

**Additional file 2.** Relative intakes of each food group to the MDP and relative contributions to environmental footprints.

<b>Food group</b>	<b>Contribution to the MDP intake</b>	<b>Relative contribution to total footprints</b>			
		<b>Land use</b>	<b>Energy consumption</b>	<b>Water consumption</b>	<b>Greenhouse gas emissions</b>
Cereals	11%	12%	4%	17%	0%
Vegetables	41%	4%	17%	34%	1%
Fruit	27%	11%	11%	13%	0%
Dairy products	11%	38%	41%	14%	55%
Vegetal oils and fats	2%	7%	10%	14%	5%
Fish	2%	0%	9%	0%	9%
Meat	2%	16%	4%	3%	27%
Sweets & sugar	<1%	0%	0%	0%	0%
Other products	4%	11%	4%	5%	2%