

Appendix 1. Food groups

Food Group	Sub-group Level 1	Sub-Group Level 2	Items	Examples of Food - Items
Total cereals			Wheat, wheat prepared with fat, wheat and pulse and other grains, refined wheat, biscuit, sandwich, Rice, pulse and rice, fermented pulse and rice, fermented rice, mixed rice, Other grains, breakfast cereals	
	Total Wheat products		Wheat, wheat prepared with fat, wheat and pulse and other grains, refined wheat, biscuit, sandwich	
		Wheat products	Wheat, wheat prepared with fat, wheat and pulse and other grains	Dalia (Salted), Sandwiches, Upma, Paratha, Missi Roti
		Refined wheat products	Refined wheat, Biscuits,	white bread, Biscuits (Marie)
		Sandwiches	Sandwiches	Vegetable Sandwich
	Total Rice products		Rice, pulse and rice, fermented pulse and rice, fermented rice, mixed rice	
		Rice products	Rice, pulse and rice, mixed rice	Rice white milled (Cooked), Khicheri, Pulao
		Fermented rice products	Fermented pulse and rice, fermented rice	Iddli, Dosa, Appam
	Other grains		Other grains, breakfast cereals	Bajra roti, Muesli

Total vegetables and vegetable juices			Green leafy vegetable, Green leafy cruciferous, Green leafy other, Green other vegetable, Cruciferous vegetable, Cruciferous other vegetable, Allium vegetable, Gourd vegetable, Bitter gourd, Mixed potato, Mixed potato cruciferous, Mixed other vegetables, Orange vegetable, Red vegetables, Yellow vegetable, Purple vegetable, Potato, Root Tapioca/yam, Tomato juice, Vegetable juice	
	Cruciferous vegetables		Green leafy cruciferous, Cruciferous vegetable, Cruciferous other vegetable, Mixed potato cruciferous	Cabbage (Patta Gobi) bhaaji, Cauliflower bhaaji, Aloo gobhi
	Allium vegetables		Allium vegetable	Onion
	Gourd vegetables		Gourd vegetables	padval (snake gourd) bhaaji
	Bitter gourd vegetables		Bitter gourd vegetables	Bitter gourd (Karela bhaaji/sabzi)
	Starchy vegetables group		Mixed potato, Mixed potato cruciferous, Potato, Root Tapioca/yam	Peas and Potato Curry (Aloo Matar), Potato Stew
	Mixed other vegetables		Mixed other vegetable	Kuruma
	Colored vegetables		Green leafy vegetable, Green leafy cruciferous, Green leafy other, Green other vegetable, Orange vegetable, Red vegetables, Yellow vegetable, Purple vegetable	

		Green colour vegetables	Green leafy vegetable, Green leafy cruciferous, Green leafy other, Green other vegetable	Chawli bhaaji, Sarson ka sag
		Orange colour vegetables	Orange vegetable	Pumpkin Curry (Kadu)
		Yellow colour vegetables	Yellow vegetable	Phanas (unripe) jackfruit bhaaji
		Red colour vegetables	Red vegetables	Tomato
		Purple colour vegetable	Purple vegetable	Baghara Baigan
	Vegetable juice		Tomato juice, Vegetable juice	Tomato Juice,
Total fruit and fruit juice			Banana, white colour fruit, Purple colour fruit, Orange colour fruit, Yellow colour fruit, Red colour fruit, Green colour fruit, Other fruit groups, Fruit canned, Citrus based fresh fruit juices, Non citrus fresh fruit juices, Mango juice	
	Banana		Banana	
	white colour fruit		white colour fruit	Lichi

	Total Colored fruit		Green colour fruit, Orange colour fruit, Red colour fruit, Purple colour fruit, Yellow colour fruit	
		Green Colour fruit	Green colour fruit	Grapes
		Orange colour fruit	Orange colour fruit	Orange
		Yellow colour fruit	Yellow colour fruit	Pineapple
		Red colour fruit	Red fruit	Raspberry
		Purple colour fruit	Purple fruit	Prunes
	Other fruit		Other fruit groups, Fruit canned,	Peaches (Canned in Syrup)
	Total fruit juices		Citrus based fresh fruit juices, Non citrus fresh fruit juices, Mango juice	Musambi (sweet lime) juice, Apple Juice (Unsweetened/fresh)

Total vegetables, fruits and juices			Green leafy vegetable, Green leafy cruciferous, Green leafy other, Green other vegetable, Cruciferous vegetable, Cruciferous other vegetable, Allium vegetable, Gourd vegetable, Bitter gourd, Mixed potato, Mixed potato cruciferous, Mixed other vegetables, Orange vegetable, Red vegetables, Yellow vegetable, Purple vegetable, Potato, Root Tapioca/yam, Tomato juice, Vegetable juice, Banana, white colour fruit, Purple colour fruit, Orange colour fruit, Yellow colour fruit, Red colour fruit, Green colour fruit, Other fruit groups, Fruit canned, Citrus based fresh fruit juices, Non citrus fresh fruit juices, Mango juice	
Total meat, fish, chicken, egg group			White meat, Red meat, Sea food (fresh fish), Dry fish, Other sea food (with shells), Egg	
	Total fish		Sea food (fresh fish), Dry fish, Other sea food (with shells)	
		Fish	Sea food (fresh fish)	Fresh Fish fry
		Dry fish and other seafood	Dry fish, Other sea food (with shells)	Dry Fish Curry
	Red meat		Red meat	mutton (shammi) kebab
	Poultry		White meat	Tandoori chicken

	Egg		Egg	Egg Omelette
Total Milk products			Milk, Milk low fat, Curd/yoghurt, Yoghurt low fat, Cheese, channa/paneer, Milk flavours/shakes, Milk condensed, Ice creams, kulfi and sorbets, Milk based sweet snacks	
	whole milk products		Milk, curd, Milk flavours/shakes, Milk condensed, Ice creams, kulfi and sorbets, Milk based sweet snacks	Mother dairy token milk, Milk Toned
	Low fat milk products		Milk low fat, Yoghurt low fat	Skimmed Milk , Yogurt (Low Fat)
	Curd and yoghurt		Curd/yoghurt, Yoghurt low fat	Curds
	Cheese and Chana		Cheese, channa/paneer	Cheese slice
Foods rich in pulse			Pulses with skin, Pulses without skin, Pulses with vegetables, Pulse with nuts, Pulse based sweet snacks	Rajma bhaaji, Sprouted pulse bhaaji
Total Sugar and sweet products			Others sugars, Natural sweeteners, Cereal based sweet snacks, Pulse based sweet snacks, Nut based sweet snacks, Seed based sweets, Coconut based sweets, Fruit and vegetable based sweet snacks, Ice creams, kulfi and sorbets, Cakes and pies, Milk based sweet snacks, Squash/cordials, Aerated cola, Aerated beverages without caffeine, Chocolate, Sweet/candies, Jam/marmalade, Bars and brittle, Sugar icing/ glucose/maple syrup, Butter icing	

	Other sugars		Others sugars	
	Sugar		Natural sweeteners	Sugar
	Sugary drinks		Squash/cordials, Aerated cola, Aerated beverages without caffeine,	Squash (Fruit Drink, Madeup),
	Sweets and icings		Chocolate, Sweet/candies, Jam/marmalade, Bars and brittle, Sugar icing/ gluocse/maple syrup, Butter icing	
	Sweet Snacks		Cereal based sweet snacks, Pulse based sweet snacks, Nut based sweet snacks, Seed based sweets, Coconut based sweets, Fruit and vegetable based sweet snacks, Ice creams, kulfi and sorbets, Cakes and pies, Milk based sweet snacks,	Semolina halwa/ Rava halwa/Kesari, Ladoo
Snacks			Savoury snacks fried fresh, Savoury snacks fried dry, Savoury snacks non fried, Savoury snacks processed	Punjabi samosa, Sev/Ganthia
Nuts and seeds			Coconut, Coconut based sweets Nuts, Nuts dishes, Nut based sweet snacks, Bars and brittle Seeds, Seed based sweets	
	Coconuts		Coconut, Coconut based sweets	Coconut barfi
	Nuts		Nuts, Nuts dishes, Nut based sweet snacks, Bars and brittle	Chikki
	Seeds		Seeds, Seed based sweets	Til ladu
Total Pickles and chutney			Pickles, Dry fish pickle/Chtuney, Meat pickle, Chutneys	
	Vegetable pickles		Pickles	Mango pickle

	Fish pickle		Dry fish pickle/Chtuney	
	Meat Pickle		Meat pickle	
	Chutneys		Chutneys	
Total Alcohol			Beer, Wine and fortified wines, Spirits, Alcoholic drinks, Indigenous liquour	
	Beer/Wine		Beer, Wine and fortified wines	Beer (Lager,Bottled)
	Spirits		Spirits	Whisky
	Alcoholic drinks		Alcoholic drinks	Shandy
	Indigenous liquour		Indigenous liquour	Toddy (Fermented)
Total fat			Hydrgenated fat from vegetable sources, Hydrogenated fat from Animal sources, Fat from dairy sources, Oils rich in Monounsaturated fats, Oils rich in Polyunsaturated fats, Oils rich in saturated fats, Blended oils	
	Hydrogenated fat - veg		Hydrgenated fat from vegetable sources	Vegetable Ghee (Hydrogenated Oil/ vanaspati)
	Hydrogenated fat - meat		Hydrogenated fat from Animal sources	Lard
	dairy sources		Fat from dairy sources	Butter, Ghee
	Monounsaturated fats		Oils rich in Monounsaturated fats	Oil (Mustard)
	Polyunsaturated fats		Oils rich in Polyunsaturated fats	Oil (Safflower)

	saturated fats		Oils rich in saturated fats	Oil (Coconut)
	Blended oil		Blended oils	Corn & kardi blend oil
Fast food			Fast food burgers, Fast food chicken, Fast food potatoes, Fast food salad and dressings, Fast foods Pizza, Fast food dairy products, Fast food sausage/bacon, Fast food muffins/cookies/cakes, Fast food egg	Hamburger (Mcdonalds), Chicken (Hot Wings, KFC)

Appendix 2: Databases used to extract nutrient values for foods reported by India Study Participants

Database	Reference	Website
FNDDS	USDA. Food and Nutrient Database for Dietary Studies 3.0 Agricultural Research Service, Food Surveys Research Group, Beltsville, MD, 2008.	http://www.ars.usda.gov/Services/docs.htm?docid=17031
Malaysia	NutriWEB Malaysia, Malaysian Foods Composition Database, Nutrition Society of Malaysia, Institute for Medical Research	http://www.nutriweb.org.my/searchfood.php?submit_search=Back+to+Search
NUTTAB	NUTTAB. Australian Food Composition Tables, 2006.	http://www.foodstandards.gov.au/monitoringandsurveillance/nuttab2006/
Singapore	HPB Online Food Info Search, Energy and Nutrient Composition of Foods, Health Promotion Board, Singapore	http://www.hpb.gov.sg/hpb/default.asp?pg_id=1016
UK	McCance & Widdowson's The Composition of Foods Integrated Dataset, 2002	http://www.food.gov.uk/science/dietarysurveys/dietsurveys/
USDA	USDA, Agricultural Research Service, USDA Nutrient Data Laboratory. 2008. USDA National Nutrient Database for Standard Reference, Release 21.	http://www.nal.usda.gov/fnic/foodcomp/search/
WORLDFOOD	FAO. World Food Dietary Assessment System: FAO.	http://www.fao.org/infoods/software_worldfood_en.stm