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| **Supplemental Table 1.** Specific food items included in the analysis of meat groups | |
| **Meat group** | **Type of meat** |
| Unprocessed red meat | Beef, pork, lamb |
| Processed red meat | Hamburguer, sausages, bacon, other processed meats (e,g, ham, mortadella, salami), pate, foie-gras. |
| Organs | Beef, calf, pork, chicken, turkey liver, and other organs (e,g, brains, sweetbread). |
| White meat | Chicken with and without skin, rabbit, quail, duck. |
| White fish meat | Hake, golden, sole. |
| Dark fish meat | Salmon, anchovies, tuna, emperor, bonito, sardines, mackerel. |
| Shellfish | Clams, mussels, oysters, squid, cuttlefish, octopus, prawns, crabs, lobsters. |