

Supplementary Table 1

Values of average consumption of selected food groups for adults from various regions (g day⁻¹)

Food groups	Heilongjiang	Liaoning	Hebei	Shaanxi	Ningxia	Henan	Shanghai	Fujian	Jiangxi	Guangxi	Sichuan	Hubei
Aquatic foods	28.6	23.3	17.2	4.5	10.5	4.7	62.7	137.9	9.5	13.4	10.6	46.6
Meats	53.1	68.6	42.8	22.4	42.8	57.3	137.6	121.9	57.3	91.0	112.4	54.9
Eggs	59.3	66.9	29.6	12.1	12.7	28.2	82.0	38.4	40.7	13.6	24.4	80.7
Milks	56.6	91.3	26.4	48.5	15.2	31.7	143.9	31.2	0.3	4.5	257.4	3.4
Cereals	638.9	504.7	1055.6	1227.0	638.3	2231.9	958.7	689.5	1245.4	1676.2	966.4	1283.0
Legumes & nuts	58.8	58.4	274.3	67.0	27.2	69.1	95.5	50.8	65.2	50.6	152.9	35.3
Tubers	52.8	146.7	43.8	74.2	154.6	45.5	29.3	20.3	14.0	23.3	60.2	38.0
Vegetables	369.4	550.7	363.2	260.9	432.2	321.2	378.9	340.1	364.9	269.8	342.3	532.1

Supplementary Table 2

Main food items comprised food groups in this study.

Food groups	Food items
Aquatic foods	Freshwater fish, including <i>Cyprinus carpio</i> , <i>Piceus</i> , <i>Ctenopharyn odon idellus</i> , <i>Carassius cuvieri</i> , <i>Monopterus albus</i> , <i>Silurus asotus</i> , <i>Hypophthalmichthys molitrix</i> , and <i>Megalobrama terminalis</i> , seawater fish, including <i>Trichiurus lepturus</i> , <i>Scomber japonicas</i> , <i>Pampus argenteus</i> , and <i>Pseudosciaena polyactis</i> , and several shrimps and oysters
Meats	Pork, mutton, beef, chicken, duck, rabbit meat, pork liver, pork blood, pork sausage
Eggs	Chicken egg, duck egg
Milks	Whole milk, yogurt, and milk powder
Cereals	Rice, flour, maize, and their products
Legumes & nuts	Soybean, peanut, and their products
Tubers	Potato, sweet potato, lotus-root, and their products
Vegetables	Beans, eggplant, luffa, tomato, cucumber, melon, Chinese cabbage, radish, celery, leek, and cauliflower