

Supplementary Material

The health, environmental and economic dimensions of dietary transitions in Argentina

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TABLE S1. Classification of the food items from the 2017/2018 National Survey of Household Income and Expenditure (NSHIE) for health dimension assessment.

Food items (Spanish)	Food items (English)	Classification	Unit	Average	Improved income
Aguja	Needle	Beef	g/d	3.206	3.18
Asado	Roast	Beef	g/d	14.642	25.65
Bife ancho	Wide steak	Beef	g/d	4.351	7.163
Bife angosto	Tenderloin steak	Beef	g/d	8.603	9.933
Bife de chorizo	Sausage steak	Beef	g/d	0.661	1.139
bola de lomo	Tenderloin steak	Beef	g/d	7.011	8.413
Carnaza común	Ground beef	Beef	g/d	2.992	2.188
Carne picada	Minced meat	Beef	g/d	23.172	25.16
Cuadrada	Square	Beef	g/d	2.77	3.172
Cuadril	Rump	Beef	g/d	4.187	7.406
Falda	Skirt	Beef	g/d	1.555	2.065
Hueso con carne	Bone with meat	Beef	g/d	7.864	6.976
Hueso sin carne	Bone without meat	Beef	g/d	1.244	1.886
Lomo	Loin	Beef	g/d	1.285	2.003
Matambre - cima	Sausage - top	Beef	g/d	1.132	1.759
Nalga	Buttock	Beef	g/d	9.748	14.728
Paleta	Shoulder	Beef	g/d	3.942	6.273
Palomita	Dove	Beef	g/d	0.288	0.747
Peceto	Beefsteak	Beef	g/d	1.375	2.623
Roast beef	Roast beef	Beef	g/d	1.71	1.844
Vacío	Beef	Beef	g/d	3.352	4.181
Otros cortes	Other cuts	Beef	g/d	3.437	4.474
Hígado	Liver	Beef	g/d	1.531	1.516
Lengua de vaca	Beef tongue	Beef	g/d	0.188	0.36
Mondongo	Tripe	Beef	g/d	0.488	0.428
Riñón	Kidney	Beef	g/d	0.134	0.174
Otras achuras y menudencias vacunas	Other beef offal and giblets	Beef	g/d	0.649	0.527
Hamburguesas para cocinar (semipreparados)	Hamburgers for cooking (semi-prepared)	Beef	g/d	3.322	5.199
Milanesas para cocinar (semipreparados)	Breaded meat for cooking (semi-prepared)	Beef	g/d	8.401	19.273
Otros alimentos semipreparados en base a carne para cocinar	Other semi-prepared meat-based foods for cooking	Beef	g/d	0.202	0.286
Surtidos de carne fresca vacuna	Assortments of fresh beef	Beef	g/d	3.586	4.782
Pollo entero, medio pollo	Whole chicken, half chicken	Chicken	g/d	35.643	43.55
Pollo trozado	Chicken cut in pieces	Chicken	g/d	30.798	33.043
Otras aves	Other poultry	Chicken	g/d	0.154	1.204
Menudencias de ave	Poultry offal	Chicken	g/d	3.854	2.505
Supremas de pollo rebozadas	Battered chicken supremes	Chicken	g/d	18.002	19.28
Surtidos de carne de ave	Assorted poultry meat	Chicken	g/d	0.127	0.234
Lechón entero o medio	Whole or half suckling pig	Pork	g/d	0.718	0.162
Costeleta - chuleta de cerdo	Pork cutlet - pork chop	Pork	g/d	2.974	5.012

Paleta de cerdo	Pork shoulder	Pork	g/d	0.412	0.401
Lomo cerdo	Pork loin	Pork	g/d	0.182	0.331
Carré de cerdo	Pork rump	Pork	g/d	0.641	1.646
Pechito de cerdo	Pork brisket	Pork	g/d	0.684	0.979
Otros cortes de carne porcina	Other pork cuts	Pork	g/d	1.615	3.278
Achuras y menudencias, porcinas y ovinas	Offal and giblets, pork and sheep meat	Pork	g/d	0.14	0.066
Otros alimentos semipreparados en base a carne porcina u ovina	Other semi-prepared foods based on pork or sheep meat	Pork	g/d	0.169	0.329
Ovino y caprino, entero o por corte	Sheep and goat, whole or by cuts	Lamb and mutton	g/d	1.468	2.275
Surtidos de carne porcina u ovina	Assorted pork and mutton products	Lamb and mutton	g/d	0.135	0.323
Atún - lomo de atún-salmón- congrio	Tuna - tuna loin - salmon - conger eel	Fish and seafood	g/d	0.158	0.204
Brótola- lenguado	Forkbeard - sole	Fish and seafood	g/d	0.045	0.115
Merluza	Hake	Fish and seafood	g/d	2.247	4.653
Pejerrey	Silverside	Fish and seafood	g/d	0.059	0.108
Surubí	Surubí	Fish and seafood	g/d	0.079	0.032
Otros pescados de mar	Other sea fish	Fish and seafood	g/d	1.008	0.51
Otros pescados de río	Other river fish	Fish and seafood	g/d	0.822	0.823
Almejas, berberechos, mejillones, cholgas, vieiras	Clams, cockles, mussels, mussels, scallops, scallops	Fish and seafood	g/d	0.062	0.111
Calamares	Squid	Fish and seafood	g/d	0.063	0.079
Langostinos y camarones	Shrimps and prawns	Fish and seafood	g/d	0.044	0.038
Otros mariscos	Other seafood	Fish and seafood	g/d	0.015	0.014
Filet preparado para cocinar	Ready-to-cook fillets	Fish and seafood	g/d	0.219	0.245
Semipreparados congelados en base a pescado y mariscos	Frozen semi-prepared fish and seafood-based products	Fish and seafood	g/d	0.479	1.395
Surtidos de pescados y mariscos frescos, congelados y semipreparados	Assortments of fresh, frozen and semi-prepared fish, and shellfish	Fish and seafood	g/d	0.122	0.575
Atún en conserva	Canned tuna	Fish and seafood	g/d	1.211	1.938
Caballa en conserva	Canned mackerel	Fish and seafood	g/d	0.258	0.429
Filet de anchoas	Anchovy fillets	Fish and seafood	g/d	0.147	0.026
Mariscos en conserva	Canned seafood	Fish and seafood	g/d	0.006	0.007
Sardinas en conserva	Canned sardines	Fish and seafood	g/d	0.04	0.089
Otras conservas de	Other canned	Fish and	g/d	0.032	0.067

pescado	fish	seafood			
Surtidos de pescados y mariscos en conserva	Assortments of canned fish and shellfish	Fish and seafood	g/d	0.027	0.011
Otras carnes frescas o congeladas	Other fresh or frozen meats	Other meats	g/d	0.27	0.97
Hamburguesas de pollo	Chicken hamburgers	Processed meat	g/d	0.735	1.214
Preparados de pollo: Formitas, patitas, etc.	Chicken preparations: formites, paws, etc.	Processed meat	g/d	0.637	1.209
Otros alimentos semipreparados en base a pollo para cocinar	Other semi-prepared chicken-based food for cooking	Processed meat	g/d	0.306	0.601
Chorizo fresco	Fresh chorizo sausage	Processed meat	g/d	7.68	31.625
Morcilla	Blood sausage	Processed meat	g/d	1.747	12.158
Salchicha criolla	Creole sausage	Processed meat	g/d	0.266	0.404
Salchicha tipo viena con y sin piel	Vienna-type sausage with and without skin	Processed meat	g/d	2.888	3.774
Otros embutidos frescos	Other fresh sausages	Processed meat	g/d	0.061	0.078
Surtidos de embutidos frescos	Assortments of fresh sausages	Processed meat	g/d	0.035	0.014
Bondiola	Bondiola	Processed meat	g/d	0.057	0.171
Jamón cocido	Cooked ham	Processed meat	g/d	2.029	3.037
Jamón crudo	Raw ham	Processed meat	g/d	0.152	0.224
Lomito	Tenderloin	Processed meat	g/d	0.049	0.145
Matambre (fiambre)	Matambre (cold meat)	Processed meat	g/d	0.038	0.047
Mortadela	Mortadella	Processed meat	g/d	0.609	0.891
Paleta (fiambre)	Shoulder (cold meat)	Processed meat	g/d	1.2	1.637
Panceta fresca, salada, ahumada	Fresh, salted, smoked bacon	Processed meat	g/d	0.085	0.184
Salame	Salami	Processed meat	g/d	0.568	0.877
Salamín	Salami	Processed meat	g/d	0.238	0.448
Salchichón	Salami	Processed meat	g/d	0.071	0.046
Otros fiambres	Other cold cuts	Processed meat	g/d	0.188	0.326
Surtidos de fiambres	Assortments of cold cuts	Processed meat	g/d	0.896	1.33
Carnes en conserva, escabeches	Canned meats, pickled meats	Processed meat	g/d	0.008	0.005
Paté de foie - ave en lata	Canned poultry and foie gras pâté	Processed meat	g/d	0.122	0.28
Picadillo de carne en lata	Canned minced meat in cans	Processed meat	g/d	1.082	0.366
Otras pastas de carne	Other meat pastes	Processed meat	g/d	0.038	0.034
Surtidos de procesados en base a carne	Assortments of processed meat products	Processed meat	g/d	0.003	0
Leche común entera	Regular whole milk	Milk	ml/d	45.483	66.422
Leche común descremada	Regular skim milk	Milk	ml/d	10.886	20.269
Leche larga vida entera	Whole long-life milk	Milk	ml/d	12.597	20.952
Leche larga vida descremada	Long-life skim milk	Milk	ml/d	4.209	5.49

Leche en polvo entera o descremada	Powdered whole or skimmed milk powder	Milk	g/d	6.875	3.238
Leches condensadas, evaporadas	Condensed and evaporated milk	Milk	ml/d	0.051	0.043
Leches preparadas con aditamentos	Prepared milk with additives	Milk	ml/d	1.486	2.207
Otras leches fluidas	Other fluid milk	Milk	ml/d	0.006	0
leche en polvo fortificada para lactantes	Fortified powdered milk for infants	Milk	g/d	0.092	0.296
leche en fluida fortificada para lactantes	fortified fluid milk for infants	Milk	g/d	0.008	0.004
Queso crema para untar	Cream cheese spreads	Dairy products	g/d	3.705	4.392
Queso de máquina	Machine cheese	Dairy products	g/d	4.106	4.688
Queso doble crema - cuartirolo	Heavy cream cheese - cuartirolo	Dairy products	g/d	11.587	16.655
Queso fontina - gouda - chubut - edan - fymbo	fontina - gouda - chubut - edan - fymbo cheese	Dairy products	g/d	0.184	0.275
Queso fundido	Processed cheese	Dairy products	g/d	0.015	0.014
Queso paté-gras - mar del plata	Pate-gras cheese - mar del plata	Dairy products	g/d	0.304	0.447
Queso port salut	Port salut cheese	Dairy products	g/d	0.7	1.185
Queso para rallar	Cheese for grating	Dairy products	g/d	0.922	1.624
Queso rallado	Grated cheese	Dairy products	g/d	0.951	1.526
Muzzarella	Mozzarella	Dairy products	g/d	0.749	1.434
Ricota	Ricotta	Dairy products	g/d	0.178	0.368
Otros quesos	Other cheeses	Dairy products	g/d	0.291	0.418
Surtidos de quesos	Assorted cheeses	Dairy products	g/d	0.095	0.234
Crema de leche	Milk cream	Dairy products	g/d	2.499	2.513
Manteca	Butter	Dairy products	g/d	1.482	2.402
Yogur natural o saborizado	Natural or flavored yogurt	Dairy products	ml/d	21.75	29.963
Yogur con aditamentos	Yogurt with additives	Dairy products	ml/d	0.621	1.162
Dulce de leche	Dulce de leche	Dairy products	g/d	2.482	4.039
Postres lácteos	Dairy desserts	Dairy products	g/d	1.129	2.144
Otros productos lácteos	Other dairy products	Dairy products	g/d	0.012	0.009
Surtidos de productos lácteos	Assortments of dairy products	Dairy products	ml/d	0.048	0.09
Leche de soja	Soy milk	Vegetal milk	ml/d	0.066	0.072
Leches vegetales	Vegetable milk	Vegetal milk	ml/d	0.032	0
Huevos de gallina	Chicken eggs	Eggs	g/d	16.883	21.645
Otros huevos	Other eggs	Eggs	g/d	0.036	0.092
Facturas y churros	Bills and churros	Refined grains	g/d	2.571	4.582
Galletas, grisines y tostadas	Cookies, breadsticks, and toast	Refined grains	g/d	1.564	2.958
Galletitas de agua envasadas	Packaged water crackers	Refined grains	g/d	5.477	9.368
Galletitas de agua sueltas	Loose water crackers	Refined grains	g/d	0.285	0.419
Galletitas dulces envasadas	Packaged sweet cookies	Refined grains	g/d	9.923	16.514
Galletitas dulces sueltas	Loose sweet cookies	Refined grains	g/d	0.228	0.496

Galletitas de otro tipo	Other types of cookies	Refined grains	g/d	1.719	3.243
Masas secas o finas	Dry or thin doughs	Refined grains	g/d	0.157	0.36
Pan envasado en rebanadas blanco	Packaged white sliced bread	Refined grains	g/d	1.674	2.967
Pan tipo francés fresco en piezas	Fresh French-type bread in pieces	Refined grains	g/d	95.081	82.713
Pan para hamburguesas - pebetes - panchos	Bread for hamburgers - pebetes - hot dogs	Refined grains	g/d	1.277	2.273
Pan rallado	Breadcrumbs	Refined grains	g/d	3.043	3.778
Pancitos, bollitos, figazzitas saborizados	Bread rolls, buns, flavored figazzitas	Refined grains	g/d	0.219	0.245
Panes y panecillos frescos de otro tipo	Other fresh bread and rolls	Refined grains	g/d	6.975	8.18
Panes y panecillos precocidos y congelados	Pre-baked and frozen bread and rolls	Refined grains	g/d	0.109	0.184
Pan blanco de molde por pieza	White sliced bread by piece	Refined grains	g/d	0.632	0.721
Tortas, tartas, pan dulce	Cakes, pies, sweet bread	Refined grains	g/d	1.65	3.346
Otros productos de panadería y repostería	Other bakery and confectionery products	Refined grains	g/d	1.428	1.07
Surtidos de productos de panadería y pastelería	Assortments of bakery and pastry products	Refined grains	g/d	1.926	1.414
Arroz blanco	White rice	Refined grains	g/d	25.037	26.741
Otros arroces con aditamentos	Other rice with additions	Refined grains	g/d	0.026	0.025
Fideos de arroz	Rice noodles	Refined grains	g/d	0.019	0.014
Féculas	Starch	Refined grains	g/d	0.327	0.563
Harina de maíz	Corn flour	Refined grains	g/d	3.077	3.154
Harina de trigo	Wheat flour	Refined grains	g/d	24.697	24.373
Mezcla de harina para pizza, ñoquis, torta frita	Flour mix for pizza, gnocchi, and torta frita	Refined grains	g/d	0.897	1.362
Mezcla de cereales y fibras o frutas	Cereal and fiber or fruit mix	Refined grains	g/d	0.067	0.161
Otras harinas, cereales y fibras	Other flours, cereals, and fibers	Refined grains	g/d	0.062	0.115
surtidos de harinas, arroz, cereales y fibras	Assortments of flours, rice, cereals and fibers	Refined grains	g/d	0.096	0
Canelones	Cannelloni	Refined grains	g/d	0.047	0.069
Empanadas preparadas sin cocinar	Prepared uncooked pies	Refined grains	g/d	0.059	0.119
Fideos frescos	Fresh noodles	Refined grains	g/d	1.334	2.186
Fideos secos	Dried noodles	Refined grains	g/d	25.504	29.174
Ñoquis frescos	Fresh gnocchi	Refined grains	g/d	0.551	1.209
Pastas deshidratadas con y sin relleno	Dehydrated pasta with and without filling	Refined grains	g/d	0.311	0.476
Pizzas preparadas sin cocinar	Prepared uncooked pizzas	Refined grains	g/d	0.284	0.359
Pre-pizza	Pre-pizza	Refined grains	g/d	3.72	4.977
Ravioles frescos	Fresh ravioli	Refined grains	g/d	3.445	5.59

Tapas frescas para canelones, panqueques, lasagnas, etc.	Fresh toppings for cannelloni, pancakes, lasagna, etc.	Refined grains	g/d	0.026	0.075
Tapas frescas para empanadas y pastelitos	Fresh covers for empanadas and pastries	Refined grains	g/d	2.979	4.603
Tapas frescas para tartas	Fresh covers for pies	Refined grains	g/d	2.127	3.375
Rapiditas, fajitas, etc.	Rapiditas, fajitas, etc.	Refined grains	g/d	0.096	0.154
Otras pastas frescas rellenas, tortelletis, fideos rellenos, panzotitis, agnolottis, capellettis, sorrentinos, etc.	Other fresh stuffed pasta, tortelletis, stuffed noodles, panzotitis, agnolottis, capellettis, sorrentinos.	Refined grains	g/d	0.575	1.48
Otros alimentos semipreparados en base a pastas	Other semi-prepared pasta-based foods	Refined grains	g/d	0.019	0.062
Surtidos de pastas	Assortments of pasta	Refined grains	g/d	0.031	0.036
Pan envasado en rebanadas integral	Whole wheat sliced packaged bread	Whole grains	g/d	3.403	2.037
Pan integral fresco en piezas	Fresh whole wheat bread in pieces	Whole grains	g/d	1.121	1.553
Arroz integral	Brown rice	Whole grains	g/d	0.348	0.521
Avena	Oatmeal	Whole grains	g/d	0.388	0.684
Sémola y semolín	Semolina and semolina	Whole grains	g/d	0.429	0.584
Cereales en grano	Grain cereals	Whole grains	g/d	1.025	0.983
Cereales inflados	Puffed cereals	Whole grains	g/d	1.053	1.85
Harinas integrales	Whole grain flours	Whole grains	g/d	0.279	0.469
Choclo fresco	Fresh corn	Whole grains	g/d	2.122	2.099
Choclo en conserva	Canned corn	Whole grains	g/d	0.784	1.427
Arvejas frescas	Fresh peas	Legumes and pulses	g/d	0.272	0.243
Chauchas frescas	Fresh string beans	Legumes and pulses	g/d	0.384	0.544
Otras legumbres frescas	Other fresh legumes	Legumes and pulses	g/d	0.028	0.027
Legumbres congeladas	Frozen vegetables	Legumes and pulses	g/d	0.072	0.125
Milanesa de soja	Soybean Milanese	Legumes and pulses	g/d	1.334	0.639
Arvejas secas	Dried peas	Legumes and pulses	g/d	0.107	0.103
Lentejas secas	Dried lentils	Legumes and pulses	g/d	0.842	1.792
Porotos secos	Dried beans	Legumes and pulses	g/d	0.387	0.552
Otras legumbres secas	Other dried pulses	Legumes and pulses	g/d	0.069	0.063
Arvejas en conserva	Canned peas	Legumes and pulses	g/d	1.624	2.311
Lentejas en conserva	Canned lentils	Legumes and pulses	g/d	0.194	0.321
Porotos en conserva	Canned beans	Legumes and pulses	g/d	0.055	0.154
Otras legumbres en	Other canned	Legumes and	g/d	0.049	0.083

conserva	pulses	pulses			
Semillas	Seeds	Nuts and seeds	g/d	0.125	0.243
Frutas secas	Dried fruits	Nuts and seeds	g/d	0.382	0.452
Ciruelas disecadas	Dried plums	Nuts and seeds	g/d	0.037	0.194
Pasas de uva	Raisins	Nuts and seeds	g/d	0.089	0.11
Ananá	Pineapple	Fruits	g/d	0.51	0.749
Banana	Banana	Fruits	g/d	21.181	30.785
Cerezas, guindas frescas	Cherries, fresh cherries	Fruits	g/d	0.338	0.681
Ciruella	Plum	Fruits	g/d	1.026	1.719
Damasco	Apricot	Fruits	g/d	0.197	0.122
Durazno	Peach	Fruits	g/d	2.656	5.515
Frutillas frescas	Fresh strawberries	Fruits	g/d	1.059	1.616
Kiwi fresco	Fresh kiwi	Fruits	g/d	0.372	0.703
Limón	Lemon	Fruits	g/d	4.006	5.483
Mandarina	Tangerine	Fruits	g/d	7.536	11.093
Manzana	Apple	Fruits	g/d	13.429	20.789
Melón fresco	Fresh melon	Fruits	g/d	1.239	1.574
Naranja	Orange	Fruits	g/d	15.743	22.105
Palta fresca	Fresh avocado	Fruits	g/d	0.882	1.564
Pelón fresco	Fresh peel	Fruits	g/d	0.314	0.658
Pera	Pear	Fruits	g/d	3.2	5.267
Pomelo fresco	Fresh grapefruit	Fruits	g/d	0.902	1.474
Sandía fresca	Fresh watermelon	Fruits	g/d	3.758	6.223
Uva fresca	Fresh grapes	Fruits	g/d	1.679	2.517
Otras frutas frescas	Other fresh fruits	Fruits	g/d	0.167	0.349
Frutas congeladas	Frozen fruits	Fruits	g/d	0.003	0
Surtidos de frutas frescas o congeladas	Assortments of fresh or frozen fruits	Fruits	g/d	4.429	6.684
Ananá en almíbar o en conserva	Pineapple in syrup or preserved	Fruits	g/d	0.126	0.149
Duraznos en almíbar o en conserva	Peaches in syrup or canned peaches	Fruits	g/d	1.973	3.865
Ensalada de frutas en almíbar o en conserva	Fruit salad in syrup or preserves	Fruits	g/d	0.198	0.31
Otras frutas en conserva	Other canned fruits	Fruits	g/d	0.085	0.066
Otras frutas disecadas	Other dried fruits	Fruits	g/d	0.031	0.228
Surtidos de frutas procesadas, secas o en conserva	Assortments of processed, dried or canned fruits	Fruits	g/d	0.042	0.036
Acelga	Chard	Vegetables	g/d	4.846	7.317
Ají fresco	Fresh chili	Vegetables	g/d	4.683	5.441
Ajo	Garlic	Vegetables	g/d	0.104	0.148
Albahaca, perejil fresco	Basil, fresh parsley	Vegetables	g/d	0.075	0.084
Alcauciles	Artichokes	Vegetables	g/d	0.045	0.041
Apio, hinojo fresco	Celery, fresh fennel	Vegetables	g/d	0.578	0.771
Berenjenas frescas	Fresh eggplant	Vegetables	g/d	1.38	1.954
Cebolla común fresca	Fresh onion	Vegetables	g/d	31.915	35.532
Cebolla de verdeo, puerro fresco	Green onion, fresh leek	Vegetables	g/d	0.843	1.148
Coliflor, brócoli	Cauliflower,	Vegetables	g/d	0.65	1.145

fresco	fresh broccoli				
Espinaca fresca	Fresh spinach	Vegetables	g/d	0.935	1.555
Hongos	Mushrooms	Vegetables	g/d	0.067	0.064
Lechuga fresca	Fresh lettuce	Vegetables	g/d	8.432	11.523
Pepino fresco	Fresh cucumber	Vegetables	g/d	0.536	0.717
Rabanitos	Radishes	Vegetables	g/d	0.06	0.192
Radicheta, radicha, rúcula fresca	Fresh radicchio, radicha, fresh arugula	Vegetables	g/d	0.395	0.791
Remolacha fresca	Fresh beet	Vegetables	g/d	1.06	1.599
Repollo fresco	Fresh cabbage	Vegetables	g/d	1.265	1.568
Tomate perita fresco	Fresh pear tomato	Vegetables	g/d	18.544	21.092
Tomate redondo fresco	Fresh round tomato	Vegetables	g/d	18.423	25.533
Tomate Cherry	Cherry tomato	Vegetables	g/d	0.414	0.7
Verdurita, jardinera, ensaladas varias frescas	Baby greens, garden vegetables, various fresh salads	Vegetables	g/d	0.042	0.088
Zanahoria fresca	Fresh carrot	Vegetables	g/d	14.141	18.277
Zapallitos frescos	Fresh zucchini	Vegetables	g/d	5.201	8.021
Zapallo fresco	Fresh pumpkin	Vegetables	g/d	14.014	17.662
Otras verduras y tubérculos frescos	Other fresh vegetables and tubers	Vegetables	g/d	0.176	0.564
Aceitunas	Olives	Vegetables	g/d	0.502	0.969
Verduras congeladas	Frozen vegetables	Vegetables	g/d	0.256	0.399
Semipreparados frescos o congeladas en base a verduras para cocinar	Semi-prepared fresh or frozen vegetable-based products for cooking	Vegetables	g/d	0.112	0.065
Surtidos de verduras, tubérculos y legumbres frescas o congeladas	Assortments of fresh or frozen vegetables, root vegetables and legumes	Vegetables	g/d	12.272	22.159
Tomates en conserva	Canned tomatoes	Vegetables	g/d	18.01	15.992
Verduras en conserva	Canned vegetables	Vegetables	g/d	0.364	0.596
Polvo para puré zapallo deshidratado	Dehydrated pumpkin purée powder	Vegetables	g/d	0.002	0
Otras verduras deshidratadas	Other dehydrated vegetables	Vegetables	g/d	0.01	0.002
Surtidos de verduras, tubérculos y legumbres secas o en conservas y derivadas	Assortments of dried or canned vegetables, tubers and pulses and by-products	Vegetables	g/d	0.241	0.492
Batata fresca	Fresh sweet potato	Starchy vegetables	g/d	2.557	3.702
Mandioca fresca	Fresh cassava	Starchy vegetables	g/d	1.265	0.827
Papa fresca	Fresh potatoes	Starchy vegetables	g/d	91.075	96.645
Papas y otros tubérculos congelados	Potatoes and other frozen tubers	Starchy vegetables	g/d	0.47	1.038
Polvo para puré de papa o batata	Dehydrated mashed potato or	Starchy vegetables	g/d	0.324	0.561

deshidratado	sweet potato powder				
Aceite mezcla	Blended oil	Vegetable oil and fats	ml/d	3.873	4.624
Aceite de girasol	Sunflower oil	Vegetable oil and fats	ml/d	19.562	27.258
Aceite de maíz	Corn oil	Vegetable oil and fats	ml/d	0.459	0.705
Aceite de oliva	Olive oil	Vegetable oil and fats	ml/d	0.553	0.934
Aceite de soja	Soybean oil	Vegetable oil and fats	ml/d	0.063	0.28
Otros aceites	Other oils	Vegetable oil and fats	ml/d	0.022	0.004
Surtidos de aceites	Assortments of oils	Vegetable oil and fats	ml/d	0.015	0
Margarina	Margarine	Vegetable oil and fats	g/d	0.239	0.51
Grasa porcina	Pork fat	Oils and fats (animal)	g/d	0.101	0.261
Grasa vacuna	Bovine fat	Oils and fats (animal)	g/d	0.918	0.593
Otras grasas	Other fats	Oils and fats (animal)	g/d	0.011	0.036
Surtidos de grasa para la cocina	Assortments of cooking fats	Oils and fats (animal)	g/d	0.004	0.011
Azúcar	Sugar	Sweet, candies and sugar	g/d	25.828	34.08
Edulcorante	Sweetener	Sweet, candies and sugar	ml/d	0.703	1.473
Dulce de batata	Sweet potato paste	Sweet, candies and sugar	g/d	0.716	1.308
Dulce de membrillo	Quince jelly	Sweet, candies and sugar	g/d	0.532	0.685
Mermeladas, otros dulces y jaleas	Jams, other jams and jellies	Sweet, candies and sugar	g/d	1.976	2.982
Miel y similares	Honey and similar	Sweet, candies and sugar	g/d	0.32	0.5
Surtidos de dulces, mermeladas y miel	Assortments of candies, jams and honey	Sweet, candies and sugar	g/d	0.023	0.064
Helado individual	Individual ice cream	Sweet, candies and sugar	g/d	0.926	1.601
Helado envasado por kilo o litro	Ice cream packaged by kilo or liter	Sweet, candies and sugar	g/d	2.523	4.442
Helado suelto	Loose ice cream	Sweet, candies and sugar	g/d	1.749	3.608
Alfajores	Alfajores	Sweet, candies and sugar	g/d	1.465	1.996
Barra de cereales	Cereal bars	Sweet, candies and sugar	g/d	0.128	0.282
Bombones y bocaditos de chocolate	Chocolates and chocolate morsels	Sweet, candies and sugar	g/d	0.086	0.117
Caramelos o confites	Candies or confectionery	Sweet, candies and sugar	g/d	0.678	0.991
Chicles	Chewing gum	Sweet, candies and sugar	g/d	0.079	0.128
Chocolate para taza/repostería	Chocolate for cups/pastries	Sweet, candies and sugar	g/d	0.129	0.24
Chocolates y chocolatines	Chocolates and chocolate bars	Sweet, candies and sugar	g/d	0.599	0.99
Chupetines	Lollipops	Sweet, candies and sugar	g/d	0.054	0.041
Obleas cubiertas con	Chocolate or jam	Sweet, candies	g/d	0.057	0.093

chocolate o con confituras	covered wafers	and sugar			
Pastillas en paquete	Pastilles in packets	Sweet, candies and sugar	g/d	0.052	0.101
Turrón	Nougat	Sweet, candies and sugar	g/d	0.172	0.3
Otras golosinas y confituras	Other candies and confectionery	Sweet, candies and sugar	g/d	0.924	1.431
Otros preparados de chocolate	Other chocolate preparations	Sweet, candies and sugar	g/d	0.052	0.078
Surtidos de chocolates y otros dulces	Assorted chocolates and other sweets	Sweet, candies and sugar	g/d	0.025	0.004
Café instantáneo	Instant coffee	Stimulants	g/d	0.493	1.048
Café molido o en grano	Ground coffee or coffee beans	Stimulants	g/d	0.584	1.05
Café en saquitos	Coffee in bags	Stimulants	g/d	0.075	0.119
Café en cápsulas o bolsitas para máquinas de café	Coffee in capsules or sachets for coffee machines	Stimulants	g/d	0.027	0.02
Capuchino instantáneo	Instant cappuccino	Stimulants	g/d	0.036	0.041
Capuchino en saquitos	Cappuccino in bags	Stimulants	g/d	0.002	0.015
Malta instantánea	Instant malt	Stimulants	g/d	0.03	0.078
Té común en hebras, en hoja	Common tea in strands, in leaves	Stimulants	g/d	0.005	0.005
Té común en saquitos	Common tea in tea bags	Stimulants	g/d	0.818	4.189
Té saborizado	Flavored tea	Stimulants	g/d	0.043	0.067
Yerba mate	Yerba mate	Stimulants	g/d	16.294	22.01
Mate cocido en saquitos	Mate tea in bags	Stimulants	g/d	0.252	0.33
Cacao con o sin azúcar	Cocoa with or without sugar	Stimulants	g/d	0.711	1.425
Otras infusiones	Other infusions	Stimulants	g/d	0.03	0.044
Infusiones preparadas listas para consumir	Ready-to-drink infusions	Stimulants	g/d	0.285	0.489
Sal fina	Fine salt	Salt	g/d	2.882	3.772
Sal gruesa	Coarse salt	Salt	g/d	1.038	1.445
Ají molido	Ground chili	Spices	g/d	0.004	0.008
Comino	Cumin	Spices	g/d	0.022	0.014
Orégano	Oregano	Spices	g/d	0.251	0.133
Pimentón	Paprika	Spices	g/d	0.08	0.109
Pimienta	Pepper	Spices	g/d	0.035	0.102
Otras especias	Other spices	Spices	g/d	0.166	0.265
Surtido de sal y especias	Assortment of salt and spices	Spices	g/d	0.03	0.043
Ketchup	Ketchup	Dressings	g/d	0.283	0.513
Mayonesa	Mayonnaise	Dressings	g/d	3.872	6.001
Mostaza	Mustard	Dressings	g/d	0.383	0.697
Salsa en base a tomate	Tomato based sauces	Dressings	g/d	1.455	2.458
Salsas varias	Various sauces	Dressings	g/d	0.114	0.207
Vinagre, aceto balsámico	Vinegar, balsamic vinegar	Dressings	g/d	1.58	2.636
Otros aderezos y condimentos	Other dressings and condiments	Dressings	ml/d	0.047	0.09
Surtidos de salsas y condimentos	Assortments of sauces and	Dressings	g/d	0.019	0.053

	condiments				
Alimentos preparados para niños y bebés	Prepared foods for children and babies	Other foods	g/d	0.005	0.014
Caldos concentrados	Concentrated broths	Other foods	g/d	0.368	0.591
Levadura	Yeast	Other foods	g/d	0.21	0.287
Polvo para hornear	Baking powders	Other foods	g/d	0.014	0.022
Polvo para bizcochuelo, tortas, scones, budín, brownies	Powder for sponge cake, cakes, scones, pudding, brownies, brownies, etc.	Other foods	g/d	0.519	0.806
Polvo para postres y helados	Dessert and ice cream powders	Other foods	g/d	0.56	0.672
Productos para repostería	Confectionery products	Other foods	g/d	0.13	0.162
Sopas concentradas	Concentrated soups	Other foods	g/d	0.359	0.65
Chizitos, papas fritas, palitos (snacks)	Chizitos, potato chips, snack sticks	Snacks	g/d	1.573	2.621
Agua mineral	Mineral water	Sugar-free drinks	ml/d	55.643	102.526
Agua potable	Drinking water	Sugar-free drinks	ml/d	21.52	28.723
Hielo	Ice	Sugar-free drinks	g/d	0.638	1.402
Soda	Soda	Sugar-free drinks	g/d	13.282	25.448
Gaseosas	Soft drinks	SSBs	ml/dia	157.486	203.481
Aperitivo sin alcohol en base a hierbas	Non-alcoholic herbal snacks	SSBs	ml/d	2.803	6.158
Jugos y refrescos en polvo para preparar bebidas	Juice and soft drink powders for beverage preparation	SSBs	g/d	1.486	1.695
Jugos y refrescos líquidos para preparar bebidas	Liquid juices and soft drinks for beverage preparation	SSBs	ml/d	1.686	3.522
Jugos y refrescos para beber sin diluir	Undiluted juices and soft drinks for beverage preparation	SSBs	ml/d	8.988	14.886
jugos en base de soja saborizados	Flavored soy-based juices	SSBs	ml/d	1.014	1.024
Aguas saborizadas frutales	Fruit flavored waters	SSBs	ml/d	17.843	33.281
Bebidas isotónicas, energizantes	Isotonic and energy drinks	SSBs	ml/d	1.146	1.5
Surtidos de agua mineral, bebidas gaseosas y jugos	Assortments of mineral water, soft drinks and juices	SSBs	ml/d	0.021	0.144
Ginebra, caña, grapa	Gin, cane, grappa	Alcoholic beverages	ml/d	0.029	0.036
Whisky	Whisky	Alcoholic beverages	ml/d	0.082	0.332
Licores	Liqueurs	Alcoholic beverages	ml/d	0.06	0.273
Otras bebidas destiladas	Other distilled beverages	Alcoholic beverages	ml/d	0.215	0.351
Surtidos de bebidas	Assortments of	Alcoholic	ml/d	0.028	0

destiladas	distilled beverages	beverages			
Vino común	Regular wine	Alcoholic beverages	ml/d	7.522	13.036
Vino fino	Fine wine	Alcoholic beverages	ml/d	5.796	10.661
Vinos dulces o postre o espirituosos	Sweet or dessert wines or spirits	Alcoholic beverages	ml/d	0.058	0.072
Aperitivos	Aperitifs	Alcoholic beverages	ml/d	1.328	2.544
Sidra	Cider	Alcoholic beverages	ml/d	1.859	3.593
Vino espumante	Sparkling wine	Alcoholic beverages	ml/d	0.314	0.332
Otros vinos espumantes	Other sparkling wines	Alcoholic beverages	ml/d	0.087	0.068
Surtido de vinos	Assortment of wines	Alcoholic beverages	ml/d	0.006	0.072
Cerveza	Beer	Alcoholic beverages	ml/d	24.764	40.939

Source: own elaboration

TABLE S2. Nutrients per 100 grams per food group. Part I

	Water	Energy	Protein	Total fat	Carbohydrate	Fiber	Sugars	Calcium	Iron	Magnesium	Phosphorus	Potassium	Sodium	Zinc	Vitamin C	Thiamin
	grs	kcal	grs	grs	grs	grs	grs	mg	mg	mg	mg	mg	mg	mg	mg	mg
Beef	65.21	213.87	18.95	15.02	0.10	0.00	0.00	13.24	1.89	17.68	176.62	293.79	61.44	4.13	0.04	0.07
Poultry	61.74	234.83	17.44	16.34	3.58	0.32	0.00	13.35	0.93	21.29	159.79	204.25	187.54	1.22	1.23	0.06
Pork	65.62	190.83	18.86	12.22	0.00	0.00	0.00	14.95	0.76	21.85	195.50	321.69	52.77	1.93	0.13	0.55
Lam and mutton	12.81	40.97	3.54	2.87	0.00	0.00	0.00	2.14	0.17	4.08	37.87	61.94	11.07	0.44	0.06	0.12
Fish and seafood	87.23	131.56	23.93	3.25	0.07	0.00	0.00	37.43	1.14	31.89	287.66	454.03	302.52	1.30	0.83	0.09
Processed meats	58.88	266.71	16.40	21.00	2.11	0.10	0.20	12.46	1.66	15.20	148.03	273.16	872.94	2.60	1.95	0.19
Other meats	8.08	19.82	2.80	0.88	0.00	0.00	0.00	27.54	0.08	3.68	40.12	37.27	48.42	0.10	0.00	0.00
Milk	48.71	58.03	3.12	3.01	4.65	0.00	4.21	110.76	0.04	10.32	87.93	144.38	43.75	0.38	0.55	0.04
Dairy products	61.73	224.61	12.66	16.29	7.08	0.03	5.30	308.38	0.24	18.13	249.32	163.01	388.84	1.50	0.17	0.05
Eggs	76.15	143.00	12.56	9.51	0.72	0.00	0.37	56.00	1.75	12.00	198.00	138.00	142.00	1.29	0.00	0.04
Refined grains	25.37	315.46	10.77	4.42	57.72	4.54	3.31	96.20	2.63	53.33	182.09	207.55	321.21	1.37	0.19	0.45
Whole grains	33.42	267.98	10.69	2.95	51.24	6.34	3.25	72.99	5.64	83.71	216.53	287.19	223.28	1.72	0.69	0.59
Legumes and pulses	38.21	245.21	15.16	2.57	42.07	11.29	6.88	40.67	3.51	51.51	200.21	522.36	47.09	2.12	9.35	0.44
Nuts and seeds	8.24	528.40	15.66	42.18	31.12	8.62	10.48	87.29	4.00	214.88	433.83	612.97	10.58	4.59	0.60	0.43
Fruits	84.21	56.29	0.76	0.35	14.23	2.19	9.77	16.29	0.20	12.35	15.83	192.92	1.22	0.10	22.86	0.04
Vegetables	90.64	32.60	1.39	0.27	6.97	1.86	3.05	24.61	0.61	17.26	33.32	239.71	50.45	0.24	15.17	0.06
Starchy vegetables	78.70	79.23	2.05	0.09	18.03	2.12	0.91	12.43	0.80	23.11	56.62	423.15	7.39	0.30	19.56	0.08
Oil and fats (plants)	0.00	884.30	0.00	100.00	0.00	0.00	0.00	0.02	0.01	0.00	0.00	0.02	0.05	0.00	0.00	0.00
Oil and fats (animal)	0.00	901.98	0.00	100.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.11	0.00	0.00
Stimulants	0.33	42.69	0.99	0.57	8.91	0.14	2.78	22.63	0.67	36.68	19.19	223.84	35.57	0.02	0.50	0.00

Sweet, candies and sugar	10.76	354.91	1.01	3.53	82.70	0.58	77.94	24.72	0.27	8.91	28.46	53.50	19.60	0.18	0.85	0.01
Snacks	2.20	522.00	6.70	34.40	53.30	3.40	0.22	18.00	2.27	64.00	172.00	1,237.00	633.00	0.99	47.30	0.10
Spices	10.31	276.55	10.65	6.83	63.96	36.95	3.27	1,004.53	25.93	235.55	203.26	1,336.82	51.99	2.62	6.10	0.19
Salt	10.04	306.62	14.61	16.40	48.25	28.37	5.88	489.12	30.29	206.45	352.69	1,907.11	2,152.41	4.43	2.55	0.35
Dressings	50.66	377.58	1.14	37.96	7.06	0.71	5.65	16.76	0.47	5.92	20.95	118.29	480.40	0.13	0.44	0.03
Other foods	11.56	346.01	9.17	14.32	45.74	1.25	14.16	73.76	2.75	28.70	156.08	296.76	8,114.09	1.27	0.35	0.47
Sugar-free drinks	100.00	0.00	0.00	0.00	0.00	0.00	0.00	17.00	0.00	0.00	0.00	0.00	4.00	0.00	0.00	0.00
SSBs	87.40	43.46	0.02	0.23	10.80	0.01	10.29	2.24	0.03	2.38	8.12	11.46	4.13	0.08	1.62	0.00
Alcoholic beverages	90.04	58.29	0.24	0.01	3.29	0.01	0.76	5.57	0.14	8.28	15.17	59.39	3.75	0.05	0.04	0.00

Source: own elaboration

TABLE S2. Nutrients per 100 grams per food group. Part II

	Riboflavin	Niacin	Vitamin B-6	Folate	Vitamin B-12	Vitamin A	Vitamin E	Vitamin D	Vitamin K
	mg	mg	mg	mg	mg	mg	mg	mg	mg
Beef	0.00	4.46	0.40	11.75	3.61	125.96	0.21	0.12	1.40
Poultry	0.00	6.74	0.30	7.08	0.33	43.81	0.51	0.14	3.93
Pork	0.06	5.49	112.84	1.70	0.33	2.13	0.14	0.43	0.02
Lam and mutton	0.05	0.92	97.87	0.58	0.13	0.19	0.02	0.14	0.00
Fish and seafood	0.10	9.40	303.37	8.93	2.37	21.17	0.90	2.36	1.57
Processed meats	0.10	4.66	137.48	3.37	1.23	11.35	0.34	0.60	1.64
Other meats	0.02	0.90	14.12	0.47	0.65	6.53	0.25	2.49	0.01
Milk	0.16	82.24	36.31	4.65	0.41	39.69	0.06	1.22	0.24
Dairy products	0.27	191.04	67.14	5.13	0.98	102.17	0.27	0.25	0.99
Eggs	0.46	75.00	170.00	47.00	0.89	160.00	1.05	2.00	0.30
Refined grains	0.21	4,681.16	186.41	113.66	0.02	0.77	1.23	0.00	4.98
Whole grains	0.34	7,093.45	184.27	63.90	0.00	1.04	1.08	0.00	4.39
Legumes and pulses	0.17	1,820.32	287.26	290.60	0.00	33.36	0.36	0.00	17.14
Nuts and seeds	0.37	4,148.33	258.56	56.38	0.00	8.10	3.86	0.00	18.76
Fruits	0.04	371.30	116.60	14.94	0.00	14.92	0.21	0.00	1.46
Vegetables	0.05	660.35	124.91	21.50	0.00	154.68	0.48	0.00	39.47
Starchy vegetables	0.03	1,069.27	294.80	15.18	0.00	13.76	0.02	0.00	2.02
Oil and fats (plants)	0.00	0.00	0.00	0.00	0.00	0.00	39.89	0.00	7.02
Oil and fats (animal)	0.00	0.00	0.00	0.00	0.00	0.00	2.49	0.92	0.00
Stimulants	0.00	1.78	0.00	0.00	0.00	0.40	0.00	0.00	0.12
Sweet, candies and sugar	0.07	99.36	14.93	2.57	0.07	21.40	0.24	0.09	0.44
Snacks	0.12	4,785.00	320.00	40.00	0.00	0.00	9.11	0.00	22.10
Spices	0.41	3,754.24	773.23	132.56	0.00	186.49	14.63	0.00	362.50
Salt	0.78	9,741.11	1,654.76	23.23	0.00	1,107.30	28.92	0.00	79.14
Dressings	0.02	88.86	14.04	3.17	0.06	9.19	1.71	0.10	81.57
Other foods	0.35	4,219.38	86.14	159.95	0.10	0.00	0.51	0.00	2.74
Sugar-free drinks	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
SSBs	0.00	0.01	0.00	0.14	0.00	0.30	0.00	0.01	0.03
Alcoholic beverages	0.01	59.51	19.36	0.36	0.00	0.00	0.00	0.00	0.00

Source: own elaboration

TABLE S2. Nutrients per 100 grams per food group. Part III

	Saturated fatty acids	Monounsaturated fatty acids	Polyunsaturated fatty acids	EPA	DHA	Trans fatty acids	Cholesterol
	grs	grs	mg	mg	mg	grs	mg
Beef	5.90	6.38	479.15	4.08	0.55	151.08	71.52
Poultry	4.22	7.15	2,215.45	7.36	20.96	65.95	67.87
Pork	4.06	5.22	945.22	0.16	0.49	46.75	67.02
Lam and mutton	0.97	1.17	0.39	0.00	0.00	6.60	13.40
Fish and seafood	0.56	0.94	813.23	191.58	355.47	0.66	42.69
Processed meats	7.50	9.77	376.62	0.58	0.73	30.34	74.61
Other meats	0.12	0.24	211.62	61.48	88.90	4.75	9.38
Milk	1.81	0.83	127.76	0.00	0.00	0.00	10.27
Dairy products	9.51	4.80	772.34	2.28	2.36	350.76	47.96
Eggs	3.13	3.66	1,911.00	0.00	58.00	38.00	372.00
Refined grains	0.98	1.20	1,521.70	0.46	0.00	45.70	1.70
Whole grains	0.52	0.61	1,292.35	0.35	0.00	7.09	0.00
Legumes and pulses	0.29	0.55	1,182.21	0.00	0.00	0.00	0.00
Nuts and seeds	6.23	24.63	10,217.16	5.48	0.00	20.08	0.00
Fruits	0.06	0.13	75.09	0.00	0.00	0.00	0.00
Vegetables	0.05	0.05	96.60	0.00	0.00	0.00	0.00
Starchy vegetables	0.03	0.00	42.00	0.00	0.00	0.00	0.00
Oil and fats (plants)	10.02	82.24	5,038.41	0.00	0.00	1.36	0.00
Oil and fats (animal)	48.55	42.15	4,887.02	0.00	0.00	0.00	107.37
Stimulants	0.00	0.00	0.01	0.00	0.00	0.01	0.00
Sweet, candies and sugar	2.01	1.02	180.63	0.00	0.00	0.00	12.02
Snacks	8.88	6.16	17,900.00	0.00	0.00	0.00	0.00
Spices	1.63	2.45	2,031.55	0.00	0.00	0.00	0.00
Salt	2.22	6.08	6,754.47	0.00	0.00	0.00	0.00
Dressings	5.86	8.52	22,356.43	0.00	0.00	93.82	20.97
Other foods	11.13	1.52	776.86	0.00	0.00	334.72	4.37
Sugar-free drinks	0.00	0.00	0.00	0.00	0.00	0.00	0.00
SSBs	0.00	0.00	4.53	0.00	0.00	0.00	0.00
Alcoholic beverages	0.00	0.00	0.00	0.00	0.00	0.00	0.00

Source: own elaboration

TABLE S3. Classification of the food items from the 2017/2018 National Survey of Household Income and Expenditure (NSHIE) for environmental dimension assessment.

Food items (Spanish)	Food items (English)	Classification	Unit	Average	Improved income
Aguja	Needle	Beef	g/d	3.21	3.22
Asado	Roast	Beef	g/d	14.64	25.68
Bife ancho	Wide steak	Beef	g/d	4.34	6.99
Bife angosto	Tenderloin steak	Beef	g/d	8.60	9.94
Bife de chorizo	Sausage steak	Beef	g/d	0.66	1.14
bola de lomo	Tenderloin steak	Beef	g/d	7.01	8.42
Carnaza común	Ground beef	Beef	g/d	2.99	2.19
Carne picada	Minced meat	Beef	g/d	23.17	25.13
Cuadrada	Square	Beef	g/d	2.77	3.17
Cuadril	Rump	Beef	g/d	4.18	7.36
Falda	Skirt	Beef	g/d	1.55	1.98
Hueso con carne	Bone with meat	Beef	g/d	7.86	6.91
Hueso sin carne	Bone without meat	Beef	g/d	1.24	1.89
Lomo	Loin	Beef	g/d	1.28	2.00
Matambre - cima	Sausage - top	Beef	g/d	1.13	1.76
Nalga	Buttock	Beef	g/d	9.75	14.74
Paleta	Shoulder	Beef	g/d	3.94	6.28
Palomita	Dove	Beef	g/d	0.29	0.75
Peceto	Beefsteak	Beef	g/d	1.38	2.63
Roast beef	Roast beef	Beef	g/d	1.71	1.85
Vacío	Beef	Beef	g/d	3.35	4.18
Otros cortes	Other cuts	Beef	g/d	3.44	4.48
Hígado	Liver	Beef	g/d	1.53	1.52
Lengua de vaca	Beef tongue	Beef	g/d	0.19	0.36
Mondongo	Tripe	Beef	g/d	0.49	0.43
Riñón	Kidney	Beef	g/d	0.13	0.17
Otras achuras y menudencias vacunas	Other beef offal and giblets	Beef	g/d	0.65	0.53
Hamburguesas para cocinar (semipreparados)	Hamburgers for cooking (semi-prepared)	Beef	g/d	3.32	5.20
Milanasas para cocinar (semipreparados)	Breaded meat for cooking (semi-prepared)	Beef	g/d	8.40	19.26
Otros alimentos semipreparados en base a carne para cocinar	Other semi-prepared meat-based foods for cooking	Beef	g/d	0.20	0.29
Surtidos de carne fresca vacuna	Assortments of fresh beef	Beef	g/d	3.59	4.79
Carnes en conserva, escabeches	Canned meats, pickled meats	Beef	g/d	0.01	0.00
Otras pastas de carne	Other meat pastes	Beef	g/d	0.04	0.03
Salchicha criolla	Creole sausage	Beef	g/d	0.27	0.40
Salchicha tipo viena con y sin piel	Vienna-type sausage with and without skin	Beef	g/d	0.58	0.75
Otros embutidos frescos	Other fresh sausages	Beef	g/d	0.06	0.08
Surtidos de embutidos frescos	Assortments of fresh sausages	Beef	g/d	0.03	0.01
Matambre (fiambre)	Matambre (cold meat)	Beef	g/d	0.04	0.05
Salchichón	Salami	Beef	g/d	0.07	0.05
Otros fiambres	Other cold cuts	Beef	g/d	0.19	0.31
Surtidos de fiambres	Assortments of cold cuts	Beef	g/d	0.90	1.33
Picadillo de carne en lata	Canned minced meat in cans	Beef	g/d	1.08	0.37
Surtidos de procesados en base a carne	Assortments of processed meat products	Beef	g/d	0.00	0.00
Pollo entero, medio pollo	Whole chicken, half chicken	Chicken	g/d	35.64	43.47
Pollo trozado	Chicken cut in pieces	Chicken	g/d	30.79	33.05
Otras aves	Other poultry	Chicken	g/d	0.15	1.21
Menudencias de ave	Poultry offal	Chicken	g/d	3.85	2.51

Hamburguesas de pollo	Chicken hamburgers	Chicken	g/d	0.74	1.22
Supremas de pollo rebozadas	Assorted poultry meat	Chicken	g/d	18.00	19.30
Preparados de pollo: Formitas, patitas, etc.	Chicken preparations: formites, paws, etc.	Chicken	g/d	0.64	1.21
Otros alimentos semipreparados en base a pollo para cocinar	Other semi-prepared chicken-based food for cooking	Chicken	g/d	0.31	0.60
Surtidos de carne de ave	Assorted poultry meat	Chicken	g/d	0.13	0.23
Paté de foie - ave en lata	Canned poultry and foie gras pâté	Chicken	g/d	0.12	0.25
Salchicha tipo viena con y sin piel	Vienna-type sausage with and without skin	Chicken	g/d	0.58	0.75
Otros embutidos frescos	Other fresh sausages	Chicken	g/d	0.06	0.08
Surtidos de embutidos frescos	Assortments of fresh sausages	Chicken	g/d	0.03	0.01
Salchichón	Salami	Chicken	g/d	0.07	0.05
Surtidos de fiambres	Assortments of cold cuts	Chicken	g/d	0.90	1.33
Picadillo de carne en lata	Canned minced meat in cans	Chicken	g/d	1.08	0.37
Surtidos de procesados en base a carne	Assortments of processed meat products	Chicken	g/d	0.00	0.00
Lechón entero o medio	Whole or half suckling pig	Pork	g/d	0.72	0.16
Costeleta - chuleta de cerdo	Pork cutlet - pork chop	Pork	g/d	2.97	5.02
Paleta de cerdo	Pork shoulder	Pork	g/d	0.41	0.40
Lomo cerdo	Pork loin	Pork	g/d	0.18	0.33
Carré de cerdo	Pork rump	Pork	g/d	0.64	1.65
Pechito de cerdo	Pork brisket	Pork	g/d	0.68	0.98
Otros cortes de carne porcina	Other pork cuts	Pork	g/d	1.61	3.28
Achuras y menudencias, porcinas y ovinas	Offal and giblets, pork and sheep meat	Pork	g/d	0.14	0.07
Otros alimentos semipreparados en base a carne porcina u ovina	Other semi-prepared foods based on pork or sheep meat	Pork	g/d	0.17	0.33
Chorizo fresco	Fresh chorizo sausage	Pork	g/d	5.78	7.35
Morcilla	Blood sausage	Pork	g/d	0.90	1.38
Bondiola	Bondiola	Pork	g/d	0.06	0.17
Jamón cocido	Cooked ham	Pork	g/d	2.03	3.04
Jamón crudo	Raw ham	Pork	g/d	0.15	0.22
Lomito	Tenderloin	Pork	g/d	0.05	0.14
Mortadela	Mortadella	Pork	g/d	0.61	0.90
Paleta (fiambre)	Shoulder (cold meat)	Pork	g/d	1.20	1.63
Panceta fresca, salada, ahumada	Fresh, salted, smoked bacon	Pork	g/d	0.08	0.17
Salame	Salami	Pork	g/d	0.57	0.88
Salamín	Salami	Pork	g/d	0.24	0.45
Salchicha criolla	Creole sausage	Pork	g/d	0.27	0.40
Salchicha tipo viena con y sin piel	Vienna-type sausage with and without skin	Pork	g/d	0.58	0.75
Otros embutidos frescos	Other fresh sausages	Pork	g/d	0.06	0.08
Surtidos de embutidos frescos	Assortments of fresh sausages	Pork	g/d	0.03	0.01
Matambre (fiambre)	Matambre (cold meat)	Pork	g/d	0.04	0.05
Salchichón	Salami	Pork	g/d	0.07	0.05
Otros fiambres	Other cold cuts	Pork	g/d	0.19	0.31
Surtidos de fiambres	Assortments of cold cuts	Pork	g/d	0.90	1.33
Picadillo de carne en lata	Canned minced meat in cans	Pork	g/d	1.08	0.37
Surtidos de procesados en base a carne	Assortments of processed meat products	Pork	g/d	0.00	0.00
Ovino y caprino, entero o por corte	Sheep and goat, whole or by cuts	Lamb and mutton	g/d	1.47	2.28
Surtidos de carne porcina u ovina	Assorted pork and mutton products	Lamb and mutton	g/d	0.13	0.32
Other meats	Other fresh or frozen meats	Other meats	g/d	0.27	0.97
Atún - lomo de atún- salmón- congrio	Tuna - tuna loin - salmon - conger eel	Fish and seafood	g/d	0.16	0.20

Brótola- lenguado	Forkbeard - sole	Fish and seafood	g/d	0.05	0.12
Merluza	Hake	Fish and seafood	g/d	2.25	4.66
Pejerrey	Silverside	Fish and seafood	g/d	0.06	0.11
Surubí	Surubí	Fish and seafood	g/d	0.08	0.03
Otros pescados de mar	Other sea fish	Fish and seafood	g/d	1.01	0.51
Otros pescados de río	Other river fish	Fish and seafood	g/d	0.82	0.82
Almejas, berberechos, mejillones, cholgas, vieiras	Clams, cockles, mussels, mussels, scallops, scallops	Fish and seafood	g/d	0.06	0.11
Calamares	Squid	Fish and seafood	g/d	0.06	0.08
Langostinos y camarones	Shrimps and prawns	Fish and seafood	g/d	0.04	0.04
Otros mariscos	Other seafood	Fish and seafood	g/d	0.02	0.01
Filet preparado para cocinar	Ready-to-cook fillets	Fish and seafood	g/d	0.22	0.25
Semipreparados congelados en base a pescado y mariscos	Frozen semi-prepared fish and seafood-based products	Fish and seafood	g/d	0.48	1.40
Surtidos de pescados y mariscos frescos, congelados y semipreparados	Assortments of fresh, frozen and semi-prepared fish, and shellfish	Fish and seafood	g/d	0.12	0.58
Atún en conserva	Canned tuna	Fish and seafood	g/d	1.21	1.94
Caballa en conserva	Canned mackerel	Fish and seafood	g/d	0.26	0.43
Filet de anchoas	Anchovy fillets	Fish and seafood	g/d	0.15	0.03
Mariscos en conserva	Canned seafood	Fish and seafood	g/d	0.01	0.01
Sardinias en conserva	Canned sardines	Fish and seafood	g/d	0.04	0.09
Otras conservas de pescado	Other canned fish	Fish and seafood	g/d	0.03	0.07
Surtidos de pescados y mariscos en conserva	Assortments of canned fish and shellfish	Fish and seafood	g/d	0.03	0.01
Leche común entera	Regular whole milk	Fresh milk	mlk-eq/d	45.44	65.84
Leche común descremada	Regular skim milk	Fresh milk	mlk-eq/d	10.89	20.29
Leche larga vida entera	Whole long-life milk	Long-life milk	mlk-eq/d	12.60	20.97
Leche larga vida descremada	Long-life skim milk	Long-life milk	mlk-eq/d	4.21	5.50
Leche en polvo entera o descremada	Powdered whole or skimmed milk powder	Milk powder	mlk-eq/d	6.88	3.24
Leches preparadas con aditamentos	Prepared milk with additives	Chocolate or flavored milk	mlk-eq/d	1.49	2.21
Otras leches fluidas	Other fluid milk	Chocolate or flavored milk	mlk-eq/d	0.01	0.00
leche en polvo fortificada para lactantes	Fortified powdered milk for infants	Milk powder	mlk-eq/d	0.09	0.30
leche en fluida fortificada para lactantes	Fortified fluid milk for infants	Long-life milk	mlk-eq/d	0.01	0.00
Queso crema para untar	Cream cheese spreads	Very soft cheeses	mlk-eq/d	3.70	4.38
Queso de máquina	Machine cheese	Semi-hard cheeses	mlk-eq/d	4.10	4.68
Queso doble crema - cuartirolo	Heavy cream cheese -	Soft cheeses	mlk-	11.58	16.61

	cuartirolo		eq/d		
Queso fontina - gouda - chubut - edan - fymbo	fontina - gouda - chubut - edan - fymbo cheese	Semi-hard cheeses	mlk-eq/d	0.18	0.28
Queso fundido	Processed cheese	Very soft cheeses	mlk-eq/d	0.01	0.01
Queso paté-gras - mar del plata	Pate-gras cheese - mar del plata	Soft cheeses	mlk-eq/d	0.30	0.45
Queso port salut	Port salut cheese	Soft cheeses	mlk-eq/d	0.70	1.19
Queso para rallar	Cheese for grating	Hard cheeses	mlk-eq/d	0.92	1.63
Queso rallado	Grated cheese	Hard cheeses	mlk-eq/d	0.95	1.53
Muzzarella	Mozzarella	Soft cheeses	mlk-eq/d	0.75	1.44
Ricota	Ricotta	Yogurts and fermented milks	mlk-eq/d	0.18	0.37
Otros quesos	Other cheeses	Yogurts and fermented milks	mlk-eq/d	0.29	0.42
Surtidos de quesos	Assorted cheeses	Yogurts and fermented milks	mlk-eq/d	0.10	0.23
Crema de leche	Milk cream	Cream	mlk-eq/d	2.50	2.51
Yogur natural o saborizado	Butter	Yogurts and fermented milks	mlk-eq/d	21.75	29.96
Yogur con aditamentos	Natural or flavored yogurt	Yogurts and fermented milks	mlk-eq/d	0.61	1.02
Dulce de leche	Yogurt with additives	Dulce de leche	mlk-eq/d	2.48	4.04
Postres lácteos	Dulce de leche	Dairy desserts	mlk-eq/d	1.13	2.15
Otros productos lácteos	Dairy desserts	Dairy desserts	mlk-eq/d	0.01	0.01
Surtidos de productos lácteos	Assortments of dairy products	Dairy desserts	mlk-eq/d	0.05	0.09
Manteca	Butter	Butter	mlk-eq/d	1.48	2.38
Huevos de gallina	Chicken eggs	Eggs	mlk-eq/d	16.89	21.68
Otros huevos	Other eggs	Eggs	g/d	0.04	0.09
Avena	Semolina and semolina	Cereals	g/d	0.39	0.68
Cereales en grano	Grain cereals	Cereals	g/d	1.02	0.95
Cereales inflados	Puffed cereals	Cereals	g/d	1.05	1.85
Féculas	Starch	Cereals	g/d	0.33	0.56
Harina de maíz	Corn flour	Cereals	g/d	3.08	3.16
Harina de trigo	Wheat flour	Cereals	g/d	24.70	24.36
Mezcla de harina para pizza, ñoquis, torta frita	Flour mix for pizza, gnocchi, and torta frita	Cereals	g/d	0.90	1.36
Mezcla de cereales y fibras o frutas	Cereal and fiber or fruit mix	Cereals	g/d	0.07	0.16
Sémola y semolín	Semolina and semolina	Cereals	g/d	0.43	0.58
Harinas integrales	Whole grain flours	Cereals	g/d	0.28	0.47
Otras harinas, cereales y fibras	Other flours, cereals, and fibers	Cereals	g/d	0.06	0.12
Surtidos de harinas, arroz, cereales y fibras	Assortments of flours, rice, cereals and fibers	Cereals	g/d	0.10	0.00
Choclo fresco	Fresh corn	Cereals	g/d	2.12	2.10
Choclo en conserva	Canned corn	Cereals	g/d	0.78	1.43
Arroz blanco	White rice	Rice	g/d	25.04	26.77

Arroz integral	Brown rice	Rice	g/d	0.35	0.52
Otros arroces con aditamentos	Other rice with additions	Rice	g/d	0.03	0.03
Fideos de arroz	Rice noodles	Rice	g/d	0.02	0.01
Facturas y churros	Bills and churros	Baked products	g/d	2.57	4.57
Galletas, grisines y tostadas	Cookies, breadsticks, and toast	Baked products	g/d	1.56	2.91
Galletitas de agua envasadas	Packaged water crackers	Baked products	g/d	5.48	9.36
Galletitas de agua sueltas	Loose water crackers	Baked products	g/d	0.29	0.42
Galletitas dulces envasadas	Packaged sweet cookies	Baked products	g/d	9.92	16.50
Galletitas dulces sueltas	Loose sweet cookies	Baked products	g/d	0.23	0.50
Galletitas de otro tipo	Other types of cookies	Baked products	g/d	1.72	3.25
Masas secas o finas	Dry or thin doughs	Baked products	g/d	0.16	0.36
Pan envasado en rebanadas blanco	Packaged white sliced bread	Baked products	g/d	1.67	2.97
Pan envasado en rebanadas integral	Whole wheat sliced packaged bread	Baked products	g/d	3.40	2.04
Pan tipo francés fresco en piezas	Fresh whole wheat bread in pieces	Baked products	g/d	95.07	82.54
Pan integral fresco en piezas	Fresh French-type bread in pieces	Baked products	g/d	1.12	1.55
Pan para hamburguesas - pebetes - panchos	Bread for hamburgers - pebetes - hot dogs	Baked products	g/d	1.28	2.27
Pan rallado	Breadcrumbs	Baked products	g/d	3.04	3.78
Pancitos, bollitos, figazzitas saborizados	Bread rolls, buns, flavored figazzitas	Baked products	g/d	0.22	0.25
Panes y panecillos frescos de otro tipo	Other fresh bread and rolls	Baked products	g/d	6.98	8.19
Panes y panecillos precocidos y congelados	Pre-baked and frozen bread and rolls	Baked products	g/d	0.11	0.18
Pan blanco de molde por pieza	White sliced bread by piece	Baked products	g/d	0.63	0.72
Tortas, tartas, pan dulce	Cakes, pies, sweet bread	Baked products	g/d	1.65	3.36
Otros productos de panadería y repostería	Other bakery and confectionery products	Baked products	g/d	1.43	1.07
Surtidos de productos de panadería y pastelería	Assortments of bakery and pastry products	Baked products	g/d	1.93	1.42
Pizzas preparadas sin cocinar	Prepared uncooked pizzas	Baked products	g/d	0.28	0.36
Pre-pizza	Pre-pizza	Baked products	g/d	3.72	4.98
Rapiditas, fajitas, etc.	Rapiditas, fajitas, etc.	Baked products	g/d	0.10	0.15
Canelones	Cannelloni	Pasta	g/d	0.05	0.07
Empanadas preparadas sin cocinar	Prepared uncooked pies	Pasta	g/d	0.06	0.12
Fideos frescos	Fresh noodles	Pasta	g/d	1.33	2.19
Fideos secos	Dried noodles	Pasta	g/d	25.50	29.06
Ñoquis frescos	Fresh gnocchi	Pasta	g/d	0.55	1.21
Pastas deshidratadas con y sin relleno	Dehydrated pasta with and without filling	Pasta	g/d	0.31	0.48
Ravioles frescos	Fresh ravioli	Pasta	g/d	3.45	5.60
Tapas frescas para canelones, panqueques, lasagnas, etc.	Fresh toppings for cannelloni, pancakes, lasagna, etc.	Pasta	g/d	0.03	0.08
Tapas frescas para empanadas y pastelitos	Fresh covers for empanadas and pastries	Pasta	g/d	2.98	4.61

Tapas frescas para tartas	Fresh covers for pies	Pasta	g/d	2.13	3.38
Otras pastas frescas rellenas, tortelletis, fideos rellenos, panzotitis, agnolottis, capellettis, sorrentinos, etc.	Other fresh stuffed pasta, tortelletis, stuffed noodles, panzotitis, agnolottis, capellettis, sorrentinos.	Pasta	g/d	0.58	1.48
Otros alimentos semipreparados en base a pastas	Other semi-prepared pasta-based foods	Pasta	g/d	0.02	0.06
Surtidos de pastas	Assortments of pasta	Pasta	g/d	0.03	0.04
Arvejas frescas	Fresh peas	Legumes and pulses	g/d	0.27	0.24
Chauchas frescas	Fresh string beans	Legumes and pulses	g/d	0.38	0.55
Legumbres congeladas	Other fresh legumes	Legumes and pulses	g/d	0.03	0.03
Milanesa de soja	Soybean Milanese	Legumes and pulses	g/d	0.07	0.10
Arvejas secas	Dried peas	Legumes and pulses	g/d	0.40	0.64
Lentejas secas	Dried lentils	Legumes and pulses	g/d	0.11	0.10
Porotos secos	Dried beans	Legumes and pulses	g/d	0.84	1.76
Otras legumbres secas	Other dried pulses	Legumes and pulses	g/d	0.38	0.50
Arvejas en conserva	Canned peas	Legumes and pulses	g/d	0.07	0.06
Lentejas en conserva	Canned lentils	Legumes and pulses	g/d	1.62	2.31
Porotos en conserva	Canned beans	Legumes and pulses	g/d	0.19	0.32
Otras legumbres en conserva	Other canned pulses	Legumes and pulses	g/d	0.05	0.15
Semillas	Seeds	Nuts and seeds	g/d	0.05	0.08
Frutas secas	Dried fruits	Nuts and seeds	g/d	0.12	0.24
Ciruelas disecadas	Dried plums	Nuts and seeds	g/d	0.38	0.45
Pasas de uva	Raisins	Nuts and seeds	g/d	0.04	0.19
Ananá	Pineapple	Fruits	g/d	0.09	0.11
Banana	Banana	Fruits	g/d	0.51	0.75
Cerezas, guindas frescas	Cherries, fresh cherries	Fruits	g/d	21.18	30.76
Ciruela	Plum	Fruits	g/d	0.34	0.68
Damasco	Apricot	Fruits	g/d	1.03	1.72
Durazno	Peach	Fruits	g/d	0.20	0.12
Frutillas frescas	Fresh strawberries	Fruits	g/d	2.66	5.52
Kiwi fresco	Fresh kiwi	Fruits	g/d	1.06	1.62
Limón	Lemon	Fruits	g/d	0.37	0.70
Mandarina	Tangerine	Fruits	g/d	4.00	5.44
Manzana	Apple	Fruits	g/d	7.53	10.95
Melón fresco	Fresh melon	Fruits	g/d	13.42	20.70
Naranja	Orange	Fruits	g/d	1.24	1.58
Palta fresca	Fresh avocado	Fruits	g/d	15.74	22.03
Pelón fresco	Fresh peel	Fruits	g/d	0.88	1.53
Pera	Pear	Fruits	g/d	0.31	0.66
Pomelo fresco	Fresh grapefruit	Fruits	g/d	3.20	5.27
Sandía fresca	Fresh watermelon	Fruits	g/d	0.90	1.48
Uva fresca	Fresh grapes	Fruits	g/d	3.76	6.23
Otras frutas frescas	Other fresh fruits	Fruits	g/d	1.68	2.50
Frutas congeladas	Frozen fruits	Fruits	g/d	0.17	0.35

Surtidos de frutas frescas o congeladas	Assortments of fresh or frozen fruits	Fruits	g/d	0.00	0.00
Ananá en almíbar o en conserva	Pineapple in syrup or preserved	Fruits	g/d	4.43	6.64
Duraznos en almíbar o en conserva	Peaches in syrup or canned peaches	Fruits	g/d	0.13	0.15
Ensalada de frutas en almíbar o en conserva	Fruit salad in syrup or preserves	Fruits	g/d	1.97	3.87
Otras frutas en conserva	Other canned fruits	Fruits	g/d	0.20	0.31
Otras frutas desecadas	Other dried fruits	Fruits	g/d	0.09	0.07
Surtidos de frutas procesadas, secas o en conserva	Assortments of processed, dried or canned fruits	Fruits	g/d	0.03	0.23
Acelga	Chard	Vegetables	g/d	0.04	0.04
Ají fresco	Fresh chili	Vegetables	g/d	4.85	7.32
Ajo	Garlic	Vegetables	g/d	4.68	5.44
Albahaca, perejil fresco	Basil, fresh parsley	Vegetables	g/d	0.10	0.15
Alcauciles	Artichokes	Vegetables	g/d	0.08	0.08
Apio, hinojo fresco	Celery, fresh fennel	Vegetables	g/d	0.05	0.04
Berenjenas frescas	Fresh eggplant	Vegetables	g/d	0.58	0.77
Cebolla común fresca	Fresh onion	Vegetables	g/d	1.38	1.96
Cebolla de verdeo, puerro fresco	Green onion, fresh leek	Vegetables	g/d	31.91	35.53
Coliflor, brócoli fresco	Cauliflower, fresh broccoli	Vegetables	g/d	0.84	1.14
Espinaca fresca	Fresh spinach	Vegetables	g/d	0.65	1.15
Hongos	Mushrooms	Vegetables	g/d	0.93	1.56
Lechuga fresca	Fresh lettuce	Vegetables	g/d	0.07	0.07
Pepino fresco	Fresh cucumber	Vegetables	g/d	8.43	11.53
Rabanitos	Radishes	Vegetables	g/d	0.54	0.72
Radicheta, radicha, rúcula fresca	Fresh radicchio, radicha, fresh arugula	Vegetables	g/d	0.06	0.19
Remolacha fresca	Fresh beet	Vegetables	g/d	0.39	0.79
Repollo fresco	Fresh cabbage	Vegetables	g/d	1.06	1.60
Tomate perita fresco	Fresh pear tomato	Vegetables	g/d	1.26	1.54
Tomate redondo fresco	Fresh round tomato	Vegetables	g/d	18.54	21.08
Tomate Cherry	Cherry tomato	Vegetables	g/d	18.42	25.51
Verdurita, jardinera, ensaladas varias frescas	Baby greens, garden vegetables, various fresh salads	Vegetables	g/d	0.41	0.70
Zanahoria fresca	Fresh carrot	Vegetables	g/d	0.04	0.09
Zapallitos frescos	Fresh zucchini	Vegetables	g/d	14.14	18.26
Zapallo fresco	Fresh pumpkin	Vegetables	g/d	5.20	8.03
Otras verduras y tubérculos frescos	Other fresh vegetables and tubers	Vegetables	g/d	14.02	17.68
Aceitunas	Olives	Vegetables	g/d	0.50	0.96
Verduras congeladas	Frozen vegetables	Vegetables	g/d	0.26	0.40
Semipreparados frescos o congeladas en base a verduras para cocinar	Semi-prepared fresh or frozen vegetable-based products for cooking	Vegetables	g/d	0.11	0.07
Surtidos de verduras, tubérculos y legumbres frescas o congeladas	Assortments of fresh or frozen vegetables, root vegetables and legumes	Vegetables	g/d	12.26	22.00
Tomates en conserva	Canned tomatoes	Vegetables	g/d	18.01	15.93
Verduras en conserva	Canned vegetables	Vegetables	g/d	0.36	0.57
Polvo para puré zapallo deshidratado	Dehydrated pumpkin purée powder	Vegetables	g/d	0.00	0.00
Otras verduras deshidratadas	Other dehydrated vegetables	Vegetables	g/d	0.01	0.00
Surtidos de verduras, tubérculos y legumbres secas o en conservas y derivadas	Assortments of dried or canned vegetables, tubers and pulses and by-products	Vegetables	g/d	0.24	0.49
Batata fresca	Fresh sweet potato	Starchy vegetables	g/d	2.56	3.71

Mandioca fresca	Fresh cassava	Starchy vegetables	g/d	1.26	0.83
Papa fresca	Fresh potatoes	Starchy vegetables	g/d	91.08	96.70
Papas y otros tubérculos congelados	Potatoes and other frozen tubers	Starchy vegetables	g/d	0.47	1.04
Polvo para puré de papa o batata deshidratado	Dehydrated mashed potato or sweet potato powder	Starchy vegetables	g/d	0.32	0.56
Aceite mezcla	Blended oil	Vegetable oil and fats	g/d	3.87	4.63
Aceite de girasol	Sunflower oil	Vegetable oil and fats	g/d	19.53	26.78
Aceite de maíz	Corn oil	Vegetable oil and fats	ml/d	0.46	0.71
Aceite de oliva	Olive oil	Vegetable oil and fats	ml/d	0.55	0.94
Aceite de soja	Soybean oil	Vegetable oil and fats	ml/d	0.06	0.28
Otros aceites	Other oils	Vegetable oil and fats	ml/d	0.02	0.00
Surtidos de aceites	Assortments of oils	Vegetable oil and fats	ml/d	0.02	0.00
Margarina	Margarine	Vegetable oil and fats	ml/d	0.24	0.51
Surtidos de aceites		Vegetable oil and fats	ml/d	0.015	0
Margarina		Vegetable oil and fats	g/d	0.239	0.51

Source: own elaboration

TABLE S4. Coefficient factor for mass changes (farm gate weight to retail weight) and environmental indicators per kg of food at the farm gate. Part I

Food items	Coefficient factor FW-RW	GHG emissions	Fossil energy use	Land occupation	Cropland demand	Freshwater consumption	Eutrophication potential
	%	kg CO ₂ -eq/kg	MJ/kg	m ² /kg	m ² /kg	L/kg	g PO ₄ -eq/kg
Beef	72%	40.93	24.43	251.63	13.38	130.77	42.53
Poultry	75%	0.99	11.20	6.87	6.87	75.00	16.34
Pork	68%	2.24	16.11	9.86	9.86	238.67	16.33
Lamb and mutton	71%	35.80	22.65	127.80	0.00	189.57	352.87
Other meats	71%	35.80	22.65	127.80	0.00	189.57	352.87
Fish and seafood	51%	1.83	27.52	0.01	0.00	0.00	2.45
Dairy products	105%	1.14	2.57	2.98	1.59	25.00	11.98
Eggs	100%	1.32	9.67	6.20	6.20	57.00	12.07
Cereals (without rice)	65%	0.82	3.51	4.60	4.60	435.00	3.90
Rice	49%	1.68	7.85	1.80	1.80	448.00	10.00
Baked products	119.27 %	0.71	2.20	5.45	5.45	11.00	4.62
Pasta	59.21 %	0.71	2.20	5.45	5.45	11.00	4.62

Legumes and pulses	78%	0.22	2.31	4.30	4.30	33.00	2.50
Nuts and seeds	50%	2.01	27.33	0.33	0.33	852.00	3.62
Fruits	51%	0.18	1.38	0.40	0.40	239.00	10.00
Vegetables (outdoor)	51%	0.34	2.52	0.48	0.48	140.00	0.61
Starchy vegetables	63%	0.13	1.27	0.33	0.33	51.00	1.20
Oil crops	29%	1.72	17.78	10.70	10.70	11.00	18.36

Description

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2) Clark & Tilman, 2017: Clark, M., & Tilman, D. (2017). Comparative analysis of environmental impacts of agricultural production systems, agricultural input efficiency, and food choice. *Environmental Research Letters*, 12(6), 064016.

3) Mekonnen & Hoekstra, 2011: Mekonnen, M.M. & Hoekstra, A.Y. (2011) The green, blue and grey water footprint of crops and derived crop products, *Hydrology and Earth System Sciences*, 15(5): 1577-1600

4) Mekonnen & Hoekstra, 2012: Mekonnen, M. M., & Hoekstra, A. Y. (2012). A global assessment of the water footprint of farm animal products. *Ecosystems*, 15(3), 401-415.

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- 7) Poore, J., & Nemecek, T. (2018). Reducing food's environmental impacts through producers and consumers. *Science*, 360(6392), 987-992.
- 8) Gustavsson, J., Cederberg, C., Sonesson, U., et al. (2011). *Global food losses and food waste*. Food and Agriculture Organization. Rome, Italy.
- 9) Pernellet, F., Coelho, C. R., & van der Werf, H. M. (2017). Methods to simplify diet and food life cycle inventories: accuracy versus data-collection resources. *Journal of Cleaner Production*, 140, 410-420.

Source: own elaboration

TABLE S4. Coefficient factor for mass changes (farm gate weight to retail weight) and environmental indicators per kg of food at the farm gate. Part II

Food items	Coefficient factor FW-RW	GHG emisions	Fossil energy use	Land occupation	Cropland demand	Freshwater consumption	Eutrophication potential (*)
Beef	Poore & Nemecek, 2018	Arrieta et al., unpublished results	Arrieta et al., unpublished results	Arrieta et al., unpublished results	Arrieta et al., unpublished results	Mekonnen & Hoekstra, 2012	Röös et al., 2013
Poultry	Poore & Nemecek, 2018	Arrieta et al., unpublished results	Arrieta et al., unpublished results	Arrieta et al., unpublished results	Arrieta et al., unpublished results	Mekonnen & Hoekstra, 2012	Röös et al., 2013
Pork	Poore & Nemecek, 2018	Arrieta et al., unpublished results	Arrieta et al., unpublished results	Arrieta et al., unpublished results	Arrieta et al., unpublished results	Mekonnen & Hoekstra, 2012	Röös et al., 2013
Lamb and mutton	Poore & Nemecek, 2018	Clark & Tilman, 2017	Clark & Tilman, 2017	Clark & Tilman, 2017	Clark & Tilman, 2017	Mekonnen & Hoekstra, 2012	Clark & Tilman, 2017
Other meats	Poore & Nemecek, 2018	Clark & Tilman, 2017	Clark & Tilman, 2017	Clark & Tilman, 2017	Clark & Tilman, 2017	Mekonnen & Hoekstra, 2012	Clark & Tilman, 2017
Fish and seafood	Pernollet et al., 2017 + Gustvasson et al., 2011	Pernollet et al., 2017	Pernollet et al., 2017	Pernollet et al., 2017	Pernollet et al., 2017	Mekonnen & Hoekstra, 2012	Pernollet et al., 2017
Dairy products	Pernollet et al., 2017 + Gustvasson et al., 2011	Arrieta et al., unpublished results	Arrieta et al., unpublished results	Arrieta et al., unpublished results	Arrieta et al., unpublished results	Mekonnen & Hoekstra, 2012	Röös et al., 2013
Eggs	Pernollet et al., 2017 + Gustvasson et al., 2011	Arrieta et al., unpublished results	Arrieta et al., unpublished results	Arrieta et al., unpublished results	Arrieta et al., unpublished results	Mekonnen & Hoekstra, 2012	Röös et al., 2013
Cereals (without rice)	Pernollet et al., 2017 + Gustvasson et al., 2011	Clark & Tilman, 2017	Clark & Tilman, 2017	Clark & Tilman, 2017	Clark & Tilman, 2017	Mekonnen & Hoekstra, 2011	Clark & Tilman, 2017
Rice	Pernollet et al., 2017 +	Clark & Tilman,	Clark & Tilman,	Clark & Tilman, 2017	Clark & Tilman,	Mekonnen & Hoekstra, 2011	Clark & Tilman, 2017

	Gustvasson et al., 2011	2017	2017		2017		
Baked products	Pernollet et al., 2017 + Gustvasson et al., 2011	Clark & Tilman, 2017	Clark & Tilman, 2017	Clark & Tilman, 2017	Clark & Tilman, 2017	Mekonnen & Hoekstra, 2011	Clark & Tilman, 2017
Pasta	Pernollet et al., 2017 + Gustvasson et al., 2011	Clark & Tilman, 2017	Clark & Tilman, 2017	Clark & Tilman, 2017	Clark & Tilman, 2017	Mekonnen & Hoekstra, 2011	Clark & Tilman, 2017
Legumes and pulses	Pernollet et al., 2017 + Gustvasson et al., 2011	Clark & Tilman, 2017	Clark & Tilman, 2017	Clark & Tilman, 2017	Clark & Tilman, 2017	Mekonnen & Hoekstra, 2011	Clark & Tilman, 2017
Nuts and seeds	Pernollet et al., 2017 + Gustvasson et al., 2011	Bartzas et al., 2017	Bartzas et al., 2017	Bartzas et al., 2017	Bartzas et al., 2017	Mekonnen & Hoekstra, 2011	Bartzas et al., 2017
Fruits	Pernollet et al., 2017 + Gustvasson et al., 2011	Clark & Tilman, 2017	Clark & Tilman, 2017	Clark & Tilman, 2017	Clark & Tilman, 2017	Mekonnen & Hoekstra, 2011	Clark & Tilman, 2017
Vegetables (outdoor)	Pernollet et al., 2017 + Gustvasson et al., 2011	Clark & Tilman, 2017	Clark & Tilman, 2017	Clark & Tilman, 2017	Clark & Tilman, 2017	Mekonnen & Hoekstra, 2011	Clark & Tilman, 2017
Starchy vegetables	Pernollet et al., 2017 + Gustvasson et al., 2011	Clark & Tilman, 2017	Clark & Tilman, 2017	Clark & Tilman, 2017	Clark & Tilman, 2017	Mekonnen & Hoekstra, 2011	Clark & Tilman, 2017
Oil crops	Pernollet et al., 2017 + Gustvasson et al., 2011	Clark & Tilman, 2017	Clark & Tilman, 2017	Clark & Tilman, 2017	Clark & Tilman, 2017	Mekonnen & Hoekstra, 2011	Clark & Tilman, 2017

Description

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4) Mekonnen & Hoekstra, 2012: Mekonnen, M. M., & Hoekstra, A. Y. (2012). A global assessment of the water footprint of farm animal products. *Ecosystems*, 15(3), 401-415.

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9) Pernollet, F., Coelho, C. R., & van der Werf, H. M. (2017). Methods to simplify diet and food life cycle inventories: accuracy versus data-collection resources. *Journal of Cleaner Production*, 140, 410-420.

Source: own elaboration

TABLE S5. Monetary cost (in American dollars) per 100 grams per food group.

Food items	Unit	Cost
Beef	USD	0.52
Poultry	USD	0.33
Pork	USD	0.59
Lam and mutton	USD	0.63
Fish and seafood	USD	0.51
Processed meats	USD	0.44
Other meats	USD	0.42
Milk	USD	0.07
Dairy products	USD	0.37
Eggs	USD	0.29
Refined grains	USD	0.19
Whole grains	USD	0.22
Legumes and pulses	USD	0.21
Nuts and seeds	USD	0.75
Fruits	USD	0.16
Vegetables	USD	0.13
Starchy vegetables	USD	0.06
Oil and fats (plants)	USD	0.18
Oil and fats (animal)	USD	0.15
Stimulants	USD	0.34
Sweet, candies and sugar	USD	0.31
Snacks	USD	0.81
Spices	USD	0.96
Salt	USD	0.12
Dressings	USD	0.28
Other foods	USD	0.64
Sugar-free drinks	USD	0.04
SSBs	USD	0.10
Alcoholic beverages	USD	0.27

Source: own elaboration

TABLE S6. Food domestic supply in Argentina (average 2016-2018).

Food items	Total Production	Total Exports	Total Imports	Total Domestic supply	Domestic supply from imports
	tons/year	tons/year	tons/year	tons/year	
Alcohol, Non-Food	261.33	11.33	15.33	264.67	6%
Apples and products	476.00	136.33	5.67	388.33	1%
Aquatic Animals, Others	0.01	0.01	0.03	0.02	114%
Aquatic Plants	0.00	0.18	0.98	0.80	122%
Bananas	175.00	0.00	456.67	631.67	72%
Barley and products	4,580.33	3,417.33	5.00	871.67	1%
Beans	418.00	384.33	1.00	69.00	1%
Beer	1,866.67	58.67	56.67	1,781.00	3%
Beverages, Alcoholic	69.33	5.67	10.33	77.00	13%
Beverages, Fermented	3.67	15.33	0.00	-11.33	0%
Bovine Meat	2,851.67	344.33	5.67	2,515.67	0%
Butter, Ghee	34.00	5.33	0.33	29.67	1%
Cassava and products	192.67	0.00	7.00	200.00	4%
Cephalopods	86.13	66.49	1.20	20.85	6%
Cereals, Other	130.67	57.00	1.67	43.33	4%
Citrus, Other	1.33	0.00	0.00	1.33	0%
Cloves	0.00	0.00	0.00	0.00	0%
Cocoa Beans and products	0.00	0.00	10.00	10.00	100%
Coconut Oil	0.00	0.00	4.00	4.00	100%
Coconuts - Incl Copra	0.00	0.00	3.00	3.00	100%
Coffee and products	0.00	0.67	35.33	34.67	102%
Cottonseed	356.67	33.33	0.00	380.00	0%
Cottonseed Oil	12.33	5.67	0.00	4.00	0%

Cream	3.33	0.00	0.00	3.33	0%
Crustaceans	224.16	177.01	1.74	48.90	4%
Dates	0.00	0.00	0.00	0.00	0%
Demersal Fish	416.73	291.58	0.70	125.85	1%
Eggs	814.67	6.33	0.00	808.33	0%
Fats, Animals, Raw	326.33	86.33	11.67	210.00	6%
Fish, Body Oil	0.87	0.64	0.46	0.68	67%
Fish, Liver Oil	0.00	0.00	0.00	0.00	0%
Freshwater Fish	24.57	22.88	11.43	13.13	87%
Fruits, Other	949.33	497.33	60.00	538.00	11%
Grapefruit and products	109.33	15.00	12.33	106.33	12%
Grapes and products (excl wine)	2,098.67	271.00	3.67	1,826.33	0%
Groundnut Oil	90.00	72.00	0.00	4.00	0%
Groundnuts	984.33	756.00	0.67	328.67	0%
Honey	74.33	73.33	0.00	5.33	0%
Infant food	0.00	14.33	1.00	-13.00	-8%
Lemons, Limes and products	1,781.00	1,037.67	10.33	754.33	1%
Maize and products	44,243.67	23,867.00	8.67	19,384.67	0%
Maize Germ Oil	45.33	23.33	0.00	19.00	0%
Marine Fish, Other	0.21	0.00	0.00	0.21	0%
Meat, Other	74.67	18.67	0.67	56.33	1%
Milk - Excluding Butter	10,305.67	1,463.67	22.67	9,027.33	0%
Millet and products	4.67	3.50	0.00	2.33	0%
Miscellaneous	0.00	76.33	42.67	-33.33	-128%
Molluscs, Other	38.11	17.47	12.24	32.88	37%
Mutton & Goat Meat	58.00	1.67	0.00	56.33	0%
Nuts and products	19.00	4.00	4.33	17.67	25%
Oats	610.00	3.33	1.00	608.00	0%

Offals, Edible	547.00	89.67	0.00	457.33	0%
Oilcrops Oil, Other	233.33	278.67	22.33	-28.00	-80%
Oilcrops, Other	75.67	29.67	0.00	47.33	0%
Olive Oil	35.00	24.33	0.67	8.67	8%
Olives (including preserved)	317.33	60.00	0.00	270.33	0%
Onions	657.67	68.00	10.67	601.00	2%
Oranges, Mandarines	1,474.33	167.00	45.33	1,352.67	3%
Palm kernels	0.00	0.00	0.00	0.00	0%
Palm Oil	0.00	0.00	4.00	4.00	100%
Palmkernel Oil	0.00	0.00	12.33	12.33	100%
Peas	123.33	79.33	0.33	49.67	1%
Pelagic Fish	22.12	7.09	48.64	63.68	76%
Pepper	0.00	0.00	1.33	1.33	100%
Pigmeat	569.67	5.00	34.33	590.67	6%
Pimento	3.00	0.00	1.00	4.00	25%
Pineapples and products	3.00	0.00	34.33	37.67	91%
Plantains	0.00	0.00	1.00	1.00	100%
Potatoes and products	2,421.00	399.67	36.00	2,070.67	2%
Poultry Meat	2,125.67	186.00	10.33	1,949.67	1%
Pulses, Other and products	168.00	155.00	4.00	38.00	11%
Rape and Mustard Oil	2.33	0.50	3.00	4.33	69%
Rape and Mustardseed	50.67	26.67	1.00	34.33	3%
Rice and products	1,367.00	645.00	12.33	724.33	2%
Roots, Other	0.00	0.00	0.00	0.00	0%
Rye and products	75.33	0.50	0.00	75.00	0%
Sesame seed	0.00	5.00	1.00	-4.00	-25%
Sesameseed Oil	0.00	0.00	0.00	0.00	0%
Sorghum and products	2,373.00	408.33	0.00	1,965.33	0%
Soyabean Oil	7,995.33	4,916.00	0.33	2,902.33	0%

Soyabeans	50,519.67	6,629.33	3,065.33	48,067.67	6%
Spices, Other	7.67	6.67	2.33	3.33	70%
Sugar (Raw Equivalent)	1,952.67	356.00	12.67	1,794.67	1%
Sugar beet	0.00	0.00	0.00	0.00	0%
Sugar cane	18,851.00	0.00	0.00	18,851.00	0%
Sunflower seed	3,361.67	127.33	0.00	3,250.33	0%
Sunflowerseed Oil	1,251.33	641.00	0.00	678.67	0%
Sweet potatoes	337.67	0.00	8.67	346.33	3%
Sweeteners, Other	355.33	88.33	23.33	281.33	8%
Tea (including mate)	374.00	109.33	0.67	265.33	0%
Tomatoes and products	655.67	13.00	50.00	693.00	7%
Vegetables, Other	2,207.67	104.33	52.00	2,155.33	2%
Wheat and products	16,096.00	12,516.00	13.00	5,414.33	0%
Wine	1,193.00	251.00	31.33	1,069.67	3%

Source: FAOSTAT.

TABLE S7. Dietary quality assessment by using the 10-dimensional Alternate Healthy Eating Index.

Food items	Baseline	BAU	NDG	EL	EL-ARG	EL-NRM	EL-LOV	EL-VEG
Whole fruit	2.50	3.90	10.00	9.40	9.40	9.40	9.40	10.00
Total vegetables	4.40	5.60	10.00	10.00	10.00	10.00	10.00	10.00
Whole grains	0.40	0.50	6.70	10.00	7.70	7.70	10.00	10.00
Sugar sweetened beverages	1.60	0.00	10.00	10.00	10.00	10.00	10.00	10.00
Nuts and legumes	1.10	1.50	10.00	10.00	10.00	10.00	10.00	10.00
Red and/or processed meats	0.50	0.00	5.30	8.00	2.40	6.20	10.00	10.00
Trans fats	10.00	10.00	10.00	10.00	10.00	10.00	10.00	10.00
Long chain fats (EPA + DHA)	3.10	4.10	10.00	10.00	7.50	10.00	1.50	0.20
PUFAs	3.10	3.30	2.60	10.00	10.00	10.00	10.00	10.00
Sodium	6.10	3.10	6.40	7.10	7.70	7.30	7.50	8.60
Total	32.90	32.00	81.10	94.50	84.70	90.60	88.40	88.80

Source: own elaboration

TABLE S8. Food demand at the farm gate and percentage of change by dietary scenario.

Food demand									
Food items	Unit	Baseline	BAU	NDG	EL	EL-ARG	EL-NRM	EL-LOV	EL-VEG
Beef	t CW	2,114,781	2,909,829	641,508	274,932	1,570,962	0	0	0
Poultry	t CW	1,442,462	1,647,471	488,442	610,552	581,449	1,162,898	0	0
Pork	t CW	415,571	1,147,666	832,775	356,903	679,782	1,359,564	0	0
Lamb and mutton	t CW	26,668	43,235	0	0	0	0	0	0
Other meats	t CW	4,486	16,146	0	0	0	0	0	0
Fish and seafood	t CW	166,667	267,631	1,109,443	944,207	674,400	1,348,800	0	0
Milk	kL	3,587,045	4,322,111	10,043,895	6,042,393	7,049,459	7,049,459	8,056,525	0
Eggs	t	199,900	256,813	429,619	402,768	335,640	335,640	738,408	0
Cereals (without rice)	t	638,592	684,122	1,545,648	2,838,945	1,787,484	1,787,484	2,733,799	3,154,384
Rice	t	613,288	658,457	1,484,402	2,726,453	1,716,656	1,716,656	2,625,473	3,029,392
Baked products	t	1,431,955	1,524,560	946,380	463,726	637,229	542,591	394,325	477,133
Pasta	t	738,452	966,869	597,853	1,098,097	691,394	691,394	1,057,427	1,220,108
Legumes and pulses	t	82,091	105,553	1,632,038	1,632,038	1,632,038	1,632,038	2,448,057	2,448,057
Nuts and seeds	t	14,964	23,584	178,572	714,289	714,289	952,385	714,289	1,309,530
Fruits	t	2,029,776	3,084,287	12,623,841	8,415,894	8,415,894	8,415,894	8,415,894	8,415,894
Vegetables	t	3,743,914	4,760,192	12,967,670	9,077,369	6,483,835	9,077,369	9,077,369	9,077,369
Starchy vegetables	t	1,790,737	1,923,276	1,263,286	942,750	1,885,501	1,319,851	942,750	1,885,501
Oilcrops	t	1,016,084	1,406,853	1,229,892	1,844,838	1,844,838	1,844,838	1,844,838	2,254,802
Percentage of change in food demand in relation to the baseline scenario									
Food items		BAU	NDG	EL	EL-ARG	EL-NRM	EL-LOV	EL-VEG	
Beef	%	27.32%	-229.66%	-669.20%	-34.62%	0.00%	0.00%	0.00%	
Poultry	%	12.44%	-195.32%	-136.26%	-148.08%	-24.04%	0.00%	0.00%	
Pork	%	63.79%	50.10%	-16.44%	38.87%	69.43%	0.00%	0.00%	
Lamb and mutton	%	38.32%	0.00%	0.00%	0.00%	0.00%	0.00%	0.00%	
Other meats	%	72.22%	0.00%	0.00%	0.00%	0.00%	0.00%	0.00%	
Fish and seafood	%	37.73%	84.98%	82.35%	75.29%	87.64%	0.00%	0.00%	

Milk	%	17.01%	64.29%	40.64%	49.12%	49.12%	55.48%	0.00%	
Eggs	%	22.16%	53.47%	50.37%	40.44%	40.44%	72.93%	0.00%	
Cereals (without rice)	%	6.66%	58.68%	77.51%	64.27%	64.27%	76.64%	79.76%	
Rice	%	6.86%	58.68%	77.51%	64.27%	64.27%	76.64%	79.76%	
Baked products	%	6.07%	-51.31%	-208.79%	-124.72%	-163.91%	-263.14%	-200.12%	
Pasta	%	23.62%	-23.52%	32.75%	-6.81%	-6.81%	30.17%	39.48%	
Legumes and pulses	%	22.23%	94.97%	94.97%	94.97%	94.97%	96.65%	96.65%	
Nuts and seeds	%	36.55%	91.62%	97.91%	97.91%	98.43%	97.91%	98.86%	
Fruits	%	34.19%	83.92%	75.88%	75.88%	75.88%	75.88%	75.88%	
Vegetables	%	21.35%	71.13%	58.76%	42.26%	58.76%	58.76%	58.76%	
Starchy vegetables	%	6.89%	-41.75%	-89.95%	5.03%	-35.68%	-89.95%	5.03%	
Oilcrops	%	27.78%	17.38%	44.92%	44.92%	44.92%	44.92%	54.94%	

Source: own elaboration

TABLE S9. Environmental footprints of food production for each scenario. Part I

Food items	Greenhouse gas emissions (in tons of carbon dioxide equivalent, ton CO ₂ -eq)								Total land occupation (in hectares, ha)							
	Baseline	BAU	NDG	EL	EL-ARG	EL-NRM	EL-LOV	EL-VEG	Baseline	BAU	NDG	EL	EL-ARG	EL-NRM	EL-LOV	EL-VEG
Beef	84,277,917	115,962,026	25,565,280	10,956,549	62,605,719	0	0	0	53,213,219	73,218,619	16,141,961	6,917,983	39,529,357	0	0	0
Poultry	1,417,044	1,618,440	479,835	599,793	571,203	1,142,406	0	0	979,549	1,118,767	331,692	414,614	394,851	789,702	0	0
Pork	925,984	2,557,251	1,855,604	795,259	1,514,703	3,029,406	0	0	402,126	1,110,536	805,832	345,356	657,789	1,315,578	0	0
Lamb and mutton	954,661	1,547,721	0	0	0	0	0	0	340,815	552,538	0	0	0	0	0	0
Other meats	160,594	578,011	0	0	0	0	0	0	57,332	206,351	0	0	0	0	0	0
Fish and seafood	305,001	489,764	2,030,281	1,727,899	1,234,152	2,468,304	0	0	167	268	1,109	944	674	1,349	0	0
Milk	3,919,041	4,722,141	10,973,501	6,601,643	7,701,917	7,701,917	8,802,191	0	1,649,363	1,987,355	4,618,295	2,778,360	3,241,420	3,241,420	3,704,480	0
Eggs	137,813	177,049	296,182	277,671	231,393	231,393	509,064	0	123,938	159,224	266,364	249,716	208,097	208,097	457,813	0
Cereals (without rice)	523,646	560,980	1,267,431	2,327,935	1,465,737	1,465,737	2,241,715	2,586,595	293,752	314,696	710,998	1,305,915	822,243	822,243	1,257,548	1,451,016
Rice	1,030,324	1,106,207	2,493,796	4,580,441	2,883,982	2,883,982	4,410,795	5,089,379	110,392	118,522	267,192	490,762	308,998	308,998	472,585	545,291
Baked products	1,019,552	1,085,487	673,823	330,173	453,707	386,325	280,759	339,719	780,416	830,885	515,777	252,731	347,290	295,712	214,907	260,038
Pasta	525,778	688,411	425,671	781,845	492,273	492,273	752,888	868,717	402,456	526,944	325,830	598,463	376,810	376,810	576,298	664,959
Legumes and pulses	18,060	23,222	359,048	359,048	359,048	359,048	538,573	538,573	35,299	45,388	701,776	701,776	701,776	701,776	1,052,665	1,052,665
Nuts and seeds	30,064	47,381	358,752	1,435,006	1,435,006	1,913,342	1,435,006	2,630,845	494	778	5,893	23,572	23,572	31,429	23,572	43,214
Fruits	365,360	555,172	2,272,291	1,514,861	1,514,861	1,514,861	1,514,861	1,514,861	81,191	123,371	504,954	336,636	336,636	336,636	336,636	336,636
Vegetables	1,272,931	1,618,465	4,409,008	3,086,306	2,204,504	3,086,306	3,086,306	3,086,306	179,708	228,489	622,448	435,714	311,224	435,714	435,714	435,714
Starchy vegetables	232,796	250,026	164,227	122,558	245,115	171,581	122,558	245,115	59,094	63,468	41,688	31,111	62,222	43,555	31,111	62,222
Oilcrops	1,747,	2,419,	2,115,	3,173,	3,173,	3,173,	3,173,	3,878,	1,087,	1,505,	1,315,	1,973,	1,973,	1,973,	1,973,	2,412,

	665	788	414	121	121	121	121	259	210	333	984	976	976	976	976	638
TOTAL	98,864	136,00	55,740	38,670	88,086	30,019	26,867	20,778	59,796	82,111	27,177	16,857	49,296	10,882	10,537	7,264,
	,229	7,541	,144	,108	,441	,999	,836	,367	,523	,532	,794	,629	,935	,995	,303	391

Source: own elaboration

TABLE S9. Environmental footprints of food production for each scenario. Part II

Food items	Cropland use (in hectares, ha)								Fossil energy use (in terajoules, TJ)						
	Baselin e	BAU	NDG	EL	EL- ARG	EL- NRM	EL- LOV	EL- VEG	Baselin eBAU	NDG	EL	EL- ARG	EL- NRM	EL- LOV	EL- VEG
Beef	2,828,569	3,891,964	858,032	367,728	2,101,198	0	0	0	22,67131,194	6,877	2,947	16,841	0	0	0
Poultry	979,549	1,118,767	331,692	414,614	394,851	789,702	0	0	16,10418,393	5,453	6,816	6,492	12,983	0	0
Pork	402,126	1,110,536	805,832	345,356	657,789	1,315,578	0	0	6,63918,335	13,304	5,702	10,860	21,720	0	0
Lamb and mutton	0	0	0	0	0	0	0	0	604979	0	0	0	0	0	0
Other meats	0	0	0	0	0	0	0	0	102366	0	0	0	0	0	0
Fish and seafood	89	143	593	504	360	720	0	0	4,5877,365	30,532	25,985	18,559	37,119	0	0
Milk	880,905	1,061,422	2,466,576	1,483,889	1,731,204	1,731,204	1,978,518	0	8,74610,538	24,489	14,733	17,188	17,188	19,643	0
Eggs	123,938	159,224	266,364	249,716	208,097	208,097	457,813	0	1,2561,613	2,699	2,530	2,109	2,109	4,639	0
Cereals (without rice)	293,752	314,696	710,998	1,305,915	822,243	822,243	1,257,548	1,451,016	2,2412,401	5,425	9,965	6,274	6,274	9,596	11,072
Rice	110,392	118,522	267,192	490,762	308,998	308,998	472,585	545,291	4,8145,169	11,653	21,403	13,476	13,476	20,610	23,781
Baked products	780,416	830,885	515,777	252,731	347,290	295,712	214,907	260,038	3,1563,360	2,086	1,022	1,404	1,196	869	1,052
Pasta	402,456	526,944	325,830	598,463	376,810	376,810	576,298	664,959	1,6282,131	1,318	2,420	1,524	1,524	2,331	2,689
Legumes and pulses	35,299	45,388	701,776	701,776	701,776	701,776	1,052,665	1,052,665	190244	3,770	3,770	3,770	3,770	5,655	5,655
Nuts and seeds	494	778	5,893	23,572	23,572	31,429	23,572	43,214	409645	4,880	19,522	19,522	26,029	19,522	35,789
Fruits	81,191	123,371	504,954	336,636	336,636	336,636	336,636	336,636	2,8014,256	17,421	11,614	11,614	11,614	11,614	11,614
Vegetables	179,708	228,489	622,448	435,714	311,224	435,714	435,714	435,714	9,4351,996	32,679	22,875	16,339	22,875	22,875	22,875
Starchy vegetables	59,094	63,468	41,688	31,111	62,222	43,555	31,111	62,222	2,2742,443	1,604	1,197	2,395	1,676	1,197	2,395
Oilcrops	1,087,210	1,505,333	1,315,984	1,973,976	1,973,976	1,973,976	1,973,976	2,412,638	18,06625,014	21,867	32,801	32,801	32,801	32,801	40,090
TOTAL	8,245,189	11,099,931	9,741,629	9,012,463	10,358,245	9,372,150	8,811,341	7,264,391	105,722146,4	186,057	185,302	181,167	212,353	151,352	157,012

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Source: own elaboration

TABLE S9. Environmental footprints of food production for each scenario. Part III

Food items	Freshwater consumption (in cubic hectometers, hm ³)								Eutrophying emissions (in tons of phosphate equivalents, ton PO ₄ -eqhm ³)							
	Baseline	BAU	NDG	EL	EL-ARG	EL-NRM	EL-LOV	EL-VEG	Baseline	BAU	NDG	EL	EL-ARG	EL-NRM	EL-LOV	EL-VEG
Beef	2,765	3,805	839	360	2,054	0	0	0	88,798	122,182	26,937	11,544	65,964	0	0	0
Poultry	1,082	1,236	366	458	436	872	0	0	23,560	26,909	7,978	9,972	9,497	18,994	0	0
Pork	992	2,739	1,988	852	1,622	3,245	0	0	6,785	18,738	13,597	5,827	11,099	22,197	0	0
Lamb and mutton	51	82	0	0	0	0	0	0	9,410	15,256	0	0	0	0	0	0
Other meats	9	31	0	0	0	0	0	0	1,583	5,698	0	0	0	0	0	0
Fish and seafood	0	0	0	0	0	0	0	0	408	656	2,718	2,313	1,652	3,305	0	0
Milk	897	1,081	2,511	1,511	1,762	1,762	2,014	0	42,879	51,666	120,064	72,230	84,269	84,269	96,307	0
Eggs	114	146	245	230	191	191	421	0	2,349	3,018	5,048	4,733	3,944	3,944	8,677	0
Cereals (without rice)	2,778	2,976	6,724	12,349	7,776	7,776	11,892	13,722	2,491	2,668	6,028	11,072	6,971	6,971	10,662	12,302
Rice	2,748	2,950	6,650	12,215	7,691	7,691	11,762	13,572	6,133	6,585	14,844	27,265	17,167	17,167	26,255	30,294
Baked products	158	168	104	51	70	60	43	52	6,611	7,039	4,369	2,141	2,942	2,505	1,821	2,203
Pasta	81	106	66	121	76	76	116	134	3,409	4,464	2,760	5,070	3,192	3,192	4,882	5,633
Legumes and pulses	27	35	539	539	539	539	808	808	205	264	4,080	4,080	4,080	4,080	6,120	6,120
Nuts and seeds	127	201	1,521	6,086	6,086	8,114	6,086	11,157	54	85	646	2,586	2,586	3,448	2,586	4,740
Fruits	4,851	7,371	30,171	20,114	20,114	20,114	20,114	20,114	20,298	30,843	126,238	84,159	84,159	84,159	84,159	84,159
Vegetables	5,241	6,664	18,155	12,708	9,077	12,708	12,708	12,708	2,284	2,904	7,910	5,537	3,955	5,537	5,537	5,537
Starchy vegetables	913	981	644	481	962	673	481	962	2,149	2,308	1,516	1,131	2,263	1,584	1,131	2,263
Oilcrops	112	155	135	203	203	203	203	248	18,655	25,830	22,581	33,871	33,871	33,871	33,871	41,398
TOTAL	22,945	30,726	70,657	68,276	58,659	64,024	66,649	73,477	238,06	327,11	367,31	283,53	337,61	295,22	282,00	194,65

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Source: own elaboration

drinks									
SSBs	0.10	0.18	0.25	0.00	0.00	0.00	0.00	0.00	0.00
Alcoholic beverages	0.27	0.11	0.19	0.00	0.00	0.00	0.00	0.00	0.00
TOTAL		2.78	3.83	3.53	3.08	3.21	3.34	2.85	2.62

Source: own elaboration