

Table S1. Available Kilo-calories and their equivalent servings from the FAO's Food Balance Sheets for agricultural year 2011. Serving calculations were based on CFG and USDA guidelines.

Whole Grains	Kcl/ Week	Kcl/ Servi ng	# of servi ngs	Vegetables and Fruits	Kcl/ Week	Kcl/ Ser ving	# of servi ngs	Fat and oil	Kcl/ Wee k	Kcl/ Servin g	# of servi ngs	Meat and alternatives	Kcl/ Week	Kcl/ Serving	# of servin gs
Wheat & products	3668	110	33.34	Vegetables				Oil crops				Meat			
Rice & products	3815	108	35.30	Cassava & Products	266	160	1.60	Soybeans	98	100	1.00	Bovine Meat	280	140	2.00
Barley & Products	49	97	0.50	Potatoes & Products	448	68	6.60	Coconuts	77	71	1.00	Mutton & Goat	77	150	0.50
Maize & Products	1015	72	14.00	Sweet Potatoes	147	90	1.60	Sunflower Seeds	7	204	0.06	Pork	840	120	7.00
Rye & Products	42	89	0.50	Yams	84	79	1.00	Sesame Seeds	21	206	0.20	Poultry	399	160	2.50
Oats	21	120	0.17	Roots, Other	42	40	1.00	Olives	7	150	0.07	Edible Offal	49	120	2.40
Millet & Products	189	104	1.80	Onions	84	32	2.60	Vegetable Oils				Fish/Seafood			
Sorghum & Prod	217	109	2.00	Tomatoes & Prod	70	16	4.40	Soybeans	595	120	5.00	Freshwater	91	100	1.00
Cereals, Other	49	120	0.40	Vegetables, Other	497	75	6.80	Sunflower	231	124	1.86	Demersal	42	85	0.50
Total/week	9065		88.01	Fruits				Rape & Mustard	252	124	2.00	Pelagic	56	140	0.40
Total/day	1295		12.57	Oranges	70	35	2.00	Cottonseed	98	120	0.82	Crustaceans	14	84	0.17
				Lemons & Prod	7	60	0.10	Palm kernel	42	117	0.36	Cephalopods	7	123	0.17
				Grapefruit	7	40	0.20	Palm	357	120	3.00	Molluscs, Other	7	105	0.20
				Citrus	7	70	0.10	Coconut	49	117	0.42	Aquatic Plants	14	23	0.60
				Bananas	140	110	1.00	Sesame seed	21	120	0.17	Eggs	245	130	2.00
Sugar & Sweeteners				Plantains	56	100	1.00	Olive	77	119	0.65	Beans	161	161	1.00
Sugar, Non-Centrifugal	56	42	1.33	Apples	77	105	0.75	Rice bran	21	120	0.17	Peas	56	173	0.33
Sugar, Raw	1326	45	28.70	Pineapple	21	41	0.50	Maize Germ	56	120	2.20	Pulses, Other	238	202	1.00
Honey	14	64	0.23	Dates	28	75	0.38	Other	42	120	0.35	Nuts & Products	266	166	1.60
Sweeteners, Other	161	54	3.00	Grapes	42	41	1.00	Animal Fats				Total/week	2842		23.37
Sugar Cane	28	45	0.66	Fruits, Other	203	50	4.00	Butter, Ghee	203	100	2.00	Total/day	406		3.34
Total/week	1585		33.92	Total/week	2296		36.63	Cream	14	60	0.25				
Total/day	226		4.85	Total/day	328		5.23	Raw	210	100	2.00	Milk & Products	973	120	8.00
								Total/week	2478		23.57	Total/week	973		8.00
								Total/day	354		3.37	Total/day	139.0		1.14