Table S1. Foods whose composition was taken from the nutritional information provided by the manufacturer, supermarket or app.

Agave [6*]	Cracker – soda s/salt [*]
Apple compote ("Compota" Be Plus®) [*]	Cream – sour [*]
Bananas - Cariba® - very thinly fried green plantains or tostones [***]	Cutlet - smoked [*]
	Dominican salami [*]
Beverage - malt beverage [*]	Flour ("el Negrito"®) / semolina [*]
Biscuits – butter [***]	Flour tortillas for tacos [****]
Biscuit – Oreo [*]	Focaccia sticks [*]
Bread - flaxseed [6*]	Juice – chinola [*]
Bread - pita [****]	Juice – pear [6*]
Bread - Mini pittetes toufuyan® [***]	Longaniza sausage [*]
Bread - sobao [*]	Milk - almond and rice [*]
Bread - sourdough (dough) [****]	Milk – nuts [5*]
Brownies [6*]	Pancake - oatmeal [6*]
Butter - almond [*]	Peas - green pigeon [*]
Cake - sultana sponge [*]	Pigeon peas ("guandules") with coconut/canned [*]
Calzone - ham and cheese [6*]	
Candies - ginger mint [***]	Pork and mango? dumplings ("mangfou") [****]
Cassava – fried [****]	
Cassava with garlic [*]	Potato supreme [****]
Cheese -cream [*]	Rice (Manna pack®) [6*]
Cheese – Danish [6*]	Sausages - artisan pork [****]
Cheese - frying [*]	Sausages - Vienna [6*]
Cheese - Geo [*]	Seasoning powder [*]
Cheese – leaf [*]	Seasoning - liquid [*]
Cheese ravioli [****]	Soft drink - Diet Coke [6*]
Cheetos/cheese stick [*]	Soft drink - Gatorade [*]
Chiken baker roll [**]	Soft drink - 7up [*]
Chicken Meatball [6*]	Soybean - meat textured [*]
Chicken Ramen [6*]	Spinach dip /cakes [6*]
Cereal – Nesquick® [*]	Snickers®: milk chocolate and peanuts [6*]
Cereal - Vitalisimo® [*]	Seitan - (Natursoy-Seitan®. Seitán= wheat gluten-based food preparation) [5*]
Chicharrón + lemon Frito lay [*]	
Chocolate ("barrita" to dilute) [*]	
Chocolate – white, caramel [****]	Tea - green [6*]
Coffee creamer/cream [*]	"Tortilla" wrap Toufuyan® [*]
Crackers cheese - Ritz® [***]	

[*] manufacturer, [*] PriceSmart https://www.pricesmart.com/es-do

[***] MyFitnessPal (app) https://www.myfitnesspal.com/es

[****] Fat Secret Esp (app) https://www.fatsecret.es/

[5*] FAT – Food at time (app) https://fat-food-at-time.softonic.com/android

[6*] Open Food facts https://es.openfoodfacts.org/

Table S2. Food composition obtained from the INCAP [27] and USDA [28] Food Composition Tables included in the DIAL software.

Agave - nectar [28]	Milk cream [27]
Bread - bagel [28]	Nacho with cheese and beans ("Cielito lindo") [27]
Celery/yellow beet strain [27]	
Cheese - cake [28]	Orange - sour [27]
Cheese –yellow, sliced [27]	Pasta – sauce, processed [27]
Chicken burrito [27]	Pear – nectar, canned [27]
Chia- seeds [28]	Pizza -pepperoni [27]
Chicken - breaded boneless (KFC®) [27]	Ranch sauce [27]
Chicken offal [27]	Ranch style tomato sauce/ Tostitos [27]
Chili w/meat [27]	Sandwich spread [27]
Coffee - espresso [27]	Soursop ("guanábana")[27]
Cow's foot/beef/feed [27]	Sweetbreads - other/ cooked [27]
Doughnuts w/ sugar [27]	Sweetbreads - raw [27]
Egg - boiled/ hard boiled [27]	Taco bell burrito original w/ meat [27]
Eggs - scrambled [27]	Tomato paste – canned s/salt [27]
"Manzana de oro" (Spondias citerea) [27]	Tostitos: nacho-flavoured corn tostadas [27]
Maple syrup [27]	Yam ("ñame") - cooked s/salt [27]
	Yucca /root [27]