**Supplementary Table 1**

**Selected food items and respective serving sizes estimated from food frequency questionnaire. Longitudinal Study of Adult Health, 2008-2010.**

|  |  |  |
| --- | --- | --- |
| Food group | Food item | Serving size (grams) |
| Dairy | Yogurt | 120 |
|  | Milk | 240 |
|  | White cheese | 30 |
|  | Yellow cheese | 20 |
|  | Cream cheese | 30 |
|  | Butter | 5 |
|  | Ice cream | 80 |
|  | Pudding/mousse | 50 |
| Fruits | Orange/tangerine | 180 |
|  | Banana | 70 |
|  | Papaya | 310 |
|  | Apple/pear | 150 |
|  | Watermelon | 200 |
|  | Melon | 90 |
|  | Pineapple | 75 |
|  | Avocado | 215 |
|  | Mango | 140 |
|  | Grapes | 5 |
|  | Guava | 170 |
|  | Strawberry | 24 |
|  | Peach/plum/kiwi | 60 |
|  | Persimmon fruit/jack fruit/custard apple | 100 |
|  | Tomato | 15 |
|  | Fruit salad | 200 |
| Vegetables | Lettuce | 20 |
|  | Braised kale/spinach | 20 |
|  | Cabbage | 70 |
|  | Raw chicory/watercress/arugula/kale | 20 |
|  | Cauliflower | 25 |
|  | Broccoli | 25 |
|  | Boiled/mashed potato | 30 |
|  | Boiled cassava/sweet potato | 100 |
|  | Fried potato/cassava/polenta | 100 |
|  | Squash/pumpkin | 36 |
|  | Zucchini | 30 |
|  | Chayote squash | 25 |
|  | Eggplant | 25 |
|  | Green beans | 35 |
|  | Okra | 40 |
|  | Carrots | 12 |
|  | Beetroot | 25 |
| Meat | Bone -in beef | 40 |
|  | Boneless beef | 100 |
|  | Pork | 90 |
|  | Chicken breast | 180 |
|  | Fried chicken | 40 |
|  | Boiled chicken | 40 |
|  | Sausage/chorizo | 100 |
|  | Hamburger | 56  |
|  | Bacon/ pork belly/pork rinds | 15 |
| Organ meat | Beef liver/offal | 30 |
|  | Stomach/tripe | 130 |
| Fish | Boiled fish | 190 |
|  | Fried fish | 120 |
|  | Canned sardine/tuna | 135 |
|  | Shrimp/clam | 20 |
|  | Crab | 220 |
| Alcoholic beverages\* | Beer | 350 |
|  | Wine | 150 |
|  | Spirits | 50 |

\* The servings sizes for alcoholic beverages are measured in milliliters.