5	13-525	19.5	13-537	19.5	12-503	2.5											
veg_pepp_marg_soya_lowfat	1.18	0.25	0.29	0.49	13-548	19.5	13-524	19.5	13-526	19.5	13-525	19.5	13-537	19.5	12-499	2.5											
veg_pepp_marg_soya_vlowfat	1.18	0.25	0.29	0.49	13-548	19.5	13-524	19.5	13-526	19.5	13-525	19.5	13-537	19.5	12-499	2.5											
veg_pepp_oil_olive	2.75	0.39	1.83	0.32	13-548	19.5	13-524	19.5	13-526	19.5	13-525	19.5	13-537	19.5	17-038	2.5											
veg_pepp_oil_other	2.44	0.31	1.00	0.93	13-548	19.5	13-524	19.5	13-526	19.5	13-525	19.5	13-537	19.5	17-033	0.75	17-040	0.5	17-686	0.938	17-377	0.312					
veg_pepp_oil_rapeseed	2.75	0.20	1.48	0.85	13-548	19.5	13-524	19.5	13-526	19.5	13-525	19.5	13-537	19.5	17-041	2.5											
veg_pepp_oil_sunflower	2.75	0.34	0.51	1.70	13-548	19.5	13-524	19.5	13-526	19.5	13-525	19.5	13-537	19.5	17-045	2.5											
veg_pepp_oil_veg	2.75	0.20	1.48	0.85	13-548	19.5	13-524	19.5	13-526	19.5	13-525	19.5	13-537	19.5	17-686	2.5											
veg_pepp_s_dairy_chol	1.23	0.28	0.43	0.36	13-548	19.5	13-524	19.5	13-526	19.5	13-525	19.5	13-537	19.5	12-497	2.5											
veg_pepp_s_dairy_dunno	1.50	0.35	0.59	0.39	13-548	19.5	13-524	19.5	13-526	19.5	13-525	19.5	13-537	19.5	12-497	1.25	12-504	1.25									
veg_pepp_s_dairy_fat	1.77	0.43	0.75	0.41	13-548	19.5	13-524	19.5	13-526	19.5	13-525	19.5	13-537	19.5	12-504	2.5											
veg_pepp_s_dairy_lowfat	1.23	0.28	0.43	0.36	13-548	19.5	13-524	19.5	13-526	19.5	13-525	19.5	13-537	19.5	12-497	2.5											
veg_pepp_s_dairy_vlowfat	1.23	0.28	0.43	0.36	13-548	19.5	13-524	19.5	13-526	19.5	13-525	19.5	13-537	19.5	12-497	2.5											
veg_pepp_s_dunno_chol	1.20	0.26	0.36	0.43	13-548	19.5	13-524	19.5	13-526	19.5	13-525	19.5	13-537	19.5	12-499	1.25	12-497	1.25									
veg_pepp_s_dunno_dunno	1.48	0.33	0.48	0.50	13-548	19.5	13-524	19.5	13-526	19.5	13-525	19.5	13-537	19.5	12-499	0.625	12-503	0.625	12-497	0.625	12-504	0.625					
veg_pepp_s_dunno_fat	1.75	0.40	0.60	0.58	13-548	19.5	13-524	19.5	13-526	19.5	13-525	19.5	13-537	19.5	12-503	1.25	12-504	1.25									
veg_pepp_s_dunno_lowfat	1.20	0.26	0.36	0.43	13-548	19.5	13-524	19.5	13-526	19.5	13-525	19.5	13-537	19.5	12-499	1.25	12-497	1.25									
veg_pepp_s_dunno_vlowfat	1.20	0.26	0.36	0.43	13-548	19.5	13-524	19.5	13-526	19.5	13-525	19.5	13-537	19.5	12-499	1.25	12-497	1.25									
veg_pepp_s_olive_chol	1.23	0.26	0.54	0.28	13-548	19.5	13-524	19.5	13-526	19.5	13-525	19.5	13-537	19.5	12-498	2.5											
veg_pepp_s_olive_dunno	1.48	0.31	0.66	0.34	13-548	19.5	13-524	19.5	13-526	19.5	13-525	19.5	13-537	19.5	12-498	1.25	12-505	1.25									
veg_pepp_s_olive_fat	1.73	0.37	0.78	0.41	13-548	19.5	13-524	19.5	13-526	19.5	13-525	19.5	13-537	19.5	12-505	2.5											
veg_pepp_s_olive_lowfat	1.23	0.26	0.54	0.28	13-548	19.5	13-524	19.5	13-526	19.5	13-525	19.5	13-537	19.5	12-498	2.5											
veg_pepp_s_olive_vlowfat	1.23	0.26	0.54	0.28	13-548	19.5	13-524	19.5	13-526	19.5	13-525	19.5	13-537	19.5	12-498	2.5											
veg_pulses	1.20	0.14	0.24	0.53	41302120	50	41305000	25	13-559	25																	
veg_saladmayo	14.55	1.34	7.84	4.60	15-636	33.4	15-635	33.3	13-636	9.99	14-346	14.985	14-879	3.33	17-654	4.995											
veg_sidesalad	0.10	0.02	0.02	0.05	13-520	25	13-517	50	13-245	25																	
veg_spinach	0.87	0.16	0.00	0.37	72125212	100																					
veg_sprouts	0.40	0.09	0.03	0.22	13-630	100																					
veg_sweetcorn	0.60	0.13	0.07	0.27	13-634	100																					
veg_sweetpot	0.30	0.14	0.00	0.09	13-672	50	13-646	50																			
veg_tomato_fresh	0.30	0.07	0.07	0.13	13-517	50	13-519	50																			
veg_tomato_tinned	1.65	0.22	0.73	0.60	13-530	50	13-518	48.5	17-045	0.75	17-038	0.75															
veg_turnip	0.15	0.00	0.00	0.10	13-391	50	13-650	50																			
veg_watercress	0.39	0.06	0.01	0.17	72125100	100																					
vegalt_burger	7.75	1.39	3.64	1.91	41305000	23.75	41302120	23.75	17-041	2.5	15-658	50															
vegalt_other	19.25	2.82	7.40	7.99	13-505	11.25	14-879	11.25	42104200	11.25	41305000	22.5	17-038	3	11-792	4.5	12-940	4.5	17-377	6.75	41302120	22.5	14-844	1.125	17-045	1.375	
vegalt_quorn	7.71	0.96	1.55	4.83	13-505	55	17-377	20	12-960	10	17-045	7.5	11-886	7.5													
vegalt_tofu	6.10	0.82	1.31	3.61	41420010	97.5	17-045	2.5																			
yeast_extract	0.40	0.00	0.00	0.00	17-517	100																					
yogurt_fullfat	4.44	2.92	1.11	0.13	12-184	40	12-375	40	12-555	20																	
yogurt_lowfat	0.80	0.52	0.21	0.02	12-379	75	12-532	25																			
yorkshirepud	8.22	2.02	2.02	3.49	11-886	25	12-940	15	12-596	38.5	12-307	16.5	17-045	5													

FA, fatty acid; MCW, McCance and Widdowson; MUFA, monounsaturated fatty acid; PUFA, polyunsaturated fatty acid; SFA, saturated fatty acid; USDA, US Department of Agriculture. ¹ Calculated as the sum of total fat, total SFAs, total MUFAs, or total PUFAs for each of the foods assigned to the food item (fraction used multiplied by grams of total fat, total SFAs, total MUFAs, or total PUFAs per 100g of food). ² Fractions in the individual FA dataset were based on fractions from the main dataset for the Oxford WebQ [17], which were determined by taking into account how each question was asked and the most likely food choices in the UK population. Fractions assigned to codes 1 to 11