**Supplementary material**

**Supplementary Material 1.** **Food Diversity Questionnaire**



**Supplementary material 2. Codes for the Food Diversity Questionnaire**

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| **Group** | **Subgroup/Food** | **Model** | **Unit** | **Code** |
| **Grains** | Arepas, all varieties | Circles | All | 51-57 |
| Raw oats, rice, corn, pasta | Legumes | All | 76 - 78 |
| Crackers, bread, toasted | Bread | All | 74 - 75 |
| **Roots, plantains, and tubers** | Arracacha, yam, yuca | Sticks (Whole unit) | All | 64 - 70 |
| Plantains, all kinds | Sticks (Whole unit) | All | 64 - 70 |
| Potatoes, all kinds | Spheres | - | 37 - 43 |
| **Fruit, rich in vitamin A**  | Peach palm, peach, pink guava, mandarin, mango, passion fruit, tamarillo, groundcherry, sapote | Spheres | All | 37 - 43 |
| Juices | Traditional glasses | All | 1 - 6 |
| Cups | All | 7 - 9 |
| Mugs | All | 10 - 17 |
| Disposable cups | All | 27 - 29 |
| **Fruit, rich in vitamin C** | Plums, strawberries, grapes | Spheres | - | 37 - 39 |
| Juices | Traditional glasses | All | 1 - 6 |
| Cups | All | 7 - 9 |
| Mugs | All | 10 - 17 |
| Disposable cups | All | 27 - 29 |
| White guava, granadilla, fig, kiwi, lulo, apple, orange, pear | Spheres | - | 40 - 43 |
| Juices | Traditional glasses | All | 1 - 6 |
| Cups | All | 7 - 9 |
| Mugs | All | 10 - 17 |
| Disposable cups | All | 27 - 29 |
| Banana, soursop, melon, blackberries, papaya, mountain papaya, pineapple, watermelon | Legumes | All | 76 - 78 |
| Juices | Traditional glasses | All | 1 - 6 |
| Cups | All | 7 - 9 |
| Mugs | All | 10 - 17 |
| Disposable cups | All | 27 - 29 |
| **Vegetables, rich in vitamin A** | Chard, auyama (winter squash), kale, spinach, green beans, red pepper, tomato, carrot | Legumes | All | 76 - 78 |
| **Vegetables, rich in folate** | Avocado, green peas, broccoli, cauliflower, lettuce, beets, cabbage | Legumes | All | 76 - 78 |
| **Milk and derivatives** | Milk of all kinds, liquid, reconstituted or fermented | Traditional glasses | All | 1 - 6 |
| Cups | All | 7 - 9 |
| Mugs | All | 10 - 17 |
| Disposable cups | All | 27 - 29 |
| Cheeses, all types | Rectangles | All | 58 - 63 |
| **Meats** | Cooked beef, pork, veal, lamb | Rectangles | All | 58 - 63 |
| Spheres | - | 38 - 42 |
| Circles | - | 51 - 55 |
| Spoons | - | 21 - 23, 25-26 |
| Cooked chicken, poultry, turkey | Rectangles | All | 58 - 63 |
| Sticks | All | 64 - 70 |
| Spoons | - | 19 - 23, 25 |
| **Fish and shellfish** | Cooked fish, all types | Rectangles | All | 58 - 63 |
| Spoons | - | 22 - 23, 25 - 26 |
| Cans | Small | 114 |
| Median | 115 |
| Large | 116 |
| Circles | - | 52 - 56 |
| Sticks | All | 64 - 70 |
| Shrimp, crab, lobster, prawn, oysters | Spoons | - | 25 -26 |
| Sticks | All | 64 - 65 |
| **Viscera** | Liver, all variety | Rectangles | All | 58 - 63 |
| Blood sausage | Sticks | - | 64 - 67 |
| Asadura (innards), spleen, tripe, heart, chunchullo (beef small intestine), intestines, tongue, offal, sweetbread, ear, pancreas, lung, kidney | Rectangles | All | 58 - 63 |
| Spoons | - | 24 - 26 |
| **Eggs** | Quail | Ball | - | 38 |
| Chicken | Ball | - | 40 |
| **Legumes** | Split peas, beans, chickpeas, beans, lentils, cooked soybeans | Legumes | All | 76 - 78 |
| **Nuts and Seeds** | Almonds, chestnuts, macadamia, peanuts, cashews | Spoons | - | 25, 26 |
| Standard unit | - | 102 |
| Sesame, safflower, sunflower, flax, linseed | Spoons | - | 19, 22, 25 - 26 |
| **Supplements and complements** | Any type of supplement or complementary food | Spoons | All | 18 - 26 |
| Capsule | - | 102 |
| **Other** | Water, oil, sugar, sweetened drinks, deli meats, sweets, desserts, snacks | Not quantified |