

ESM Table 1: Mean BMI per quartile of total fibre intake by country

Country	Q1	Q2	Q3	Q4
All	25.8	25.99	26.18	26.16
France	23.44	23.02	23.03	22.53
Italy	25.58	25.45	25.92	26.60
Spain	28.00	28.01	28.34	28.18
UK	25.67	25.29	25.50	24.97
Netherlands	25.24	25.24	25.26	26.23
Germany	25.80	26.00	25.82	25.14
Sweden	25.07	25.37	25.00	24.76
Denmark	26.36	26.30	26.00	25.64