

Supplementary Table S1: Grouping of primary food groups for specific study purposes

Original grouping	Modified grouping
Fruits	
Fresh fruits, cooked or dried	Fruit group
Fruit juice	
Natural fruit juices unsweetened	
Non-starchy vegetables	
Green leafy vegetables	Vegetable group
Tomatoes, carrots, lettuce	
Mixed and other vegetables	
Vegetable juice	
Starchy vegetables	
Corn, beans, green beans	
Pumpkin	
Sweet potatoes	
Potatoes	
Wholegrain cereals	
Wholegrain - crudely processed cereal products	Wholegrain cereals
Processed cereals	
Processed grain & cereal products including breakfast cereals	Refined cereals
Legumes	
Legumes (i.e., beans)	Plant protein
Meat alternatives, soy, tofu	
Nuts	
Nuts, almonds, seeds	
Peanut butter	
Almond milk	
Milk and milk drinks low in sugar	Milk
Yogurt	
Cheese	Non milk dairy
Eggs	
Fish and Shellfish (including fresh and frozen)	Animal protein
Shellfish	
Red meat (Lamb, pork, veal, game)	
White meat (poultry)	
Processed red meat (Sausages, ham, salami, bacon of red meat origin)	Processed animal protein
Processed white meat (Sausages of white meat origin, Chicken nuggets)	
Processed fish (Smoked, canned and salted fish)	
Fish sticks	
Olive oil and Olives	Olive oil
Vegetable fat	Other oils
Vegetable oils, vegetable fat, vegetable oil-based salad dressing	

Animal fat	All other fats
Butter, mayonnaise	
White sauce, cream	
Sugar-sweetened beverages	SSb's
Carbonated and non-carbonated sugar-sweetened beverages	
Desserts and Sweets	
Sweets, candy, chocolate	
Milk desserts	
Sugary foods (i.e., baklavas)	
Sugar	
Sugar, honey, syrup	Sweets
Baked products	
Cake, biscuit, pie, muffin, doughnuts	
Fast-Food	Fast food
Pizza, souvlaki, burger, fried potatoes	
Baby food	Baby food