**Supplemental Table 1.** Description of the meta-analyses addressing the association between fruit and vegetable intake and gastric cancer included in the systematic review.

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **First author,****year (ref)** | **Outcome****(measures)** | **Databases****searched****(time period)** | **Search expression / terms****Search restrictions** | **Number and type****of studies included** | **Quality score****assessment** | **Summary estimate (95% CI)****Heterogeneity (*I2* and sources)****Publication bias** |
| Riboli, 2003 [16](#_ENREF_16) | Gastric cancer(risk, incidence, mortality) | MEDLINE(1973-2001)Citation tracking | *Not stated*Restricted to studies published in English | 31 for fruit intake as exposure7 cohort24 case-control22 for vegetable intake as exposure5 cohort17 case-control | No | Increase in fruit intake of 100 g/dayAll studies – RR=0.74 (0.69-0.81), n=31ACCORDING TO STUDY DESIGNCohort – RR=0.89 (0.73-1.09), n=7Case-control – RR=0.69 (0.62-0.77), n=24ACCORDING TO GEOGRAPHICAL REGIONAsia – RR=0.56 (0.40-0.79), n=7Europe – RR=0.84 (0.76-0.93), n=11United Sates – RR=0.83 (0.64-1.08), n=4Increase in vegetable intake of 100 g/dayAll studies – RR=0.81 (0.75-0.87), n=22ACCORDING TO STUDY DESIGNCohort – RR=0.89 (0.75-1.05), n=5Case-control – RR=0.78 (0.71-0.86), n=17ACCORDING TO GEOGRAPHICAL REGIONAsia – RR=0.92 (0.86-0.98), n=7Europe – RR=0.75 (0.66-0.84), n=9United Sates – RR=0.80 (0.63-1.00), n=2 |
| Lunet, 2005 [5](#_ENREF_5) | Gastric cancer(incidence, mortality) | MEDLINE,EMBASE,LILACS(1966-2004)Citation tracking | *(((stomach OR gastric OR cardia) AND cancer) OR stomach cancer OR gastric cancer) AND (nutrition OR diet OR lifestyle OR fruit OR vegetable) AND (cohort analysis OR prospective study OR cohort)*No language restrictions | 13 cohort for fruit intake as exposure8 cohort for vegetable intake as exposure | No | Highest *vs.* lowest fruit intakeAll studies – RR=0.89 (0.78-1.02), n=13, *I2*=30.0%ACCORDING TO OUTCOME MEASUREIncidence – RR=0.82 (0.73-0.93), n=7, *I2*=0.0%Mortality – RR=1.08 (0.86-1.35), n=6, *I2*=38.6%ACCORDING TO DURATION OF FOLLOW-UP*Gastric cancer incidence as outcome*< 10 years – RR=0.90 (0.78-1.04), n=4, *I2*=0.0%≥ 10 years – RR=0.66 (0.52-0.83), n=3, *I2*=0.0%*Gastric cancer mortality as outcome*< 10 years – RR=1.22 (0.90-1.66), n=2, *I2*=39.0%≥ 10 years – RR=0.88 (0.70-1.09), n=4, *I2*=1.6%ACCORDING TO GEOGRAPHICAL REGIONAmerica – RR=0.75 (0.51-1.11), n=3, *I2*=44.6%Asia – RR=0.92 (0.80-1.07), n=9, *I2*=27.0%Europe – RR=0.97 (0.64-1.48), n=1Highest *vs.* lowest vegetable intakeAll studies – RR=0.98 (0.86-1.13), n=8, *I2*=41.1%ACCORDING TO OUTCOME MEASUREIncidence – RR=0.88 (0.69-1.13), n=5, *I2*=41.6%Mortality – RR=1.05 (0.89-1.25), n=3, *I2*=42.3%ACCORDING TO DURATION OF FOLLOW-UP*Gastric cancer incidence as outcome*< 10 years – RR=1.04 (0.83-1.29), n=3, *I2*=0.0%≥ 10 years – RR=0.71 (0.53-0.94), n=2, *I2*=0.0%*Gastric cancer mortality as outcome*< 10 years – RR=1.14 (0.90-1.44), n=1≥ 10 years – RR=1.02 (0.78-1.33), n=2, *I2*=64.1%ACCORDING TO GEOGRAPHICAL REGIONAmerica – RR=0.94 (0.71-1.23), n=3, *I2*=65.1%Asia – RR=1.03 (0.85-1.26), n=4, *I2*=30.3%Europe – RR=0.86 (0.58-1.26), n=1 |
| WCRF, 2007 [18](#_ENREF_18) | Gastric cancer(risk, incidence, mortality) | MEDLINE,EMBASE,CAB Abstracts,WEB OF SCIENCE,BIOSIS,LILACS,COCHRANE,CINAHL,AMED(inception-2006)Citation tracking | *Not specifically stated*No language restrictions | 34 for fruit intake as exposure8 cohort26 case-control27 for vegetable intake as exposure7 cohort20 case-control | No | *Per* 100 g/d increment in fruit intake*Cohort* – RR=0.95 (0.89-1.02), n=8, *I2*=30%, Egger test: p=0.5ACCORDING TO SEXMen – RR=0.98 (0.91-1.06), n=5Women – RR=1.06 (0.87-1.28), n=3ACCORDING TO TUMOUR LOCATIONProximal – RR=0.95 (0.68-1.32), n=3Distal – RR=0.87 (0.64-1.18), n=3ACCORDING TO HISTOLOGICAL TYPEIntestinal – RR=1.02 (0.82-1.27), n=1Diffuse – RR=0.97 (0.73-1.28), n=1*Case-control* – RR=0.67 (0.59-0.76), n=26, *I2*=75%, Egger test: p=0.6ACCORDING TO SEXMen – RR=0.68 (0.50-0.91), n=6Women – RR=0.61 (0.48-0.79), n=5ACCORDING TO TUMOUR LOCATIONProximal – RR=0.56 (0.30-1.05), n=4Distal – RR=0.66 (0.42-1.03), n=4ACCORDING TO HISTOLOGICAL TYPEIntestinal – RR=0.74 (0.57-0.94), n=4Diffuse – RR=0.77 (0.58-1.03), n=4*Per* 100 g/d increment in vegetable intake*Cohort* – RR=0.98 (0.91-1.06), n=7, *I2*=44%, Egger test: p=0.7ACCORDING TO SEXMen – RR=0.96 (0.81-1.14), n=3Women – RR=1.13 (0.99-1.28), n=2ACCORDING TO TUMOUR LOCATIONProximal – RR=1.05 (0.95-1.16), n=4Distal – RR=1.02 (0.87-1.20), n=4ACCORDING TO HISTOLOGICAL TYPEIntestinal – RR=0.73 (0.57-0.94), n=2Diffuse – RR=1.13 (0.85-1.49), n=2*Case-control* – RR=0.70 (0.62-0.79), n=20, *I2*=89%, Egger test: p=0.02ACCORDING TO SEXMen – RR=0.70 (0.44-1.11), n=3Women – RR=0.77 (0.54-1.11), n=3ACCORDING TO TUMOUR LOCATIONProximal – RR=0.72 (0.55-0.95), n=3Distal – RR=0.79 (0.71-0.87), n=5ACCORDING TO HISTOLOGICAL TYPEIntestinal – RR=0.65 (0.39-1.08), n=3Diffuse – RR=0.63 (0.37-1.08), n=3 |
| Lunet, 2007 [17](#_ENREF_17) | Gastric cancer(risk, incidence, mortality) | MEDLINE(inception-2004)Citation tracking | *gastric cancer, stomach cancer, cardia cancer, nutrition, diet, lifestyle, fruit, and vegetable*Restricted to studies published in English, Spanish, French, Italian or Portuguese | 11 for fruit intake as exposure5 population-based case-control6 hospital-based case-control11 for vegetable intake as exposure1 cohort6 population-based case-control4 hospital-based case-control | No | Highest *vs.* lowest fruit intakeACCORDING TO TUMOUR LOCATIONCardia – RR=0.58 (0.38-0.89), n=6, *I2*=65.1%Noncardia – RR=0.61 (0.44-0.84), n=6, *I2*=57.1%ACCORDING TO HISTOLOGICAL TYPEIntestinal – RR=0.49 (0.33-0.72), n=6, *I2*=49.8%Diffuse – RR=0.82 (0.57-1.20), n=6, *I2*=31.3%Highest *vs.* lowest vegetable intakeACCORDING TO TUMOUR LOCATIONCardia – RR=0.63 (0.50-0.79), n=6, *I2*=0.0%Noncardia – RR=0.75 (0.59-0.95), n=8, *I2*=47.6%ACCORDING TO HISTOLOGICAL TYPEIntestinal – RR=0.61 (0.44-0.86), n=5, *I2*=28.4%Diffuse – RR=0.67 (0.44-1.01), n=5, *I2*=42.9% |
| Kim, 2010 [19](#_ENREF_19) | Gastric cancer(risk, incidence, mortality) | MEDLINE,KOREAMED,ICHUSHI(inception-2008)Citation tracking | *(‘‘gastric cancer’’ or ‘‘stomach cancer’’), (‘‘vegetable’’ or ‘‘pickled vegetable’’), and (‘‘Japan’’ or ‘‘Korea’’); only studies with Japanese or Korean subjects*Restricted to studies published in English, Japanese or Korean | 178 cohort9 case-control | No | Highest *vs.* lowest vegetable intake*Fresh vegetable*All studies – RR=0.62 (0.46-0.85), n=8, *I2*=71.8%, Begg test: p=0.348*Pickled vegetable*All studies – RR=1.28 (1.06-1.53), n=14, *I2*=64.7%, Begg test: p=0.434 |
| Bonequi, 2013 [20](#_ENREF_20) | Gastric cancer(risk) | MEDLINE,LILACS,SCIELO(inception-2011)Citation tracking | *(gastric cancer OR stomach cancer) AND (risk OR risk factors OR risk assessment OR epidemiologic factors OR diet OR food habits OR fruit OR vegetable OR sodium, dietary OR salts OR table salt OR sodium chloride, dietary OR nitrites OR meat OR chili pepper OR tobacco use OR smoking OR alcohol OR alcoholic beverages OR alcohol drinking OR polymorphism, genetic OR polymorphism, single nucleotide OR SNPs) AND (case–control studies OR cohort studies OR cohort OR case–control) AND (Latin America OR Central America OR South America OR Argentina OR Aruba OR Bolivia OR Brazil OR Colombia OR Costa Rica OR Cuba OR Chile OR Dominican Republic OR Ecuador OR El Salvador OR Guatemala OR Honduras OR Mexico OR Nicaragua OR Panama OR Paraguay OR Peru OR Uruguay OR Venezuela); only studies conducted in the 20 countries comprising Latin America as defined by the United Nations Educational Scientific and Cultural Organization were included*No language restrictions | 11 for fruit intake as exposure1 population-based case-control1 case-control with healthy volunteers9 hospital-based case-control13 for vegetable intake as exposure2 population-based case-control1 case-control with healthy volunteers10 hospital-based case-control | No | Total fruit consumptionOR=0.68 (0.49-0.94), n=11, *I2*=75.7%, Egger test: p=0.67Total vegetable consumptionOR=0.58 (0.43-0.77), n=12, *I2*=74.2%, Egger test: p=0.57 |
| Shimazu, 2014 [21](#_ENREF_21) | Gastric cancer (incidence) | Pooled analysis of four cohort studies in Japan: Japan Public Health Center-based prospective Study (JPHC) I and II, Japan Collaborative Cohort Study (JACC) and Miyagi Cohort Study (MIYAGI) | NA | 4 cohort | NA | Highest *vs.* lowest fruit intake*Men* – HR=0.92 (0.76-1.11)ACCORDING TO TUMOUR LOCATIONDistal – HR=0.90 (0.67-1.22)Upper third – HR=1.23 (0.70-2.17)ACCORDING TO HISTOLOGICAL TYPEDifferentiated – HR=1.06 (0.77-1.46)Undifferentiated – HR=0.88 (0.63-1.23)*Women* – HR=0.82 (0.59-1.12)ACCORDING TO TUMOUR LOCATIONDistal – HR=0.78 (0.56-1.07)Upper third – HR=1.03 (0.37-2.88)ACCORDING TO HISTOLOGICAL TYPEDifferentiated – HR=0.67 (0.43-1.04)Undifferentiated – HR=0.69 (0.37-1.26)Highest *vs.* lowest vegetable intake*Men* – HR=0.89 (0.77-1.03)ACCORDING TO TUMOUR LOCATIONDistal – HR=0.78 (0.63-0.97)Upper third – HR=1.48 (0.89-2.46)ACCORDING TO HISTOLOGICAL TYPEDifferentiated – HR=0.92 (0.73-1.14)Undifferentiated – HR=1.02 (0.74-1.40)*Women* – HR=0.83 (0.67-1.03)ACCORDING TO TUMOUR LOCATIONDistal – HR=0.89 (0.62-1.29)Upper third – HR=0.49 (0.21-1.17)ACCORDING TO HISTOLOGICAL TYPEDifferentiated – HR=0.82 (0.47-1.43)Undifferentiated – HR=0.78 (0.51-1.20) |
| Wang, 2014 [6](#_ENREF_6) | Gastric cancer(risk) | MEDLINE,EMBASE(inception-2013)Citation tracking | *(1) gastric OR stomach OR cardia; (2) cancer OR carcinoma OR neoplasia OR adenocarcinoma; (3) nutrition OR diet OR lifestyle OR fruit OR vegetable OR dietary OR consumption and (4) risk OR incidence OR prevalence OR mortality*Restricted to studies published in English | 22 cohort for fruit intake as exposure19 cohort for vegetable intake as exposure | Newcastle-Ottawa Scale | *Per* 100 g/d increment in fruit intakeAll studies – RR=0.95 (0.91-0.99), n=16, *I2*=38.0%Highest *vs.* lowest fruit intakeAll studies – RR=0.90 (0.83-0.98), n=22, *I2*=0.7%, Egger test: p=0.191, Begg test: p=0.652ACCORDING TO SEXMen – RR=0.94 (0.83-1.07), n=11, *I2*=20.1%Women – RR=0.97 (0.76-1.24), n=7, *I2*=54.2%ACCORDING TO TUMOUR LOCATIONCardia – RR=0.88 (0.76-1.02), n=5, *I2*=0.0%Noncardia – RR=0.89 (0.77-1.02), n=7, *I2*=0.0%ACCORDING TO OUTCOME MEASUREIncidence – RR=0.85 (0.78-0.93), n=16, *I2*=0.0%Mortality – RR=1.17 (0.97-1.42), n=6, *I2*=0.0%ACCORDING TO DURATION OF FOLLOW-UP< 10 years – RR=0.99 (0.86-1.15), n=8, *I2*=0.0%≥ 10 years – RR=0.86 (0.78-0.96), n=14, *I2*=3.0%ACCORDING TO GEOGRAPHICAL REGIONAsia – RR=0.95 (0.85-1.05), n=12, *I2*=0.0%Europe – RR=0.81 (0.68-0.96), n=6, *I2*=0.0%United Sates – RR=0.90 (0.73-1.28), n=4, *I2*=56.3%ACCORDING TO STUDY QUALITYHigh – RR=0.87 (0.79-0.95), n=18, *I2*=0.0%Low – RR=1.09 (0.86-1.38), n=4, *I2*=15.6%*Per* 100 g/d increment in vegetable intakeAll studies – RR=0.96 (0.91-1.01), n=16, *I2*=49.7%Highest *vs.* lowest vegetable intakeAll studies – RR=0.96 (0.88-1.06), n=19, *I2*=21.1%, Egger test: p=0.152, Begg test: p=0.263ACCORDING TO SEXMen – RR=0.94 (0.84-1.05), n=10, *I2*=0.0%Women – RR=1.07 (0.91-1.25), n=6, *I2*=0.0%ACCORDING TO TUMOUR LOCATIONCardia – RR=1.06 (0.90-1.25), n=6, *I2*=0.0%Noncardia – RR=0.94 (0.81-1.09), n=8, *I2*=0.0%ACCORDING TO OUTCOME MEASUREIncidence – RR=0.90 (0.80-1.02), n=14, *I2*=18.1%Mortality – RR=1.05 (0.89-1.25), n=5, *I2*=42.3%ACCORDING TO DURATION OF FOLLOW-UP< 10 years – RR=0.94 (0.77-1.15), n=7, *I2*=30.1%≥ 10 years – RR=0.96 (0.85-1.08), n=12, *I2*=29.4%ACCORDING TO GEOGRAPHICAL REGIONAsia – RR=1.03 (0.91-1.17), n=8, *I2*=8.3%Europe – RR=0.84 (0.69-1.01), n=6, *I2*=0.0%United Sates – RR=0.95 (0.77-1.17), n=5, *I2*=53.4%ACCORDING TO STUDY QUALITYHigh – RR=0.93 (0.83-1.04), n=16, *I2*=31.5%Low – RR=1.11 (0.89-1.38), n=3, *I2*=0.0% |
| Woo, 2014 [22](#_ENREF_22) | Gastric cancer(risk) | KMBASE,KOREAMED,MEDLINE(inception-2014)Citation tracking | *(Korean or Korea) and (food or diet or intake or nutrition) and (cancer risk)*No language restrictions | 4 for fruit intake as exposure1 cohort3 hospital-based case-control2 for vegetable intake as exposure1 cohort1 hospital-based case-control | No | Highest *vs.* lowest fruit intakeRR=0.61 (0.42-0.88), n=4, *I2*=48.9%Highest *vs.* lowest vegetable intakeRR=0.66 (0.37-1.16), n=2, *I2*=0.0% |

CI – Confidence interval; HR – Hazard ratio; OR – Odds ratio; RR – Relative risk; NA – Not applicable.

**Supplemental Table 2.** Estimates of preventable fractions and absolute number of gastric cancer cases as a result of increasing fruit intake up to the level defined by the Global Burden of Disease (GBD) as the theoretical minimum-risk exposure distribution (300 g/day), in 161 countries, in 2012 and 2025, based on the estimates of availability of fruit \*, estimated number of new gastric cancer cases †, and relative risk of the association between fruit intake and gastric cancer ‡.

|  |  |  |  |
| --- | --- | --- | --- |
| **Country** | **2012** |  | **2025** |
| **Fruit****availability****in 1997****(g/d)** | **Preventable****fraction****(%)** | **Number of preventable****gastric cancer cases****in 2012****(*N*)** |  | **Fruit****availability****in 2010****(g/d)** | **Preventable****fraction****(%)** | **Number of preventable****gastric cancer cases****in 2025****(*N*)** |
| AFRICA |  |  |  |  |  |  |  |
|  *Eastern Africa* |  |  |  |  |  |  |  |
|  Djibouti Δ | 20.0 | 13.1 | 2 |  | 49.3 | 11.8 | 2 |
|  Ethiopia Δ | 10.4 | 13.5 | 199 |  | 20.5 | 13.0 | 298 |
|  Kenya Δ | 139.9 | 7.7 | 139 |  | 186.2 | 5.5 | 169 |
|  Madagascar Δ | 136.9 | 7.8 | 42 |  | 131.4 | 8.1 | 69 |
|  Malawi Δ | 119.4 | 8.6 | 18 |  | 174.9 | 6.1 | 18 |
|  Mauritius ° | 83.0 | 10.3 | 12 |  | 140.2 | 7.7 | 14 |
|  Mozambique Δ | 54.2 | 11.6 | 12 |  | 67.9 | 11.0 | 15 |
|  Rwanda Δ | 502.7 | 0.0 | 0 |  | 433.7 | 0.0 | 0 |
|  Somalia | 74.7 | 10.6 | 32 |  | 60.2 | 11.3 | 48 |
|  Tanzania Δ | 110.9 | 9.0 | 68 |  | 193.3 | 5.2 | 60 |
|  Uganda Δ | 604.2 | 0.0 | 0 |  | 412.9 | 0.0 | 0 |
|  Zambia Δ | 29.0 | 12.7 | 35 |  | 26.0 | 12.8 | 51 |
|  Zimbabwe Δ | 30.1 | 12.6 | 76 |  | 43.8 | 12.0 | 98 |
|  *Middle Africa* |  |  |  |  |  |  |  |
|  Angola Δ | 85.4 | 10.2 | 36 |  | 223.1 | 3.8 | 21 |
|  Cameroon Δ | 286.1 | 0.7 | 2 |  | 279.8 | 1.0 | 4 |
|  Central African Republic Δ | 144.8 | 7.5 | 5 |  | 127.8 | 8.2 | 6 |
|  Chad Δ | 34.5 | 12.4 | 15 |  | 24.4 | 12.9 | 22 |
|  Congo, Dem. Rep. Δ | 169.5 | 6.3 | 117 |  | 166.5 | 6.4 | 176 |
|  Gabon + | 462.4 | 0.0 | 0 |  | 464.6 | 0.0 | 0 |
|  *Northern Africa* |  |  |  |  |  |  |  |
|  Algeria ° | 96.1 | 9.7 | 166 |  | 247.2 | 2.6 | 72 |
|  Egypt + | 241.2 | 2.9 | 52 |  | 278.7 | 1.0 | 26 |
|  Libya ° | 160.7 | 6.7 | 11 |  | 235.7 | 3.2 | 8 |
|  Morocco + | 170.8 | 6.2 | 74 |  | 214.9 | 4.2 | 69 |
|  Sudan Δ | 73.9 | 10.7 | 39 |  | 152.8 | 7.1 | 40 |
|  Tunisia ° | 216.0 | 4.1 | 19 |  | 244.2 | 2.8 | 20 |
|  *Southern Africa* |  |  |  |  |  |  |  |
|  Botswana + | 104.0 | 9.3 | 1 |  | 139.1 | 7.7 | 1 |
|  Lesotho Δ | 51.7 | 11.7 | 2 |  | 47.6 | 11.8 | 2 |
|  Namibia + | 70.1 | 10.8 | 3 |  | 64.1 | 11.1 | 3 |
|  South Africa + | 104.3 | 9.3 | 189 |  | 90.9 | 9.9 | 276 |
|  Swaziland + | 67.9 | 11.0 | 2 |  | 236.3 | 3.1 | <1 |
|  *Western Africa* |  |  |  |  |  |  |  |
|  Benin Δ | 81.9 | 10.3 | 19 |  | 121.8 | 8.5 | 26 |
|  Burkina Faso Δ | 20.3 | 13.0 | 30 |  | 16.4 | 13.2 | 46 |
|  Cape Verde + | 124.6 | 8.4 | 1 |  | 252.4 | 2.4 | <1 |
|  Cote d’Ivoire Δ | 275.2 | 1.2 | 7 |  | 211.6 | 4.3 | 28 |
|  Gambia Δ | 14.5 | 13.3 | 1 |  | 27.6 | 12.7 | 2 |
|  Ghana + | 307.5 | 0.0 | 0 |  | 466.8 | 0.0 | 0 |
|  Guinea Δ | 277.9 | 1.1 | 2 |  | 262.0 | 1.9 | 5 |
|  Guinea-Bissau Δ | 147.0 | 7.4 | 2 |  | 139.6 | 7.7 | 4 |
|  Liberia Δ | 161.0 | 6.7 | 5 |  | 123.8 | 8.4 | 11 |
|  Mali Δ | 75.0 | 10.6 | 69 |  | 84.9 | 10.2 | 99 |
|  Mauritania Δ | 29.8 | 12.6 | 8 |  | 32.6 | 12.5 | 14 |
|  Niger Δ | 14.8 | 13.3 | 22 |  | 84.3 | 10.2 | 29 |
|  Nigeria Δ | 180.4 | 5.8 | 110 |  | 167.0 | 6.4 | 166 |
|  Senegal Δ | 36.4 | 12.3 | 47 |  | 43.2 | 12.0 | 79 |
|  Sierra Leone Δ | 103.2 | 9.4 | 10 |  | 100.5 | 9.5 | 15 |
|  Togo Δ | 30.9 | 12.6 | 27 |  | 24.6 | 12.9 | 38 |
| AMERICA |  |  |  |  |  |  |  |
|  *Caribbean* |  |  |  |  |  |  |  |
|  Bahamas ° | 553.3 | 0.0 | 0 |  | 714.8 | 0.0 | 0 |
|  Barbados x | 227.2 | 3.6 | 1 |  | 332.4 | 0.0 | 0 |
|  Cuba ° | 327.2 | 0.0 | 0 |  | 394.8 | 0.0 | 0 |
|  Dominican Republic + | 331.6 | 0.0 | 0 |  | 593.8 | 0.0 | 0 |
|  Haiti Δ | 208.4 | 4.5 | 24 |  | 187.3 | 5.5 | 41 |
|  Jamaica ° | 390.7 | 0.0 | 0 |  | 268.6 | 1.6 | 6 |
|  Trinidad and Tobago ° | 154.1 | 7.0 | 5 |  | 212.4 | 4.3 | 5 |
|  *Central America* |  |  |  |  |  |  |  |
|  Belize + | 653.0 | 0.0 | 0 |  | 682.3 | 0.0 | 0 |
|  Costa Rica ° | 378.1 | 0.0 | 0 |  | 303.1 | 0.0 | 0 |
|  El Salvador + | 130.0 | 8.1 | 80 |  | 175.2 | 6.0 | 77 |
|  Guatemala + | 191.9 | 5.3 | 121 |  | 183.2 | 5.7 | 202 |
|  Honduras + | 284.7 | 0.8 | 7 |  | 200.7 | 4.8 | 71 |
|  Mexico ° | 280.1 | 1.0 | 76 |  | 266.7 | 1.6 | 199 |
|  Nicaragua + | 83.0 | 10.3 | 48 |  | 127.3 | 8.3 | 62 |
|  Panama ° | 194.4 | 5.1 | 20 |  | 239.0 | 3.0 | 19 |
|  *Northern America* |  |  |  |  |  |  |  |
|  Canada x | 338.9 | 0.0 | 0 |  | 365.5 | 0.0 | 0 |
|  United States of America x | 328.8 | 0.0 | 0 |  | 281.2 | 0.9 | 267 |
|  *Southern America* |  |  |  |  |  |  |  |
|  Argentina x | 289.4 | 0.5 | 20 |  | 205.1 | 4.6 | 222 |
|  Bolivia + | 261.5 | 1.9 | 11 |  | 195.8 | 5.1 | 44 |
|  Brazil ° | 335.7 | 0.0 | 0 |  | 352.9 | 0.0 | 0 |
|  Chile x | 152.0 | 7.1 | 265 |  | 177.1 | 6.0 | 350 |
|  Colombia ° | 243.4 | 2.8 | 164 |  | 319.2 | 0.0 | 0 |
|  Ecuador ° | 683.4 | 0.0 | 0 |  | 480.2 | 0.0 | 0 |
|  Guyana + | 175.2 | 6.0 | 1 |  | 125.4 | 8.4 | 2 |
|  Paraguay + | 238.2 | 3.0 | 10 |  | 214.1 | 4.2 | 21 |
|  Peru ° | 217.1 | 4.0 | 176 |  | 288.3 | 0.6 | 39 |
|  Suriname + | 207.8 | 4.5 | 1 |  | 292.1 | 0.4 | <1 |
|  Uruguay ° | 260.4 | 2.0 | 11 |  | 241.2 | 2.9 | 19 |
|  Venezuela ° | 293.8 | 0.3 | 8 |  | 191.4 | 5.3 | 221 |
| ASIA |  |  |  |  |  |  |  |
|  *Eastern Asia* |  |  |  |  |  |  |  |
|  China + | 100.8 | 9.5 | 38402 |  | 205.3 | 4.6 | 28019 |
|  Japan x | 145.9 | 7.4 | 8000 |  | 134.2 | 8.0 | 10366 |
|  Mongolia + | 23.5 | 12.9 | 83 |  | 78.8 | 10.5 | 106 |
|  North Korea | 174.7 | 6.1 | 267 |  | 157.7 | 6.9 | 386 |
|  South Korea x | 191.1 | 5.3 | 1657 |  | 184.8 | 5.6 | 2613 |
|  *South Central Asia* |  |  |  |  |  |  |  |
|  Afghanistan Δ | 76.4 | 10.6 | 188 |  | 69.5 | 10.9 | 275 |
|  Bangladesh Δ | 30.1 | 12.6 | 831 |  | 70.1 | 10.8 | 1113 |
|  India + | 99.1 | 9.6 | 6030 |  | 144.6 | 7.5 | 6731 |
|  Iran ° | 424.1 | 0.0 | 0 |  | 382.2 | 0.0 | 0 |
|  Kazakhstan ° | 25.2 | 12.8 | 469 |  | 95.8 | 9.7 | 454 |
|  Kyrgyzstan + | 31.8 | 12.6 | 106 |  | 86.8 | 10.1 | 124 |
|  Maldives + | 192.5 | 5.2 | <1 |  | 285.6 | 0.7 | <1 |
|  Nepal Δ | 96.1 | 9.7 | 109 |  | 133.6 | 8.0 | 129 |
|  Pakistan Δ | 102.4 | 9.4 | 361 |  | 89.2 | 10.0 | 553 |
|  Sri Lanka ° | 101.6 | 9.4 | 139 |  | 96.4 | 9.7 | 192 |
|  Tajikistan + | 85.7 | 10.2 | 88 |  | 62.4 | 11.2 | 178 |
|  Turkmenistan + | 70.1 | 10.8 | 76 |  | 154.1 | 7.0 | 74 |
|  Uzbekistan + | 63.2 | 11.2 | 286 |  | 153.6 | 7.0 | 283 |
|  *South Eastern Asia* |  |  |  |  |  |  |  |
|  Brunei x | 238.5 | 3.0 | 1 |  | 266.4 | 1.7 | 1 |
|  Cambodia + | 71.7 | 10.8 | 55 |  | 75.0 | 10.6 | 100 |
|  Indonesia + | 96.4 | 9.7 | 582 |  | 156.6 | 6.9 | 621 |
|  Laos + | 83.8 | 10.2 | 10 |  | 167.8 | 6.4 | 9 |
|  Malaysia ° | 149.2 | 7.3 | 138 |  | 127.0 | 8.3 | 256 |
|  Myanmar Δ | 67.1 | 11.0 | 540 |  | 96.4 | 9.7 | 729 |
|  Philippines + | 283.9 | 0.8 | 19 |  | 317.0 | 0.0 | 0 |
|  Thailand + | 257.1 | 2.1 | 60 |  | 292.1 | 0.4 | 16 |
|  Timor-Leste + | 63.5 | 11.2 | 1 |  | 38.0 | 12.3 | 2 |
|  Vietnam + | 127.3 | 8.3 | 1175 |  | 175.2 | 6.0 | 1328 |
|  *Western Asia* |  |  |  |  |  |  |  |
|  Armenia ° | 141.3 | 7.6 | 53 |  | 179.3 | 5.8 | 46 |
|  Azerbaijan ° | 123.5 | 8.4 | 106 |  | 177.7 | 5.9 | 104 |
|  Georgia ° | 167.0 | 6.4 | 46 |  | 98.0 | 9.6 | 75 |
|  Iraq + | 143.5 | 7.5 | 70 |  | 116.6 | 8.8 | 137 |
|  Israel x | 428.5 | 0.0 | 0 |  | 331.3 | 0.0 | 0 |
|  Jordan + | 161.2 | 6.7 | 16 |  | 145.9 | 7.4 | 32 |
|  Kuwait ° | 284.5 | 0.8 | <1 |  | 167.6 | 6.4 | 4 |
|  Lebanon ° | 563.7 | 0.0 | 0 |  | 201.8 | 4.8 | 22 |
|  Palestine + | 311.0 | 0.0 | 0 |  | 112.0 | 9.0 | 18 |
|  Saudi Arabia° | 258.4 | 2.0 | 11 |  | 222.6 | 3.8 | 37 |
|  Syria + | 267.5 | 1.6 | 13 |  | 205.6 | 4.6 | 62 |
|  Turkey ° | 311.3 | 0.0 | 0 |  | 331.0 | 0.0 | 0 |
|  United Arab Emirates x | 336.8 | 0.0 | 0 |  | 188.1 | 5.4 | 12 |
|  Yemen Δ | 66.0 | 11.0 | 46 |  | 133.9 | 8.0 | 52 |
| EUROPE |  |  |  |  |  |  |  |
|  *Central and Eastern Europe* |  |  |  |  |  |  |  |
|  Belarus ° | 106.0 | 9.2 | 274 |  | 194.1 | 5.2 | 161 |
|  Bulgaria ° | 150.0 | 7.2 | 120 |  | 97.7 | 9.6 | 164 |
|  Czech Republic x | 203.4 | 4.7 | 75 |  | 197.4 | 5.0 | 102 |
|  Hungary x | 160.4 | 6.7 | 131 |  | 170.8 | 6.2 | 135 |
|  Moldova + | 208.4 | 4.5 | 27 |  | 89.0 | 10.0 | 65 |
|  Poland x | 122.4 | 8.5 | 519 |  | 146.2 | 7.4 | 560 |
|  Romania ° | 129.2 | 8.2 | 334 |  | 191.6 | 5.3 | 243 |
|  Russia ° | 98.8 | 9.6 | 3676 |  | 181.0 | 5.8 | 2401 |
|  Slovakia x | 182.6 | 5.7 | 51 |  | 174.4 | 6.1 | 71 |
|  Ukraine ° | 112.0 | 9.0 | 1020 |  | 113.3 | 8.9 | 1027 |
|  *Northern Europe* |  |  |  |  |  |  |  |
|  Denmark x | 254.3 | 2.2 | 14 |  | 275.7 | 1.2 | 9 |
|  Estonia x | 188.1 | 5.4 | 20 |  | 200.1 | 4.9 | 19 |
|  Finland x | 191.1 | 5.3 | 34 |  | 243.7 | 2.8 | 22 |
|  Iceland x | 230.8 | 3.4 | 1 |  | 327.2 | 0.0 | 0 |
|  Ireland x | 177.4 | 5.9 | 29 |  | 362.8 | 0.0 | 0 |
|  Latvia x | 133.9 | 8.0 | 51 |  | 127.0 | 8.3 | 49 |
|  Lithuania x | 210.3 | 4.4 | 38 |  | 116.9 | 8.7 | 70 |
|  Norway x | 280.4 | 1.0 | 5 |  | 350.4 | 0.0 | 0 |
|  Sweden x | 253.2 | 2.3 | 19 |  | 326.4 | 0.0 | 0 |
|  United Kingdom x | 217.9 | 4.0 | 269 |  | 337.6 | 0.0 | 0 |
|  *Southern Europe* |  |  |  |  |  |  |  |
|  Albania ° | 112.5 | 8.9 | 75 |  | 378.9 | 0.0 | 0 |
|  Bosnia and Herzegovina ° | 106.0 | 9.2 | 49 |  | 244.8 | 2.7 | 17 |
|  Croatia x | 227.8 | 3.5 | 34 |  | 287.7 | 0.6 | 7 |
|  Cyprus x | 285.8 | 0.7 | 1 |  | 233.0 | 3.3 | 4 |
|  Greece x | 387.4 | 0.0 | 0 |  | 338.9 | 0.0 | 0 |
|  Italy x | 325.0 | 0.0 | 0 |  | 387.1 | 0.0 | 0 |
|  Macedonia ° | 240.4 | 2.9 | 16 |  | 282.5 | 0.9 | 6 |
|  Malta x | 239.0 | 3.0 | 2 |  | 199.6 | 4.9 | 5 |
|  Portugal x | 295.1 | 0.2 | 7 |  | 291.8 | 0.4 | 15 |
|  Slovenia x | 297.3 | 0.1 | 1 |  | 348.0 | 0.0 | 0 |
|  Spain x | 318.1 | 0.0 | 0 |  | 233.5 | 3.3 | 322 |
|  *Western Europe* |  |  |  |  |  |  |  |
|  Austria x | 327.2 | 0.0 | 0 |  | 338.7 | 0.0 | 0 |
|  France x | 228.6 | 3.5 | 228 |  | 304.4 | 0.0 | 0 |
|  Germany x | 235.7 | 3.2 | 506 |  | 208.1 | 4.5 | 845 |
|  Netherlands x | 292.1 | 0.4 | 8 |  | 329.1 | 0.0 | 0 |
|  Switzerland x | 307.5 | 0.0 | 0 |  | 281.7 | 0.9 | 8 |
| OCEANIA |  |  |  |  |  |  |  |
|  Australia x | 247.2 | 2.6 | 53 |  | 273.5 | 1.3 | 38 |
|  Fiji + | 75.8 | 10.6 | 2 |  | 104.8 | 9.3 | 2 |
|  French Polynesia | 171.1 | 6.2 | 1 |  | 224.8 | 3.7 | 1 |
|  New Caledonia | 152.2 | 7.1 | 2 |  | 256.0 | 2.2 | 1 |
|  New Zealand x | 311.6 | 0.0 | 0 |  | 299.0 | <0.1 | <1 |
|  Samoa + | 445.7 | 0.0 | 0 |  | 530.0 | 0.0 | 0 |
|  Solomon Islands Δ | 108.1 | 9.1 | 1 |  | 156.0 | 6.9 | 1 |
|  Vanuatu + | 250.2 | 2.4 | <1 |  | 255.2 | 2.2 | <1 |

\* data retrieved from the FAO Food Balance Sheets for 1997 and 2010 [23](#_ENREF_23); † data retrieved from GLOBOCAN 2012 [1](#_ENREF_1); ‡ data retrieved from the reference selected [6](#_ENREF_6) after a systematic review of meta-analyses; Human Development Index (HDI) distribution in 2012 retrieved from the Human Development Report, 2013 [25](#_ENREF_25): 39, 36, 42 and 40 countries classified as x very high, ° high, + medium and Δ low HDI, respectively, and no evaluation of HDI available for French Polynesia, New Caledonia, North Korea and Somalia.

**Supplemental Table 3.** Estimates of preventable fractions and absolute number of gastric cancer cases as a result of increasing vegetable intake up to the level defined by the Global Burden of Disease (GBD) as the theoretical minimum-risk exposure distribution (400 g/day), in 161 countries, in 2012 and 2025, based on the estimates of availability of vegetable \*, estimated number of new gastric cancer cases †, and relative risk of the association between vegetable intake and gastric cancer ‡.

|  |  |  |  |
| --- | --- | --- | --- |
| **Country** | **2012** |  | **2025** |
| **Vegetable****availability****in 1997****(g/d)** | **Preventable****fraction****(%)** | **Number of preventable****gastric cancer cases****in 2012****(*N*)** |  | **Vegetable****availability****in 2010****(g/d)** | **Preventable****fraction****(%)** | **Number of preventable****gastric cancer cases****in 2025****(*N*)** |
| AFRICA |  |  |  |  |  |  |  |
|  *Eastern Africa* |  |  |  |  |  |  |  |
|  Djibouti Δ | 87.6 | 11.7 | 2 |  | 187.0 | 8.2 | 2 |
|  Ethiopia Δ | 33.9 | 13.6 | 201 |  | 50.6 | 13.0 | 298 |
|  Kenya Δ | 131.1 | 10.2 | 185 |  | 154.4 | 9.4 | 285 |
|  Madagascar Δ | 60.8 | 12.7 | 69 |  | 45.7 | 13.2 | 113 |
|  Malawi Δ | 58.3 | 12.8 | 26 |  | 61.0 | 12.7 | 37 |
|  Mauritius ° | 215.7 | 7.1 | 8 |  | 217.9 | 7.0 | 13 |
|  Mozambique Δ | 24.1 | 14.0 | 14 |  | 48.2 | 13.1 | 18 |
|  Rwanda Δ | 58.3 | 12.8 | 60 |  | 160.4 | 9.1 | 74 |
|  Somalia | 27.9 | 13.8 | 41 |  | 31.2 | 13.7 | 59 |
|  Tanzania Δ | 86.0 | 11.8 | 89 |  | 98.8 | 11.3 | 131 |
|  Uganda Δ | 54.2 | 12.9 | 93 |  | 72.0 | 12.3 | 145 |
|  Zambia Δ | 69.0 | 12.4 | 34 |  | 69.0 | 12.4 | 50 |
|  Zimbabwe Δ | 29.8 | 13.8 | 82 |  | 44.9 | 13.2 | 108 |
|  *Middle Africa* |  |  |  |  |  |  |  |
|  Angola Δ | 53.4 | 12.9 | 45 |  | 184.8 | 8.2 | 45 |
|  Cameroon Δ | 148.7 | 9.6 | 26 |  | 269.7 | 5.1 | 20 |
|  Central African Republic Δ | 60.0 | 12.7 | 8 |  | 53.4 | 12.9 | 10 |
|  Chad Δ | 33.4 | 13.6 | 17 |  | 20.8 | 14.1 | 24 |
|  Congo, Dem. Rep. Δ | 96.1 | 11.4 | 212 |  | 106.0 | 11.1 | 302 |
|  Gabon + | 115.5 | 10.8 | 3 |  | 128.4 | 10.3 | 4 |
|  *Northern Africa* |  |  |  |  |  |  |  |
|  Algeria ° | 204.6 | 7.5 | 129 |  | 368.2 | 1.3 | 35 |
|  Egypt + | 479.9 | 0.0 | 0 |  | 594.4 | 0.0 | 0 |
|  Libya ° | 577.1 | 0.0 | 0 |  | 564.3 | 0.0 | 0 |
|  Morocco + | 268.0 | 5.1 | 60 |  | 374.0 | 1.0 | 17 |
|  Sudan Δ | 132.8 | 10.1 | 37 |  | 167.6 | 8.9 | 50 |
|  Tunisia ° | 408.8 | 0.0 | 0 |  | 693.2 | 0.0 | 0 |
|  *Southern Africa* |  |  |  |  |  |  |  |
|  Botswana + | 72.8 | 12.3 | 2 |  | 102.9 | 11.2 | 2 |
|  Lesotho Δ | 66.8 | 12.5 | 2 |  | 57.2 | 12.8 | 2 |
|  Namibia + | 42.2 | 13.3 | 3 |  | 80.5 | 12.0 | 4 |
|  South Africa + | 122.1 | 10.5 | 213 |  | 125.4 | 10.4 | 290 |
|  Swaziland + | 49.0 | 13.1 | 2 |  | 48.2 | 13.1 | 2 |
|  *Western Africa* |  |  |  |  |  |  |  |
|  Benin Δ | 134.2 | 10.1 | 19 |  | 100.5 | 11.3 | 34 |
|  Burkina Faso Δ | 80.5 | 12.0 | 28 |  | 49.0 | 13.1 | 46 |
|  Cape Verde + | 104.8 | 11.1 | 2 |  | 196.3 | 7.8 | 2 |
|  Cote d’Ivoire Δ | 143.7 | 9.7 | 53 |  | 104.3 | 11.2 | 73 |
|  Gambia Δ | 70.4 | 12.4 | 2 |  | 102.7 | 11.2 | 2 |
|  Ghana + | 101.8 | 11.2 | 52 |  | 96.4 | 11.4 | 74 |
|  Guinea Δ | 229.2 | 6.6 | 12 |  | 146.2 | 9.6 | 27 |
|  Guinea-Bissau Δ | 50.6 | 13.0 | 4 |  | 58.6 | 12.8 | 6 |
|  Liberia Δ | 111.2 | 10.9 | 8 |  | 73.4 | 12.2 | 15 |
|  Mali Δ | 161.8 | 9.1 | 59 |  | 157.7 | 9.2 | 90 |
|  Mauritania Δ | 26.6 | 13.9 | 9 |  | 47.9 | 13.1 | 15 |
|  Niger Δ | 114.4 | 10.8 | 18 |  | 113.9 | 10.8 | 30 |
|  Nigeria Δ | 160.4 | 9.1 | 173 |  | 185.4 | 8.2 | 213 |
|  Senegal Δ | 124.8 | 10.4 | 39 |  | 170.8 | 8.8 | 58 |
|  Sierra Leone Δ | 159.6 | 9.2 | 10 |  | 162.4 | 9.1 | 14 |
|  Togo Δ | 83.2 | 11.9 | 25 |  | 74.7 | 12.2 | 36 |
| AMERICA |  |  |  |  |  |  |  |
|  *Caribbean* |  |  |  |  |  |  |  |
|  Bahamas ° | 324.4 | 3.0 | 1 |  | 289.2 | 4.3 | 2 |
|  Barbados x | 175.8 | 8.6 | 3 |  | 205.3 | 7.5 | 3 |
|  Cuba ° | 129.8 | 10.2 | 115 |  | 343.3 | 2.2 | 35 |
|  Dominican Republic + | 112.5 | 10.9 | 76 |  | 127.6 | 10.3 | 104 |
|  Haiti Δ | 85.1 | 11.8 | 64 |  | 52.6 | 13.0 | 97 |
|  Jamaica ° | 202.9 | 7.6 | 20 |  | 204.8 | 7.5 | 28 |
|  Trinidad and Tobago ° | 78.3 | 12.1 | 8 |  | 88.7 | 11.7 | 13 |
|  *Central America* |  |  |  |  |  |  |  |
|  Belize + | 100.5 | 11.3 | 1 |  | 124.0 | 10.4 | 2 |
|  Costa Rica ° | 110.1 | 11.0 | 96 |  | 132.0 | 10.2 | 151 |
|  El Salvador + | 76.6 | 12.1 | 120 |  | 165.6 | 8.9 | 114 |
|  Guatemala + | 119.6 | 10.6 | 245 |  | 175.8 | 8.6 | 305 |
|  Honduras + | 120.7 | 10.6 | 96 |  | 151.1 | 9.5 | 138 |
|  Mexico ° | 149.5 | 9.5 | 732 |  | 153.9 | 9.4 | 1128 |
|  Nicaragua + | 18.6 | 14.1 | 66 |  | 30.1 | 13.8 | 102 |
|  Panama ° | 73.4 | 12.2 | 47 |  | 78.3 | 12.1 | 78 |
|  *Northern America* |  |  |  |  |  |  |  |
|  Canada x | 332.4 | 2.7 | 89 |  | 304.7 | 3.7 | 176 |
|  United States of America x | 335.7 | 2.5 | 537 |  | 322.5 | 3.0 | 870 |
|  *Southern America* |  |  |  |  |  |  |  |
|  Argentina x | 182.3 | 8.3 | 312 |  | 182.1 | 8.3 | 399 |
|  Bolivia + | 155.5 | 9.3 | 54 |  | 87.6 | 11.7 | 101 |
|  Brazil ° | 103.8 | 11.2 | 2200 |  | 145.4 | 9.7 | 2888 |
|  Chile x | 251.3 | 5.8 | 214 |  | 190.6 | 8.0 | 472 |
|  Colombia ° | 112.2 | 10.9 | 641 |  | 105.4 | 11.1 | 1091 |
|  Ecuador ° | 67.4 | 12.4 | 299 |  | 76.9 | 12.1 | 482 |
|  Guyana + | 182.9 | 8.3 | 2 |  | 191.6 | 8.0 | 2 |
|  Paraguay + | 136.9 | 10.0 | 34 |  | 150.8 | 9.5 | 48 |
|  Peru ° | 112.0 | 10.9 | 472 |  | 178.8 | 8.5 | 569 |
|  Suriname + | 189.4 | 8.1 | 2 |  | 130.3 | 10.2 | 4 |
|  Uruguay ° | 152.2 | 9.4 | 54 |  | 142.1 | 9.8 | 66 |
|  Venezuela ° | 118.8 | 10.6 | 277 |  | 147.8 | 9.6 | 401 |
| ASIA |  |  |  |  |  |  |  |
|  *Eastern Asia* |  |  |  |  |  |  |  |
|  China + | 478.3 | 0.0 | 0 |  | 896.1 | 0.0 | 0 |
|  Japan x | 308.6 | 3.6 | 3875 |  | 270.8 | 5.0 | 6562 |
|  Mongolia + | 51.5 | 13.0 | 84 |  | 113.9 | 10.8 | 110 |
|  North Korea | 360.3 | 1.6 | 69 |  | 381.9 | 0.7 | 40 |
|  South Korea x | 576.6 | 0.0 | 0 |  | 538.0 | 0.0 | 0 |
|  *South Central Asia* |  |  |  |  |  |  |  |
|  Afghanistan Δ | 75.6 | 12.2 | 217 |  | 94.2 | 11.5 | 291 |
|  Bangladesh Δ | 31.8 | 13.7 | 902 |  | 70.9 | 12.3 | 1264 |
|  India + | 139.4 | 9.9 | 6247 |  | 208.9 | 7.4 | 6624 |
|  Iran ° | 383.6 | 0.6 | 63 |  | 603.4 | 0.0 | 0 |
|  Kazakhstan ° | 152.2 | 9.4 | 344 |  | 519.1 | 0.0 | 0 |
|  Kyrgyzstan + | 179.6 | 8.4 | 71 |  | 407.7 | 0.0 | 0 |
|  Maldives + | 128.4 | 10.3 | 1 |  | 210.0 | 7.3 | 1 |
|  Nepal Δ | 156.0 | 9.3 | 105 |  | 293.0 | 4.2 | 68 |
|  Pakistan Δ | 89.5 | 11.7 | 448 |  | 78.6 | 12.1 | 668 |
|  Sri Lanka ° | 86.5 | 11.8 | 173 |  | 105.4 | 11.1 | 221 |
|  Tajikistan + | 152.2 | 9.4 | 82 |  | 392.6 | 0.3 | 5 |
|  Turkmenistan + | 251.9 | 5.8 | 40 |  | 427.4 | 0.0 | 0 |
|  Uzbekistan + | 274.6 | 4.9 | 125 |  | 614.1 | 0.0 | 0 |
|  *South Eastern Asia* |  |  |  |  |  |  |  |
|  Brunei x | 238.5 | 6.2 | 1 |  | 164.0 | 9.0 | 4 |
|  Cambodia + | 99.4 | 11.3 | 57 |  | 91.4 | 11.6 | 109 |
|  Indonesia + | 86.8 | 11.8 | 708 |  | 109.0 | 11.0 | 986 |
|  Laos + | 52.0 | 13.0 | 13 |  | 352.4 | 1.9 | 3 |
|  Malaysia ° | 87.9 | 11.7 | 223 |  | 180.4 | 8.4 | 260 |
|  Myanmar Δ | 145.4 | 9.7 | 476 |  | 224.2 | 6.8 | 511 |
|  Philippines + | 169.2 | 8.8 | 213 |  | 180.7 | 8.4 | 318 |
|  Thailand + | 119.1 | 10.6 | 302 |  | 135.8 | 10.0 | 398 |
|  Timor-Leste + | 69.8 | 12.4 | 2 |  | 76.1 | 12.2 | 2 |
|  Vietnam + | 172.2 | 8.7 | 1237 |  | 248.6 | 5.9 | 1290 |
|  *Western Asia* |  |  |  |  |  |  |  |
|  Armenia ° | 318.4 | 3.2 | 22 |  | 742.0 | 0.0 | 0 |
|  Azerbaijan ° | 195.8 | 7.8 | 98 |  | 452.6 | 0.0 | 0 |
|  Georgia ° | 289.7 | 4.3 | 31 |  | 154.7 | 9.3 | 73 |
|  Iraq + | 350.4 | 2.0 | 18 |  | 390.1 | 0.4 | 6 |
|  Israel x | 603.4 | 0.0 | 0 |  | 446.5 | 0.0 | 0 |
|  Jordan + | 190.6 | 8.0 | 19 |  | 345.0 | 2.2 | 9 |
|  Kuwait ° | 547.3 | 0.0 | 0 |  | 409.8 | 0.0 | 0 |
|  Lebanon ° | 932.0 | 0.0 | 0 |  | 572.8 | 0.0 | 0 |
|  Palestine + | 453.9 | 0.0 | 0 |  | 399.2 | <0.1 | <1 |
|  Saudi Arabia° | 345.2 | 2.2 | 12 |  | 253.8 | 5.7 | 55 |
|  Syria + | 225.9 | 6.7 | 55 |  | 228.6 | 6.6 | 90 |
|  Turkey ° | 600.7 | 0.0 | 0 |  | 621.5 | 0.0 | 0 |
|  United Arab Emirates x | 601.2 | 0.0 | 0 |  | 236.8 | 6.3 | 13 |
|  Yemen Δ | 94.2 | 11.5 | 48 |  | 96.6 | 11.4 | 74 |
| EUROPE |  |  |  |  |  |  |  |
|  *Central and Eastern Europe* |  |  |  |  |  |  |  |
|  Belarus ° | 243.4 | 6.1 | 180 |  | 417.0 | 0.0 | 0 |
|  Bulgaria ° | 342.8 | 2.3 | 38 |  | 213.6 | 7.2 | 123 |
|  Czech Republic x | 206.2 | 7.5 | 119 |  | 193.3 | 7.9 | 162 |
|  Hungary x | 286.6 | 4.4 | 86 |  | 193.0 | 7.9 | 172 |
|  Moldova + | 208.4 | 7.4 | 45 |  | 308.0 | 3.6 | 23 |
|  Poland x | 377.0 | 0.9 | 56 |  | 310.7 | 3.5 | 265 |
|  Romania ° | 360.0 | 1.6 | 65 |  | 483.8 | 0.0 | 0 |
|  Russia ° | 221.2 | 6.9 | 2651 |  | 286.1 | 4.4 | 1851 |
|  Slovakia x | 234.1 | 6.4 | 58 |  | 253.5 | 5.7 | 66 |
|  Ukraine ° | 250.0 | 5.8 | 662 |  | 395.1 | 0.2 | 23 |
|  *Northern Europe* |  |  |  |  |  |  |  |
|  Denmark x | 234.9 | 6.4 | 40 |  | 329.9 | 2.8 | 21 |
|  Estonia x | 180.4 | 8.4 | 31 |  | 299.2 | 3.9 | 15 |
|  Finland x | 202.3 | 7.6 | 49 |  | 219.8 | 7.0 | 56 |
|  Iceland x | 130.3 | 10.2 | 3 |  | 197.9 | 7.8 | 3 |
|  Ireland x | 195.5 | 7.8 | 38 |  | 253.8 | 5.7 | 39 |
|  Latvia x | 214.6 | 7.1 | 46 |  | 303.9 | 3.8 | 22 |
|  Lithuania x | 227.8 | 6.6 | 58 |  | 259.5 | 5.5 | 44 |
|  Norway x | 171.9 | 8.7 | 41 |  | 196.6 | 7.8 | 50 |
|  Sweden x | 191.9 | 8.0 | 65 |  | 240.1 | 6.2 | 62 |
|  United Kingdom x | 231.1 | 6.5 | 437 |  | 254.1 | 5.7 | 479 |
|  *Southern Europe* |  |  |  |  |  |  |  |
|  Albania ° | 407.7 | 0.0 | 0 |  | 650.2 | 0.0 | 0 |
|  Bosnia and Herzegovina ° | 487.9 | 0.0 | 0 |  | 520.5 | 0.0 | 0 |
|  Croatia x | 261.2 | 5.4 | 52 |  | 221.5 | 6.9 | 75 |
|  Cyprus x | 356.5 | 1.7 | 2 |  | 295.1 | 4.1 | 6 |
|  Greece x | 718.7 | 0.0 | 0 |  | 601.0 | 0.0 | 0 |
|  Italy x | 487.6 | 0.0 | 0 |  | 395.6 | 0.2 | 27 |
|  Macedonia ° | 411.0 | 0.0 | 0 |  | 545.6 | 0.0 | 0 |
|  Malta x | 437.0 | 0.0 | 0 |  | 547.6 | 0.0 | 0 |
|  Portugal x | 441.6 | 0.0 | 0 |  | 543.5 | 0.0 | 0 |
|  Slovenia x | 184.5 | 8.2 | 39 |  | 204.0 | 7.5 | 46 |
|  Spain x | 433.9 | 0.0 | 0 |  | 385.5 | 0.6 | 57 |
|  *Western Europe* |  |  |  |  |  |  |  |
|  Austria x | 222.3 | 6.9 | 90 |  | 289.1 | 4.3 | 72 |
|  France x | 282.5 | 4.6 | 299 |  | 280.9 | 4.6 | 378 |
|  Germany x | 227.2 | 6.7 | 1069 |  | 246.7 | 5.9 | 1119 |
|  Netherlands x | 207.8 | 7.4 | 144 |  | 214.6 | 7.1 | 187 |
|  Switzerland x | 259.5 | 5.5 | 37 |  | 284.2 | 4.5 | 41 |
| OCEANIA |  |  |  |  |  |  |  |
|  Australia x | 245.3 | 6.0 | 123 |  | 267.8 | 5.2 | 148 |
|  Fiji + | 89.8 | 11.7 | 2 |  | 111.2 | 10.9 | 3 |
|  French Polynesia | 146.7 | 9.6 | 2 |  | 163.4 | 9.0 | 3 |
|  New Caledonia | 96.9 | 11.4 | 3 |  | 155.8 | 9.3 | 4 |
|  New Zealand x | 415.9 | 0.0 | 0 |  | 335.4 | 2.6 | 14 |
|  Samoa + | 15.9 | 14.2 | 2 |  | 44.1 | 13.3 | 2 |
|  Solomon Islands Δ | 43.2 | 13.3 | 1 |  | 41.6 | 13.4 | 1 |
|  Vanuatu + | 140.7 | 9.8 | 1 |  | 150.8 | 9.5 | 1 |

\* data retrieved from the FAO Food Balance Sheets for 1997 and 2010 [23](#_ENREF_23); † data retrieved from GLOBOCAN 2012 [1](#_ENREF_1); ‡ data retrieved from the reference selected [6](#_ENREF_6) after a systematic review of meta-analyses; Human Development Index (HDI) distribution in 2012 retrieved from the Human Development Report, 2013 [25](#_ENREF_25): 39, 36, 42 and 40 countries classified as x very high, ° high, + medium and Δ low HDI, respectively, and no evaluation of HDI available for French Polynesia, New Caledonia, North Korea and Somalia.