

Table S1. Regional foods (dishes, fruits and vegetables) from the Brazilian Southeast region

Dishes/ingredients	Menu 1	Menu 2	Menu 3
Ambrosia (dessert with milk, eggs and sugar)			
Angu (garnish with corn flour and water or milk)			
Arroz com urucum (rice with a vegetal)			
Arroz doce / <i>sweet rice</i>			
Bacalhoda (Cod fish stew)			
Bambá de couve (garnish with corn flour and sausage)			
Banana frita com farinha e açúcar ou açúcar e canela / <i>Fry banana with cassava flour, sugar and cinnamon</i>			
Berinjela ao forno / <i>eggplant in the oven</i>			
Bife / <i>steak</i>			
Bife a cavalo (steak with fried egg)			
Bife role (rolled up steak)			
Bisteca frita / <i>fried pork chops</i>			
Bolinho de Bacalhau / <i>cod cake</i>			
Bolo de arroz / <i>rice cake</i>			
Bolo de fubá / <i>cornmeal cake</i>			
Cabeça de macaco (bolinhos com ovos e fubá)/ <i>corn and egg cake</i>			
Camarão com chuchu / <i>shrimp with chayote</i>			
Canja de galinha / <i>chicken soup with rice</i>			
Canjica (corn, milk and sugar)			
Canjiquinha com costela (corn with ribs)			
Carne de porco na lata (armazenado na banha) / <i>(pork in a tin)</i>			
Carne de sol com mandioca (dried meat with cassava)			
Creme de milho (corn cream)			
Cuscuz paulista (rice with vegetables and shrimp)			
Dobradinha (stew with cow's tripe)			
Doce de leite (milk caramel)			
Doce de raiz de mamoeiro (papaya dessert)			
Empadão de frango (chicken pie)			
Escaldado de farinha de mandioca (stew with cassava flour)			
Espaguete / <i>spaghetti</i>			
Farinha de mandioca / <i>cassava flour (only when is mixed with other ingredients – Farofa)</i>			
Farinha de milho / <i>corn flour</i>			
Feijão com toucinho / <i>beans with bacon</i>			
Feijão pagão (cozido inteiro sem tempero) / <i>cooked beans</i>			
Feijão tropeiro (beans, cassava flour, kale, bacon and eggs)			
Feijoada (black beans with pork meats)			
Fígado Acebolado (Cow's liver grilled with onions)			
Filé Oswaldo Aranha (bife de filé com alho torrado)/ <i>steak with garlic</i>			
Frango xadrez (chinese chicken with vegetables)			
Frango com macarrão / <i>chicken with pasta</i>			
Frango com quiabo / <i>chicken with okra</i>			
Galinha ao molho pardo (chicken in blood sauce)			
Galinha assada com farofa ou miúdos (baked chicken with farofa or innards)			
Lambari frito (fried fish)			
Leitão à pururuca (baked piglet)			
Leite com farinha de milho ou farinha de mandioca e açúcar (milk, sugar and corn or cassava flour)			
Linguiça calabresa / <i>Smoked Sausage</i>			
Linguiça frita / <i>Fried sausage</i>			
Lombo de porco / <i>Pork loin</i>			
Macarrão chop suey (pasta chop suey)			
Mandioca com carne / <i>Cassava with meat</i>			
Maneco com jaleco/ ioiô-com-iaíá (stew of pork, bacon, corn)			

Mingau de couve com fubá (corn meal with kale)			
Mingau de fubá (corn meal)			
Mocotó com fava (bovine paw in stew)			
Peixe à milanesa (Battered fish)			
Peixe frito (empanado no fubá) / <i>Breaded fried fish</i>			
Pernil de porco / <i>Pork shank</i>			
Picadinho de carne / <i>Chopped meat</i>			
Pimentão ao forno / <i>Roasted peppers</i>			
Polenta (corn flour and seasoned water)			
Pudim de mandioca / <i>Cassava Pudding</i>			
Queijo de minas (Brazilian type of cheese)			
Quibe (Kibbeh)			
Rabada (oxtail stew)			
Rapadura (brown sugar candy)			
Tapioca doce / <i>Sweet tapioca</i>			
Tempurá / <i>Tempura</i>			
Torresmo / <i>Crackling</i>			
Toucinho / <i>Bacon</i>			
Tutu de feijão (mashed beans with cassava flour)			
Vaca atolada (stew meat with cassava)			
Virado de feijão (beans and cassava flour)			
SUBTOTAL			
Fruits	Menu 1	Menu 2	Menu 3
Abacate / <i>Avocado</i>			
Abacaxi / <i>Pineapple</i>			
Abiu			
Abóbora d'água (a type of pumpkin)			
Amora do mato / <i>Blackberry</i>			
Araçá (Psidium guajava)			
Araticum (Annona coriácea)			
Banana / <i>Banana</i>			
Brejaúva			
Broto de abóbora / <i>Pumpkin sprout</i>			
Buriti			
Cagaita			
Caju			
Cana de açúcar / <i>Sugar cane</i>			
Caqui			
Carambola / <i>Caron</i>			
Cidra			
Coco / <i>Cocconut</i>			
Figo / <i>Fig</i>			
Gabiroba			
Goiaba / <i>Guava</i>			
Jabuticaba			
Jaca / <i>Jack fruit</i>			
Jambolão			
Jatobá			
Jenipapo			
Limão-cravo			
Mamão verde			
Manga / <i>Mango</i>			
Mangaba			
Marmelada de cachorro			
Marmelo			
Melancia			
Pequi			
Pinha			
Pitanga			
Saputi			
Sapucaia			

Urucum			
SUBTOTAL			
Vegetables	Menu 1	Menu 2	Menu 3
Abóbora (moranga) / <i>Pumpkin</i>			
Acelga / <i>Chard</i>			
Agrião / <i>Cress</i>			
Aipo / <i>Celery</i>			
Almeirão/ <i>Chicory</i>			
Amendoim / <i>Peanut</i>			
Batata doce (folha) / <i>Sweet potato leaf</i>			
Beldroega / <i>Purslane</i>			
Berinjela / <i>Eggplant</i>			
Bertalha			
Capeba			
Chuchu / <i>Chayote</i>			
Couve manteiga/ <i>Kale</i>			
Espinafre / <i>Spinach</i>			
Grandú			
Grelo de samambaia (caule/broto da planta)			
Jiló / <i>Scarlet eggplant</i>			
Mandioca (aipim) / <i>Cassava</i>			
Maxixe / <i>Gherkin</i>			
Milho verde / <i>Corn</i>			
Mostarda			
Nabiça			
Ora-pró-nóbis			
Quiabo / <i>Okra</i>			
Rabanete / <i>Radish</i>			
Repolho / <i>Cabbage</i>			
Rúcula / <i>Arugula</i>			
Serralha			
Taioba			
Vagem / <i>Green beans</i>			
SUBTOTAL			
Arroz e feijão / <i>Rice and Beans</i>			
TOTAL			

Table S2. Regional foods (dishes, fruits and vegetables) from the Brazilian Northeast region

Regional dishes	Menu 1	Menu 2	Menu 3
Abará (cooked bean cake with palm oil and shrimp)			
Acarajé (fried bean cake with palm oil and shrimp)			
Arroz de capote (rice with chicken)			
Arroz de cuxá (rice with cuxá leaf)			
Arroz de hauçá (rice meal)			
Arroz de leite / <i>Rice with milk</i>			
Arroz doce / <i>Sweet rice</i>			
Arrumadinho (dried meat, bacon and beans)			
Baião de dois (rice and beans)			
Bobó de camarão (cassava stew with shrimps)			
Bode zambeto (carne de bode guisada)/ <i>Goat stew</i>			
Buchada (goat tripe's stew)			
Caldeirada de frutos do mar (seafood stew)			
Caldeirada Maranhense (seafood stew with leaves)			
Canjica (corn, milk)			
Capão cheio (Roasted chicken with innards)			
Capote com arroz (guinea rice)			
Capote guisado (guinea stew)			
Caranguejada (crab)			
Carne de sol (dried meat)			
Carne seca (jabá)/ <i>Jerked beef</i>			
Carneiro ao leite de coco (Lamb in coconut milk)			

Carneiro com arroz (Lamb with rice)			
Caruru (okra stew)			
Chambaril (cow's paw)			
Chouriço (doce)			
Cozido de peixe (fish stew)			
Cozido de carne (meat stew)			
Cuscuz de arroz (rice couscous)			
Dobradinha (stew with cow's tripe)			
Efó (shrimp with green dark leaves)			
Ensopado de caranguejo (crab stew)			
Ensopado de ostra (oyster stew)			
Ensopado de sururu (sururu stew)			
Farinha de banana (banana flour)			
Farinha de mandioca (cassava flour) <i>(only when is mixed with other ingredients – Farofa)</i>			
Farinha de milho (corn flour)			
Fava (broad bean)			
Feijão com carnes / Beans with meat			
Feijão com hortaliças / Beans with vegetables			
Feijão de coco / Beans with coconut			
Feijão fradinho / Black-eyed beans			
Feijão macaçar (ou macassar) – (Macassar bean)			
Feijão verde / Green bean			
Frigideira de siri (fried crab)			
Fritada de camarão (fried shrimp)			
Galinha ao molho pardo (cabidela) –(chicken in boold sauce)			
Galinha de capoeira (rustic chicken)			
Ginga frita (peixe) – (fried fish)			
Manteiga de garrafa (Melted butter)			
Mão de vaca (cow's paw with potato)			
Maria-isabel (Rice and beans with meat)			
Mariscada (seafood stew)			
Matrinxã ao molho ou frito (type of fish fried or stewed)			
Mininico de carneiro (Lamb)			
Mocotó (Cow's paw stew)			
Moqueca de peixe (fish stew with palm oil)			
Mungunzá (corn, milk and sugar)			
Panelada (different parts of cow in a stew)			
Peixada (fish stew)			
Peixada cearense (fish stew from Ceará)			
Queijo coalho (Brazilian cheese)			
Queijo manteiga (Brazilian cheese type)			
Rabada (Oxtail stew)			
Rapadura (brown sugar candy)			
Roupa velha (Shredded meat)			
Rubacão (rice and beans with pork)			
Sarapatel (innards stew)			
Sarrabulho (innards in pork's blood)			
Sopa de feijão com macarrão e hortaliças / Soup with beans, pasta and vegetables			
Sovaco de cobra (dried meat stew with vegetables)			
Tapioca / tapioca			
Vatapá (bread, palm oil, cashew nut and shrimps)			
Xinxim de galinha (chicken stew with palm oil, cashew nuts and peanuts)			
SUBTOTAL			
FRUITS	Menu 1	Menu 2	Menu 3
Abacate / Avocado			
Abacaxi / Pineapple			
Acerola			
Araçá			

Araticum			
Banana da terra / <i>Plantain</i>			
Banana verde / <i>Unripe banana</i>			
Bacuri			
Bacuparis			
Buriti			
Cacau / <i>cocoa</i>			
Cagaita			
Cajá			
Cajarana			
Caju / <i>Cashew</i>			
Cana de açúcar / <i>Sugar cane</i>			
Carambola / <i>Caron</i>			
Coco / <i>coconut</i>			
Dendê			
Fruta-pão			
Gergelim / <i>Sesame</i>			
Goiaba / <i>Guava</i>			
Graviola / <i>Soursop</i>			
Guajiru			
Jabuticaba			
Jaca / <i>Jackfruit</i>			
Jambo			
Jatobá			
Jenipapo			
Juá			
Laranja da terra / <i>Orange</i>			
Maçaranduba			
Mamão verde / <i>Green papaya</i>			
Manga / <i>Mango</i>			
Mangaba			
Melão Orange / <i>Orange melon</i>			
Oliveira			
Pequi			
Pinha (ata, fruta do conde)			
Pitomba			
Sapotá			
Saputi			
Siriguela			
Tamarindo			
Umbu			
Urucum			
SUBTOTAL			
VEGETABLES	Menu 1	Menu 2	Menu 3
Algaroba			
Amendoim / <i>peanut</i>			
Babaçu			
Batata doce			
Cará			
Caruru-do-pará			
Cebola roxa / <i>Purple onion</i>			
Chuchu / <i>Chayote</i>			
Coentro / <i>Cilantro</i>			
Couve			
Feijão-de-corda			
Inhame / <i>Yam</i>			
Jerimum (abóbora) / <i>Pumpkin</i>			
Jurubeba			
Língua de vaca			
Mandioca (macaxeira)			
Maxixe			

Milho verde / <i>Green corn</i>			
Palma			
Quiabo / <i>Okra</i>			
Sorgo / <i>Sorghum</i>			
Taioba			
SUBTOTAL			
Arroz e feijão / <i>rice and beans</i>	10	10	10
TOTAL			

Table S3. Regional foods (dishes, fruits and vegetables) from the Brazilian South region

Regional dishes	Menu 1	Menu 2	Menu 3
Arroz carreteiro (rice with dried meat)			
Barreado (Shredded meat stew)			
Bisteca de porco defumada (smoked pork chops)			
Caldo de camarão à Oliveira (shrimp stew)			
Camarão frito ou a milanesa / <i>Fried shrimp</i>			
Carne ao vinho / <i>Meat with wine</i>			
Charque / <i>Jerky</i>			
Chimia (Jelly)			
Churrasco (picanha, fraldinha, etc.) / <i>Barbecue</i>			
Costela suína / <i>Pork rib</i>			
Cozido / <i>Boiled meat</i>			
Embutidos (sausages)			
Farinha de mandioca / <i>Cassava flour (only when is mixed with other ingredients – Farofa)</i>			
Farinha de milho / <i>Corn flour</i>			
Feijão campeiro (Black beans with pork)			
Feijão tropeiro ou feijão mexido (beans, cassava flour, eggs, kale and bacon)			
Frango a passarinho (fried chicken)			
Galeto assado / <i>Roast chicken</i>			
Joelho de porco / <i>Porks' knee</i>			
Lasanha / <i>Lasagna</i>			
Macarronada / <i>Bolognese pasta</i>			
Maria Rita (meat stew with rice)			
Marreco (type of Bird)			
Matambre recheado (Filled meat)			
Moqueca de camarão (shrimp stew)			
Moqueca de peixe (fish stew)			
Morcilhas (Boold sausages)			
Nata (Milk fat cream)			
Ostra gratinada / <i>Gratin oyster</i>			
Peixe frito / <i>Fried fish</i>			
Peixe na telha (fish roastd in roof tile)			
Pernil de carneiro assado / <i>Roasted lamb shank</i>			
Pickles			
Polenta (corn flour and water)			
Porco no rolete (pig on the roller)			
Puchero (stew of chickpea, meat and pork)			
Quirera lapiana (corn with meat)			
Risoto de frango / <i>Chicken risotto</i>			
Risoto de frutos do mar (seafood risotto)			
Sagu (tapioca with grape juice)			
Salada de batatas / <i>Potato salad</i>			
Salsichão (vermelho ou branco) / <i>Sausage</i>			
Sururu ao molho (sururu in a stew)			
Tainha assada (Roasted type of fish)			
Varenque (pasta filled with mashed potatoes)			
SUBTOTAL			
FRUITS	Menu 1	Menu 2	Menu 3
Ameixa / <i>Plum</i>			
Amora / <i>Blackberry</i>			

Bergamota / <i>Tangerine</i>			
Cana de açúcar / <i>Sugar cane</i>			
Damasco / <i>Apricot</i>			
Feijoa			
Framboesa / <i>Raspberry</i>			
Jabuticaba			
Laranja / <i>Orange</i>			
Maçã / <i>Apple</i>			
Marmelo / <i>Quince</i>			
Nectarina / <i>Nectarine</i>			
Pêra / <i>Pear</i>			
Pêssego / <i>Peach</i>			
Pinhão			
Uva / <i>Grape</i>			
SUBTOTAL			
VEGETABLES	Menu 1	Menu 2	Menu 3
Agrião / <i>Cress</i>			
Almeirão-roxo			
Batata doce / <i>Sweet potato</i>			
Batata inglesa (não frita) / <i>Potato</i>			
Broto-de-bambu / <i>Bamboo shoot</i>			
Cará-do-ar			
Couve			
Erva mate			
Lentilha / <i>Lentil</i>			
Mandioca (aipim) / <i>Cassava</i>			
Milho verde / <i>Corn</i>			
Mostarda / <i>Mustard leaf</i>			
Nira			
Parreira			
Radiche (almeirão)			
Repolho (roxo e branco) / <i>Cabbage</i>			
SUBTOTAL			
Arroz e feijão (Rice and beans)	10	10	10
TOTAL			

Table S4. Regional foods (dishes, fruits and vegetables) from the Brazilian North region

Regional foods	Menu 1	Menu 2	Menu 3
Aluá (fermented beverage with cassava)			
Aviú (little shrimps)			
Baião de dois (Rice and beans)			
Caldeirada de peixe (tambaqui ou tucunaré ou pirarucu, etc) – (North's fish stew)			
Caranguejo / <i>Crab</i>			
Carne de sol (Dried meat)			
Caruru paraense (okra stew)			
Charque / <i>Jerky</i>			
Costela de tambaqui – (Tambaqui fish)			
Cozidão (Stew with meat and vegetables)			
Farinha de mandioca (cassava flour) (<i>only when is mixed with other ingredients – Farofa</i>)			
Feijoada (Black beans with pork meat and sausages)			
Filhote (Type of fish)			
Mapará (Type of fish)			
Maria-isabel (Rice with meat)			
Mocotó (Cow's paw stew)			
Mojica de camarão (shrimp stew with cassava)			
Mojica de peixe (fish stew with cassava)			
Mungunzá (corn, milk and sugar)			
Peixada (Fish stew with vegetables)			

Peixe assado (mantrinxã, tambaqui, tucunaré, pirarucu, surubim) – (Different fishes roasted)			
Peixe cozido à moda do norte (North style fish stew)			
Peixe escabeche (Pickle fish)			
Pirarucu (Type of fish dried)			
Queijo coalho (Brazilian fish)			
Sarapatel (Innard's stew)			
Tacacá (shrimp in cassava sauce)			
Tapioca / <i>Tapioca</i>			
Tucupi (fermented cassava with jambu)			
Vatapá paraense (bread, shrimp, peanut, cashew nut, palm oil)			
SUBTOTAL			
FRUITS	Menu 1	Menu 2	Menu 3
Abiu			
Abriçó			
Açaí			
Ajuru			
Araçá			
Bacaba			
Bacuri			
Banana-pacovã			
Biriba			
Buriti			
Caldo de cana			
Camapu			
Camu-Camu			
Camutim			
Carambola			
Castanha do Brasil			
Cubiu			
Cupuaçu			
Cupui			
Cutite			
Guaraná			
Inajá			
Ingá			
Jambo			
Manga			
Mangaba			
Mapati			
Maracujá			
Marajá			
Murta			
Piquiá			
Pupunha			
Sapota-do-Solimões			
Sapoti			
Sorva			
Taperebá			
Tucumã			
Umari			
Uxi			
SUBTOTAL			
Vegetables	Menu 1	Menu 2	Menu 3
Alfavaca			
Amendoim / <i>peanut</i>			
Áriá			
Azedinha			
Batata doce / <i>Sweet potato</i>			
Bertalha			

Caruru			
Celósia			
Chicória / <i>Chicory</i>			
Coentro / <i>Cilantro</i>			
Couve			
Espinafre africano / <i>African spinach</i>			
Feijão-de-asa			
Feijão-de-metro			
Feijão-macuco			
Jabá			
Jambu			
Mandioca (macaxeira) / <i>Cassava</i>			
Maniva			
Maxixe / <i>Gherkin</i>			
Maxixe peruano			
Milho verde / <i>Corn</i>			
Quiabo / <i>Okra</i>			
Vinagreira			
SUBTOTAL			
Arroz e feijão / <i>Rice and beans</i>	10	10	10
TOTAL			

Table S5. Regional foods (dishes, fruits and vegetables) from the Brazilian Midwest region

Regional dishes	Menu 1	Menu 2	Menu 3
Angu (corn flour, water or milk)			
Arroz de suã (Rice with pork)			
Baião de dois (Rice and beans)			
Carne de sol (dried meat)			
Costelinha de porco frita / <i>Fried pork ribs</i>			
Dobradinha (Cow's intestines in stew)			
Empadão goiano (sausage, chicken and vegetable's pie)			
Estrogonofe de carne / <i>Meat stroganoff</i>			
Farinha de mandioca / <i>Cassava flour (only when is mixed with other ingredients – Farofa)</i>			
Farinha de milho / <i>Corn flour</i>			
Feijoada (black beans, pork meat and sausages)			
Frango ao molho de açafrão / <i>Chicken in saffron sauce</i>			
Furrundú (green papaya dessert)			
Galinhada (Rice, chicken and turmeric)			
Lasanha à bolonhesa / <i>Bolognese lasagna</i>			
Maria-isabel (Rice with meat)			
Mojica de pintado (Pintado fish stew with cassava)			
Peixe na telha (Fish roasted in roof tile)			
SUBTOTAL			
FRUITS	Menu 1	Menu 2	Menu 3
Abacaxi-do-cerrado			
Araçá			
Araticum			
Banana verde / <i>Unripe banana</i>			
Baru			
Buriti			
Cagaita			
Cajá			
Cajuí			
Catolá			
Coco-babão			
Coco-cabeçudo			
Coco-indaiá			

Coroa-de-frade			
Curriola			
Grão-de-galo			
Guabiroba			
Guapeva			
Jabuticaba			
Jaracatiá			
Jatobá			
Jenipapo			
Lobeira			
Macaúba			
Mama-cadela			
Mamãozinho-do-mato			
Marmelada-de-cachorro			
Marmelada-olho-de-boi			
Murici			
Pequi			
Pêra-do-cerrado			
Pinha-de-guará			
Xixá			
SUBTOTAL			
Vegetables	Menu 1	Menu 2	Menu 3
Assa-peixe			
Batata-de-purga			
Dente-de-leão			
Erva mate			
Feijão de corda			
Gueroba			
Mandioca / <i>Cassava</i>			
Milho verde / <i>Corn</i>			
Mucuna			
Quiabo / <i>Okra</i>			
Serralha			
SUBTOTAL			
Arroz e feijão / <i>Rice and beans</i>	10	10	10
TOTAL			