**Supplementary Table 1.** Food groups according to macronutrient similarities and eating occasion.

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| Food groups | Description |
| Rice | Rice and brown rice |
| Cereals | Oatmeal, granola, cereals bran and other cereals |
| Bread | White, wheat, light, and sugar bread |
| Fruits | All fruits (excluding fruit juice) |
| Vegetables | All leafy greens, vegetables (excluding potatoes and other tubers), and vegetables soup |
| Beans | Beans, lentil, chickpea, and peas |
| Milk | Whole and skim milk, yogurts, and soy milk |
| Nuts | Walnut, cashew nut, Brazilian nut, peanut, almonds, pistachio |
| Sweets and desserts | Cakes, cookies, ice cream, chocolate, pudding |
| Tubers | Potatoes, cassava, yam, cassava flour, and *farofa* |
| Pasta | Pasta and polenta |
| Snacks | Bread cheese, salt biscuits, French fries, pizza, baked and deep fried snacks |
| Eggs | Boiled and fried eggs |
| Cheese | White and yellow cheese |
| Butter/margarine | Butter and margarine |
| Red meat | Beef, pork and giblets |
| Poultry | Fried and cooked poultry |
| Processed meat | Ham, mortadella, salami, sausage, chorizo,  |
| Fish | Fried, baked, grilled, and stew fish |
| Soft drinks | Regular and diet/light soft drinks |
| Juice | Fruit juice, industrialized juice, and coconut water |
| Coffee | Coffee and yerba mate |
| Beer | Beer |
| Wine | Red and white wine  |
| Distilled | Distilled beverages |