

**Supplementary Table 1.** Food-Based Dietary Guidelines sources for EMR countries.

<b>Countries</b>	<b>Sources</b>
Afghanistan	<a href="http://nutritionmoph.gov.af/attachments/article/92/SOP%20for%20Public%20Nutrition%20English.pdf">http://nutritionmoph.gov.af/attachments/article/92/SOP%20for%20Public%20Nutrition%20English.pdf</a> ; <a href="http://www.fao.org/nutrition/education/food-dietary-guidelines/regions/countries/afghanistan/en/">http://www.fao.org/nutrition/education/food-dietary-guidelines/regions/countries/afghanistan/en/</a>
Iran	<a href="http://www.fao.org/nutrition/education/food-dietary-guidelines/regions/countries/iran/en/">http://www.fao.org/nutrition/education/food-dietary-guidelines/regions/countries/iran/en/</a>
Lebanon	<a href="http://www.fao.org/nutrition/education/food-dietary-guidelines/regions/countries/lebanon/en/">http://www.fao.org/nutrition/education/food-dietary-guidelines/regions/countries/lebanon/en/</a>
Oman	<a href="http://www.fao.org/nutrition/education/food-dietary-guidelines/regions/countries/oman/en/">http://www.fao.org/nutrition/education/food-dietary-guidelines/regions/countries/oman/en/</a>
Qatar	<a href="http://www.fao.org/nutrition/education/food-dietary-guidelines/regions/countries/qatar/en/">http://www.fao.org/nutrition/education/food-dietary-guidelines/regions/countries/qatar/en/</a>
Saudi Arabia	<a href="http://www.moh.gov.sa/en/HEALTHAWARENESS/Pages/SaudihealthFoodGuide.aspx">http://www.moh.gov.sa/en/HEALTHAWARENESS/Pages/SaudihealthFoodGuide.aspx</a> ; <a href="http://www.moh.gov.sa/endepts/Nutrition/Pages/Palmfood.aspx">http://www.moh.gov.sa/endepts/Nutrition/Pages/Palmfood.aspx</a>
Yemen	<a href="http://www.cmamforum.org/Pool/Resources/YEMEN-National-Nutrition-Strategy-2009.pdf">http://www.cmamforum.org/Pool/Resources/YEMEN-National-Nutrition-Strategy-2009.pdf</a>