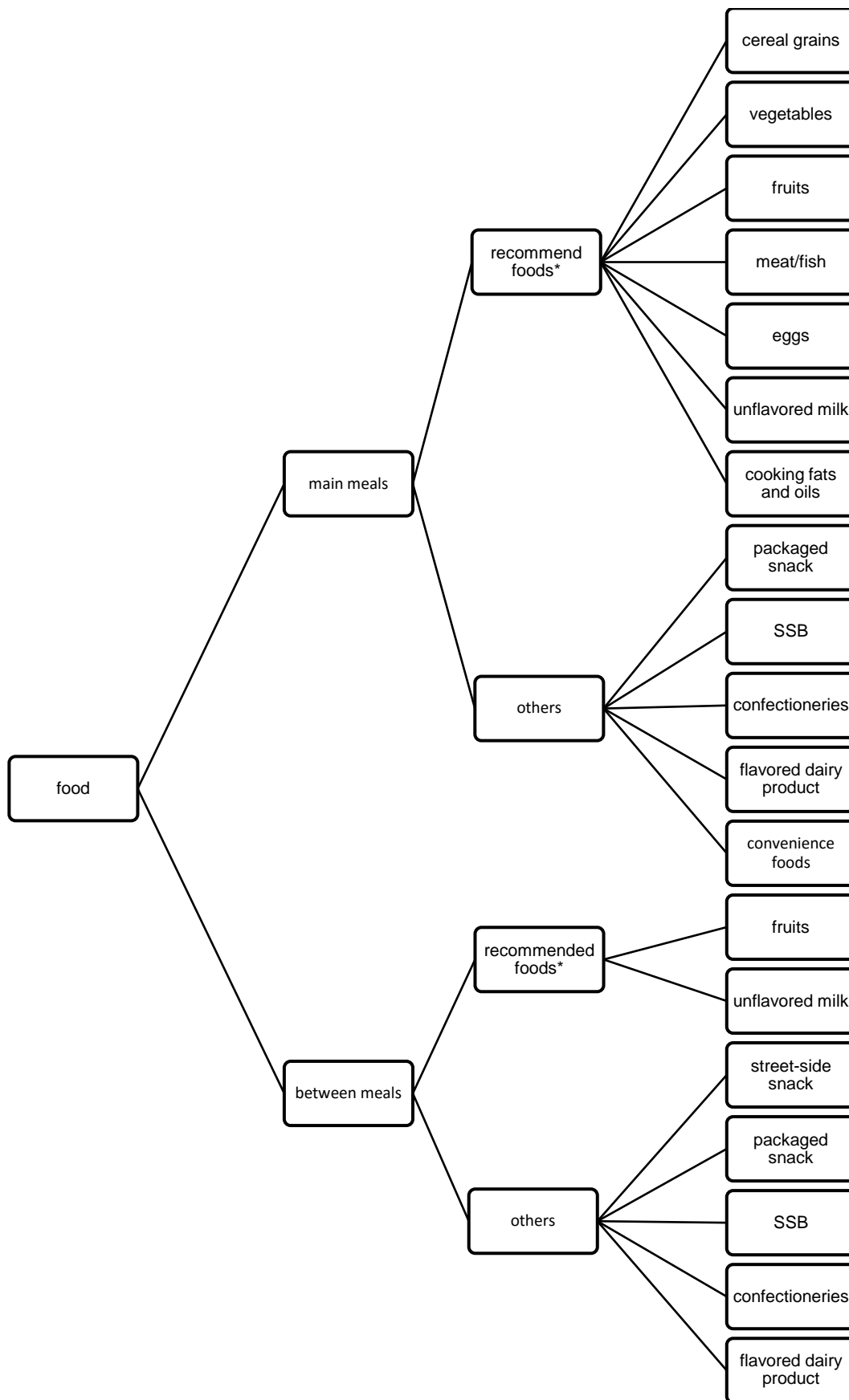


## Supplementary 1 Food group classification system



\* Foods included in Thailand's food-based dietary guidelines

## Supplementary 2 Description of food group

Categories	Types of foods	Food items
<b>Cereal grains</b>	Common staple foods, including refined/whole grain rice, bread, and noodles	steam rice, steamed sticky rice, plain bread, rice noodles, wheat noodles, pasta, fermented noodles, vermicelli, corn
<b>Vegetables</b>	All vegetables, including leafy, nonleafy, and starchy vegetables; beans and legumes; all kinds of mushrooms; and seaweeds	tomato, green papaya, morning glory, basil, lettuce, carrot, cabbage, chili, garlic, eggplant, pumpkin, cucumber, potato, mushroom, bamboo shoot, long bean
<b>Fruits</b>	All fruits, including ripe and unripe and fresh or dried fruits	mango, orange, banana, apple, durian, guava, watermelon, pineapple, grape
<b>Meat/fish</b>	Raw or processed meat, poultry, chicken, fish, seafood, and their organs	meat/poultry/chicken/fish, season, organ meat, meat balls, fish balls, sausages, bacon,
<b>Eggs</b>	All kinds of animal eggs	chicken eggs, duck eggs, quail eggs
<b>Unflavored milk</b>	Plain full- or reduced-fat milk or other dairy products	plain milk, plain skimmed milk
<b>Cooking fats and oils</b>	Fats and oils from plants and animals, including salad dressing, mayonnaise, oils, and coconut milk	mayonnaise, coconut milk, butter, margarine, palm oil, soybean oil, rice bran oil
<b>Packaged snacks</b>	Commercially and industrially packaged savory snack	potato chip, corn chips, flavored fried seaweeds, flavored fish snack
<b>Sugar-sweetened beverages (SSB)</b>	All beverages with added sugar, including artificially sweetened beverages	soda drinks and non-100% fruit juices, soft drink, sweetened tea
<b>Confectioneries</b>	Flour-, sugar-, and chocolate-based confections and Thai traditional dessert	cookies, cakes, candies, chocolate, donuts, bun, chewing gum, sherbet, traditional dessert
<b>Flavored milk</b>	Sweetened or flavored dairy products	soy milk, dairy snack, dairy based ice-cream, flavored yoghurt
<b>Convenience foods</b>	Industrially ready-to-eat foods	instant noodles, ready-to-eat porridge, canned products, breakfast cereals
<b>Street-side snacks</b>	Light meals or snacks mostly sold by street-side vendors or road side shops, including traditional fast food, local dishes, and Western fast food	Thai fried chicken, grill chicken, nuggets, fried sausage, grilled sausage, hot dog, instant noodle spicy salad, French fried, fried rice, steamed Chinese chive cake, rice noodle soup, meatballs, crispy wontons, spicy minced pork salad (Larb), Basil pork (Ka prao), Thai pancake(Kanom Tokyo), Green papaya salad