

Additional file 3. Composition of the dietary patterns considered (Kg ind⁻¹ y⁻¹)

Food group	MDP	SCP	WDP
Cereals	75	98	112
Vegetables	269	160	49
Fruit	175	88	111
Dairy products	71	178	254
Vegetal oils and fats	11	28	29
Fish	14	81	54
Meat	16	117	133
Sweets & sugar	<1%	26	68
Other products (<4%)	25	111	83