

Supplementary Table 1. Food items within each major protein-source food groups

Food group	Food items
Red meat	Beef, pork, lamb
Processed meat	Bacon/ ham/salami/luncheon meat, sausage, liver
Poultry	Chicken/turkey
Oily fish	Oily fish
Non-oily fish	Fried battered /crumbed fish, white fish, tuna, shellfish, prawns,
Legumes/pulses	Hummus, baked beans, other beans or lentils
Vegetarian protein alternatives	Tofu, soya burger or sausages, other veggies burgers, quorn/quorn burger, vegan cheese
Nuts	Nuts, peanut or other nut butters
Cheese	Cheese, cheese sauce
Yogurt	Low fat yogurt, full fat yogurt
Dairy milk	Full cream milk, semi-skimmed milk, skimmed milk, goat/sheep milk
Plant milk	Soya milk with calcium, soya milk without calcium,
Eggs	Whole eggs

Supplementary Table 2. Food items within each of the other major food groups

Food group	Food items
Fruit	Apples, pears, orange satsumas, grapefruit, bananas, other fresh fruit (e.g. grapes), tinned or stewed fruit, dried fruit (e.g. raisins)
Vegetables	Tomatoes (raw or cooked), salad vegetables (e.g. lettuce, cucumber), carrots, peas, green beans, broccoli, spring greens, kale, cabbage, Brussels sprouts, cauliflower, spinach, courgettes, marrow, parsnips, turnips, swedes, onion, leeks, mushrooms, sweetcorn, beetroot, coleslaw, avocado, sweet peppers, other vegetables
Potatoes – boiled, mashed or jacket	Potatoes-boiled, mashed or jacket
Potatoes – fried, roasted	Potatoes-fried, roasted
White pasta/noodles	White pasta
Wholemeal pasta	Wholemeal pasta
Couscous, bulgur wheat	Couscous, bulgur wheat
White rice	White rice
Brown rice	Brown rice
Pizza	Pizza
White bread	White bread, and rolls including baguette, pitta, and naan
Brown bread	Brown bread and rolls
Wholemeal bread	Wholemeal bread and rolls
Other bread	Crumpet, tortilla wraps
Porridge	Porridge, ready brek
Breakfast cereal	All bran, Weetabix, muesli, other breakfast cereal (e.g. cornflakes)
Cereal bars	Cereal bar, biscuits (e.g. digestives)
Chocolate	Chocolate or sweets, all types
Cake	Cakes, pastries, fruit pie, fruit tart, crumble
Ice cream	Ice cream, choc ices
Milk desserts	Rice pudding, custard, crème caramel, fruit based smoothie, hot chocolate, milkshake, single/double cream
Soya dessert	Soya yogurt
Crisps	Crisps
Tea	Tea, all types
Coffee	Coffee, all types
Fruit smoothie	Pure fruit juice or smoothie
Fruit squash	Fruit squash or cordial
Sugar sweetened beverages	Fizzy soft drink (e.g. coke)
Diet drinks	Low calories/diet soft drinks
Wine and champagne	Wine, champagne, sherry
Beer	Beer, lager, or cider
Spirits	e.g. whisky

Not included – sauces, spreads, soups (except nut butter, hummus, and cheese sauce)

Supplementary Table 3. Energy intakes from major protein-source foods by diet group

Major protein source	Diet Group					
	Regular-Meat Eaters	Low meat-eaters	Poultry-Eaters	Fish-Eaters	Vegetarians	Vegans
Men	n=2,852	n=880	n=65	n=782	n=1,516	n=269
Red meat	4.8	2.5	0.0	0.0	0.0	0.1
Processed meat	2.0	1.1	0.0	0.0	0.0	0.0
Poultry	3.5	1.2	2.4	0.0	-	-
Oily fish	1.4	1.6	2.0	2.0	0.0	0.1
Non-oily fish	2.8	2.9	2.7	3.0	0.0	0.0
Legumes/pulses	1.3	1.6	1.6	2.0	2.3	3.5
Vegetarian protein alternatives	0.3	0.9	2.0	2.9	3.6	4.9
Nuts	2.7	3.7	6.6	4.6	5.4	9.9
Cheese	2.8	3.2	3.0	4.1	4.6	-
Yogurt	1.6	1.7	1.8	1.9	1.6	0.0
Dairy milk	5.7	5.7	4.4	4.6	4.1	0.4
Plant milk	0.1	0.3	0.6	0.6	1.0	3.9
Eggs	1.4	1.5	1.2	1.6	1.4	0.0
Women	n=10,145	n=3,770	n=526	n=3,746	n=5,156	n=532
Red meat	5.0	2.5	0.0	0.0	0.1	0.1
Processed meat	1.7	1.0	0.0	0.0	0.0	0.0
Poultry	4.2	1.4	3.3	0.0	0.0	0.0
Oily fish	1.7	1.8	2.3	2.1	0.1	0.1
Non-oily fish	3.0	2.9	2.9	3.0	0.0	0.0
Legumes/pulses	1.3	1.7	1.9	2.1	2.4	3.7
Vegetarian protein alternatives	0.4	1.0	1.9	2.7	3.6	5.3
Nuts	3.1	4.4	5.4	5.3	5.6	9.0
Cheese	2.9	3.1	3.2	4.0	4.5	0.0
Yogurt	2.3	2.4	2.6	2.6	2.4	0.1
Dairy milk	5.5	5.5	4.9	4.8	4.5	0.4
Plant milk	0.2	0.4	0.6	0.7	1.0	4.6
Eggs	1.5	1.4	1.5	1.6	1.4	0.0

Values are in % unless otherwise stated. Regular meat eaters were defined as participants who consumed ≥ 50 grams of total meat (any) per day and low meat eaters were defined as participants who consumed < 50 grams of total meat (any) per day. ANOVA was used to compare the mean differences between the diet groups. The *P*-heterogeneity between diet groups was < 0.001 for all variables

Supplementary Table 4. Pair-wise comparisons for other foods between low and non-meat diet groups with regular meat-eaters*

Other food groups	Men					Women				
	low meat vs regular meat	poultry vs regular meat	fish vs regular meat	veg vs regular meat	vegans vs regular meat	low meat vs regular meat	poultry vs regular meat	fish vs regular meat	veg vs regular meat	vegans vs regular meat
Fruit	0.37	<0.001	0.66	0.03	<0.001	<0.001	0.02	<0.001	0.05	<0.001
Vegetables	1.00	1.00	<0.001	<0.001	<0.001	1.00	<0.001	<0.001	<0.001	<0.001
Potatoes – boiled, mashed or jacket	<0.001	0.61	<0.001	<0.001	1.00	<0.001	<0.001	<0.001	<0.001	1.00
Potatoes – fried, roasted	<0.001	0.04	<0.001	<0.001	0.71	<0.001	<0.001	<0.001	<0.001	<0.001
White pasta/noodles	0.43	1.00	1.00	1.00	<0.001	<0.001	<0.001	1.00	1.00	<0.001
Wholemeal pasta	<0.001	0.30	<0.001	<0.001	<0.001	<0.001	<0.001	<0.001	<0.001	<0.001
Couscous, bulgur wheat	0.05	<0.001	<0.001	<0.001	<0.001	<0.001	<0.001	<0.001	<0.001	<0.001
White rice	<0.001	1.00	0.08	<0.001	<0.001	<0.001	<0.001	<0.001	<0.001	<0.001
Brown rice	0.01	<0.001	<0.001	<0.001	<0.001	<0.001	<0.001	<0.001	<0.001	<0.001
Pizza	1.00	1.00	<0.001	<0.001	<0.001	1.00	0.43	<0.001	<0.001	<0.001
White bread	<0.001	0.05	0.03	<0.001	1.00	<0.001	<0.001	<0.001	<0.001	<0.001
Brown bread	1.00	1.00	1.00	1.00	1.00	0.50	0.43	1.00	1.00	1.00
Wholemeal bread	0.04	0.19	<0.001	<0.001	<0.001	<0.001	0.05	<0.001	<0.001	<0.001
Other bread	1.00	1.00	0.04	<0.001	0.09	1.00	1.00	<0.001	<0.001	<0.001
Porridge	0.01	1.00	0.01	1.00	0.03	1.00	1.00	0.05	0.07	1.00

Breakfast cereal	0.94	1.00	1.00	1.00	1.00	1.00	1.00	1.00	1.00	1.00	0.06
Cereal bars	1.00	1.00	1.00	1.00	1.00	0.01	0.71	0.13	1.00	1.00	<0.001
Chocolate	1.00	0.40	1.00	1.00	0.67	0.52	1.00	<0.001	1.00	1.00	1.00
Cake	0.35	1.00	1.00	1.00	<0.001	<0.001	<0.001	<0.001	<0.001	<0.001	<0.001
Ice cream	<0.001	1.00	<0.001	0.02	<0.001	<0.001	0.06	<0.001	0.01	1.00	<0.001
Milk desserts	0.02	0.37	0.16	0.10	1.00	0.01	0.17	0.00	1.00	1.00	0.02
Soya dessert	1.00	0.12	<0.001	<0.001	<0.001	0.02	<0.001	<0.001	<0.001	<0.001	<0.001
Crisps	0.14	1.00	<0.001	0.01	1.00	1.00	0.16	0.01	0.63	0.63	0.38
Tea	1.00	1.00	1.00	1.00	0.04	1.00	0.14	1.00	<0.001	1.00	<0.001
Coffee	<0.001	<0.001	<0.001	<0.001	<0.001	<0.001	<0.001	<0.001	<0.001	<0.001	<0.001
Fruit smoothie	1.00	1.00	0.05	1.00	1.00	0.24	1.00	1.00	<0.001	1.00	<0.001
Fruit squash	0.02	0.94	<0.001	<0.001	0.05	<0.001	0.29	<0.001	<0.001	<0.001	0.17
Sugar sweetened beverages	0.15	1.00	<0.001	<0.001	1.00	<0.001	0.02	<0.001	<0.001	<0.001	1.00
Diet drinks	0.05	1.00	0.02	<0.001	1.00	<0.001	<0.001	<0.001	<0.001	<0.001	<0.001
Wine and champagne	0.05	0.07	0.08	<0.001	<0.001	<0.001	<0.001	1.00	<0.001	<0.001	<0.001
Beer	0.06	1.00	1.00	1.00	0.03	1.00	0.12	0.59	1.00	1.00	0.34
Spirits	<0.001	1.00	<0.001	<0.001	0.04	<0.001	<0.001	<0.001	<0.001	<0.001	1.00

*All values represent p values for differences between the diet groups that have been corrected with Bonferroni. Regular meat eaters were defined as participants who consumed ≥ 50 grams of total meat (any) per day and low meat eaters were defined as participants who consumed < 50 grams of total meat (any) per day.