

## Supplementary Material

**Table S1. Food group classification and included subgroups assessed in the ANIBES Study**  
(Adapted from Pérez-Rodrigo et al. (1))

<b>Food group</b>	<b>Included subgroups</b>
<b>Cereals/Grains</b>	Grains and flours Bread Breakfast cereals and cereal bars Pasta Bakery and pastry
<b>Vegetables</b>	Including starchy tubers (i.e. potatoes)
<b>Fruits</b>	
<b>Oils and fats</b>	Olive oil Other oils Butter, margarine and shortening
<b>Milk and dairy products</b>	Milk Cheese Yogurt and fermented milk Other dairy products
<b>Fish and Shellfish</b>	
<b>Meat and meat products</b>	Meat Sausages and other meat products Viscera and spoils
<b>Eggs</b>	
<b>Pulses</b>	
<b>Sugars and sweets</b>	Sugar Chocolates Jams and other Other sweets
<b>Appetizers</b>	
<b>Ready-to-eat-meals</b>	
<b>Sauces and condiments</b>	
<b>Non-alcoholic beverages</b>	Water Coffee and infusions Sugar soft drinks Non-sweetened soft drinks Sports Drinks Energy drinks Juices and nectars Other drinks
<b>Alcoholic beverages</b>	Low alcohol content beverages High alcohol content beverages
<b>Supplements and meal replacements</b>	

1. Pérez-Rodrigo C, Gianzo-Citores M, Gil Á, González-Gross M, Ortega R, Serra-Majem L, et al. Lifestyle Patterns and Weight Status in Spanish Adults: The ANIBES Study. *Nutrients*. 2017;9 (6):606.

Table S2. Intake of major food groups (g/day) from the ANIBES Study amongst children (boys and girls, 9 to 12 years) segmented by geographical areas (Nielsen areas)

	Barcelona (Metropolitan Area)		Canary Islands		Center		East		Madrid (Metropolitan Area)		Northeast		Northwest		North Central		South	
	Boys	Girls	Boys	Girls	Boys	Girls	Boys	Girls	Boys	Girls	Boys	Girls	Boys	Girls	Boys	Girls	Boys	Girls
<b>n</b>	6	2	7	5	10	9	21	14	12	9	15	10	9	6	10	14	36	18
<b>Oils and Fats (g/day)</b>	23.4 (6.8)	15.3 (3.3)	28.2 (13.0)	14.6 (4.8)	19.2 (9.6)	27.4 (11.4)	23.9 (6.3)	21.2 (9.8)	19.7 (10.2)	23.5 (5.6)	23.4 (10.0)	25.5 (9.4)	19.5 (11.0)	20.9 (6.5)	29.3 (9.6)	25.3 (7.0)	22.9 (10.9)	22.2 (9.6)
<b>Appetizers (g/day)</b>	4.2 (6.3)	17.3 (22.6)	15.8 (20.3)	14.5 (20.6)	0.2 (0.6)	1.1 (3.3)	5.1 (11.1)	2.8 (5.3)	3.6 (8.1)	6.1 (15.9)	2.7 (5.2)	0.3 (0.8)	3.0 (5.8)	6.5 (11.0)	3.6 (6.7)	4.7 (7.8)	6.7 (10.3)	7.2 (12.1)
<b>Sugars and sweets (g/day)</b>	16.6 (10.1)	30.3 (28.8)	32.7 (25.4)	6.9 (7.9)	19.8 (10.0)	21.8 (10.6)	27.1 (19.3)	20.1 (15.3)	24.5 (19.4)	29.9 (16.0)	35.4 (36.8)	28.7 (23.4)	16.9 (12.9)	24.3 (14.5)	21.0 (14.4)	33.1 (20.6)	21.9 (18.6)	23.5 (19.6)
<b>Alcoholic beverages (g/day)</b>	0.0 (0.0)	0.0 (0.0)	0.0 (0.0)	0.0 (0.0)	0.0 (0.0)	0.0 (0.0)	0.0 (0.0)	0.0 (0.0)	0.0 (0.0)	0.0 (0.0)	0.0 (0.0)	0.0 (0.0)	0.0 (0.0)	0.0 (0.0)	0.0 (0.0)	0.0 (0.0)	0.0 (0.0)	0.0 (0.0)
<b>Non-alcoholic beverages (g/day)</b>	786.1 (319.8)	525.0 (450.2)	1177.8 (594.7)	668.7 (201.4)	561.7 (310.2)	725.5 (347.5)	932.8* (477.3)	764.7 (524.9)	661.6 (462.2)	640.7 (305.9)	733.4 (332.7)	641.6 (360.5)	427.2 (303.9)	705.1 (186.6)	680.0 (354.4)	532.8 (352.9)	667.3 (421.9)	748.6 (376.5)
<b>Meat and meat products (g/day)</b>	224.4 (155.5)	107.5 (107.2)	132.4 (55.7)	92.0 (28.4)	153.4 (42.2)	137.7 (66.6)	168.3 (73.4)	142.3 (78.9)	158.6 (70.3)	161.6 (58.9)	162.3 (68.1)	133.3 (35.4)	150.1 (58.4)	129.5 (82.0)	155.1 (51.0)	140.6 (45.7)	152.7 (75.2)	116.2 (61.5)
<b>Cereals/Grains (g/day)</b>	187.5 (51.3)	191.0 (150.4)	218.6 (93.5)	124.0 (25.7)	149.2 (36.4)	141.5 (47.4)	176.3 (54.6)	166.4 (59.8)	139.2 (51.1)	157.0 (57.9)	196.8 (64.3)	203.7 (71.3)	164.0 (63.1)	145.3 (46.9)	170.1 (35.5)	174.9 (42.4)	160.0 (62.3)	171.9 (60.8)
<b>Fruits (g/day)</b>	126.6 (100.7)	30.0 (42.4)	124.4 (116.1)	44.7 (61.4)	99.8 (91.4)	139.3 (124.9)	97.0 (83.8)	72.5 (79.7)	135.4 (107.3)	197.0 (165.4)	69.1 (58.7)	160.4 (175.9)	100.8 (124.3)	105.7 (92.9)	146.0 (110.5)	145.5 (73.5)	69.0 (93.9)	87.5 (79.1)
<b>Eggs (g/day)</b>	29.1 (19.5)	2.7 (3.8)	24.0 (34.0)	28.6 (34.5)	22.6 (23.7)	30.4 (20.6)	28.8 (31.4)	21.0 (19.6)	25.3 (23.5)	24.8 (13.1)	19.3 (23.6)	21.3 (23.0)	31.5 (37.4)	36.2 (42.6)	39.0 (18.1)	34.1 (18.1)	29.3 (22.4)	23.5 (20.8)
<b>Milk and dairy products (g/day)</b>	320.2 (95.5)	232.5 (100.2)	480.0 (127.8)	171.0 (161.8)	272.5 (129.7)	300.4 (99.0)	432.3 (147.5)	305.8 (136.3)	391.5 (119.8)	357.2 (96.5)	421.9 (176.3)	322.4 (180.2)	443.6 (201.8)	282.8 (102.4)	415.7 (109.4)	364.8 (145.3)	337.4 (131.3)	374.4 (187.7)
<b>Pulses (g/day)</b>	4.2 (10.2)	16.7 (9.4)	9.5 (11.3)	16.0 (13.6)	16.5 (19.0)	14.8 (20.3)	6.2 (9.3)	8.1 (10.4)	16.0 (13.5)	15.3 (18.3)	6.6 (10.4)	9.8 (11.4)	7.8 (12.5)	16.4 (11.5)	26.5 (24.5)	19.8 (13.4)	10.5 (13.8)	12.6 (10.8)
<b>Fish and shellfish (g/day)</b>	26.2 (32.8)	35.3 (23.6)	39.0 (49.5)	13.5 (18.6)	48.3 (49.0)	59.0 (59.0)	65.8 (64.5)	39.4 (41.8)	22.2 (38.8)	60.8 (41.5)	23.9 (30.5)	21.1 (24.7)	48.5 (46.2)	60.0 (62.8)	71.2 (130.5)	43.0 (45.5)	47.0 (49.1)	53.2 (56.9)
<b>Ready-to-eat meals (g/day)</b>	143.8 (131.2)	20.0 (28.3)	96.9 (96.0)	77.0 (39.2)	80.4 (61.1)	65.6 (73.5)	89.7 (65.8)	102.6 (96.8)	106.5 (72.2)	28.1 (28.0)	99.8 (74.4)	104.8 (128.3)	58.8 (35.1)	55.2 (36.3)	77.4 (61.3)	65.7 (69.2)	80.6 (73.1)	81.8 (68.9)
<b>Sauces and condiments (g/day)</b>	13.1 (9.2)	1.8 (2.5)	9.4 (5.3)	10.1 (11.4)	10.3 (9.8)	7.2 (7.5)	14.2 (13.2)	22.9 (13.8)	16.4 (17.4)	9.3 (8.1)	12.4 (9.2)	15.1 (11.0)	23.3 (18.2)	18.9 (27.8)	8.1 (7.1)	28.0 (31.7)	16.6 (13.6)	21.2 (27.9)
<b>Supplements and meal replacements (g/day)</b>	0.0 (0.0)	0.0 (0.0)	0.0 (0.0)	0.0 (0.0)	0.0 (0.0)	0.0 (0.0)	0.0 (0.0)	0.0 (0.0)	0.0 (0.0)	0.0 (0.0)	0.0 (0.0)	0.0 (0.0)	0.0 (0.0)	0.0 (0.0)	0.0 (0.0)	0.0 (0.0)	0.1 (0.5)	0.0 (0.0)
<b>Vegetables (g/day)</b>	97.7 (51.6)	156.7 (14.1)	154.6 (63.5)	120.9 (76.9)	123.2 (100.0)	142.2 (137.6)	117.4 (71.8)	112.9 (82.7)	121.5 (101.7)	205.1 (213.9)	141.7 (87.2)	168.7 (84.7)	96.6 (37.8)	132.9 (58.4)	155.7 (109.3)	122.5 (112.4)	106.3 (64.8)	86.1 (67.9)

Data reported as means (standard error of the mean, SEM) per group. \* p<0.05 difference Northwest (male) (Games-Howell test) \*\* p<0.01 difference Central (male)

(Games Howell test).

**Table S3. Intake of major food groups (g/day) from the ANIBES Study amongst children (boys and girls, 9 to 12 years) assessed by habitat size: rural, semi-urban and urban.**

	Rural		Semi-urban		Urban	
	<i>Boys</i>	<i>Girls</i>	<i>Boys</i>	<i>Girls</i>	<i>Boys</i>	<i>Girls</i>
<b>n</b>	<b>46</b>	<b>33</b>	<b>50</b>	<b>30</b>	<b>30</b>	<b>24</b>
<b>Oils and Fats (g/day)</b>	22.9 (10.2)	22.8 (9.2)	24.8 (10.1)	24.8 (9.0)	20.8 (9.0)	20.7 (7.9)
<b>Appetizers (g/day)</b>	5.7 (9.9)	4.8 (8.7)	5.7 (11.3)	6.1 (12.0)	3.0 (6.3)	4.5 (11.8)
<b>Sugars and sweets (g/day)</b>	28.6 (24.0)	25.9 (21.0)	23.5 (20.5)	25.2 (17.8)	19.3 (15.4)	22.9 (15.1)
<b>Alcoholic beverages (g/day)</b>	0.0 (0.0)	0.0 (0.0)	0.0 (0.0)	0.0 (0.0)	0.0 (0.0)	0.0 (0.0)
<b>Non-alcoholic beverages (g/day)</b>	709.7 (417.6)	650.8 (381.6)	710.8 (476.8)	684.7 (389.3)	786.3 (396.2)	706.6 (331.1)
<b>Meat and meat products (g/day)</b>	135.0 (51.9)	132.0 (60.3)	171.1* (85.8)	143.6 (64.5)	177.1* (69.7)	119.5 (57.0)
<b>Cereals/Grains (g/day)</b>	165.8 (60.0)	153.6 (51.8)	173.6 (57.2)	180.7 (49.3)	170.0 (66.6)	165.9 (74.2)
<b>Fruits (g/day)</b>	100.2 (95.6)	144.2 (133.0)	90.4 (100.6)	92.3 (67.9)	101.6 (91.9)	110.3 (127.9)
<b>Eggs (g/day)</b>	28.2 (27.9)	31.3 (26.2)	30.0 (26.6)	26.4 (19.4)	23.2 (19.9)	18.5 (19.0)
<b>Milk and dairy products (g/day)</b>	342.7 (127.2)	345.4 (157.7)	418.1* (169.8)	280.5 (123.1)	391.4 (129.4)	353.1 (165.9)
<b>Pulses (g/day)</b>	8.0 (12.3)	12.3 (12.2)	10.6 (17.0)	15.1 (14.0)	16.3 (13.2)	14.2 (14.8)
<b>Fish and shellfish (g/day)</b>	50.4 (67.8)	49.6 (55.0)	46.7 (53.9)	38.0 (45.3)	36.9 (55.2)	46.8 (37.9)
<b>Ready-to-eat meals (g/day)</b>	75.3 (67.5)	74.0 (69.6)	87.9 (71.5)	72.8 (88.5)	111.6 (79.8)	77.2 (79.2)
<b>Sauces and condiments (g/day)</b>	13.9 (13.7)	16.8 (16.7)	14.7 (12.4)	18.5 (24.6)	14.6 (12.8)	18.8 (23.9)
<b>Supplements and meal replacements (g/day)</b>	0.0 (0.0)	0.0 (0.0)	0.1 (0.4)	0.0 (0.0)	0.0 (0.0)	0.0 (0.0)
<b>Vegetables (g/day)</b>	103.7 (61.2)	133.2 (107.2)	127.5 (81.2)	115.8 (66.9)	135.2 (92.1)	145.9 (155.1)

Data reported as means (standard error of the mean, SEM) per group. \* p<0.05 difference rural (Games-Howell test).

**Table S4. Intake of major food groups (g/day) from the ANIBES Study amongst adolescents (male/female, 13 to 17 years) segmented by geographical areas (Nielsen areas).**

	Barcelona (Metropolitan Area)		Canary Islands		Center		East		Madrid (Metropolitan Area)		Northeast		Northwest		North Central		South	
	Male	Female	Male	Female	Male	Female	Male	Female	Male	Female	Male	Female	Male	Female	Male	Female	Male	Female
<b>n</b>	5	2	8	5	15	11	32	10	10	7	15	3	19	11	12	6	21	19
<b>Oils and Fats (g/day)</b>	23.6 (12.4)	26.8 (22.4)	26.4 (17.0)	15.6 (7.1)	24.6 (12.7)	18.4 (10.4)	20.8 (9.2)	16.0 (6.0)	19.8 (14.1)	16.1 (8.0)	24.2 (10.0)	24.1 (16.1)	22.3 (17.5)	23.8 (7.6)	25.2 (15.6)	22.6 (12.4)	23.7 (11.2)	24.4 (15.7)
<b>Appetizers (g/day)</b>	6.0 (8.9)	1.7 (2.4)	7.7 (19.3)	1.0 (2.2)	4.0 (11.8)	1.5 (5.3)	7.5 (17.4)	2.3 (3.5)	4.3 (8.3)	9.7 (14.5)	7.8 (11.7)	0.0 (0.0)	0.9 (2.4)	4.8 (8.3)	6.8 (11.5)	16.1 (19.6)	4.1 (9.3)	10.3 (18.5)
<b>Sugars and sweets (g/day)</b>	15.2 (7.5)	17.2 (9.2)	23.7 (19.7)	6.5 (2.9)	25.5 (21.9)	28.6 (18.1)	23.1 (16.1)	34.0 (39.6)	17.0 (11.7)	16.5 (10.0)	15.3 (13.5)	22.8 (2.0)	17.1 (13.0)	24.9 (18.4)	22.2 (21.8)	33.9 (36.9)	22.2 (16.0)	20.9 (15.4)
<b>Alcoholic beverages (g/day)</b>	0.0 (0.0)	0.0 (0.0)	0.0 (0.0)	0.0 (0.0)	0.0 (0.0)	15.2 (50.3)	0.0 (0.0)	5.0 (15.8)	0.0 (0.0)	0.0 (0.0)	0.0 (0.0)	0.0 (0.0)	0.0 (0.0)	0.0 (0.0)	0.0 (0.0)	0.0 (0.0)	7.4 (33.8)	0.0 (0.0)
<b>Non-alcoholic beverages (g/day)</b>	508.7 (435.2)	698.3 (101.4)	646.9 (471.4)	575.3 (293.9)	608.3 (302.8)	691.7 (210.0)	849.1 (495.8)	772.2 (421.5)	758.7 (283.8)	724.43 (475.7)	607.6 (284.2)	571.1 (101.8)	719.6 (519.8)	531.3 (284.8)	788.8 (443.9)	565.3 (169.4)	664.8 (346.0)	743.6 (271.3)
<b>Meat and meat products (g/day)</b>	198.1 (120.8)	169.2 (53.0)	144.0 (55.2)	106.0 (70.6)	184.9 (87.8)	134.6 (66.2)	157.1 (66.4)	144.1 (69.2)	190.7 (89.0)	116.3 (53.7)	199.8 (56.3)	101.7 (54.1)	156.0 (66.9)	148.7 (81.6)	178.2 (66.9)	134.0 (80.1)	167.8 (64.5)	141.6 (62.4)
<b>Cereals/Grains (g/day)</b>	170.3 (56.9)	204.2 (20.0)	181.1 (33.6)	147.1 (69.5)	202.2 (69.8)	148.5 (58.9)	206.7 (73.5)	190.3 (80.0)	174.0 (104.4)	105.2 (56.4)	228.0 (72.2)	101.7 (43.1)	176.3 (63.7)	191.3 (69.1)	174.2 (75.9)	173.1 (45.8)	183.1 (86.1)	152.3 (46.3)
<b>Fruits (g/day)</b>	12.8 (24.7)	244.7 (180.0)	158.2 (152.5)	96.0 (85.5)	107.7 (165.1)	111.9 (109.5)	63.0 (74.2)	143.6 (209.7)	52.3 (75.8)	61.9 (69.3)	79.2 (128.6)	74.6 (70.4)	116.6 (156.3)	84.4 (77.5)	104.5 (134.0)	67.8 (85.8)	52.0 (60.6)	78.4 (69.5)
<b>Eggs (g/day)</b>	33.2 (10.9)	1.7 (2.4)	14.0 (19.1)	25.6 (46.3)	35.3 (19.4)	16.3 (10.9)	37.2 (40.1)	11.4 (18.3)	28.9 (28.9)	13.6 (12.0)	39.9 (57.3)	18.7 (4.6)	34.2 (30.6)	36.4 (27.3)	47.1 (44.1)	34.9 (42.7)	31.4 (32.3)	35.1 (36.6)
<b>Milk and dairy products (g/day)</b>	286.0 (108.9)	295.8 (8.3)	457.5 (267.9)	246.3 (230.4)	375.9 (235.9)	215.9 (162.2)	321.3 (210.4)	212.6 (186.0)	273.5 (207.1)	220.2 (124.2)	291.2 (114.3)	328.2 (198.9)	362.1 (175.0)	297.0 (99.6)	235.9 (130.8)	319.5 (163.5)	362.4 (229.5)	279.6 (157.2)
<b>Pulses (g/day)</b>	6.7 (14.9)	13.3 (18.9)	11.0 (18.8)	12.0 (14.5)	21.7 (17.5)	16.1 (23.8)	6.7 (10.5)	13.4 (15.8)	15.3 (20.9)	5.7 (7.1)	6.7 (11.1)	23.3 (6.7)	12.5 (16.5)	14.3 (27.6)	14.4 (15.9)	11.1 (17.7)	15.4 (14.7)	8.9 (13.0)
<b>Fish and shellfish (g/day)</b>	26.7 (20.6)	98.7 (139.5)	23.0 (25.9)	44.8 (33.2)	42.1 (42.4)	16.2 (22.9)	55.1 (68.5)	12.2 (28.2)	41.1 (51.1)	95.5 (97.4)	31.3 (40.5)	67.8 (74.9)	46.0 (86.2)	50.3 (88.1)	29.8 (29.7)	8.7 (14.1)	32.2 (41.5)	40.9 (54.2)
<b>Ready-to-eat meals (g/day)</b>	81.8 (56.9)	0.0 (0.0)	95.5 (87.4)	84.0 (117.0)	107.0 (82.5)	69.7 (64.6)	121.7 (110.9)	74.2 (83.7)	109.6 (79.6)	114.3 (57.2)	119.3 (146.7)	102.5 (99.7)	103.4 (130.6)	62.4 (67.7)	104.2 (54.4)	82.8 (75.3)	92.9 (81.9)	66.6 (67.7)
<b>Sauces and condiments (g/day)</b>	41.4 (25.6)	5.3 (3.9)	14.3 (12.2)	12.3 (12.7)	13.2 (13.3)	12.6 (11.1)	20.5 (15.4)	23.5 (37.0)	12.0 (6.1)	11.2 (9.7)	15.2 (11.8)	5.2 (5.0)	10.1 (9.2)	13.8 (11.5)	13.7 (11.6)	13.0 (10.4)	15.3 (11.4)	15.3 (12.2)
<b>Supplements and meal replacements (g/day)</b>	0.00 (0.0)	0.00 (0.0)	2.5 (7.1)	0.00 (0.0)	0.00 (0.0)	0.00 (0.0)	0.00 (0.0)	0.00 (0.0)	0.00 (0.0)	0.00 (0.0)	0.7 (2.6)	0.00 (0.0)	0.00 (0.0)	0.00 (0.0)	0.00 (0.0)	0.00 (0.0)	0.00 (0.0)	0.00 (0.0)
<b>Vegetables (g/day)</b>	133.1 (98.9)	243.8 (71.0)	140.6 (89.8)	124.0 (91.9)	136.0 (104.6)	103.0 (54.6)	102.7 (78.5)	98.4 (48.6)	113.4 (105.2)	120.0 (51.1)	115.0 (55.4)	184.4 (131.3)	122.2 (78.7)	133.5 (80.9)	156.9 (138.7)	113.4 (64.5)	131.6 (89.3)	109.4 (86.1)

Data reported as means (standard error of the mean, SEM) per group.

**Table S5. Intake of major food groups (g/day) from the ANIBES Study amongst adolescents (male/female, 13 to 17 years) assessed by habitat size: rural, semi-urban and urban.**

	Rural		Semi-urban		Urban	
	Male	Female	Male	Female	Male	Female
<b>n</b>	58	23	46	33	33	18
<b>Oils and Fats (g/day)</b>	22.9 (11.7)	19.8 (13.6)	22.7 (14.6)	21.3 (11.7)	23.5 (11.7)	21.2 (8.9)
<b>Appetizers (g/day)</b>	6.5 (12.9)	9.0 (16.8)	4.1 (10.0)	4.9 (10.5)	5.2 (14.4)	5.0 (11.1)
<b>Sugars and sweets (g/day)</b>	24.4 (18.6)	25.8 (17.1)	19.2 (14.6)	27.3 (28.4)	16.6 (13.5)	15.8 (13.0)
<b>Alcoholic beverages (g/day)</b>	0.0 (0.0)	0.0 (0.0)	3.4 (22.9)	5.1 (29.0)	0.0 (0.0)	2.8 (11.8)
<b>Non-alcoholic beverages (g/day)</b>	647.4 (339.5)	626.9 (239.4)	807.0 (461.5)	652.8 (263.0)	701.2 (467.6)	766.2 (416.4)
<b>Meat and meat products (g/day)</b>	170.7 (75.6)	144.3 (66.9)	164.2 (63.3)	126.1 (66.5)	182.5 (75.1)	142.2 (65.1)
<b>Cereals/Grains (g/day)</b>	203.1* (58.2)	182.8 (68.4)	202.3 (85.5)	150.0 (56.7)	160.8 (77.1)	144.6 (62.3)
<b>Fruits (g/day)</b>	102.6 (149.6)	92.6 (96.9)	69.1 (81.6)	94.2 (102.1)	63.8 (86.7)	104.3 (143.6)
<b>Eggs (g/day)</b>	36.0 (40.5)	31.4 (36.6)	29.5 (24.5)	22.4 (25.4)	39.7 (41.2)	21.7 (26.0)
<b>Milk and dairy products (g/day)</b>	365.1 (221.3)	270.7 (149.8)	331.4 (176.3)	265.9 (150.0)	273.1 (183.1)	241.5 (176.4)
<b>Pulses (g/day)</b>	11.5 (14.8)	8.8 (14.7)	12.5 (15.0)	13.9 (16.4)	12.3 (17.0)	13.4 (23.1)
<b>Fish and shellfish (g/day)</b>	39.8 (45.5)	36.3 (47.7)	48.4 (74.4)	36.6 (63.5)	29.2 (36.4)	51.9 (78.7)
<b>Ready-to-eat meals (g/day)</b>	102.4** (104.6)	43.2** (44.9)	113.9 (106.2)	97.8 (82.4)	107.4 (89.8)	70.3 (69.3)
<b>Sauces and condiments (g/day)</b>	14.3 (12.3)	13.3 (10.8)	17.4 (12.8)	11.8 (11.3)	17.2 (17.7)	20.2 (27.9)
<b>Supplements and meal replacements (g/day)</b>	0.3 (2.6)	0.0 (0.0)	0.2 (1.5)	0.0 (0.0)	0.0 (0.0)	0.0 (0.0)
<b>Vegetables (g/day)</b>	128.5 (100.0)	121.6 (84.9)	108.4 (76.5)	114.1 (63.4)	136.5 (88.3)	126.7 (86.0)

Data reported as means (standard error of the mean, SEM) per group.\* p<0.05 difference urban (Games-Howell test); \*\* p<0.01 difference semi-urban (Games-Howell test).

**Table S6. Intake of major food groups (g/day) from the ANIBES Study amongst adult population (male/female, 18 to 64 years) segmented by geographical areas (Nielsen areas)**

	Barcelona (Metropolitan Area)		Canary Islands		Center		East		Madrid (Metropolitan Area)		Northeast		Northwest		North Central		South	
	Male	Female	Male	Female	Male	Female	Male	Female	Male	Female	Male	Female	Male	Female	Male	Female	Male	Female
<b>n</b>	46	63	32	42	89	73	132	139	108	109	88	102	73	67	64	77	166	185
<b>Oils and Fats (g/day)</b>	23.4 (9.6)	25.5 (11.7)	22.7 (10.0)	19.8** (8.9)	26.4 (12.4)	22.1** (11.0)	24.1 (10.9)	23.4** (9.1)	22.4 (9.3)	23.3** (11.4)	26.1 (12.1)	23.8 (11.2)	23.3 (11.3)	21.1** (8.5)	27.4 (11.4)	26.9 (10.1)	25.7 (12.1)	28.1 (11.8)
<b>Appetizers (g/day)</b>	6.1 (10.4)	5.1 (11.5)	6.5 (11.6)	3.0* (5.8)	6.4 (17.3)	4.5 (13.2)	9.3 (13.4)	7.9 (15.0)	2.8*** (6.6)	2.1** (6.5)	6.8 (12.3)	6.4 (14.8)	3.3*** (7.4)	3.9 (8.1)	6.8 (13.8)	6.9 (12.7)	7.5* (16.4)	5.4 (11.5)
<b>Sugars and sweets (g/day)</b>	12.2 (12.3)	13.8 (13.4)	17.1 (14.0)	17.9 (16.1)	16.9 (16.4)	19.3 (19.6)	12.8 (15.4)	16.0 (14.3)	16.0 (13.9)	14.9 (14.3)	14.8 (13.8)	16.5 (15.7)	20.2^ (19.7)	18.2 (15.6)	18.9 (19.6)	20.3 (17.7)	11.0 (12.9)	14.4 (14.0)
<b>Alcoholic beverages (g/day)</b>	102.5 (167.7)	26.8 (51.3)	202.9 (331.7)	66.5 (123.0)	124.7 (191.1)	101.8 <sup>oo</sup> (160.1)	195.1 (238.4)	99.8 <sup>oo</sup> (165.6)	129.9 (213.7)	53.3 (156.9)	117.1 (257.5)	74.1 (157.0)	140.2 (276.2)	53.8 (89.8)	148.6 (222.1)	58.4 (126.7)	210.6 (312.2)	71.9 <sup>oo</sup> (138.9)
<b>Non-alcoholic beverages (g/day)</b>	851.3 (480.4)	850.4 (519.3)	798.8 (431.7)	929.7 (491.7)	819.3 (481.4)	844.4 (435.0)	1010.2 (674.8)	1049.8 (537.8)	930.1 (528.8)	874.0 (470.8)	920.4 (545.4)	935.5 (597.1)	778.5 (587.2)	720.4 <sup>ooo</sup> (416.5)	997.8 (526.1)	948.2 (585.1)	798.0 (555.6)	795.3 <sup>ooo</sup> (452.5)
<b>Meat and meat products (g/day)</b>	166.9 (78.6)	137.0 (85.6)	143.3 (72.5)	98.2 (61.0)	160.2 (89.0)	112.3 (70.3)	178.7 (89.6)	128.9 (68.6)	183.3 (96.7)	137.6 (71.7)	179.7 (98.8)	125.6 (76.9)	142.6 (77.8)	133.5 (83.8)	197.5** (93.6)	138.8 (79.2)	158.1 (87.6)	131.3 (68.1)
<b>Cereals/Grains (g/day)</b>	170.6 (81.4)	132.1 (53.7)	159.0 (56.9)	135.0 (52.3)	169.0 (69.2)	141.7 (61.2)	170.4 (68.4)	145.3 (57.8)	167.9 (72.5)	121.8 (53.4)	168.5 (72.5)	135.4 (54.9)	151.5 (69.6)	124.3 (59.5)	163.6 (66.3)	136.5 (62.7)	154.8 (61.6)	136.0 (52.9)
<b>Fruits (g/day)</b>	168.3 (159.0)	191.6 (165.3)	221.0 (253.3)	149.3 (165.2)	131.9 (143.6)	138.8 (148.1)	167.4 (165.5)	172.7 (170.8)	141.0 (180.9)	174.0 (179.7)	141.1 (167.9)	120.0 (157.1)	144.5 (174.9)	184.8 (202.3)	175.4 (184.2)	179.0 (241.2)	118.4 (138.2)	125.6 (136.9)
<b>Eggs (g/day)</b>	23.8 (26.8)	23.4 (25.3)	28.1 (27.1)	20.5 (20.6)	40.0 <sup>f</sup> (33.2)	30.3 (26.5)	26.4 (28.4)	27.2 (26.0)	33.1 (30.0)	26.4 (21.2)	34.6 (46.8)	23.5 (21.7)	38.6 (35.2)	28.7 (26.5)	41.4 (34.5)	30.5 (28.8)	32.5 (31.0)	22.1 (24.9)
<b>Milk and dairy products (g/day)</b>	232.1 (171.4)	232.4 (128.9)	280.3 (200.5)	266.1 (172.7)	265.4 (145.8)	273.0 (146.9)	212.9 <sup>+</sup> (183.4)	250.1 (134.7)	283.4 (158.4)	252.4 (137.4)	234.3 (201.7)	221.7 (133.3)	262.2 (160.9)	260.7 (166.4)	273.7 (153.9)	292.2 (166.4)	225.4 (141.0)	229.5 (127.7)
<b>Pulses (g/day)</b>	11.5 (14.9)	16.0 (20.9)	15.3 (19.0)	11.3 (17.5)	14.9 (21.1)	11.0 (13.9)	10.7 (15.0)	11.7 (14.4)	15.0 (23.1)	12.0 (16.7)	16.7 (23.5)	10.7 (15.8)	13.1 (16.2)	14.0 (21.8)	17.4 (20.2)	12.0 (16.6)	15.0 (17.6)	13.9 (16.3)
<b>Fish and shellfish (g/day)</b>	82.1 (91.0)	90.0 (91.1)	51.7 (67.4)	45.6 (51.0)	62.0 (58.5)	65.6 (101.3)	65.7 (69.3)	61.0 (66.2)	52.9 (55.9)	65.8 (71.4)	48.4 (63.9)	48.7 (61.2)	67.5 (72.8)	67.2 (61.0)	77.9 (85.7)	64.8 (64.3)	57.2 (65.1)	65.5 (70.5)
<b>Ready-to-eat meals (g/day)</b>	84.9 (87.9)	50.2 (71.1)	67.0 (93.6)	50.5 (54.3)	75.5 (94.9)	71.7 (74.2)	67.7 (79.7)	54.8 (58.7)	89.1 (89.2)	55.8 (61.0)	86.3 (94.2)	79.4 (74.4)	59.2 (78.9)	52.6 (58.2)	52.0 (69.3)	52.7 (52.7)	75.5 (74.9)	68.8 (73.4)
<b>Sauces and condiments (g/day)</b>	13.6 (15.6)	10.5 (10.4)	12.6 (12.3)	13.8 (11.2)	14.9 (15.4)	13.7 (16.1)	17.0 (17.6)	12.9 (13.0)	13.8 (12.9)	9.1 (12.2)	16.9 (20.4)	10.9 (12.9)	11.9 (12.1)	9.6 (13.2)	14.5 (15.4)	12.6 (14.0)	15.4 (16.2)	12.9 (14.6)
<b>Supplements and meal replacements (g/day)</b>	0.1 (1.0)	0.5 (2.1)	1.7 (6.3)	0.3 (1.5)	0.6 (3.6)	0.1 (1.2)	0.0 (0.2)	0.3 (1.7)	0.0 (0.1)	0.0 (0.0)	1.9 (15.3)	1.4 (11.7)	0.2 (1.2)	0.1 (0.8)	0.1 (0.9)	0.6 (3.5)	0.6 (4.1)	0.0 (0.0)
<b>Vegetables (g/day)</b>	169.4 (90.4)	208.8 (128.2)	209.6 (114.4)	179.5 (113.5)	180.4 (120.6)	158.1 (108.3)	184.7 (123.8)	185.9 (112.3)	170.2 (103.3)	177.6 (108.4)	206.9 (143.1)	194.8 (125.8)	182.2 (109.8)	170.6 (97.3)	202.6 (141.6)	204.0 (132.8)	160.7 (107.7)	166.9 (93.5)

Data reported as means (standard error of the mean, SEM) per group. \* p<0.05 difference (Metropolitan Area) Madrid (male) (Games-Howell test); \*\*\* p<0.001 difference East (male) (Games-Howell test); ^ p<0.05 difference South (male) (Games-Howell test); \*\* p<0.01 difference Northwest (male) (Games-Howell test); \*p<0.05 difference East (male) (Games-Howell test); + p<0.05 difference (Metropolitan Area) Madrid (male) (Games-Howell test); \*\*p<0.01 difference South (female) (Games-Howell test); • p<0.05 difference East (female) (Games-Howell test); \*\* p<0.01 difference East (female) (Games-Howell test); <sup>oo</sup> p<0.01 difference Barcelona (Metropolitan Area (female) (Games-Howell test); <sup>ooo</sup> p<0.01 difference East (female) (Games-Howell test).

**Table S7. Intake of major food groups (g/day) from the ANIBES Study amongst adults (male/female, 18 to 64 years) assessed by habitat size: rural, semi-urban and urban.**

	Rural		Semi-urban		Urban	
	Male	Female	Male	Female	Male	Female
<b>n</b>	266	298	284	277	248	282
<b>Oils and Fats (g/day)</b>	25.5** (11.0)	25.0 (11.8)	26.0** (11.8)	24.1 (9.7)	22.6 (10.7)	24.3 (11.1)
<b>Appetizers (g/day)</b>	8.2* (14.5)	5.4 (11.8)	6.1 (13.0)	5.8 (12.7)	4.9 (12.0)	4.7 (11.6)
<b>Sugars and sweets (g/day)</b>	13.4 (14.4)	17.9 (16.4)	16.6 (16.9)	15.7 (15.8)	14.4 (14.9)	15.4 (13.9)
<b>Alcoholic beverages (g/day)</b>	189.6 <sup>x</sup> (293.3)	81.1 (156.1)	134.4 (212.1)	59.8 (113.2)	155.2 (253.9)	70.2 (150.9)
<b>Non-alcoholic beverages (g/day)</b>	829.6 (546.4)	876.0 (563.4)	935.7 (552.3)	891.7 (485.4)	883.8 (583.8)	891.0 (476.7)
<b>Meat and meat products (g/day)</b>	169.6 (93.7)	123.8 (72.9)	168.9 (83.3)	129.2 (73.0)	169.1 (94.3)	134.5 (74.9)
<b>Cereals/Grains (g/day)</b>	164.1 (64.1)	137.1 (54.5)	168.3 (72.4)	135.5 (56.3)	158.1 (68.5)	132.0 (58.6)
<b>Fruits (g/day)</b>	150.3 (171.3)	147.1 (164.8)	157.8 (166.0)	147.6 (166.0)	132.7 (165.7)	171.6 (186.4)
<b>Eggs (g/day)</b>	33.6 (37.6)	24.9 (25.4)	34.4 (31.4)	25.1 (23.5)	31.5 (30.7)	26.9 (25.6)
<b>Milk and dairy products (g/day)</b>	221.5 <sup>##</sup> (168.0)	243.5 (143.1)	263.6 (154.3)	260.8 (145.9)	253.6 (177.1)	242.0 (139.0)
<b>Pulses (g/day)</b>	15.7 <sup>+</sup> (19.4)	12.7 (16.6)	15.2 (20.8)	12.9 (16.2)	11.8 (16.9)	12.0 (17.5)
<b>Fish and shellfish (g/day)</b>	59.5 (68.1)	62.6 (65.6)	67.1 (72.6)	59.1 (60.4)	56.9 (64.0)	69.4 (87.5)
<b>Ready-to-eat meals (g/day)</b>	67.3 (77.9)	63.3 (65.6)	75.2 (86.7)	63.1 (66.3)	80.0 (87.3)	57.8 (67.6)
<b>Sauces and condiments (g/day)</b>	14.1 (16.8)	11.6 (13.7)	14.8 (14.7)	13.1 (13.6)	16.1 (16.3)	10.8 (12.9)
<b>Supplements and meal replacements (g/day)</b>	0.8 (9.1)	0.1 (0.8)	0.7 (3.8)	0.4 (2.4)	0.1 <sup>^</sup> (0.8)	0.6 (7.1)
<b>Vegetables (g/day)</b>	185.4 (125.6)	177.3 (107.3)	182.8 (124.2)	177.8 (113.2)	174.3 (104.0)	188.8 (116.1)

Data reported as means (standard error of the mean, SEM) per group. \*\* p<0.01 difference Urban (Games-Howell test); \*p<0.05 difference Urban (Games-Howell test); <sup>x</sup> p<0.05 difference semi-urban (Games-Howell test); <sup>##</sup> p<0.01 difference semi-urban (Games-Howell test); <sup>+</sup> p<0.05 difference Urban (Games-Howell test); <sup>^</sup> p<0.05 difference Urban (Games-Howell test).

**Table S8. Intake of major food groups (g/day) from the ANIBES Study amongst senior population (male/female, 65 to 75 years) segmented by geographical areas (Nielsen areas).**

	Barcelona (Metropolitan Area)		Canary Islands		Center		East		Madrid (Metropolitan Area)		Northeast		Northwest		North Central		South	
	Male	Female	Male	Female	Male	Female	Male	Female	Male	Female	Male	Female	Male	Female	Male	Female	Male	Female
<b>n</b>	2	6	7	4	7	5	12	14	11	16	9	11	11	9	12	10	28	32
<b>Oils and Fats (g/day)</b>	39.6 (15.0)	29.4 (6.5)	31.8 (25.2)	14.8 (4.7)	22.9 (7.1)	21.4 (7.6)	23.6 (6.5)	22.2 (11.8)	24.4 (6.6)	20.5 (10.5)	29.1 (13.3)	26.6 (11.6)	24.9 (8.8)	19.1 (7.7)	30.2 (8.7)	39.1 (22.8)	29.7 (16.9)	29.1* (11.9)
<b>Appetizers (g/day)</b>	3.3 (4.7)	15.4 (35.1)	2.6 (4.1)	0.3 (0.7)	0.8 (1.4)	0.0 (0.0)	1.7 (3.2)	2.6 (5.5)	2.4 (5.4)	1.4 (4.1)	1.9 (5.8)	5.5 (10.5)	7.5 (17.0)	0.0 (0.0)	1.7 (2.6)	2.0 (2.8)	4.6 (10.0)	1.5 (4.2)
<b>Sugars and sweets (g/day)</b>	8.5 (12.0)	8.6 (8.2)	13.0 (20.0)	6.7 (8.3)	8.1 (12.1)	24.0 (16.7)	10.4 (10.8)	16.5 (14.6)	16.6 (18.5)	7.9 (9.3)	14.7 (16.5)	10.6 (12.5)	11.6 (11.6)	9.6 (9.8)	17.6 (20.6)	28.5 (18.1)	11.3 (8.7)	7.3 (10.0)
<b>Alcoholic beverages (g/day)</b>	339.2 (147.3)	56.7 (78.3)	23.8 (49.9)	41.7 (83.3)	96.7 (192.6)	20.0 (44.7)	126.1 (181.2)	33.6 (77.9)	103.3 (156.8)	21.0 (45.3)	41.1 (73.3)	59.8 (66.7)	184.8 (169.6)	24.7 (38.0)	181.4 (212.3)	147.3 (232.8)	194.6 (227.1)	58.9 (89.0)
<b>Non-alcoholic beverages (g/day)</b>	652.5 (203.9)	865.0 (250.4)	740.9 (147.2)	752.2 (227.9)	733.1 (754.7)	1318.5 (526.3)	770.8 (353.1)	873.3 (313.9)	596.5 (257.2)	740.8 (374.1)	748.3 (523.2)	1008.5 (669.8)	289.9 (195.6)	413.6 (303.9)	846.0 (518.7)	860.3 (537.6)	569.0 (406.2)	580.3 (289.2)
<b>Meat and meat products (g/day)</b>	205.8 (24.7)	79.0 (65.5)	146.7 (129.7)	47.1 (38.0)	127.6 (88.2)	90.3 (46.7)	112.9 (83.7)	82.4 (52.9)	167.1 (62.1)	113.8 (64.4)	156.5 (50.4)	123.8 (84.2)	112.0 (54.1)	110.4 (36.6)	150.8 (58.7)	96.6 (44.9)	112.2 (76.9)	111.9 (63.9)
<b>Cereals/Grains (g/day)</b>	221.8 (32.8)	111.8 (50.7)	191.6 (54.8)	130.9 (64.9)	127.4 (45.8)	88.2 (26.8)	139.7 (95.6)	114.9 (46.5)	113.8 (37.9)	116.8 (35.1)	155.9 (58.9)	89.4 (46.4)	105.0 (49.5)	113.0 (43.3)	133.5 (53.1)	139.1 (56.0)	136.4 (45.1)	122.7 (44.1)
<b>Fruits (g/day)</b>	205.0 (77.8)	255.2 (72.1)	261.5 (206.4)	451.8 (159.2)	422.1 (239.3)	215.2 (114.9)	337.3 (246.8)	349.1 (156.8)	360.4 (271.7)	262.0 (165.8)	365.8 (270.1)	242.9 (138.3)	120.1 (103.7)	213.6 (155.4)	434.8 (314.4)	458.4 (347.2)	163.6 (172.5)	236.1 (198.2)
<b>Eggs (g/day)</b>	73.7 (58.9)	59.4 (41.5)	49.0 (24.7)	10.8 (11.5)	25.9 (18.5)	26.3 (18.0)	29.1 (21.8)	11.5 (13.6)	23.7 (33.8)	20.1 (21.9)	15.2 (20.2)	29.7 (22.8)	39.4 (35.0)	46.1 (34.7)	62.1** (29.3)	40.6 (42.1)	29.3 (23.0)	34.0* (26.0)
<b>Milk and dairy products (g/day)</b>	0.0 (0.0)	173.4 (46.7)	289.0 (171.4)	363.3 (279.5)	285.4 (83.3)	266.2 (103.5)	247.9 (174.5)	263.9 (181.6)	243.1 (168.8)	399.4** (170.8)	241.2 (100.4)	215.8 (129.3)	202.6 (162.5)	271.1 (135.2)	345.3 (215.6)	258.5 (187.1)	206.3 (132.7)	261.1 (124.4)
<b>Pulses (g/day)</b>	11.7 (16.5)	18.6 (15.6)	17.9 (21.4)	29.6 (25.3)	17.1 (24.1)	18.0 (10.7)	14.0 (18.0)	19.4 (30.3)	9.7 (10.1)	12.0 (11.6)	20.6 (22.8)	10.3 (20.9)	13.3 (14.6)	12.6 (9.7)	13.5 (23.5)	8.5 (12.7)	24.2 (22.1)	10.2 (11.3)
<b>Fish and shellfish (g/day)</b>	86.5 (1.6)	72.2 (49.3)	41.4 (66.2)	44.8 (76.5)	120.2 (103.1)	39.3 (16.9)	80.5 (53.7)	48.0 (44.7)	105.9 (88.0)	72.6 (59.5)	132.3 (100.0)	111.4 (71.6)	84.5 (66.2)	54.8 (72.9)	99.5 (103.3)	98.4 (108.6)	78.3 (57.2)	75.4 (65.3)
<b>Ready-to-eat meals (g/day)</b>	41.7 (58.9)	38.9 (37.5)	114.3 (137.7)	39.6 (55.0)	98.8 (101.9)	11.7 (16.2)	40.8 (39.6)	46.9 (67.8)	65.2 (69.3)	38.5 (46.7)	80.9 (80.4)	35.3 (47.6)	60.3 (67.9)	54.4 (53.1)	69.4 (58.6)	60.7 (102.3)	91.1 (67.0)	52.0 (57.5)
<b>Sauces and condiments (g/day)</b>	0.5 (0.3)	1.7 (1.7)	5.1 (7.6)	6.5 (5.2)	7.4 (6.6)	1.2 (1.3)	9.3 (9.0)	3.0 (3.8)	14.0 (17.5)	6.3 (8.7)	4.2 (6.4)	10.1 (11.6)	3.7 (4.2)	2.8 (2.9)	14.1 (22.0)	5.4 (6.7)	5.0 (6.7)	8.7 (11.5)
<b>Supplements and meal replacements (g/day)</b>	0.0 (0.0)	0.0 (0.0)	0.0 (0.0)	0.0 (0.0)	0.0 (0.0)	0.0 (0.0)	0.6 (1.9)	0.0 (0.0)	0.0 (0.0)	0.0 (0.0)	0.0 (0.0)	0.0 (0.0)	0.0 (0.0)	0.0 (0.0)	8.7 (23.0)	0.3 (1.1)	0.0 (0.0)	0.1 (0.5)
<b>Vegetables (g/day)</b>	319.2 (104.9)	250.3 (124.1)	178.9 (113.0)	251.5 (133.1)	197.2 (77.7)	195.9 (123.0)	241.6 (132.9)	178.5 (115.8)	211.5 (79.8)	181.4 <sup>o</sup> (100.7)	259.3 (111.5)	254.6 (88.8)	208.3 (104.1)	228.0 (106.6)	294.9* (100.8)	342.3 (118.7)	164.0 (92.8)	153.4 <sup>o</sup> (79.1)

Data reported as means (standard error of the mean, SEM) per group. \*\* p<0.05 difference Northeast (Games-Howell test); + p<0.05 difference South (Games-Howell test). \* p<0.05 difference Canary (Games-Howell test); # p<0.05 difference East (Games-Howell test); ●● p<0.01 difference Northcentral (Games-Howell test) <sup>o</sup> p<0.05 difference Northcentral (Games-Howell test).



**Table S9. Intake of major food groups (g/day) from the ANIBES Study amongst seniors (male/female, 65 to 75 years) assessed by habitat size: rural, semi-urban and urban.**

	Rural		Semi-urban		Urban	
	Male	Female	Male	Female	Male	Female
<b>n</b>	40	32	31	40	28	35
<b>Oils and Fats (g/day)</b>	29.7 (13.0)	26.1 (16.3)	25.1 (11.3)	26.3 (11.7)	27.7 (15.3)	25.1 (12.3)
<b>Appetizers (g/day)</b>	4.1 (11.3)	2.5 (6.9)	2.4 (4.0)	1.2 (3.3)	3.2 (7.0)	4.3 (15.0)
<b>Sugars and sweets (g/day)</b>	13.1 (13.9)	12.5 (14.4)	10.2 (12.7)	11.3 (12.8)	14.9 (15.5)	12.2 (13.4)
<b>Alcoholic beverages (g/day)</b>	154.5 (192.4)	55.2 (138.4)	160.8 (221.9)	50.8 (86.7)	108.5 (140.4)	52.9 (76.0)
<b>Non-alcoholic beverages (g/day)</b>	587.5 (427.3)	860.4 (518.0)	680.0 (457.4)	670.7 (415.8)	673.7 (407.4)	757.0 (358.8)
<b>Meat and meat products (g/day)</b>	129.6 (65.1)	106.9 (42.3)	135.4 (89.4)	93.0 (58.8)	133.4 (77.2)	110.0 (75.9)
<b>Cereals/Grains (g/day)</b>	133.6 (61.7)	116.1 (45.3)	142.8 (61.9)	113.9 (51.7)	136.2 (53.2)	118.8 (38.7)
<b>Fruits (g/day)</b>	271.5 (237.0)	281.8 (157.0)	254.6 (256.3)	314.2 (253.0)	316.7 (247.5)	247.0 (160.6)
<b>Eggs (g/day)</b>	35.4 (28.8)	25.9 (20.4)	36.4 (27.7)	35.8 (31.9)	31.2 (33.2)	28.3 (31.7)
<b>Milk and dairy products (g/day)</b>	250.4 (133.6)	282.2 (157.5)	248.3 (205.0)	297.6 (144.7)	224.1 (139.7)	249.3 (173.4)
<b>Pulses (g/day)</b>	18.0** (19.3)	12.6 (20.4)	26.0** (23.5)	14.3 (16.1)	6.6 (9.7)	12.7 (14.9)
<b>Fish and shellfish (g/day)</b>	88.4 (71.6)	65.4 (74.1)	79.9 (87.7)	75.8 (68.8)	104.6 (71.2)	75.3 (61.4)
<b>Ready-to-eat meals (g/day)</b>	72.4 (69.1)	49.9 (50.3)	77.4 (74.6)	35.5 (59.8)	80.8 (83.8)	53.0 (64.1)
<b>Sauces and condiments (g/day)</b>	5.9 (8.5)	4.7 (7.1)	7.4 (13.9)	4.8 (7.2)	9.9 (12.7)	8.8 (11.2)
<b>Supplements and meal replacements (g/day)</b>	0.6 (2.7)	0.0 (0.0)	2.6 (14.4)	0.1 (0.5)	0.2 (1.3)	0.1 (0.5)
<b>Vegetables (g/day)</b>	222.0 (102.1)	213.2 (112.0)	191.7 (96.8)	216.1 (117.6)	229.6 (126.3)	188.8 (109.6)

Data reported as means (standard error of the mean, SEM) per group. \*\* p<0.01 difference Urban (Games-Howell test).