

SUPPLEMENTAL MATERIAL

Table S1. Compositions of the selected 41 food groups.

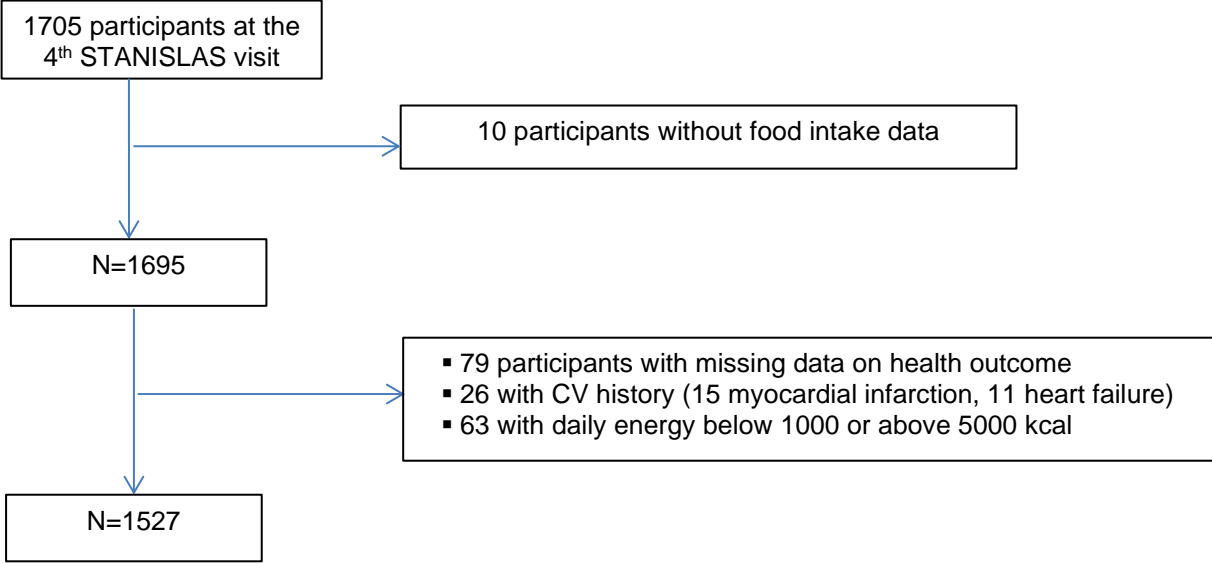
Food group	Food items
Vegetables	Pepper
	Tomatoes (including tomato sauce but not tomato juice)
	Carrots
	Salad
	Green leafy vegetables (e.g., spinach, chard)
	All cabbages (e.g., cauliflower, broccoli, brussels sprouts)
	Other vegetables (eggplant, mushrooms, zucchini, onion, leek)
	Avocado
	Canned or jarred vegetables (except tomatoes and beans)
	Olives in all forms
Soups	Vegetable soup without meat (homemade, frozen, or canned)
	Vegetable soup with meat (homemade, frozen, or canned)
Fruits	Citrus fruits (e.g., oranges, mandarins, grapefruit, tangerines)
	Red fruits (strawberries, raspberries, blackberries, blueberries, currants)
	Kiwifruit
	Bananas
	Pears, apples, pineapples, watermelons, melons, lychees
	Plums, grapes, cherries, nectarines, peaches, apricots
	Figs, dates, prunes, dried apricots
Potatoes	Potatoes (e.g., plain, steamed, mashed)
Other starchy foods	Pasta, rice, bulgur, semolina
White bread and toast	Sliced white bread, toast bread, sandwich bread
	French baguettes
	Rusks, rice cakes, Krisprolls, crispbread
Breakfast cereals	Unsweetened cereals (e.g., plain cornflakes, All-Bran, Fitness)
	Sweetened cereals (with honey or chocolate), puffed cereals
	Muesli
High-fiber bread	Sliced special bread (cereal, rye, wholemeal)
	Special bread : french baguette type
Milk	Whole milk
	Semiskimmed milk
	Skimmed milk
	Flavored milk (e.g. strawberry, chocolate)
	Plain soy milk or soy products
	Flavored soy milk or soy products
	Milk kefir
Yogurts and other types of fermented milk	Whole-milk yogurts (creamy and velvety yogurts), plain or with sweeteners
	Whole-milk yogurts (creamy and velvety yogurts), sweetened or with fruit
	Lean yogurts (0%), plain or with sweeteners
	Lean yogurts (0%), sweetened or with fruit

	Flavored fermented milk (Actimel, Danacol)
	Light fermented milk (Actimel, Danacol)
	White cheese (beaten or faisselle)
	White cheese with fruit or sweetened (beaten or faisselle)
Fat cheeses	Soft cheese
	Hard and blue cheeses
Light cheeses	Cream cheese, cheese spread, melted cheese
	Low-fat cream cheese, cheese spread, melted cheese
	Low-fat soft cheese
	Low-fat hard and blue cheese
Meat	Pork fillet, roast beef, chicken breast, turkey
	Beef steak, veal breast, pork chops, whole chicken
	Lamb breast, meatballs, sausage, mutton
	Giblets
	Game
	Unprocessed cold cuts (e.g., cooked ham, sliced chicken)
	Smoked unprocessed cold cuts (e.g., bacon)
Fatty fish	Salmon, herring
	Smoked fish (e.g., salmon, trout)
	Canned fish in oil (tuna, anchovies)
Lean fish	White fish (cod, whiting, hake)
	Crustaceans, molluscs (shrimps, squid, oysters)
	Mussels
Eggs	Eggs (not eggs included in cakes or other baked products)
Legumes	Lentils, chickpeas, white beans, peas
Oleaginous fruits	Salty oleaginous fruits (e.g., peanuts, pistachios, sunflower seeds)
	Nuts
	Other unsalted oleaginous fruits (e.g., almonds, hazelnuts, pistachios)
Olive and omega-3-rich oils	Olive oil
	Rapeseed oil, walnut oil, soybean oil
Omega-6-rich oil	Sunflower oil, peanut oil, corn oil
Fresh cream	Fresh cream
	Light cream, soy cream
Margarine and low-fat spreads	Margarine for cooking or spreading (e.g., Planta Fin, Primevère)
	Margarine for cooking or spreading (e.g., St Hubert Omega 3, ProActive)
	Low-fat butter
	Milk fat reduced to 15% fat
	Milk fat reduced to 40% fat
Fats rich in saturated fatty acids	Butter
	Fat for cooking or spreading (e.g., le Fleurier, Astra)
Water	Water
Alcoholic beverages	Nonalcoholic beer

	Low-alcohol beer
	Beers
	Aperitifs
	Premixed drinks (e.g., Bacardi Breezer)
	Strong alcoholic drinks (e.g., whiskey, vodka, gin)
Wine	Wine (e.g., white, red, sparkling, cider)
Juice	Fruit juice (fresh, in can, in bottle, in brick)
	Vegetable juice (fresh, in can, in bottle, in brick)
Sodas	Standard sodas (lemonade, flavored water, cola, syrup)
	Light sodas
Tea and coffee	Coffee and decaffeinated coffee
	Tea
	Herbal tea, infusions
Processed meat	Meat preparations (e.g., nuggets, breaded meat)
	Processed cold cuts (rillette, dry sausage, French pâté)
	Salads with chicken or fish
Fast food	Pizza
	Quiches with meat or fish
	Hamburgers
	Spring rolls
	Cheese croquettes, cheese rolls
Cooked dishes	Sauerkraut
	Cassoulet
	Filled pasta
	Paella
Sugar	White or brown sugar (cubes, powder)
Sweets	Chocolate (white, black, milk, praline)
	Sweet or jelly candies
	Cocoa powder
Spreads	Jam, honey, maple syrup
	Chocolate spread
	Peanut butter, sesame paste
Crackers	Aperitif biscuits, chips, crackers
Fried foods	Potatoes fried in deep-fat fryer, potato gratin
	Prepared fish breaded or fried
Pastries	Bakery items (e.g., croissants, chocolate-filled pastries)
	Pastries (e.g., cakes, apple turnovers, waffles)
	Pastries (e.g., eclairs, pancakes, tarts, buns)
	Biscuits, cereal bars
	Chocolate snacks (e.g., Twix, Snickers, cookies)
Fruity desserts	Compotes
	Fruit in syrup (canned or jarred): pears, pineapples, lychees, fruit cocktail
	Fruit in syrup (canned or jarred): grapes, cherries, peaches, apricots

Dairy desserts	Milk desserts (e.g., puddings, rice pudding)
	Gelatin-based desserts, custard, mousse
	Ice cream or sorbet balls
	Ice cream with cookies or in a cone
Sauces	Hot sauces (e.g., pepper sauce)
	Cold sauces (e.g., mayonnaise)
	Light salad dressing
	Ketchup

Figure S1. Study flowchart.



CV: cardiovascular