

Supplemental Table S1. Sources of non-alcoholic beverages as contributors to greenhouse gas emissions in women and men

Source	GHGE from SHARP-ID in kg CO ₂ eq	Mean intake (SD) g/day per 2000 kcal	
		Women	Men
Coffee	0.6	546.7 (405.1)	428.9 (373.1)
Tea	0.7	105.7 (215.7)	116.2 (210.3)
Infused / herbal tea	0.7	369.3 (531.2)	193.7 (344.6)
Fruit juice	1.4	88.4 (153.7)	95.8 (135.6)
Soft drinks	0.5	25.3 (140.2)	47.0 (162.9)
Water	0.2	1080.8 (821.4)	677.1 (602.0)

Abbreviations: GHGE, greenhouse gas emissions; SD, standard deviation.

Supplemental Table S2. Food consumption trends, and age and obesity characteristics among women that are single and married

	Single Women (N = 111)		Married Women (N = 290)	
	% contributing to variance of GHGE	Mean (SD) g/d per 2000 kcal	% contributing to variance of GHGE	Mean (SD) g/d per 2000 kcal
Consumption of major food groups				
Grains	20.5%	157.2 (62.1)	17.2%	158.9 (62.0)
Vegetables	10.3%	195.6 (110.5)	10.5%	181.8 (103.4)
Starchy root or tubers	0.0%	109.3 (52.2)	2.2%	111.1 (48.8)
Legumes and nuts	1.1%	7.5 (6.7)	0.4%	7.8 (7.0)
Fruit	3.5%	325.5 (192.1)	1.0%	296.5 (183.8)
Meat	4.5%	99.6 (45.0)	15.8%	106.8 (43.7)
Fish	9.5%	17.5 (13.6)	3.5%	18.4 (15.5)
Dairy	32.0%	300.0 (169.4)	27.1%	234.6 (135.0)
Eggs	0.0%	20.3 (13.2)	1.1%	22.3 (15.0)
Sugar and confectionary	5.7%	105.2 (41.9)	0.8%	107.8 (49.9)
Fats and oils	2.0%	37.6 (12.7)	1.1%	35.9 (11.5)
Alcoholic beverages	3.1%	108.7 (127.3)	3.4%	161.3 (224.2)
Non-alcoholic beverages	33.0%	2375.4 (1184.6)	31.3%	2155.3 (1231.7)
Age	n (%)		n (%)	
< 60 years	32 (29)		96 (33)	
≥ 60 years	79 (71)		194 (67)	
Obesity	n (%)		n (%)	
BMI < 30 kg/m ²	84 (76)		221 (76)	
BMI ≥ 30 kg/m ²	27 (24)		69 (24)	

Abbreviations: BMI, body mass index; GHGE, greenhouse gas emissions; SD, standard deviation.