

Supplementary Table S1

Table S1: Food items grouped into the eleven food groups

Food groups	Food items	Comment
Cereals	Rice	
	Wheat and products	
	Barley and products	
	Maize and products	
	Millet and products	
	Sorghum and products	
	Cereals, other	
	Oats	
Starchy roots	Potatoes and products	
	Sweet potatoes	
	Cassava and products	
	Roots, others	
Pulses	Pulses, other and products	
	Beans	
	Peas	
Fish	Freshwater fish	Cephalopods ⁴ and the Molluscs, other these two groups have zero food supply (g/day/person) from 1961 to 2013.
	Demersal fish ¹	
	Pelagic fish ²	
	Marine fish, other	
	Crustaceans ³	
Eggs	Eggs	No categorization is given ⁵
Meat⁶	Bovine meat	Pig meat has zero food supply (g/day/person) from 1961 to 2013.
	Mutton and goat meat	
	Poultry meat	
	Meat, other	
Vegetables	Vegetables, other	
	Tomatoes and products	
	Onions	
Fruits	Orange, mandarins	
	Lemon, limes and products	
	Grapefruit and products	
	Citrus, other	
	Bananas	
	Apples and products	
	Pineapples and products	
	Grapes and products	
	Dates	
	Fruits, other	

Milk	Milk excluding butter	No categorization is given ⁵
Vegetable oils	Soya bean oil Ground nut oil Sunflower seed oil Rape and mustard oil Cottonseed oil Palm oil Coconut oil Sesame seed oil Rice bran oil Oil crops oil, other	Olive and Maize germ oil have zero food supply (g/day/person) from 1961 to 2013
Sugar	Sugar non-centrifugal ⁷ Sugar (raw equivalent) Sweeteners, other	Honey has zero food supply (g/day/person) from 1961 to 2013

¹Demersal fish are fishes that live and feed near the bottom of seas and lakes such as eel and North American catfish etc. ²Pelagic fish live in the pelagic zone of the ocean or lakes, neither close to the bottom nor near the shore such as tuna, pomfret, and mackerels etc. ³Crustaceans includes crabs, shrimps, lobsters, and prawns. ⁴Cephalopods included squid and octopus. ⁵Eggs and milk groups have no specific further categorization in the FAOSTAT database. ⁶Meat and offal consumption were added to make this one group. ⁷Non-centrifugal sugars include jaggery and gur.