**Supplementary Table S1.** Food group description

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| **Food group** | **Components** |
| Oils | Vegetable oils and solid fats |
| Vegetables | Bulbs, mushrooms, roots, inflorescences and stem and leaf vegetables |
| Legumes | Lentils, chickpeas, beans and peas |
| Fruit | Fresh, dried, and canned fruits |
| Potato and tubers | Potato and sweet potato |
| Cereals and cereal products | Bread, pasta, flours and grains |
| Meat and meat products | Poultry, red meat, processed meat and others |
| Fish | Fish and fish products, crustaceans and mollusks |
| Eggs | Eggs |
| Processed infant products | Infant formulas, infant cereals and infant puree |
| Milk and dairy products | Milk, yogurt, dairy dessert and cheeses |
| Sweets and desserts | Sweets, cakes, biscuits, chocolate and honey |

EPIC classification [29] and Gómez-Martín et al. [35].