

Additional File 1. Description of the foods that composed each of the 28 food groups included in the factor analysis (HELENA-Europe 2006/2007 and HBS-Brazil 2008/2009).

	HELENA - EUROPE	HBS- BRAZIL
Food Groups	Composition	Composition
Bread and bread rolls	Sliced bread, whole bread, white bread, rolls bread, crispbread, rusks	Salt bread, whole bread
Breakfast cereals	Breakfast cereals, oatmeal	Breakfast cereals, oatmeal, porridge
Cereals	Flour, pasta, rice and other cereals	Flour, pasta, rice, rice preparations, whole rice, corn, corn recipes,
Sweet bakery products	Cakes, pies, biscuits, croissants, brioches	Cakes, pies, biscuits, sweet breads diet and light, cakes diet and light
Savory snacks	Crisps, salty biscuits, aperitif biscuits	Salty biscuits, pizza
Sugar, honey, syrup	Table sugar, honey, syrup, jam, dessert sauces (excluding chocolate sauce), water ice, sorbet (excluding ice cream)	Table sugar, honey, syrup, jam, brown sugar, candy in sugar syrup
Confectionary non chocolate	All confectionary non chocolate, candies	All confectionary non chocolate, candies
Chocolate	Chocolate, candy bars, chocolate paste, chocolate confetti/flakes, chocolate sauces	Chocolate, candy bars, chocolate paste, chocolate confetti/flakes, chocolate sauces, cocoa powder
Vegetable oils, nuts, seeds	Vegetable oils (olive oil, soya oil, corn oil, canola oil) olives, avocado, nuts, seed spreads	Vegetable oils (olive oil, soya oil, corn oil, canola oil) olives, avocado, nuts, seed spreads
Butter, animal fats and margarine	Butter, margarine and lipids of mixed origins, animal fats	Butter, margarine and lipids of mixed origins, animal fats
Sauces	Mayonnaises and similar, dressing sauces, gravy, tomato sauces, other sauces (excluding dessert sauces)	Mayonnaises and similar, dressing sauces, tomato sauces, other sauces (excluding dessert sauces), condiments (ketchup, mustard)
Pulses	All types of beans, lentils, chickpeas (others excluding fresh peas, sweet corn and broad bean)	All types of beans, lentils, chickpeas, peas
Vegetables excluding potatoes	All the vegetables excluding potatoes	All the vegetables excluding potatoes
Starch roots and potatoes	Starch roots, potatoes	Starch roots , potatoes, sweet potatoes, manioc
Fruits	All fresh fruits	All fresh fruits
Soups and bouillon	Soups, bouillon	Soups, bouillon
Coffee and tea	Coffee and tea	Coffee and tea
Fruit and vegetable juices	Fruit and vegetable juices	Fruit and vegetable juices
Sugar sweetened beverages	Carbonated, soft, isotonic drinks, including not alcoholic wine, not alcoholic beer	Carbonated, soft, isotonic drinks, including not alcoholic wine, not alcoholic beer
Alcoholic beverages	Beer, wine, cider, other alcoholic beverages	Beer, brandy, wine, cider, other alcoholic beverages
Meat, chicken, sausages and ham	Cow meat, pork meat, chicken, sausages and ham, beef, veal, mutton/lamb, goat	Cow meat, pork meat, chicken, sausages and ham, beef, canned meat, hamburgers
Fish	Fish, crustaceans, mollusks, fish mousse, fish pate, tarama	Fish, crustaceans, mollusks, fish, canned fish, salt fish
Eggs	Eggs, omelets	Eggs, omelets
Milk	Milk, white milk, buttermilk	Milk, white milk, whole milk
Dairy products	Yogurt, fromage blanc, yogurt	Yogurt, fromage blanc, yogurt beverages,

	beverages, chocolate milk, probiotic beverages	probiotic beverages
Cheese	All cheese excluding fromage blanc (quark)	All cheese excluding fromage blanc (quark)
Other milk products	Desserts and puddings milk based (including ice cream), flan, mousse, tiramisu, creams (including non-dairy and coffee creams)	Desserts and puddings milk based (including ice cream), milkshakes with fruits
Mixed products	Meat substitutes, vegetarian products, vegetarian burgers, tempeh, tofu, spring roll, products for special nutritional use, other miscellaneous	Lasagna ready for consumption, yakisoba, other miscellaneous, Japanese food, take way foods.