Online Supplementary Materials

1. Right after becoming independent, Kyrgyzstan experienced rapid decline of economic growth. However, data below in table 1 shows that energy extracted from fat is quite high almost 30%. This is mostly due to the Soviet's food policy which promoted energy dense products such as meat and milk through subsidizing them.

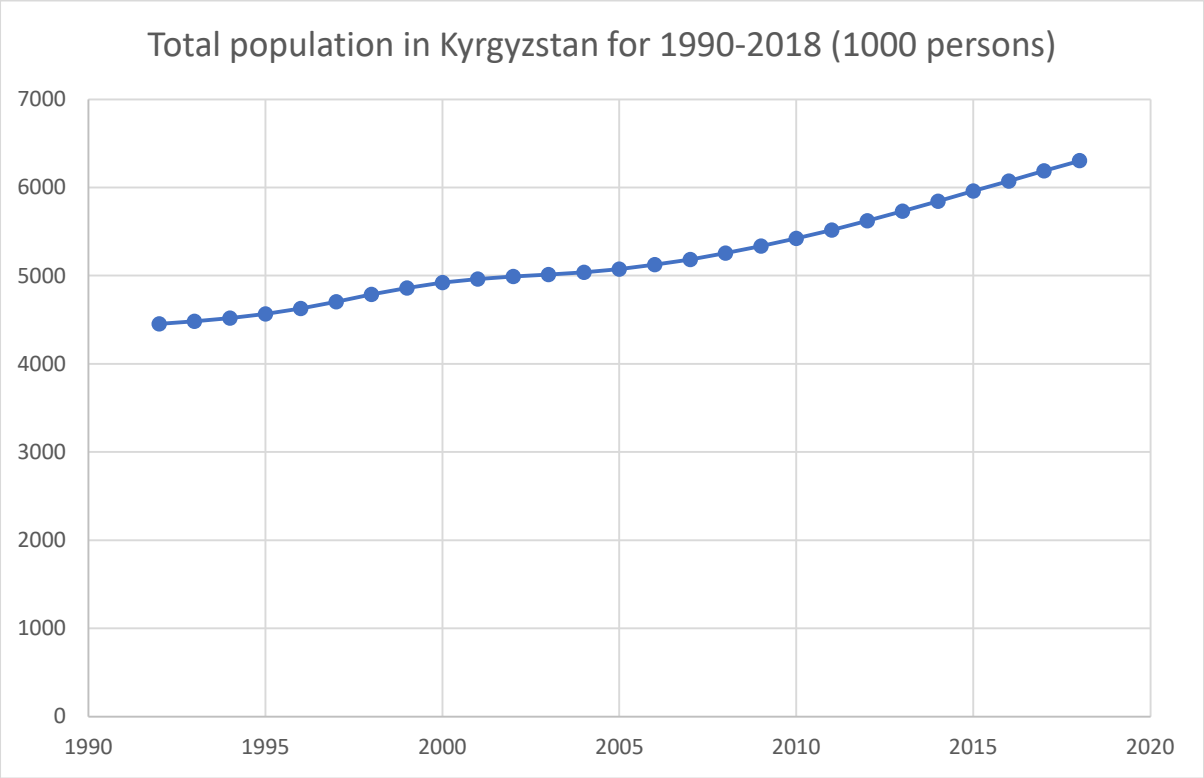
Table 1. Dietary intake categorized by age (1993).

Age Group	Energy (kcal)	% of Energy RDA	Protein Grams	% of Protein RDA	% Energy From Protein	% Energy From Fat
18-29	2,207	90.7	70	149.5	12.7	29.5
30-39	2,269	91.7	74	148.1	13.0	31.3
40-49	2,146	85.4	72	135.7	13.3	31.5
50-59	2,145	81.8	71	131.8	13.3	30.1
Total adults	2,204	88.9	72	144.4	13.0	30.4

Source 1.

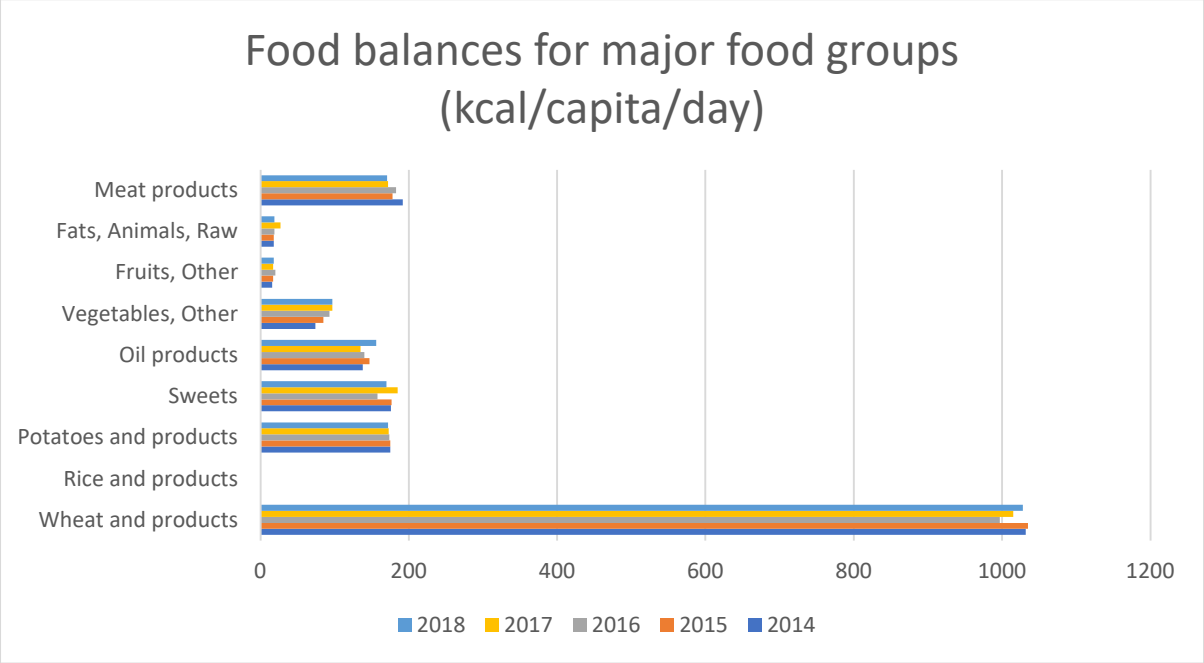
2. Theory of nutrition transition states that demographic change influences diets as well. Population of Kyrgyzstan increase during the period 1990-2018 from 4.4mln to 6.2 mln.

Figure 1. Total population on Kyrgyzstan for 1990-2018



Source 2

3. Most food groups' supply increased. Open market economy diversifies food.



Source 3

4. Child mortality decreased during Soviet Union times in Kyrgyzstan, as the figure below shows.

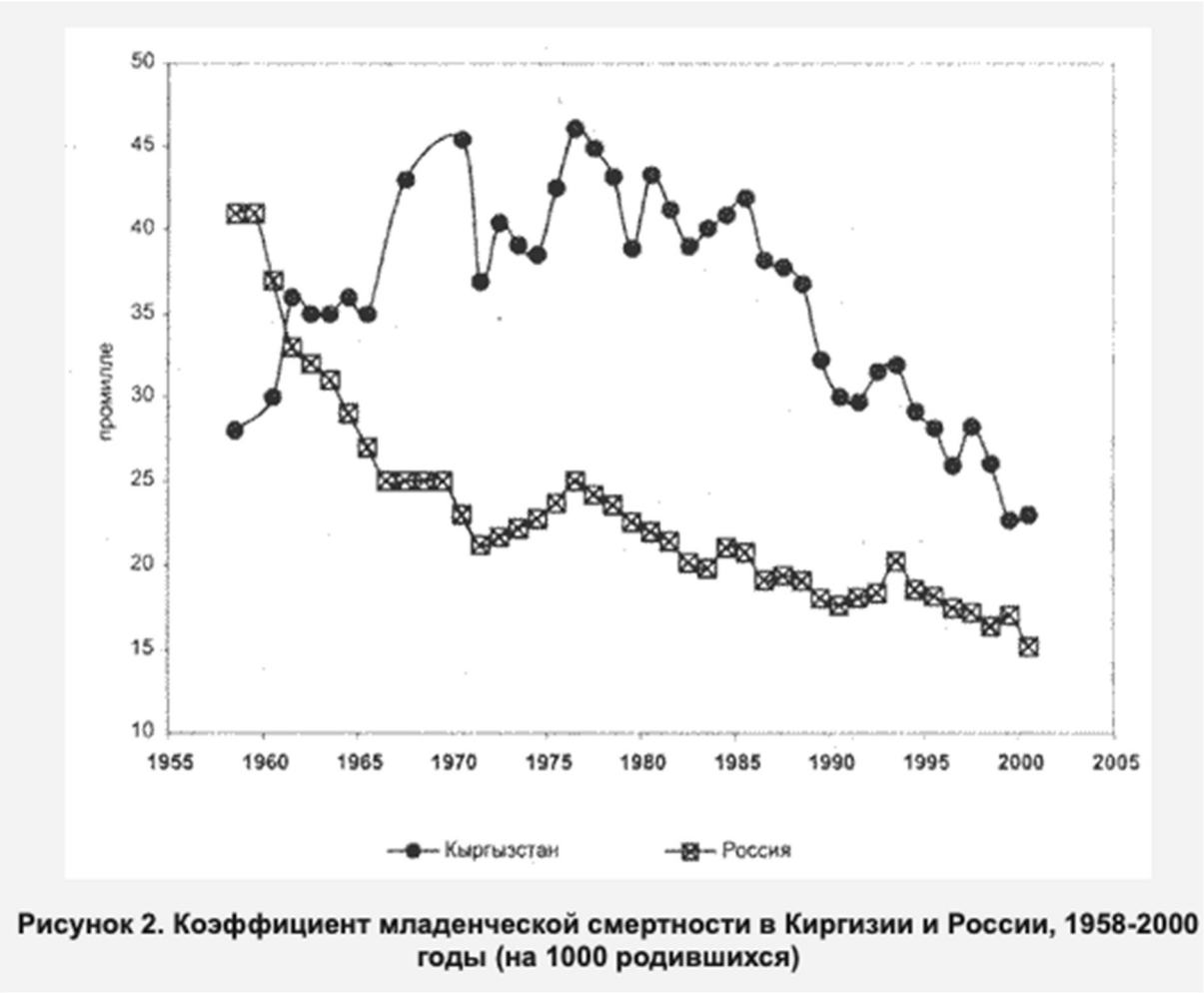


Рисунок 2. Коэффициент младенческой смертности в Киргизии и России, 1958-2000 годы (на 1000 родившихся)

Figure 1 Coefficient of child mortality in Kyrgyzstan and Russia for years 1958-2000 (for 1000 newborns)

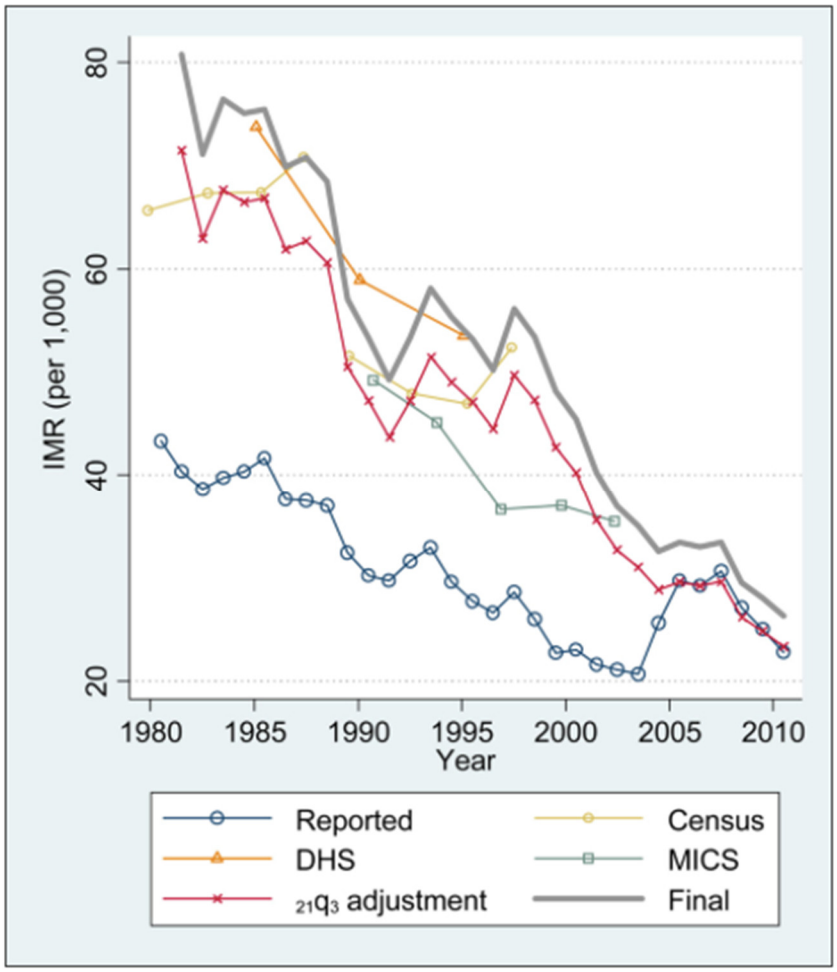


Figure 2 Infant mortality rate estimates 1980-2010 (various methods of calculation)

Source 4

References

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2. Food and Agriculture Organization of the United Nations (2021) FAOSTAT http://faostat.fao.org/site/354/default.aspx2012 (accessed 26 June 2021).
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4. Guillot, M., Lim, S., Torgasheva, L., & Denisenko, M. (2013). *Infant mortality in Kyrgyzstan before and after the break-up of the Soviet Union. Population Studies, 67(3), 335–352*.doi:10.1080/00324728.2013.835859