THE LANCET Global Health

Supplementary appendix

This appendix formed part of the original submission and has been peer reviewed. We post it as supplied by the authors.

Supplement to: Imamura F, Micha R, Khatibzadeh S, et al, on behalf of the Global Burden of Diseases Nutrition and Chronic Diseases Expert Group (NutriCoDE). Dietary quality among men and women in 187 countries in 1990 and 2010: a systematic assessment. *Lancet Glob Health* 2015; **3:** e132–42.

Supplementary Materials for "Dietary quality among men and women in 187 countries in 1990 and 2010"

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Cambridge Biomedical Campus, Cambridge, CB2 0QQ, United Kingdom.
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Whole grain consumption among men

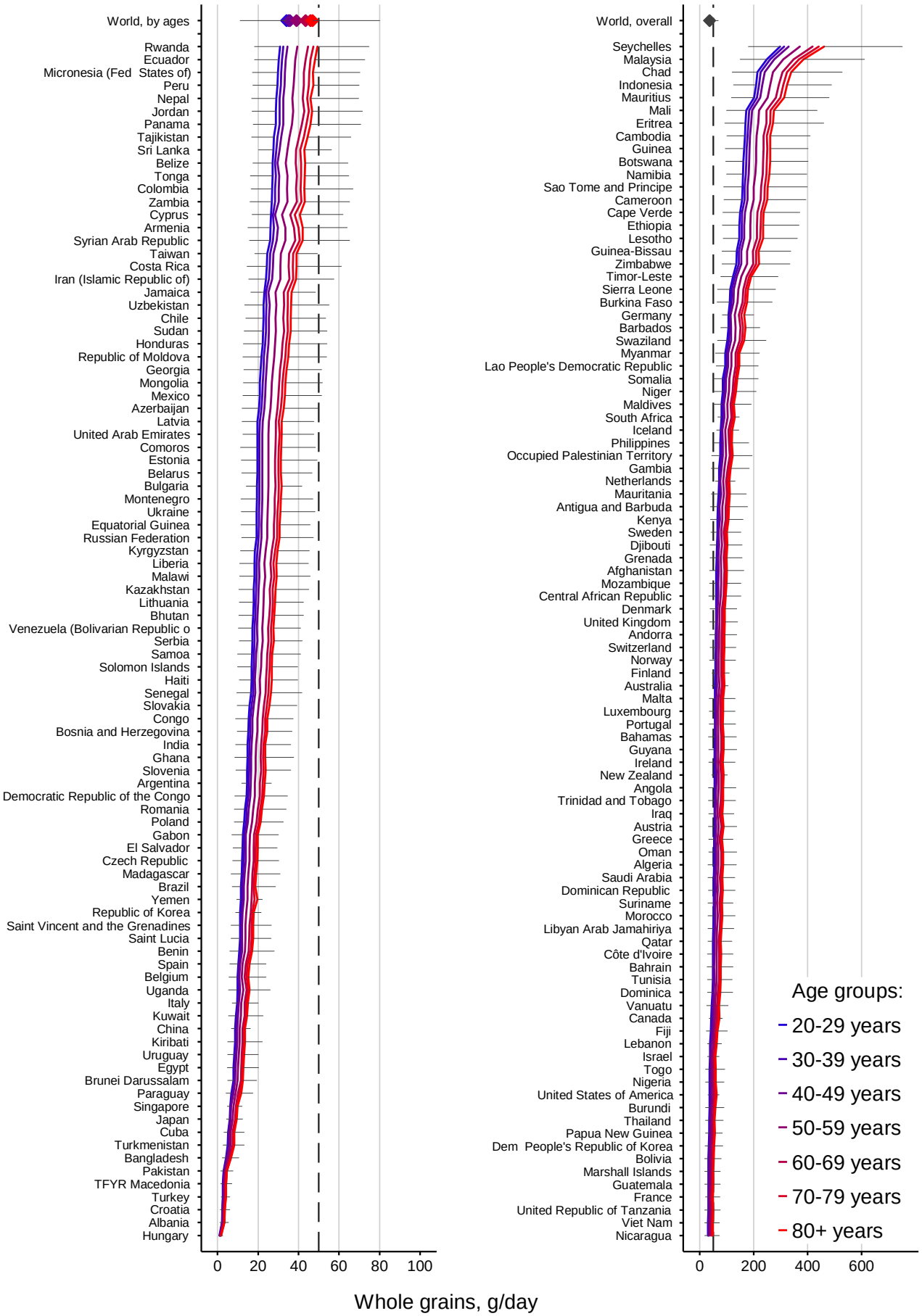
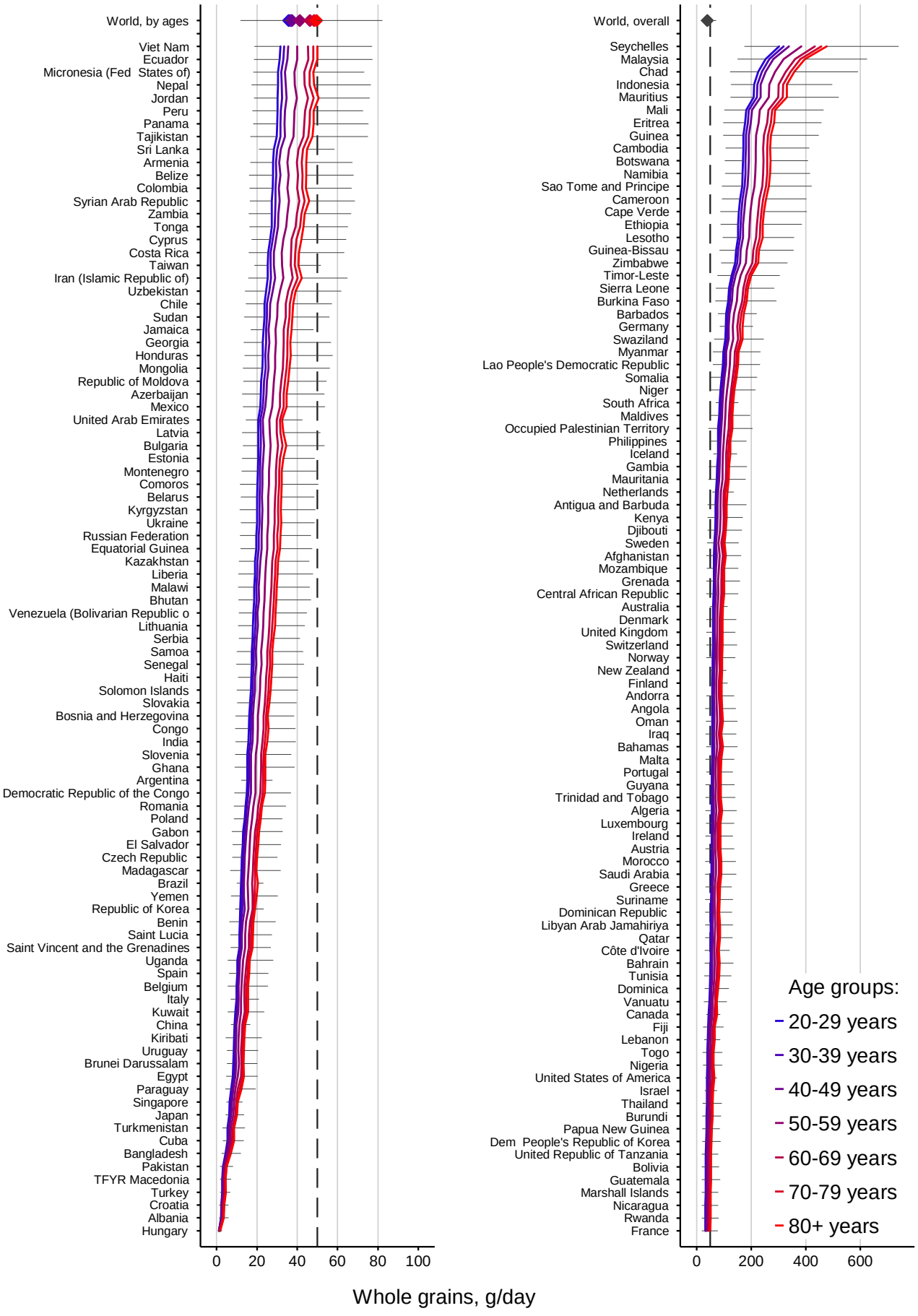


Figure S1. Whole grain consumption among men and women aged 20 years or older in 187 countries. Countries are ordered by the mean consumption levels among men and women with 20-29 years of age, from the lowest at the bottom-left to the highest at the top-right. Error bars for each country represent a lower side of 95% uncertainty interval (UI) for the lowest estimate and an upper side of 95% UI for the highest estimate. The dashed vertical line represents mean of the theoretical minimal risk exposure distribution for whole grain consumption.

Whole grain consumption among women



Fruit consumption among men

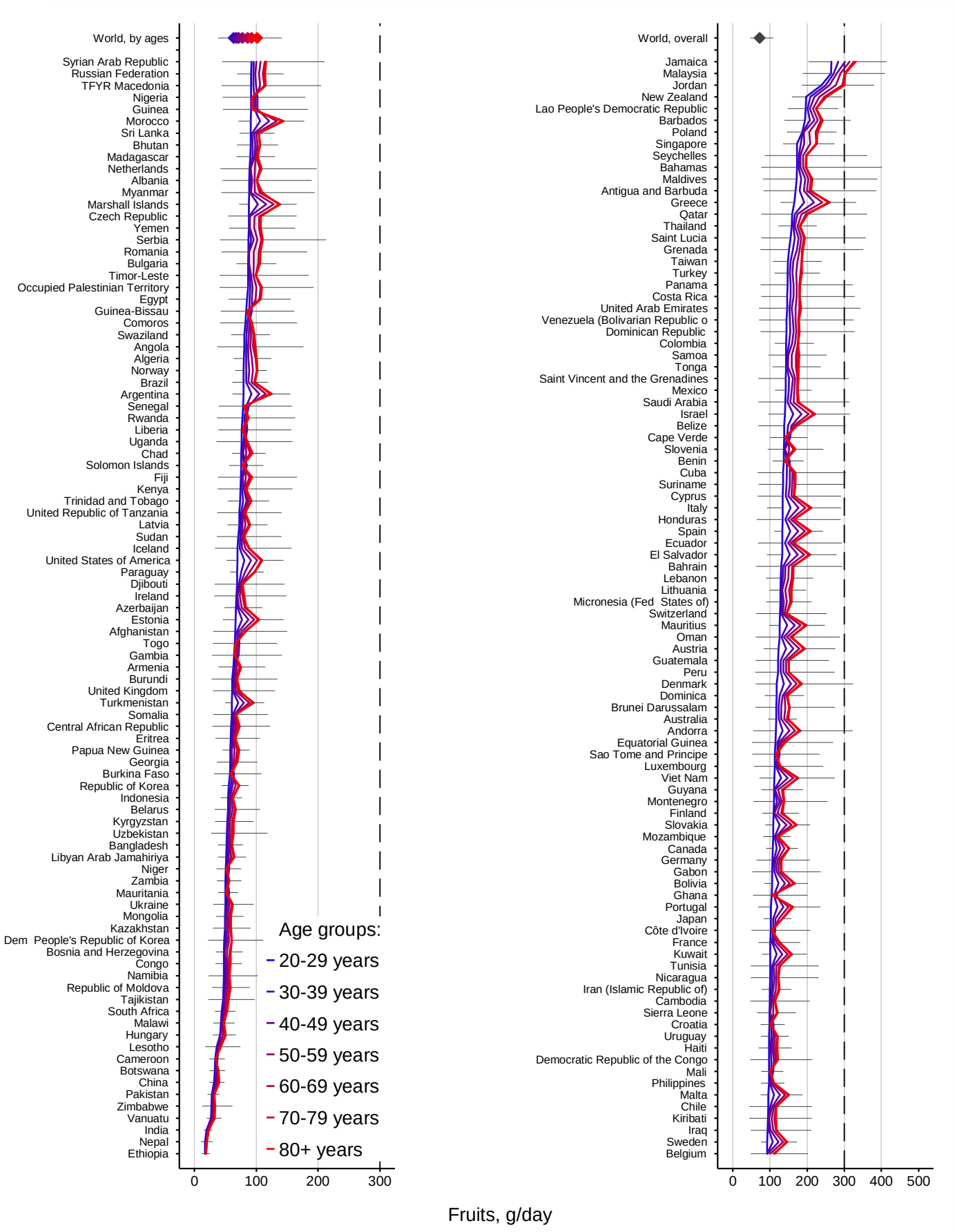
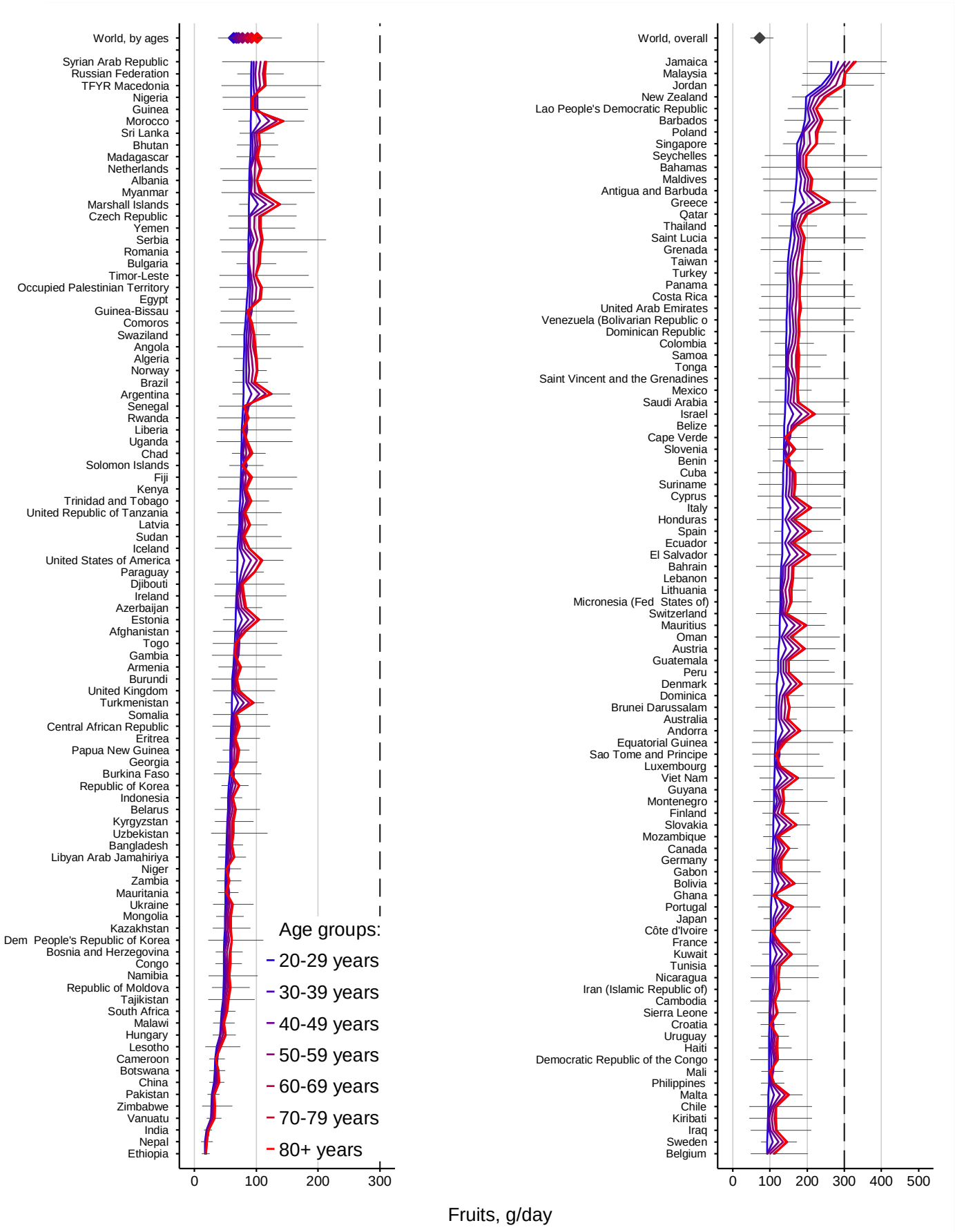


Figure S2. Fruit consumption among men and women aged 20 years or older in 187 countries.
Countries are ordered by the mean consumption levels among men and women with 20-29 years of age, from the lowest at the bottom-left to the highest at the top-right. Error bars for each country represent a lower side of 95% uncertainty interval (UI) for the lowest estimate and an upper side of 95% UI for the highest estimate. The dashed vertical line represents mean of the theoretical minimal risk exposure distribution for fruit consumption.

Fruit consumption among women



Fruit juice consumption among men

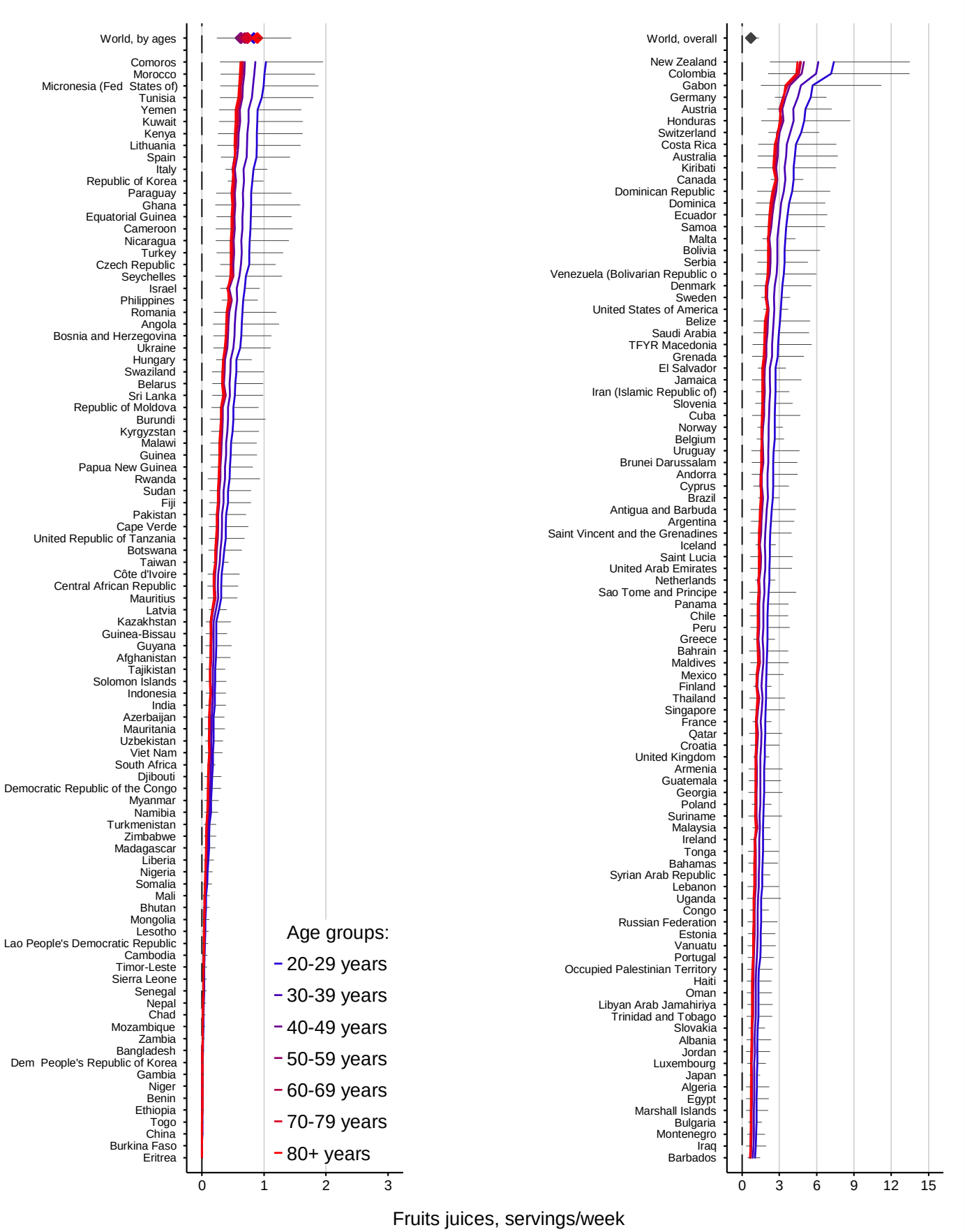
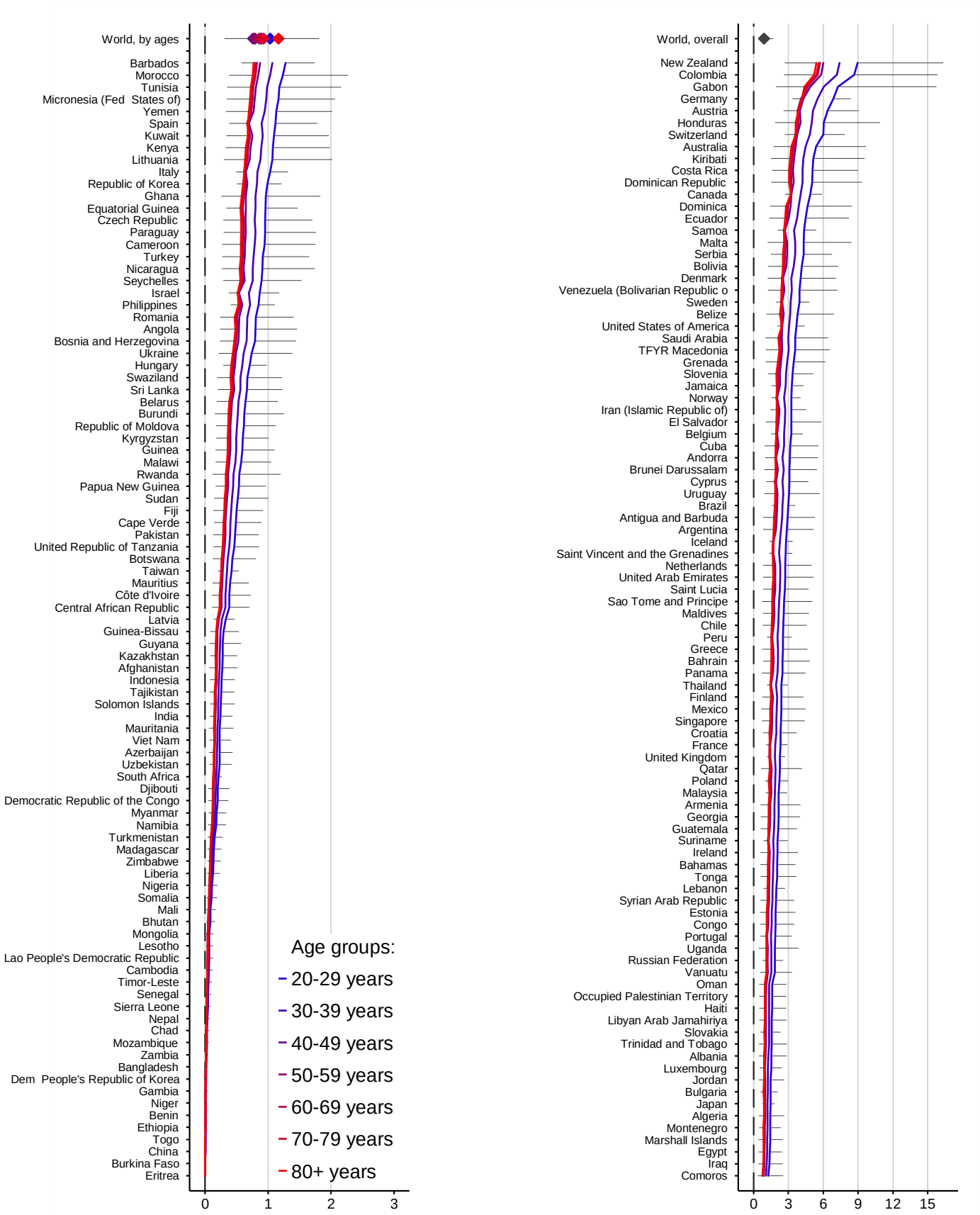


Figure S3. Fruit juice consumption among men and women aged 20 years or older in 187 countries.
Countries are ordered by the mean consumption levels among men and women with 20-29 years of age, from the lowest at the bottom-left to the highest at the top-right. Error bars for each country represent a lower side of 95% uncertainty interval (UI) for the lowest estimate and an upper side of 95% UI for the highest estimate. The dashed vertical line represents mean of the theoretical minimal risk exposure distribution for fruit juice consumption.

Fruit juice consumption among women



Vegetable consumption among men

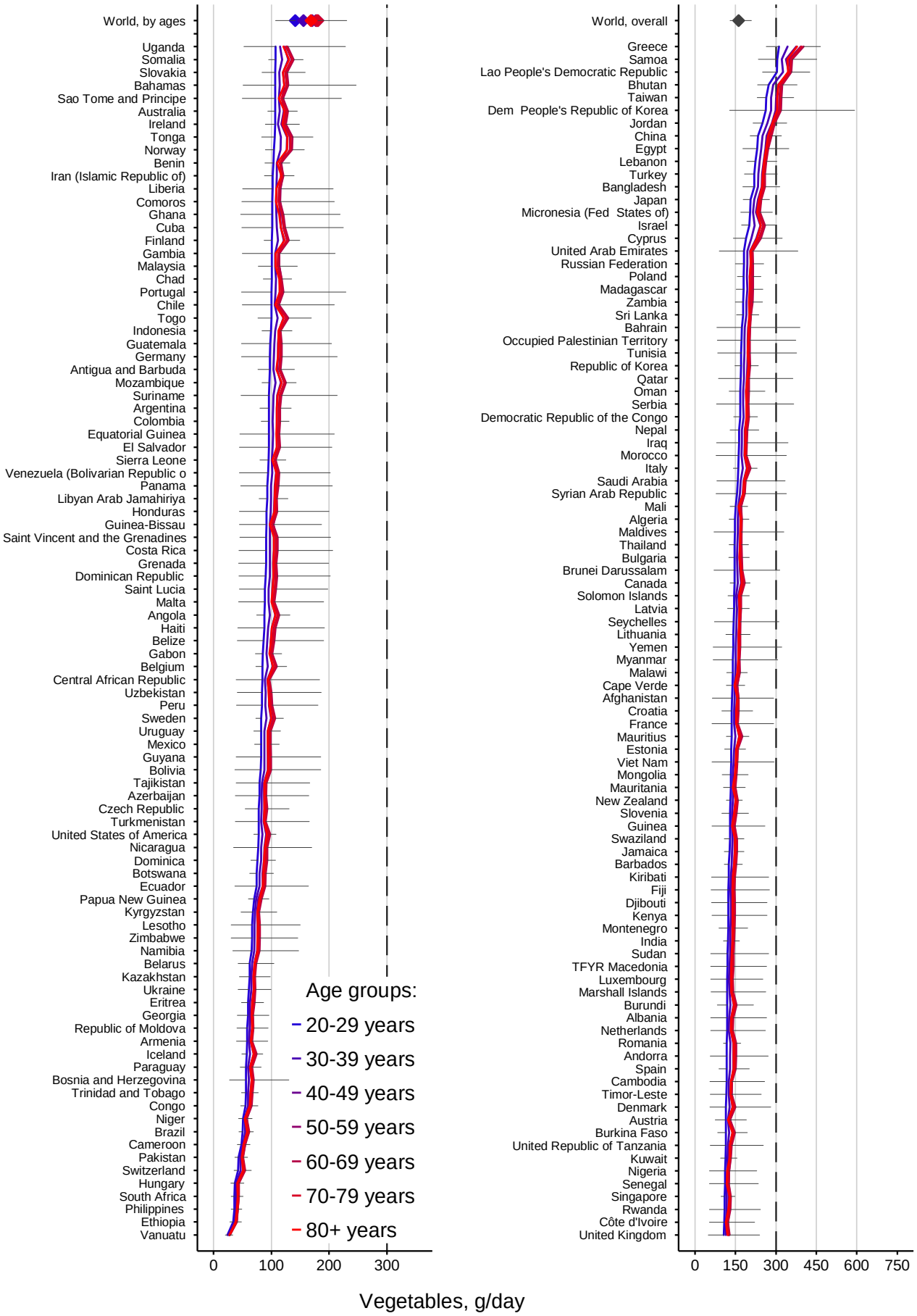
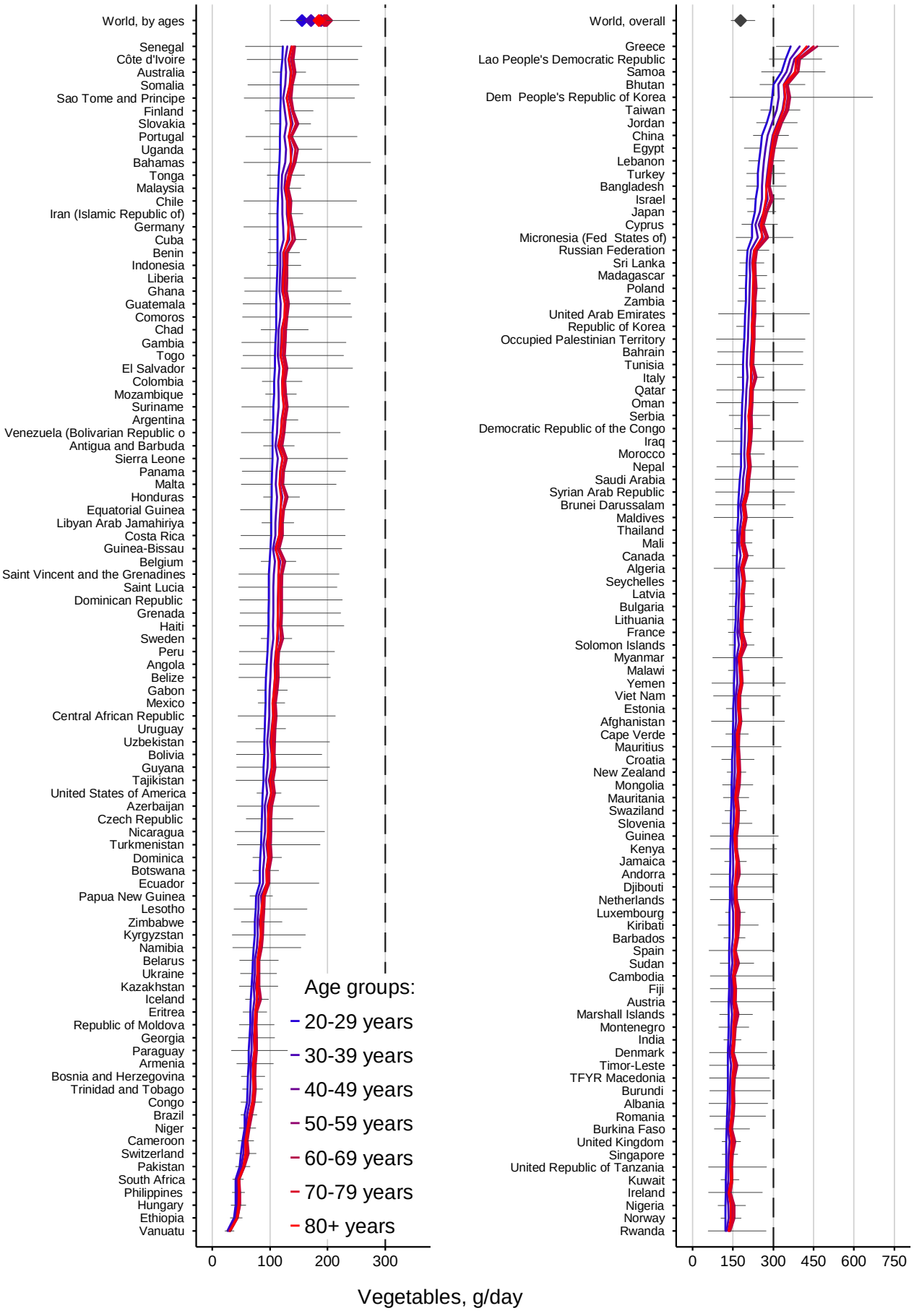


Figure S4. Vegetable consumption among men and women aged 20 years or older in 187 countries.
Countries are ordered by the mean consumption levels among men and women with 20-29 years of age, from the lowest at the bottom-left to the highest at the top-right. Error bars for each country represent a lower side of 95% uncertainty interval (UI) for the lowest estimate and an upper side of 95% UI for the highest estimate. The dashed vertical line represents mean of the theoretical minimal risk exposure distribution for vegetable consumption.

Vegetable consumption among women



Fish consumption among men

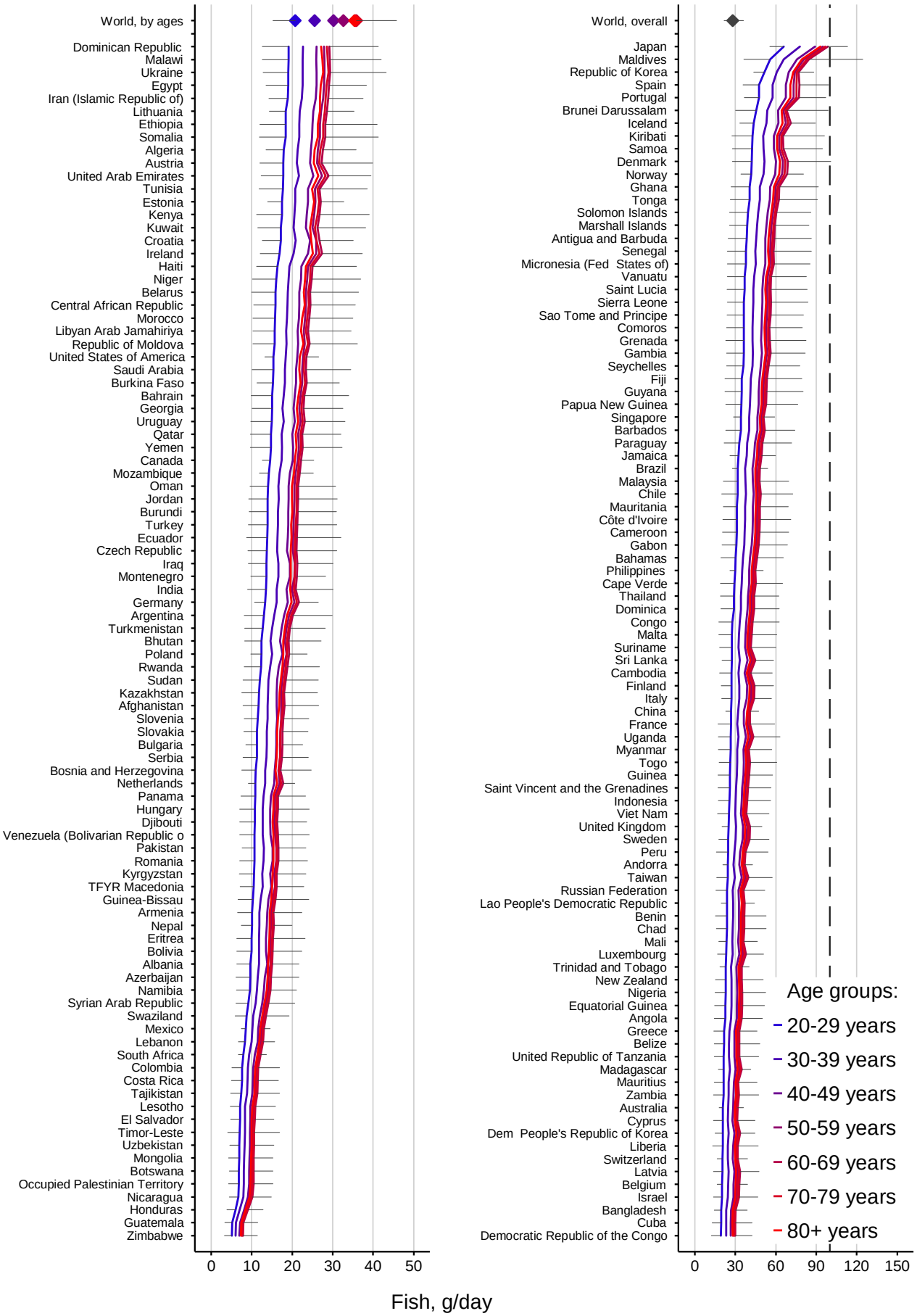
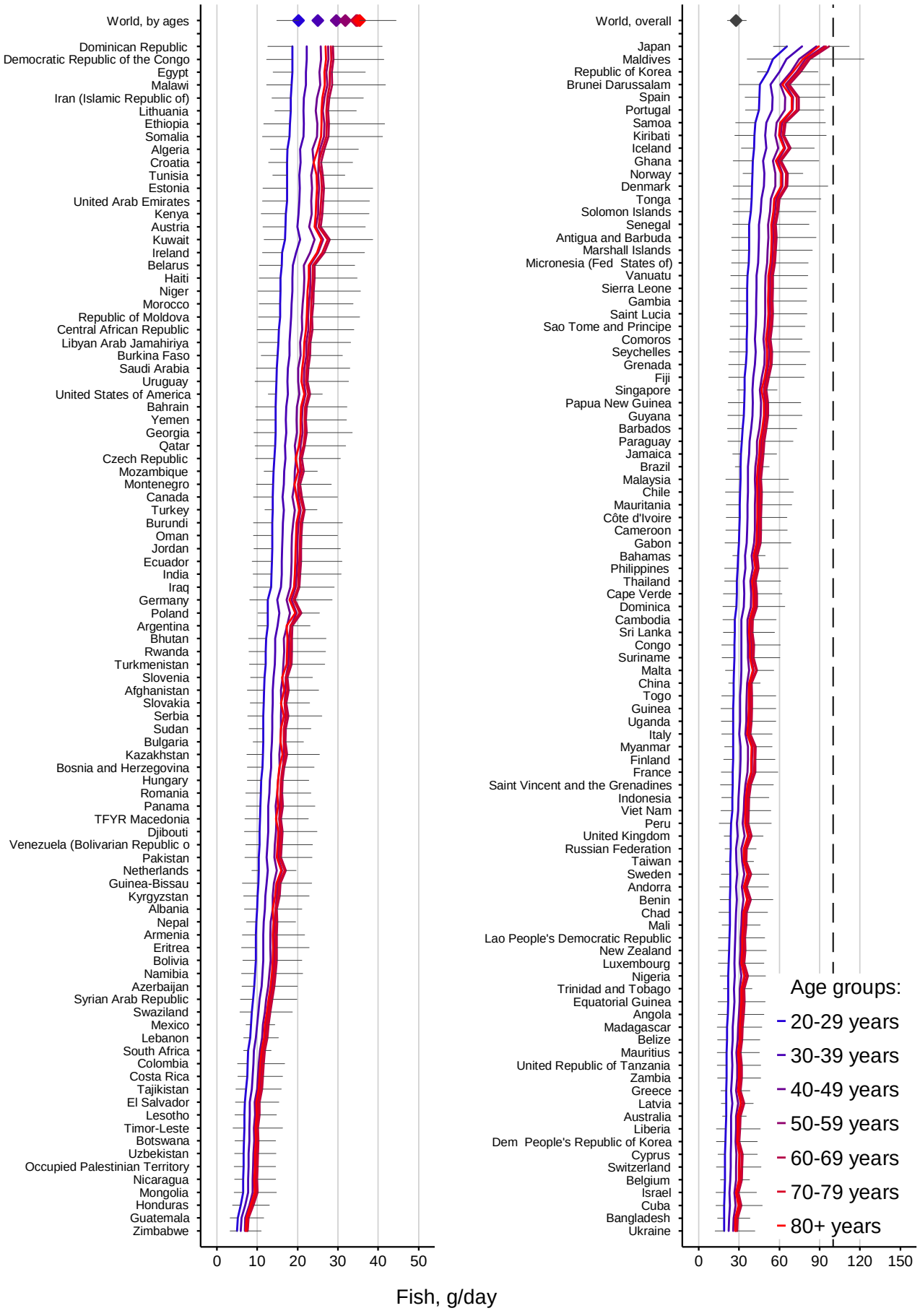


Figure S5. Fish consumption among men and women aged 20 years or older in 187 countries.
Countries are ordered by the mean consumption levels among men and women with 20-29 years of age, from the lowest at the bottom-left to the highest at the top-right. Error bars for each country represent a lower side of 95% uncertainty interval (UI) for the lowest estimate and an upper side of 95% UI for the highest estimate. The dashed vertical line represents mean of the theoretical minimal risk exposure distribution for fish consumption.

Fish consumption among women



Consumption of nuts and seeds among men

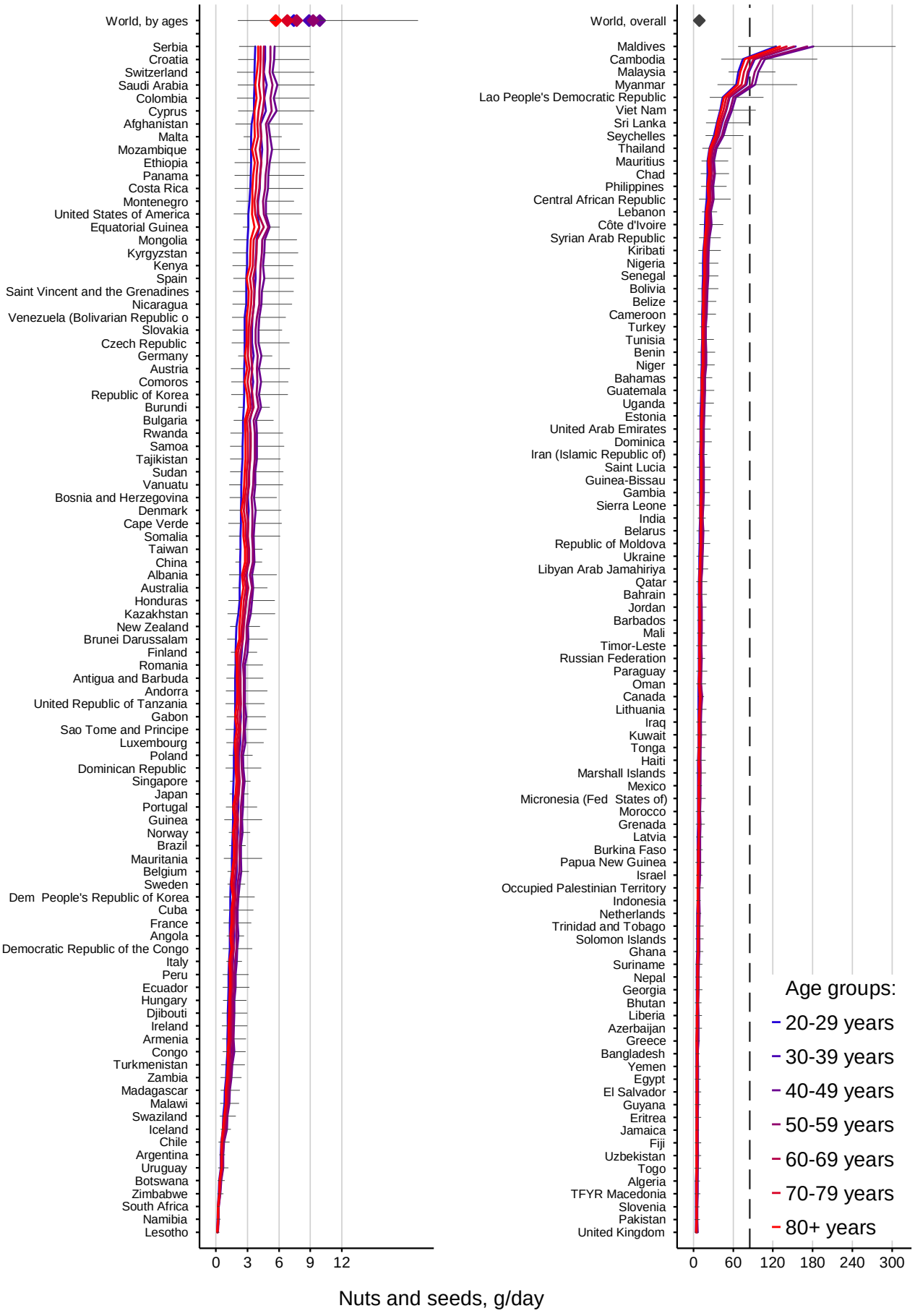
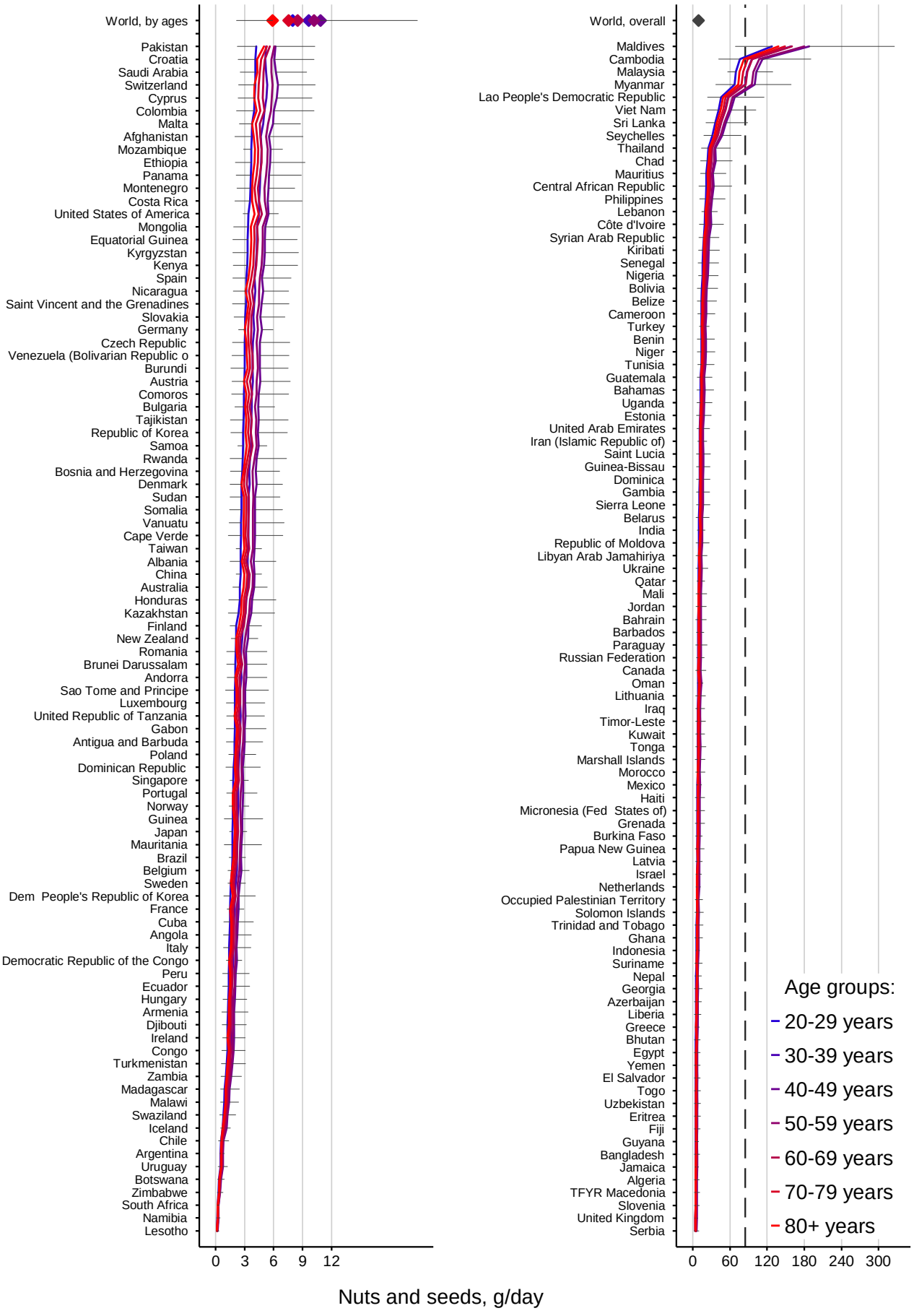


Figure S6. Consumption of nuts and seeds among men and women aged 20 years or older in 187 countries. Countries are ordered by the mean consumption levels among men and women with 20-29 years of age, from the lowest at the bottom-left to the highest at the top-right. Error bars for each country represent a lower side of 95% uncertainty interval (UI) for the lowest estimate and an upper side of 95% UI for the highest estimate. The dashed vertical line represents mean of the theoretical minimal risk exposure distribution for consumption of nuts and seeds.

Consumption of nuts and seeds among women



Consumption of beans and legumes among men

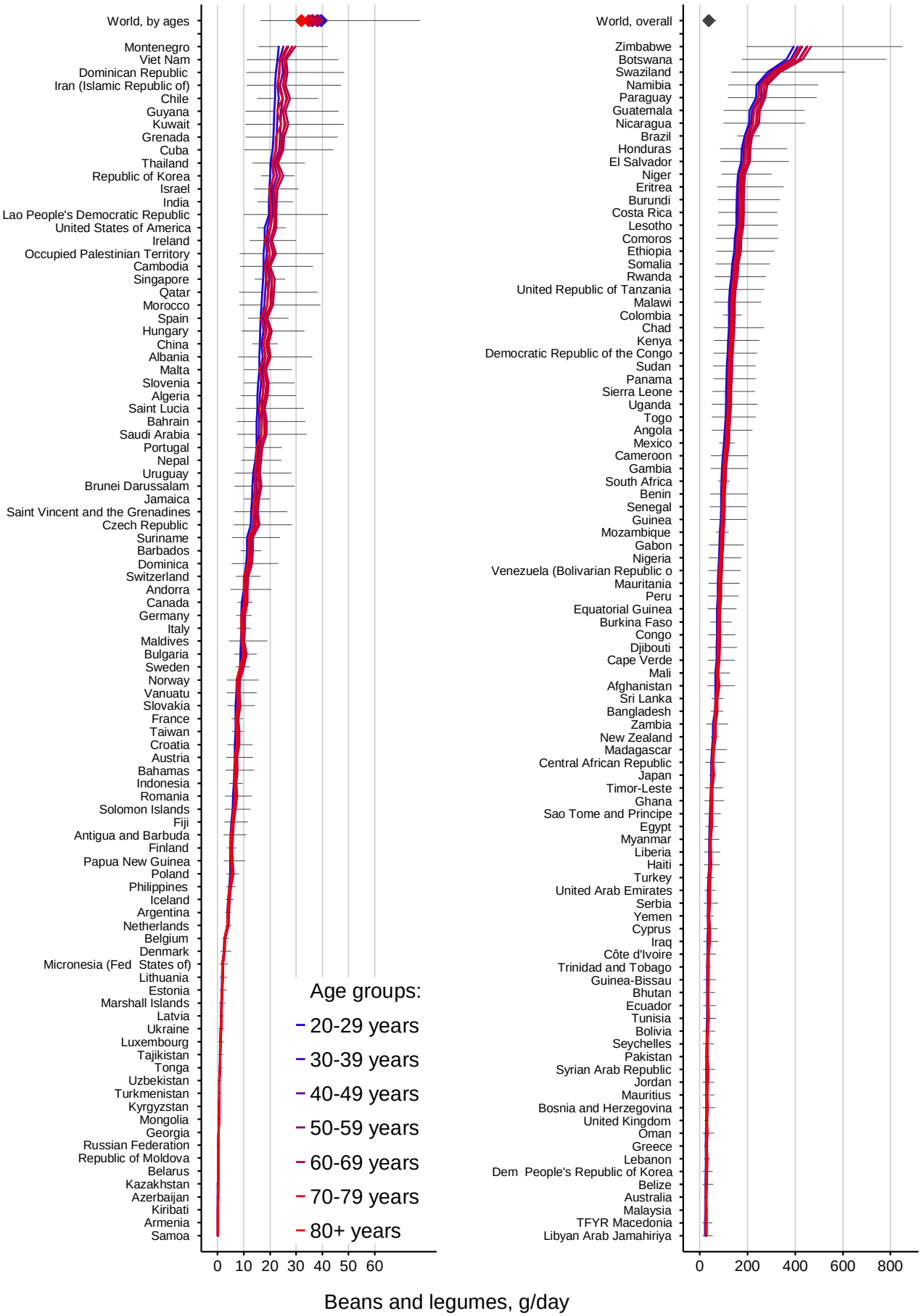
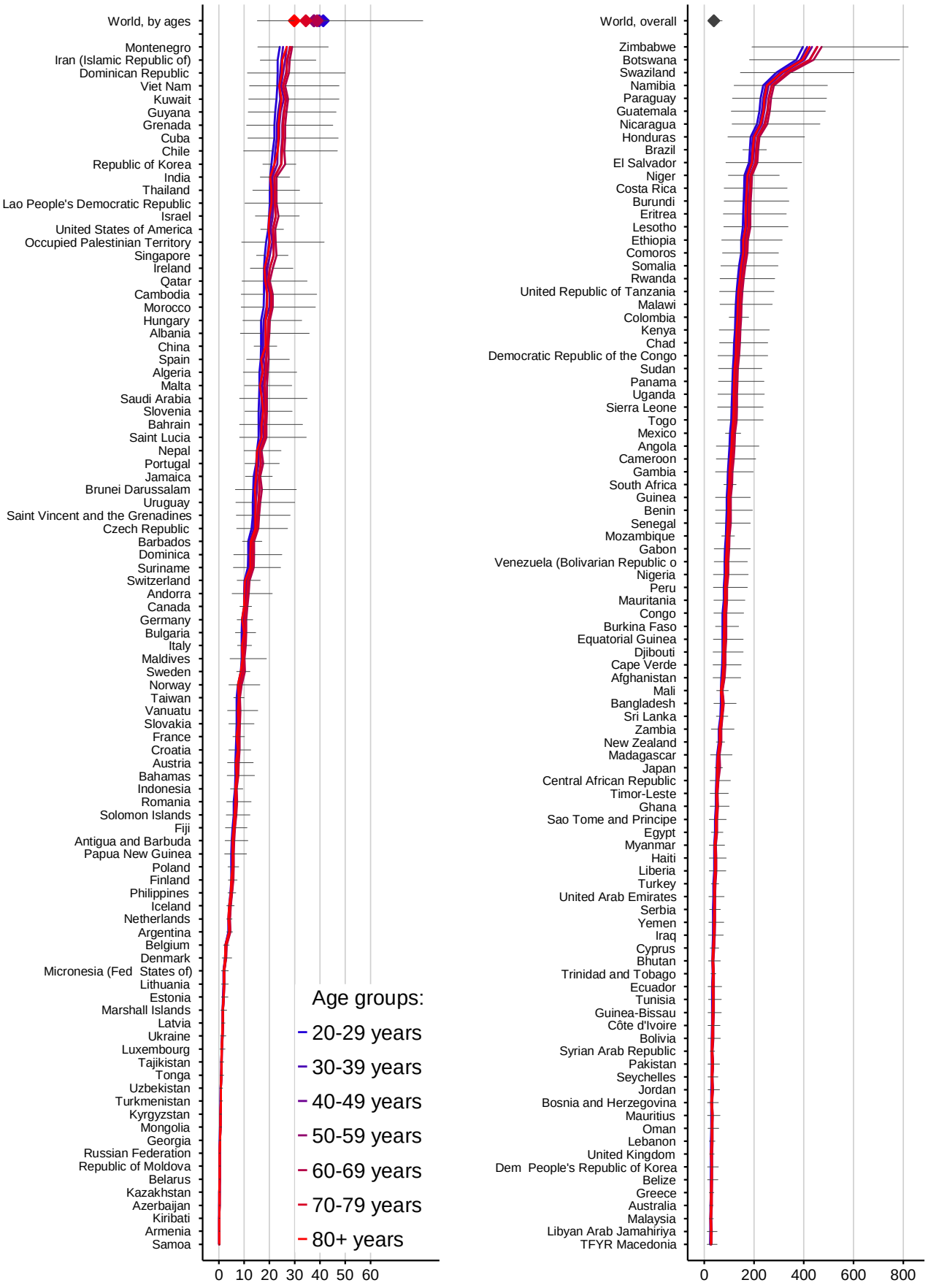


Figure S7. Consumption of beans and legumes among men and women aged 20 years or older in 187 countries. Countries are ordered by the mean consumption levels among men and women with 20-29 years of age, from the lowest at the bottom-left to the highest at the top-right. Error bars represent a lower side of 95% uncertainty interval (UI) for the lowest estimate and an upper side of 95% UI for the highest estimate in each country. The dashed vertical line represents mean of the theoretical minimal risk exposure distribution for consumption of beans and legumes.

Consumption of beans and legumes among women



Milk consumption among men

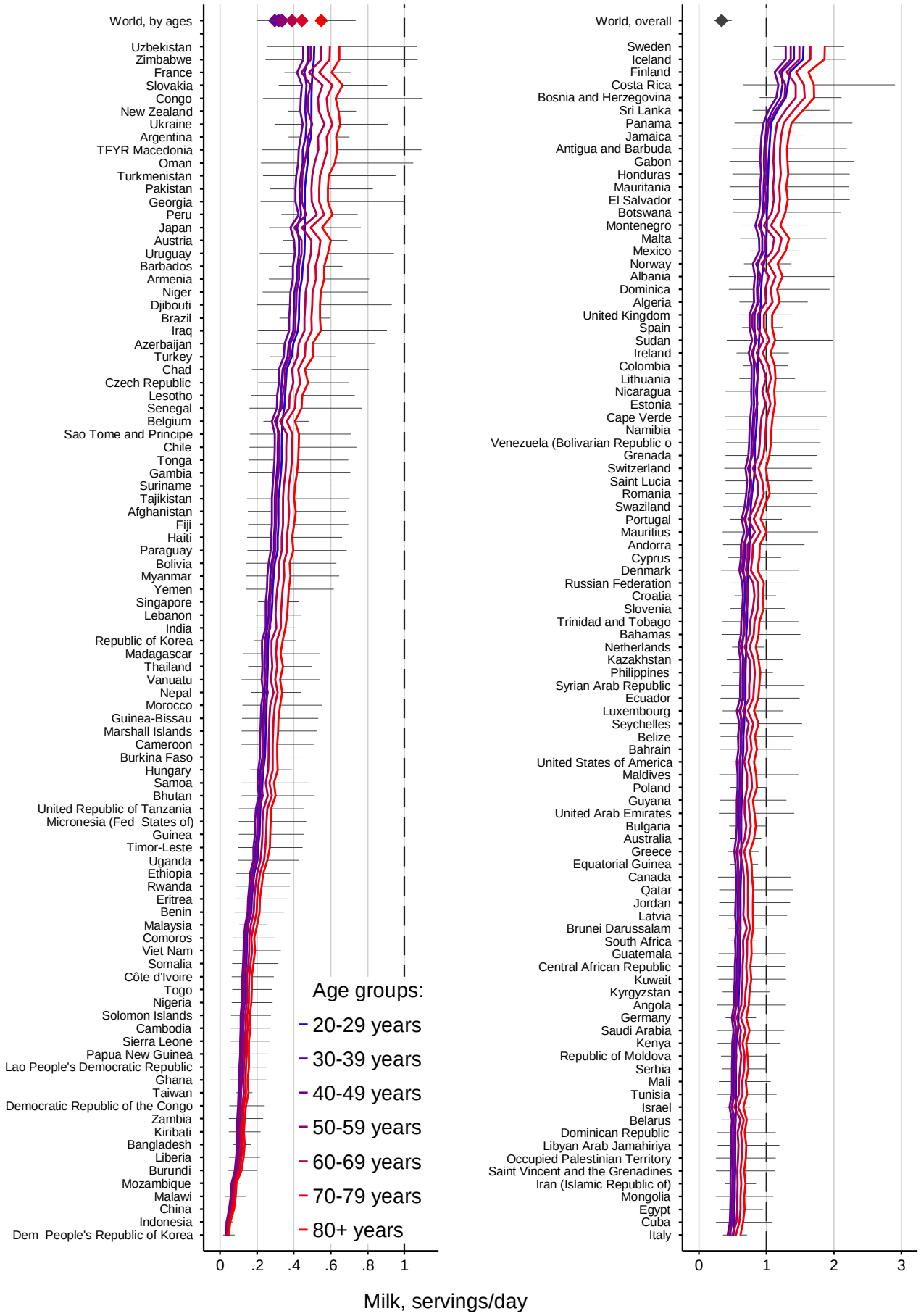
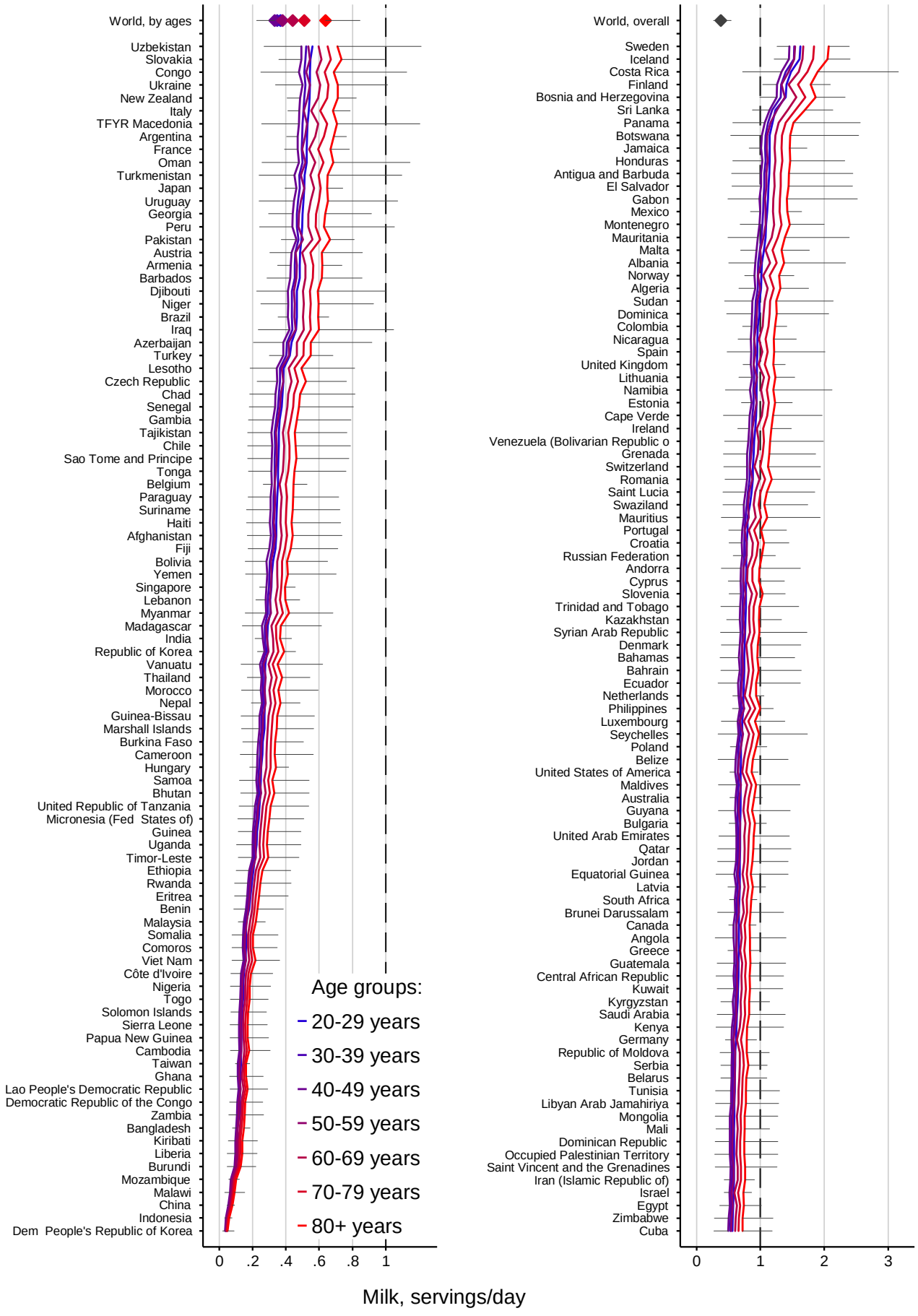


Figure S8. Milk consumption among men and women aged 20 years or older in 187 countries. The unit is 1 serving (=8 oz or 226.8 ml) per day. Countries are ordered by the mean consumption levels among men and women with 20-29 years of age, from the lowest at the bottom-left to the highest at the top-right. Error bars represent a lower side of 95% uncertainty interval (UI) for the lowest estimate and an upper side of 95% UI for the highest estimate. The dashed vertical line represents mean of the theoretical minimal risk exposure distribution for milk consumption.

Milk consumption among women



Dietary Fibre consumption among men

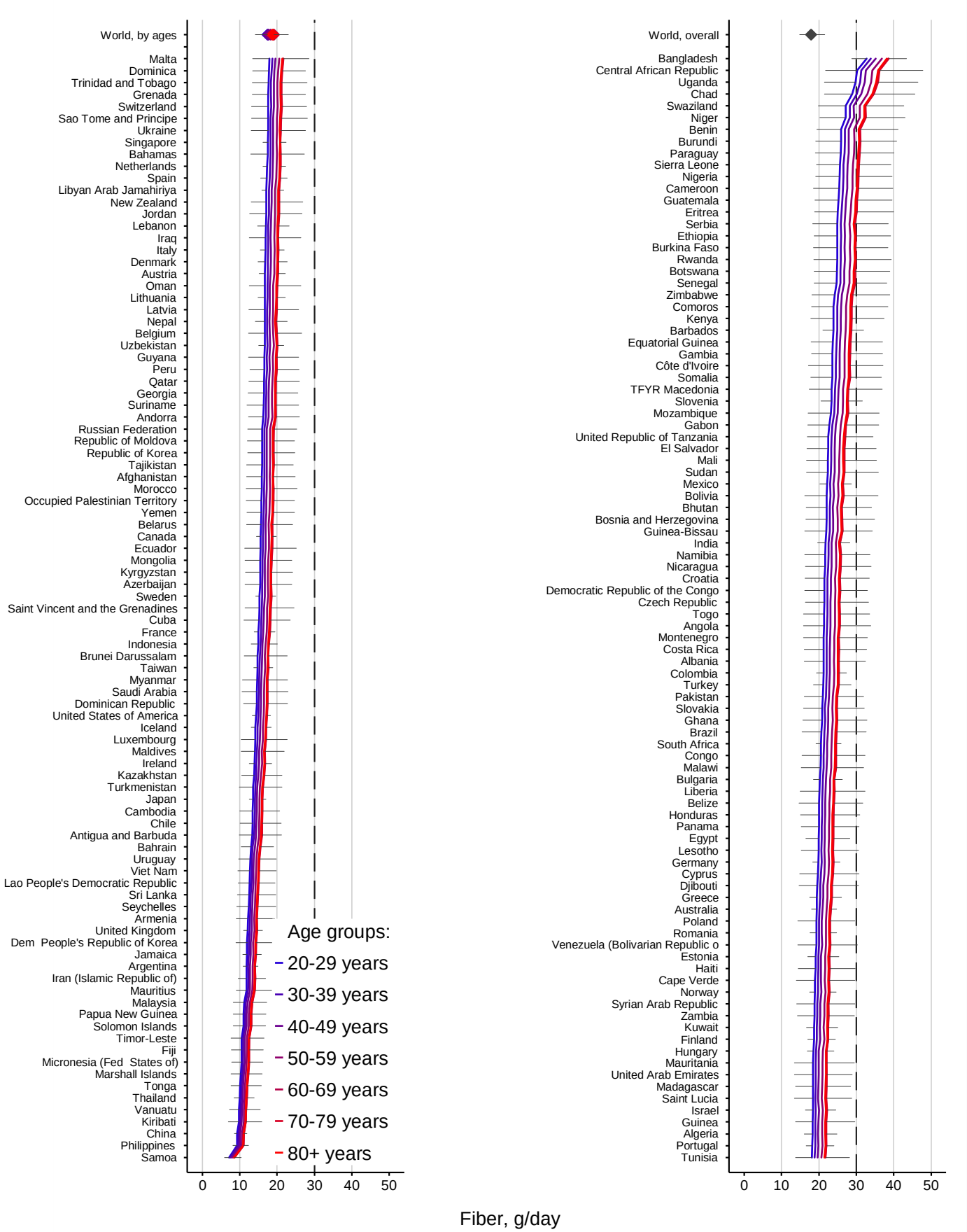
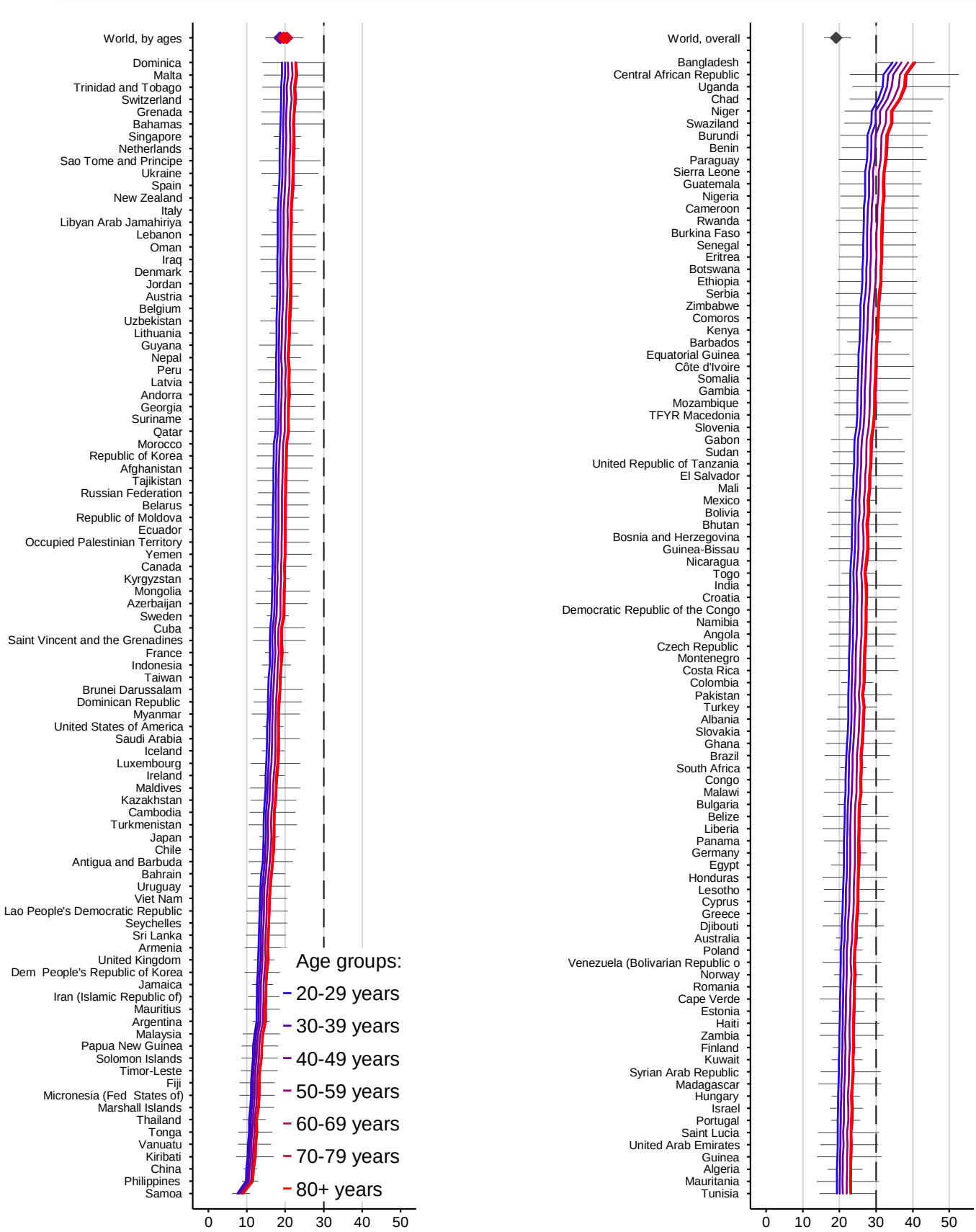


Figure S9. Dietary fibre consumption among men and women aged 20 years or older in 187 countries.
Countries are ordered by the mean consumption levels among men and women with 20-29 years of age, from the lowest at the bottom-left to the highest at the top-right. Error bars for each country represent a lower side of 95% uncertainty interval (UI) for the lowest estimate and an upper side of 95% UI for the highest estimate. The dashed vertical line represents mean of the theoretical minimal risk exposure distribution for dietary fibre consumption.

Dietary fibre consumption among women



Polyunsaturated fat consumption among men

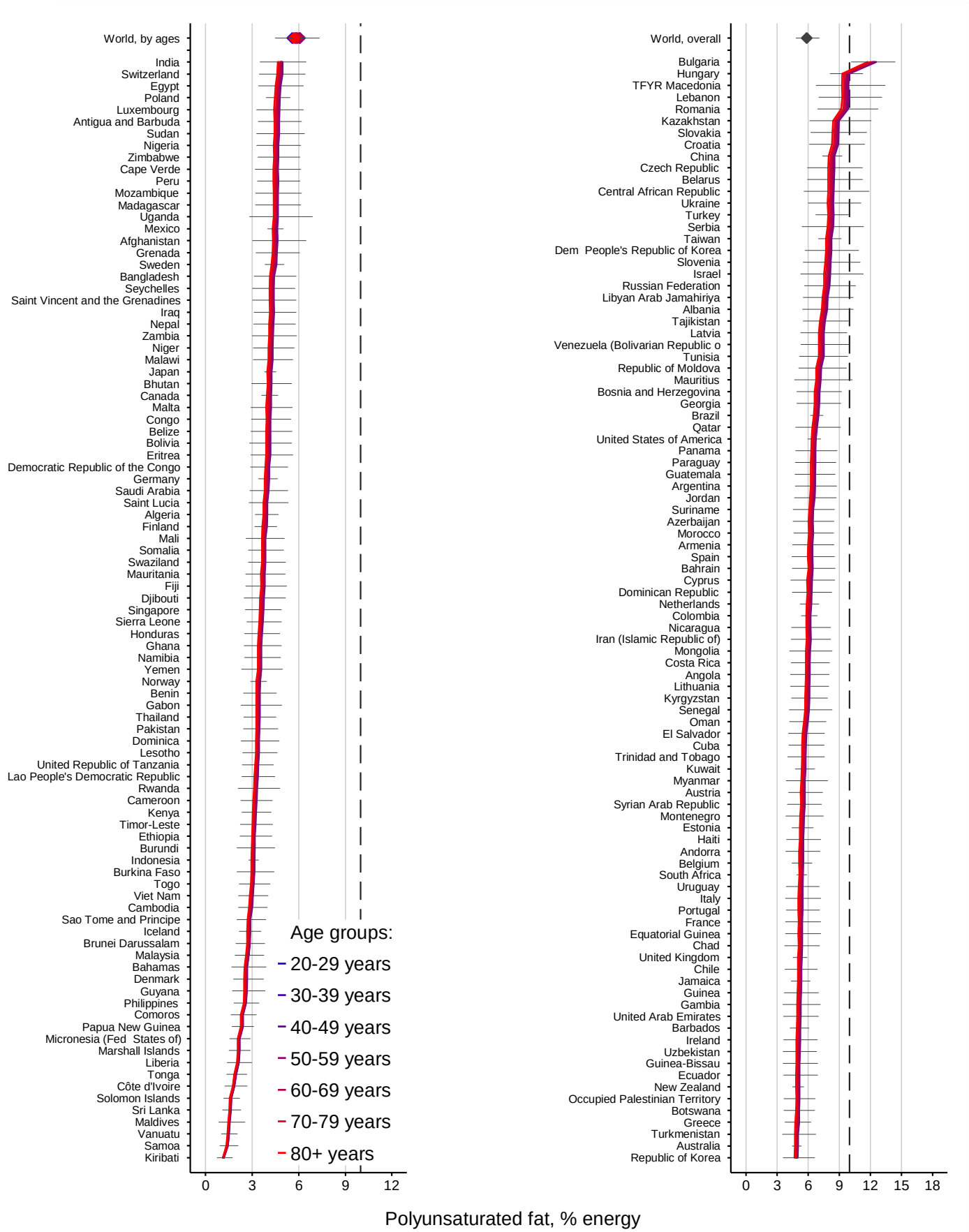
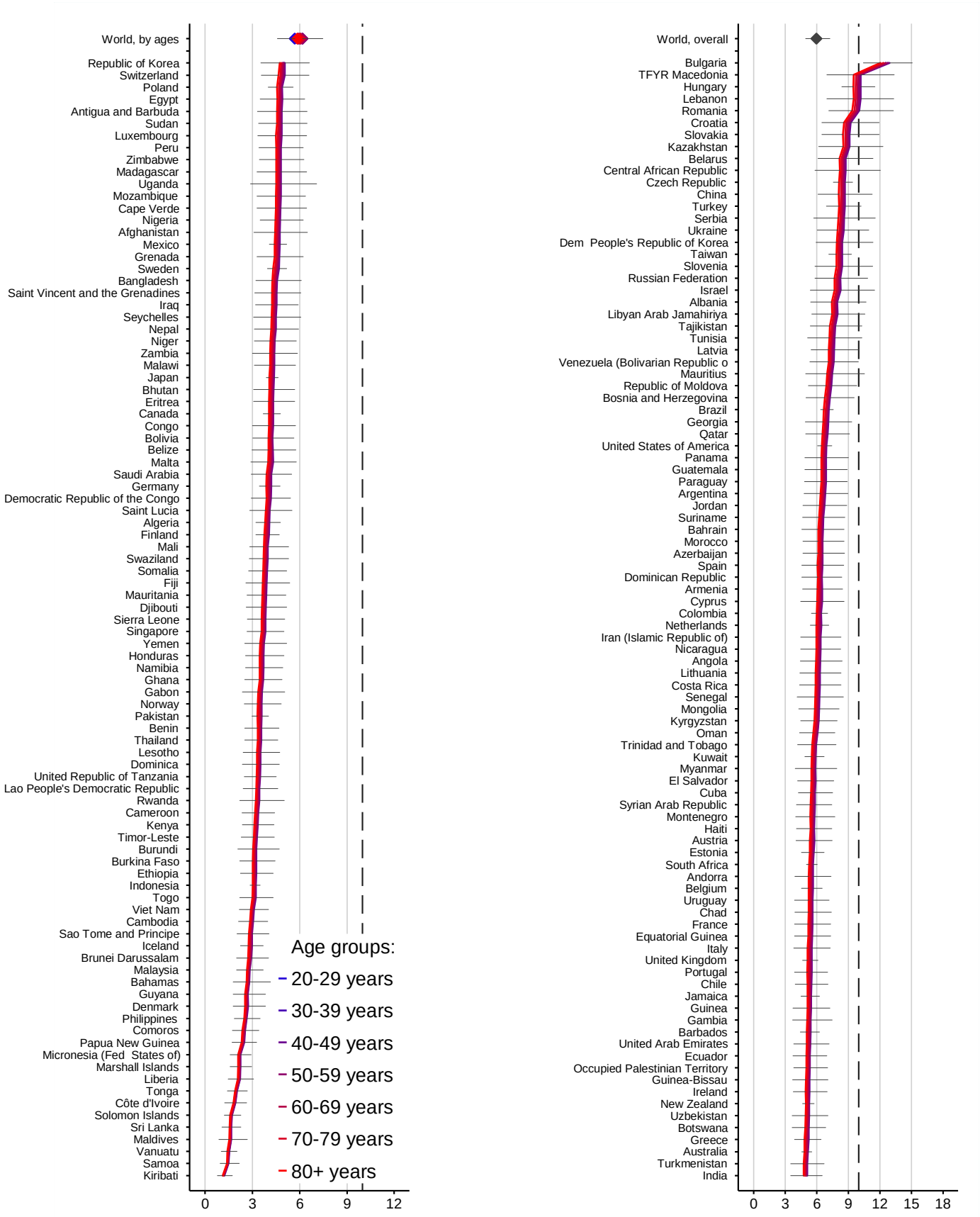


Figure S10. Polyunsaturated fat consumption among men and women aged 20 years or older in 187 countries. Countries are ordered by the mean consumption levels among men and women with 20-29 years of age, from the lowest at the bottom-left to the highest at the top-right. Error bars for each country represent a lower side of 95% uncertainty interval (UI) for the lowest estimate and an upper side of 95% UI for the highest estimate. The dashed vertical line represents mean of the theoretical minimal risk exposure distribution for polyunsaturated fat consumption.

Polyunsaturated fat consumption among women



Consumption of seafood omega-3 fatty acids among men

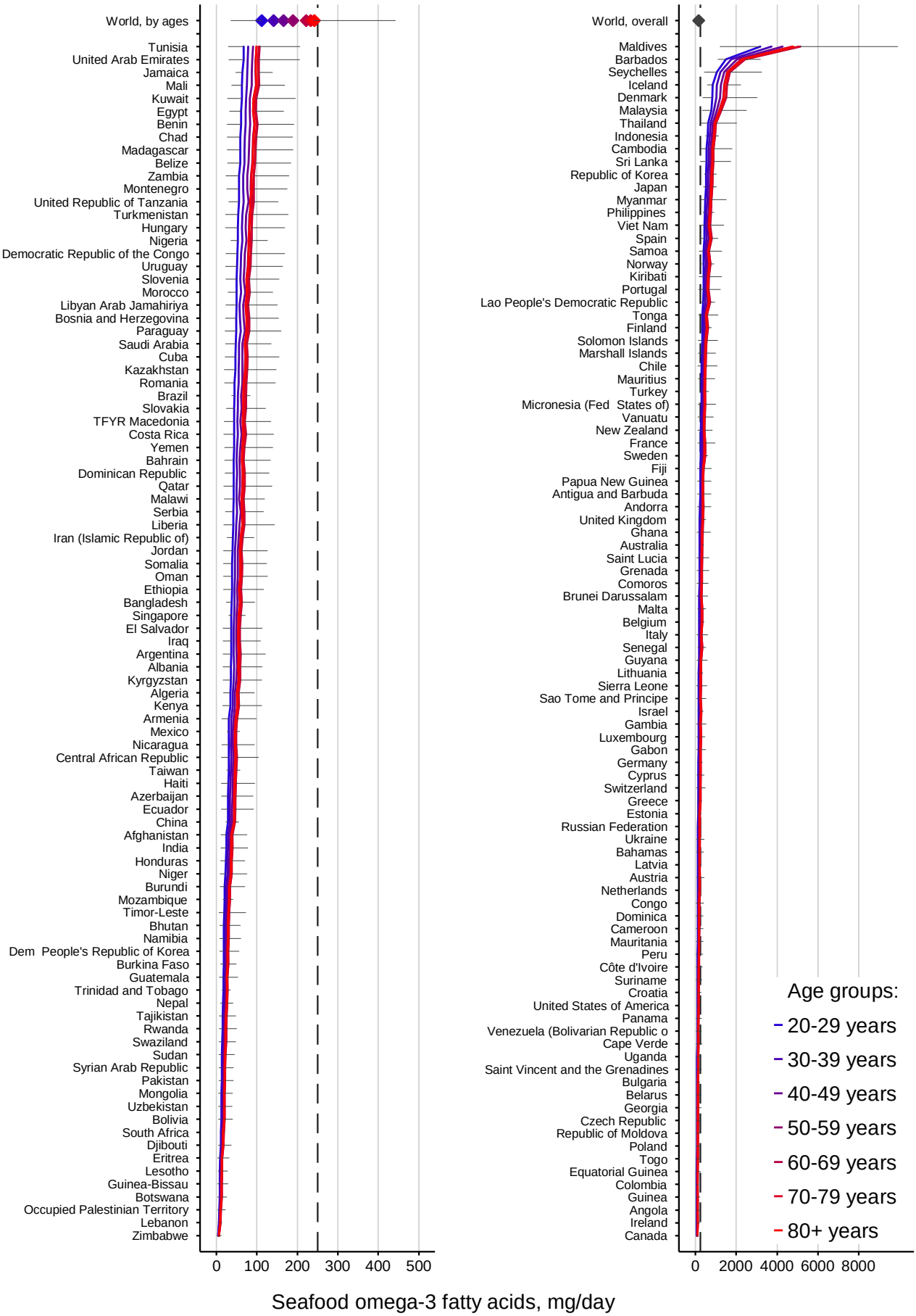
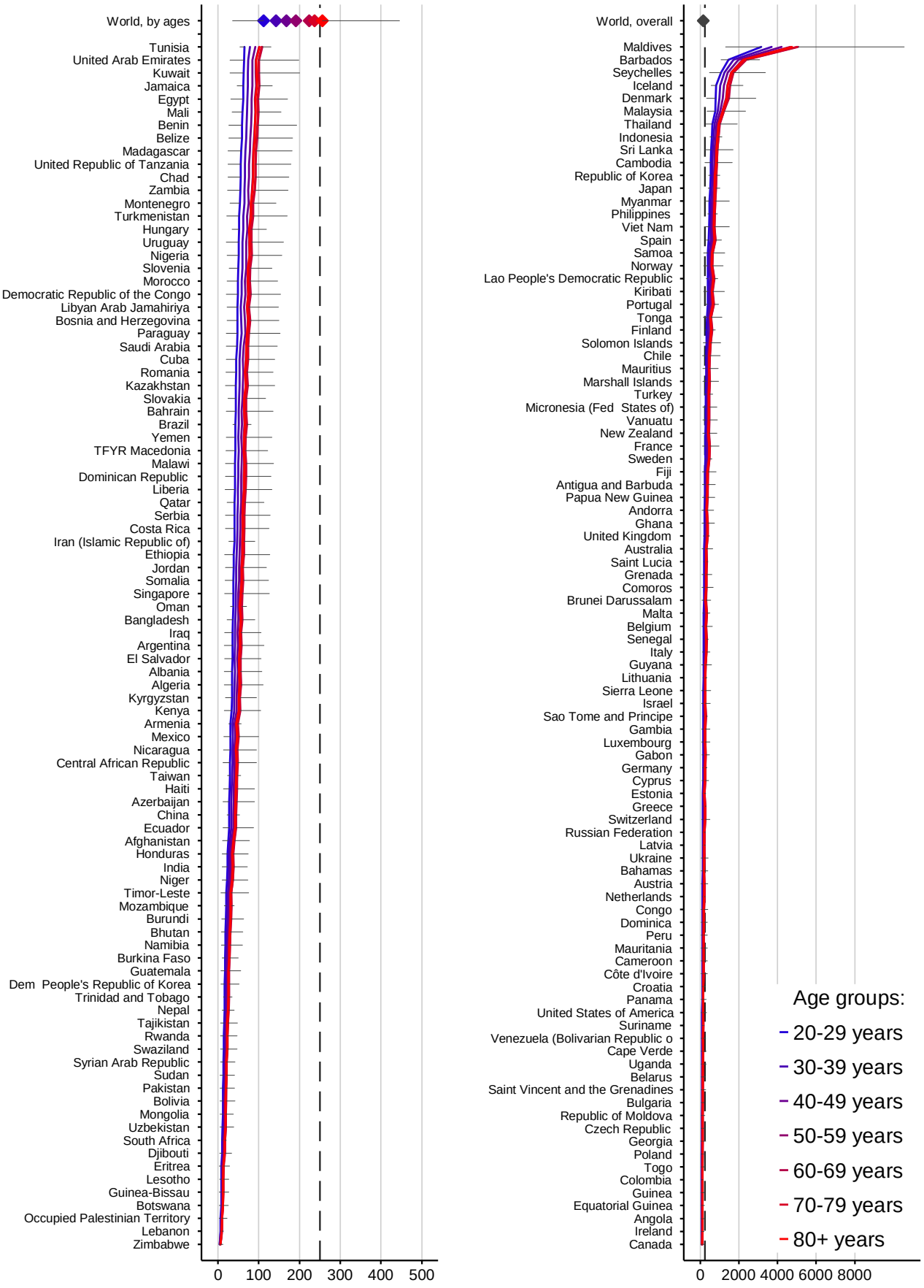


Figure S11. Consumption of seafood omega-3 fatty acids among men and women aged 20 years or older in 187 countries. Countries are ordered by levels among men and women with 20-29 years of age, from the lowest at the bottom-left to the highest at the top-right. Error bars represent a lower side of 95% uncertainty interval (UI) for the lowest estimate and an upper side of 95% UI for the highest estimate in each country. The dashed vertical line represents mean of the theoretical minimal risk exposure distribution for consumption of seafood omega-3 fatty acids.

Consumption of seafood omega-3 fatty acids among women



Consumption of plant omega-3 fatty acids among men

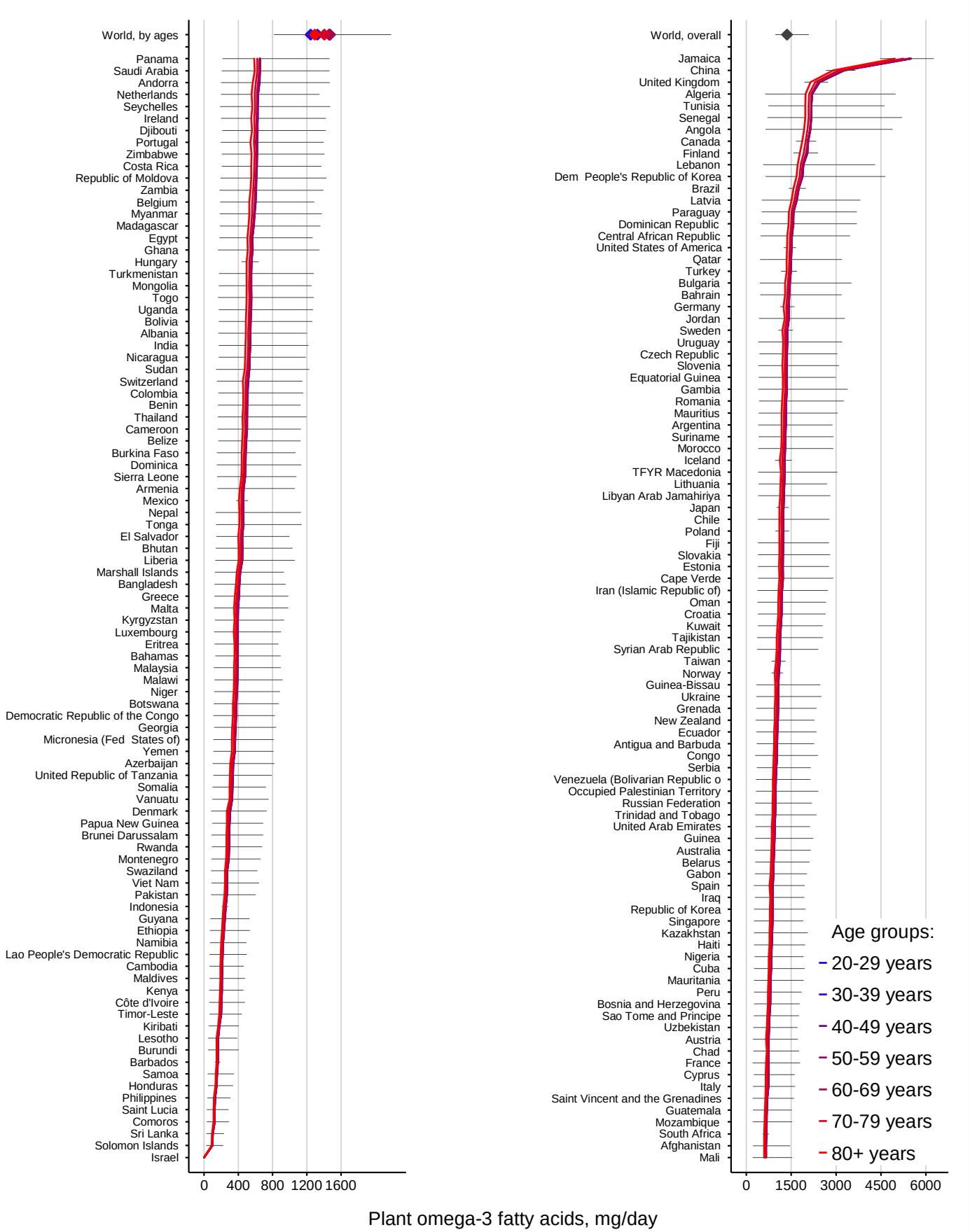
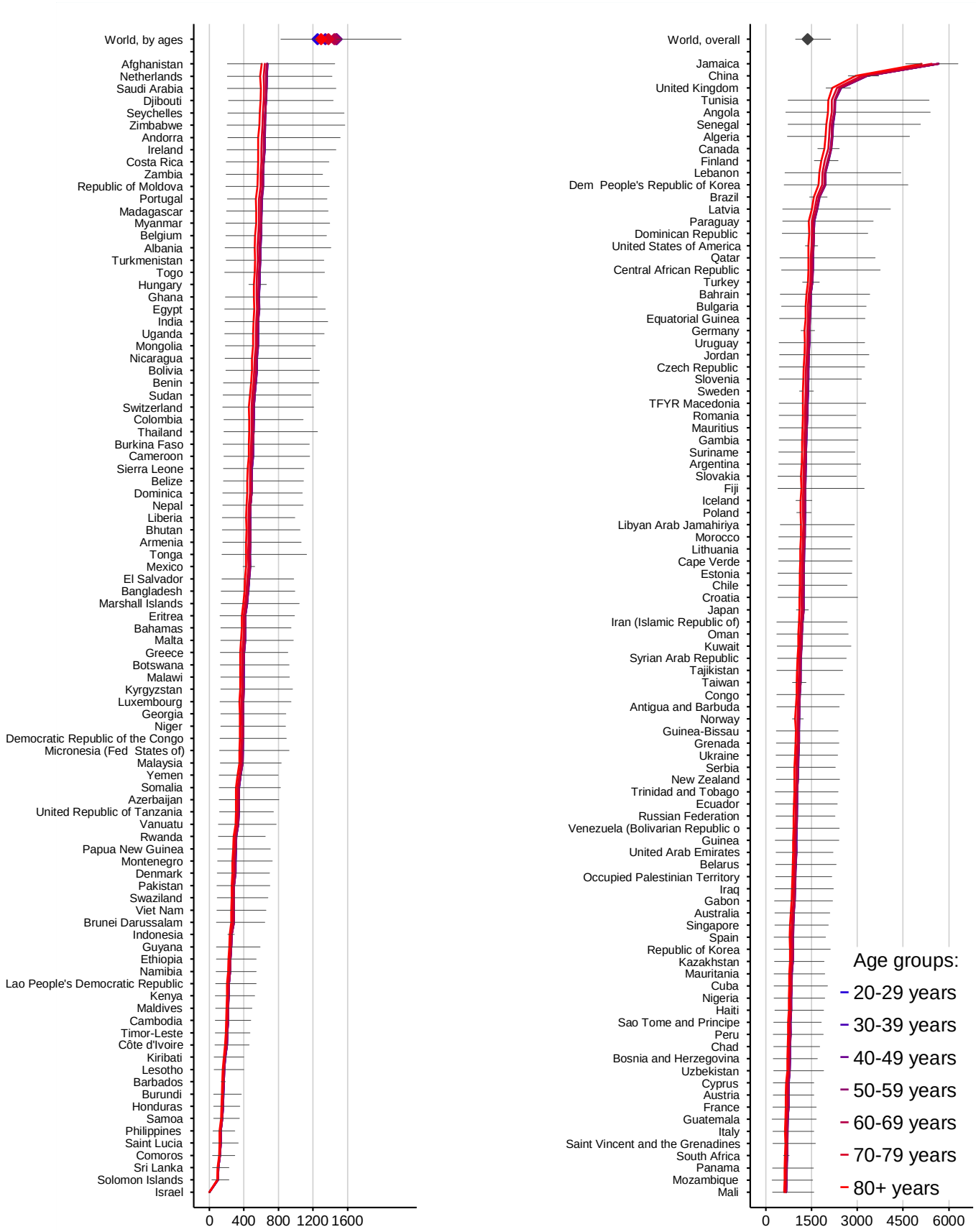


Figure S12. Consumption of plant omega-3 fatty acids among men and women aged 20 years or older in 187 countries. Countries are ordered by the mean consumption levels among men and women with 20-29 years of age, from the lowest at the bottom-left to the highest at the top-right. Error bars for each country represent a lower side of 95% uncertainty interval (UI) for the lowest estimate and an upper side of 95% UI for the highest estimate. The dashed vertical line represents mean of the theoretical minimal risk exposure distribution for consumption of plant omega-3 fatty acids.

Consumption of plant omega-3 fatty acids among women



Calcium consumption among men

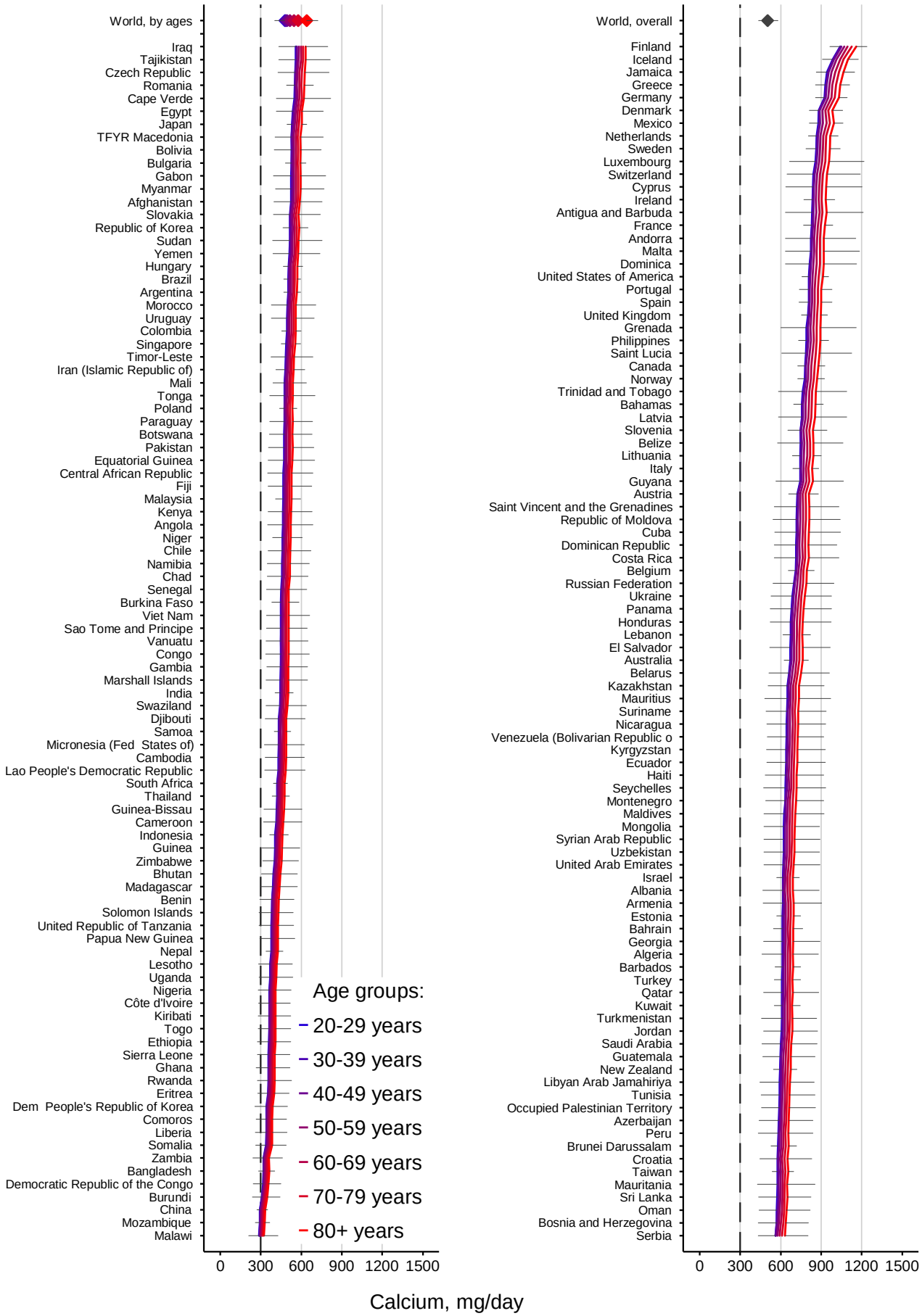
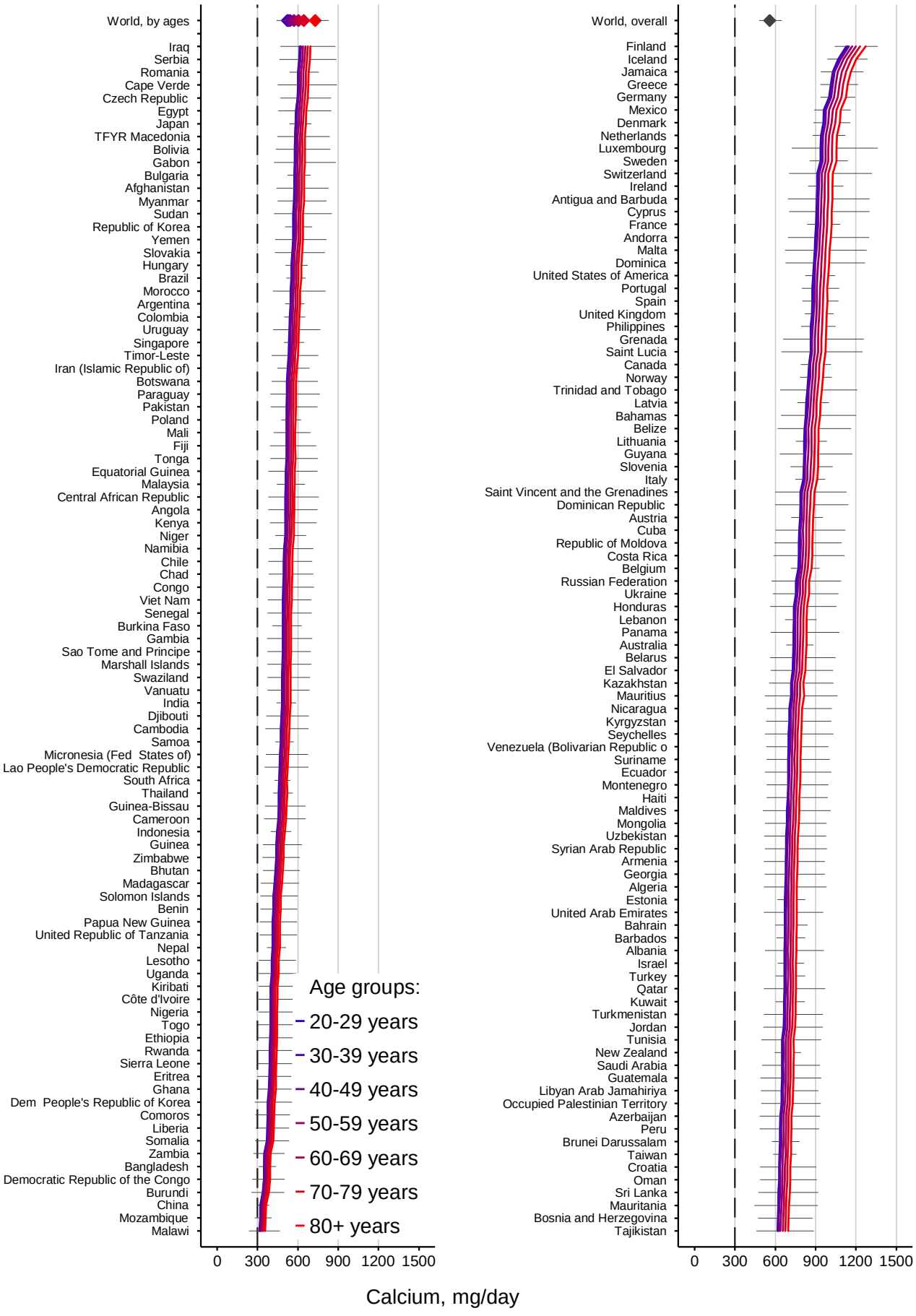


Figure S13. Calcium consumption among men and women aged 20 years or older in 187 countries.
Countries are ordered by the mean consumption levels among men and women with 20-29 years of age, from the lowest at the bottom-left to the highest at the top-right. Error bars for each country represent a lower side of 95% uncertainty interval (UI) for the lowest estimate and an upper side of 95% UI for the highest estimate. The dashed vertical line represents mean of the theoretical minimal risk exposure distribution for calcium consumption.

Calcium consumption among women



Sugar sweetened beverage consumption among men

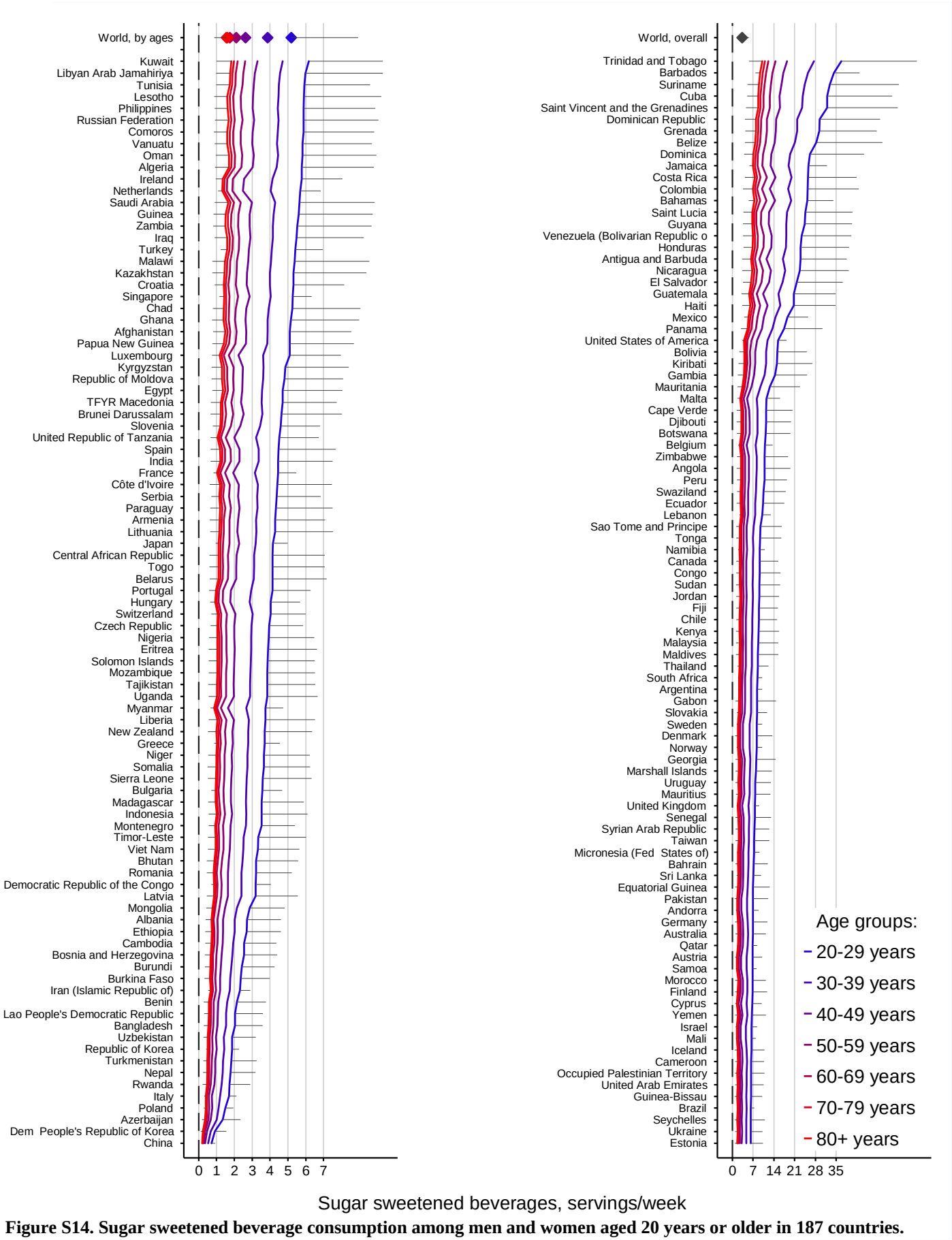
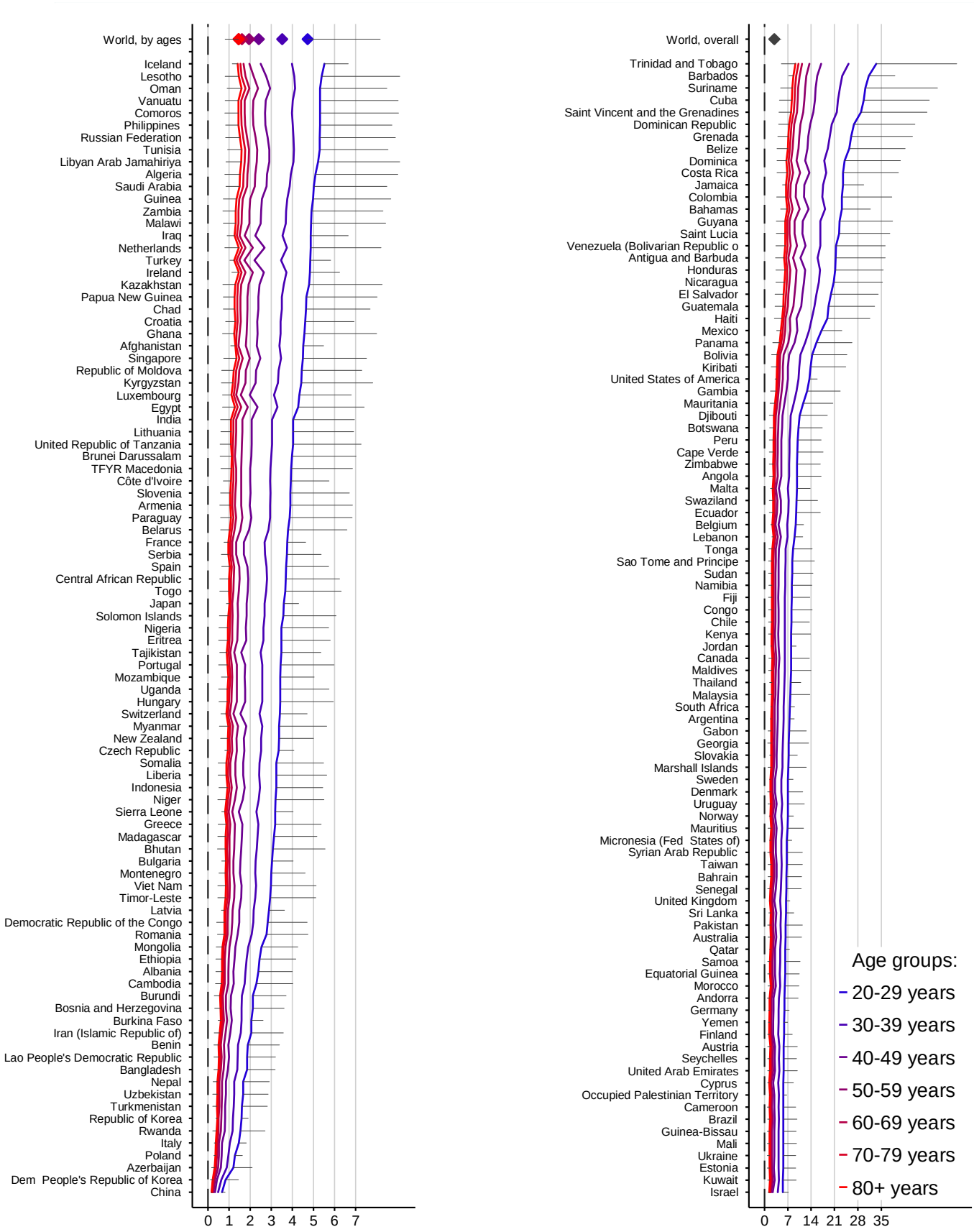


Figure S14. Sugar sweetened beverage consumption among men and women aged 20 years or older in 187 countries. The unit is 1 serving (=8 oz or 226.8 ml) per week. Countries are ordered by the mean consumption levels among men and women with 20-29 years of age, from the lowest at the bottom-left to the highest at the top-right. Error bars for each country represent a lower side of 95% uncertainty interval (UI) for the lowest estimate and an upper side of 95% UI for the highest estimate. The dashed vertical line represents mean of the theoretical minimal risk exposure distribution for sugar sweetened beverage consumption.

Sugar sweetened beverage consumption among women



Unprocessed red meat consumption among men

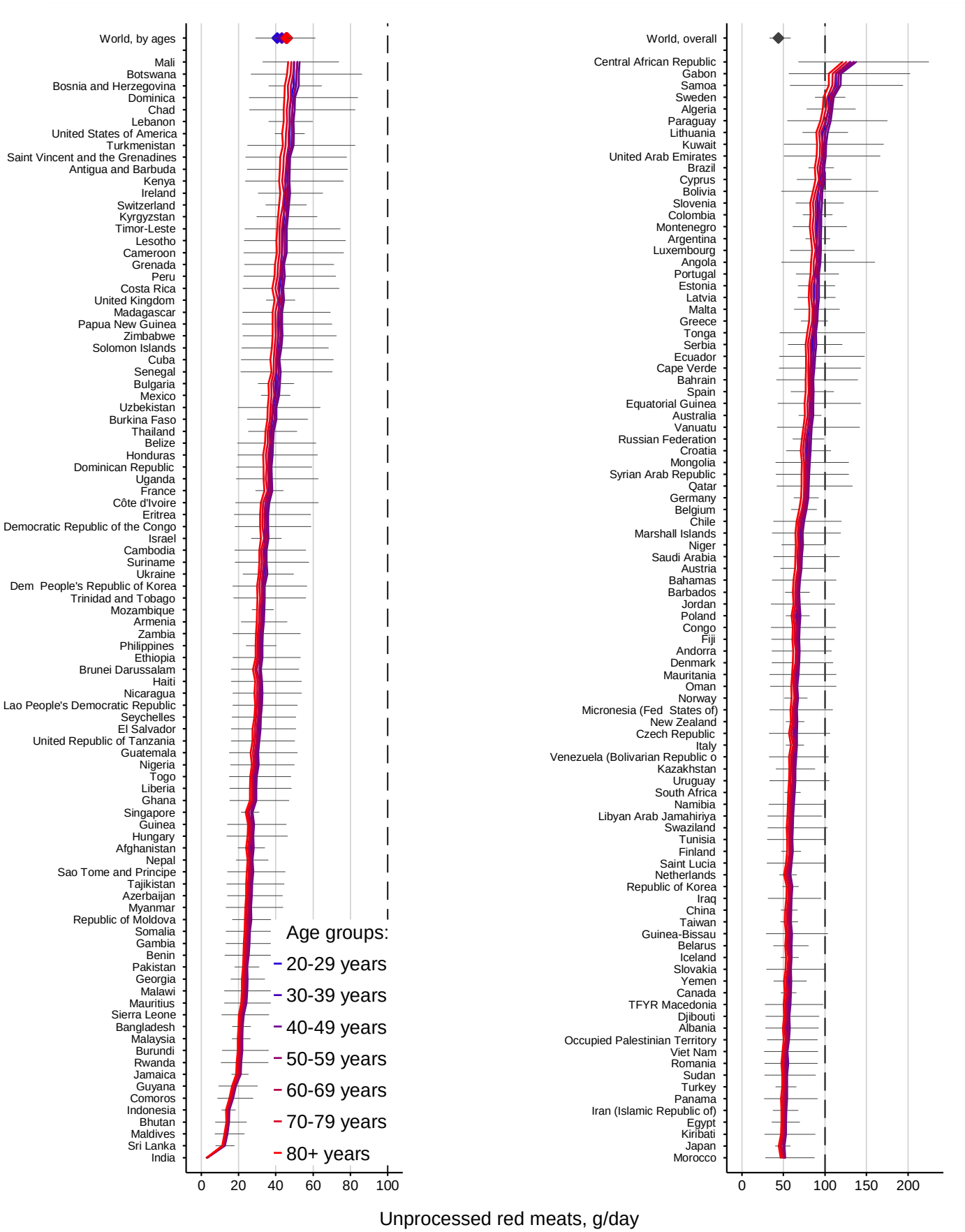
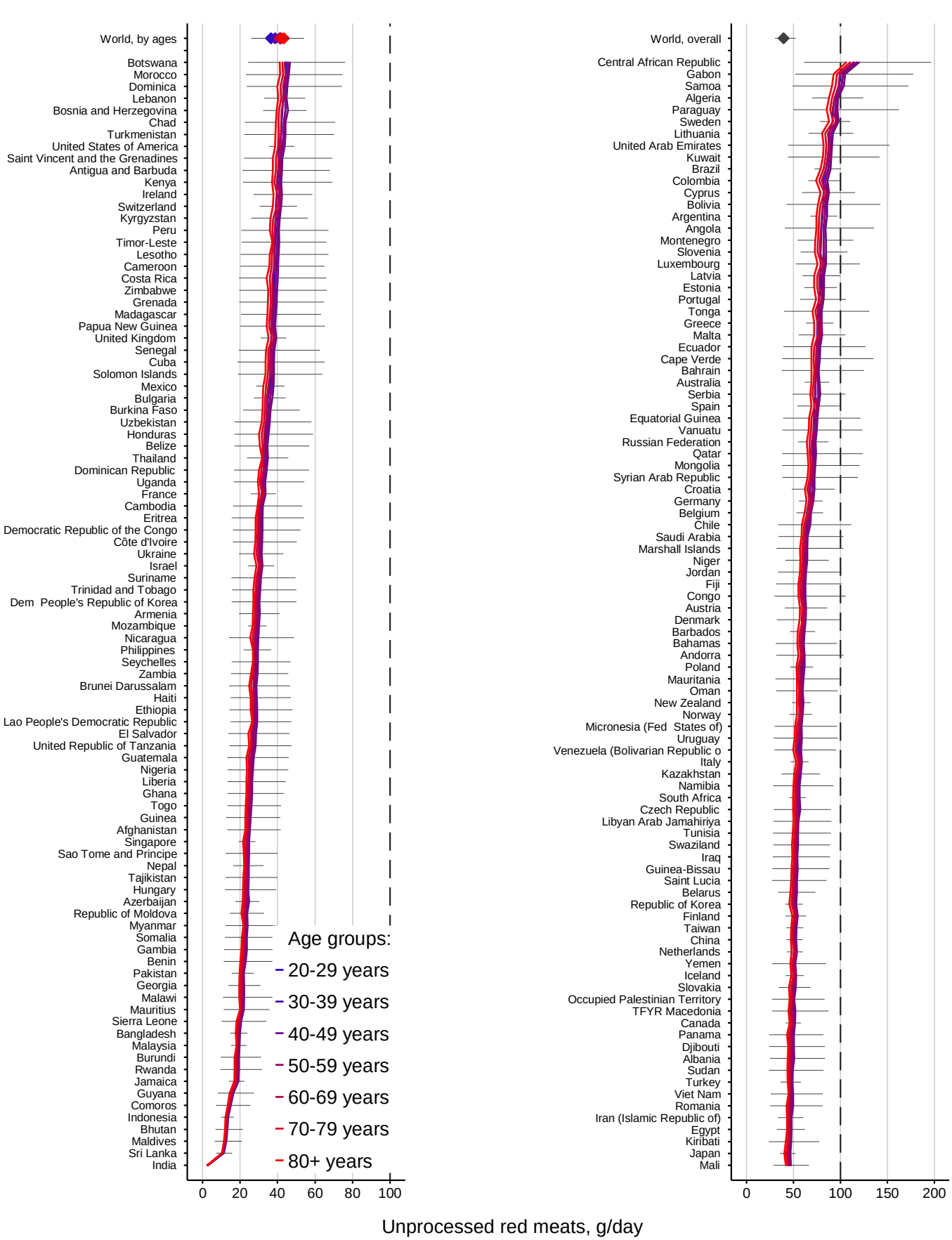


Figure S15. Unprocessed red meat consumption among men and women aged 20 years or older in 187 countries. Countries are ordered by the mean consumption levels among men and women with 20-29 years of age, from the lowest at the bottom-left to the highest at the top-right. Error bars for each country represent a lower side of 95% uncertainty interval (UI) for the lowest estimate and an upper side of 95% UI for the highest estimate. The dashed vertical line represents mean of the theoretical minimal risk exposure distribution for processed meat consumption.

Unprocessed red meat consumption among women



Processed meat consumption among men

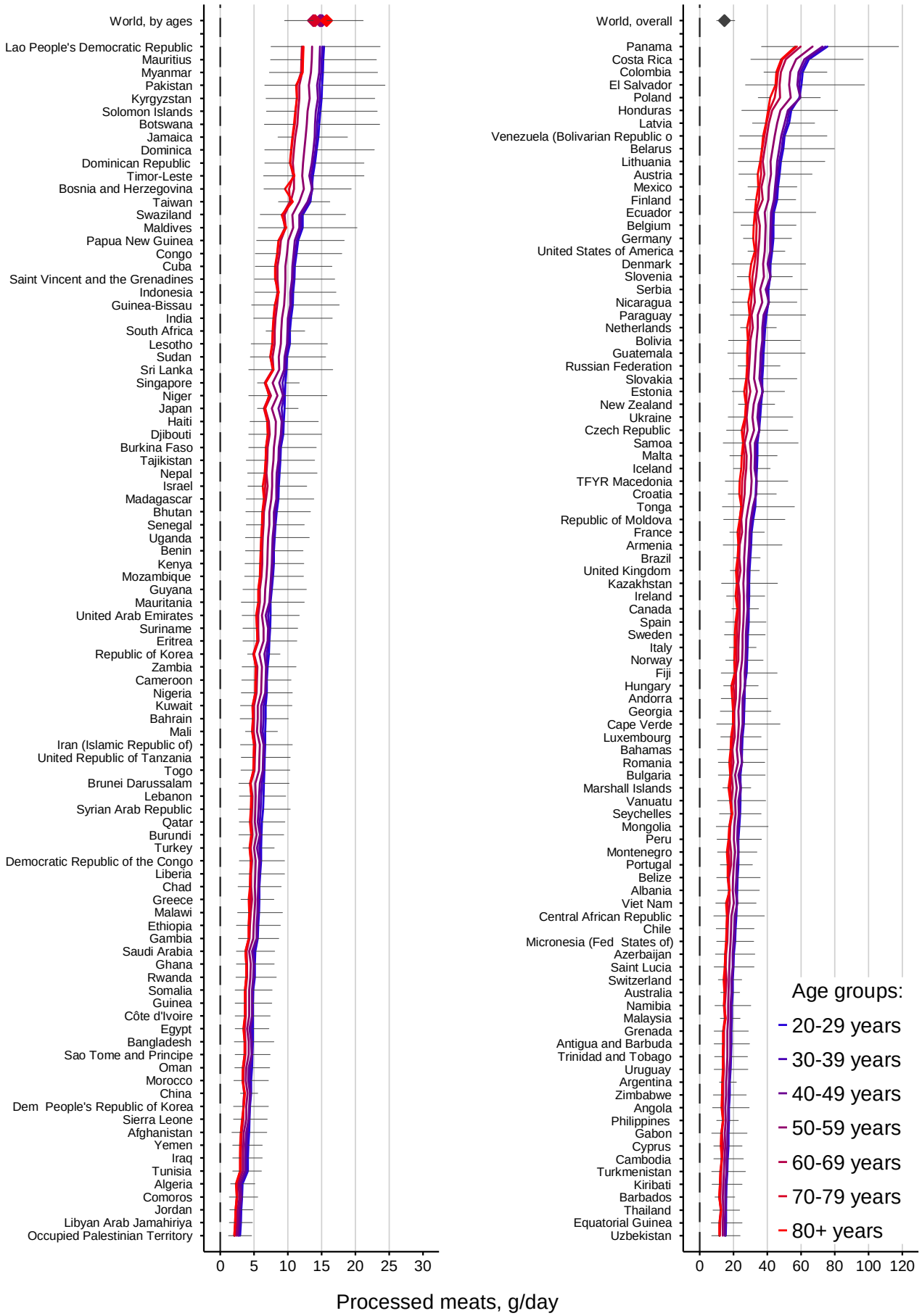
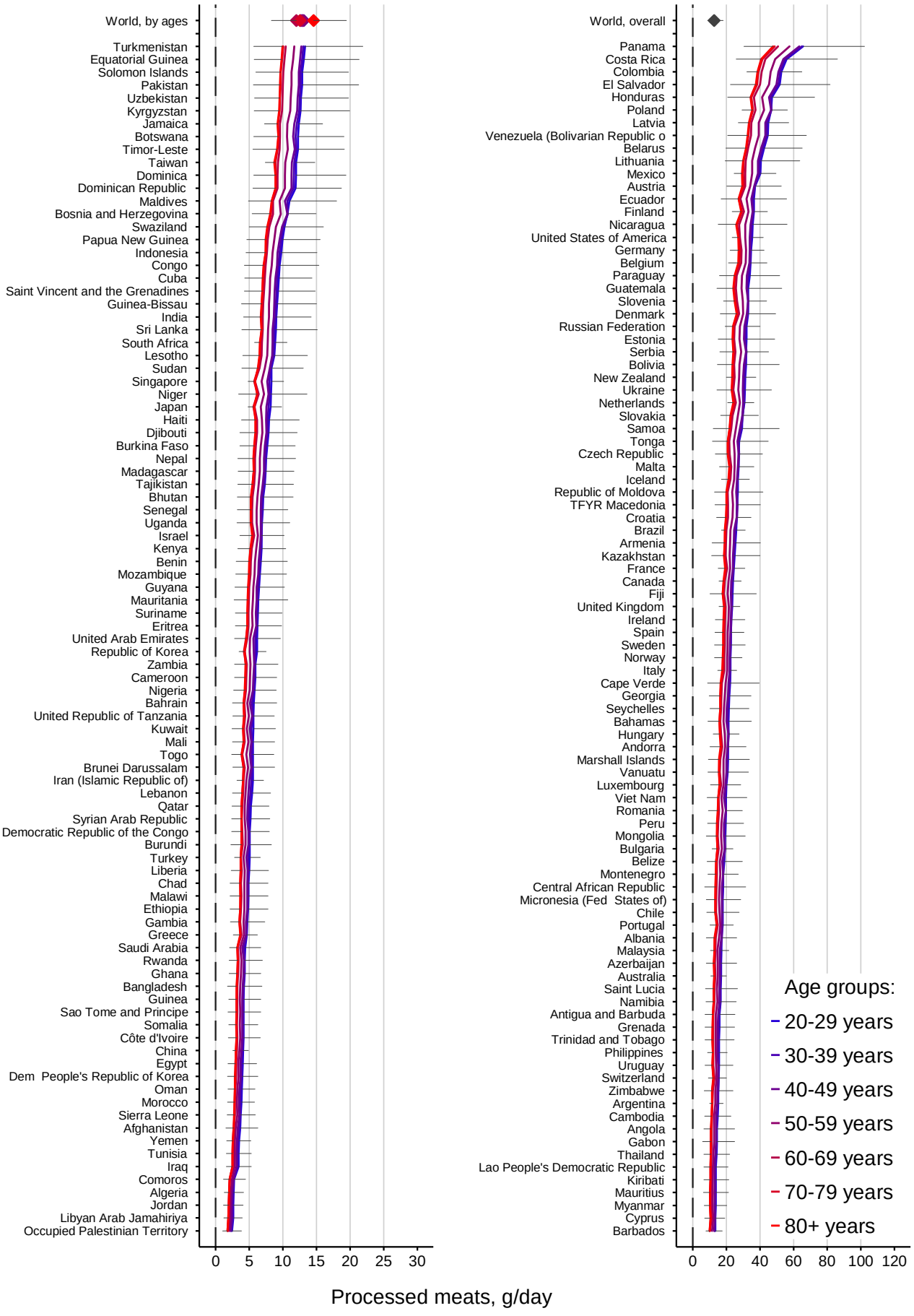


Figure S16. Processed meat consumption among men and women aged 20 years or older in 187 countries. Countries are ordered by the mean consumption levels among men and women with 20-29 years of age, from the lowest at the bottom-left to the highest at the top-right. Error bars represent a lower side of 95% uncertainty interval (UI) for the lowest estimate and an upper side of 95% UI for the highest estimate. The dashed vertical line represents mean of the theoretical minimal risk exposure distribution for unprocessed red meat consumption.

Processed meat consumption among women



Saturated fat consumption among men

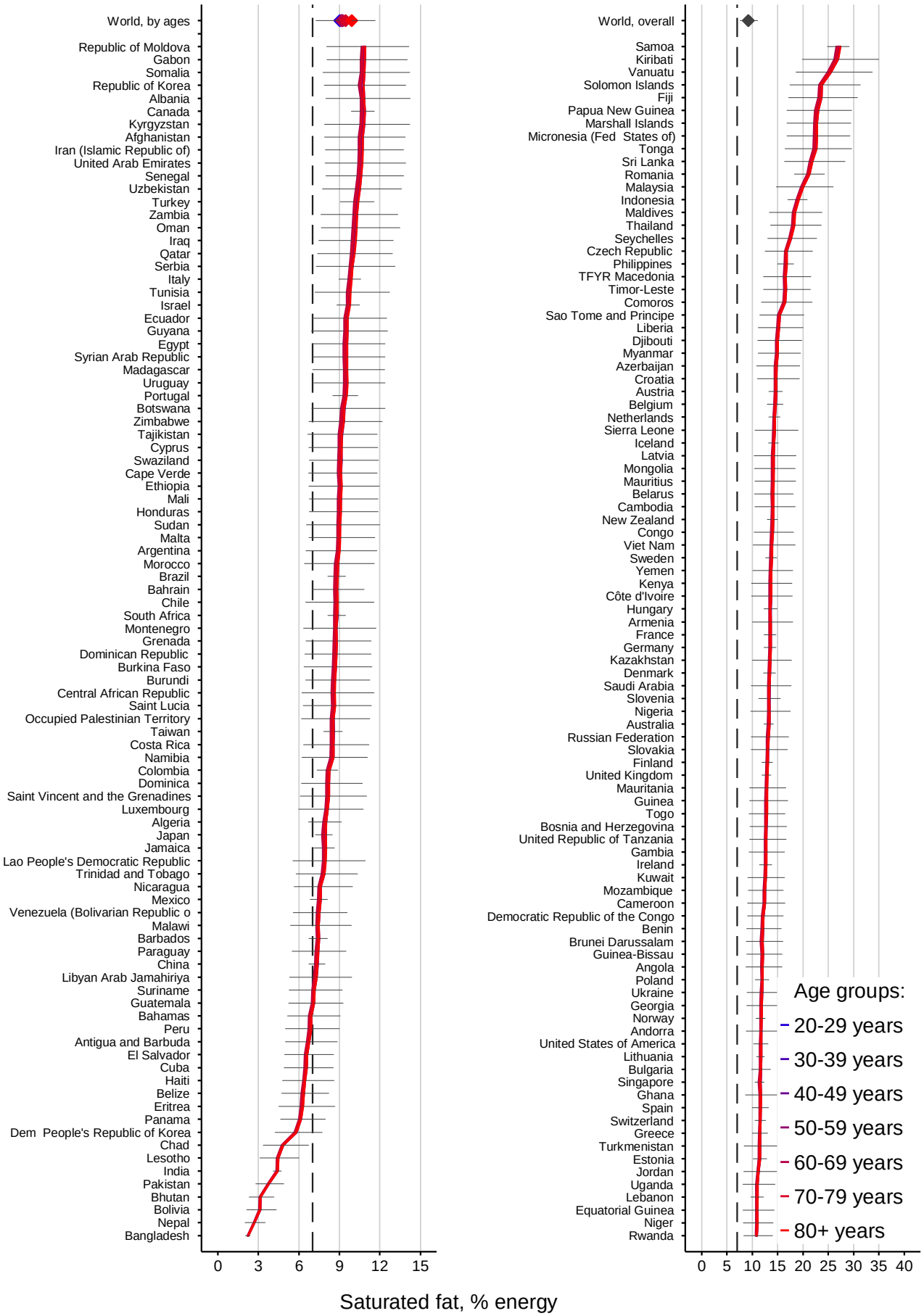
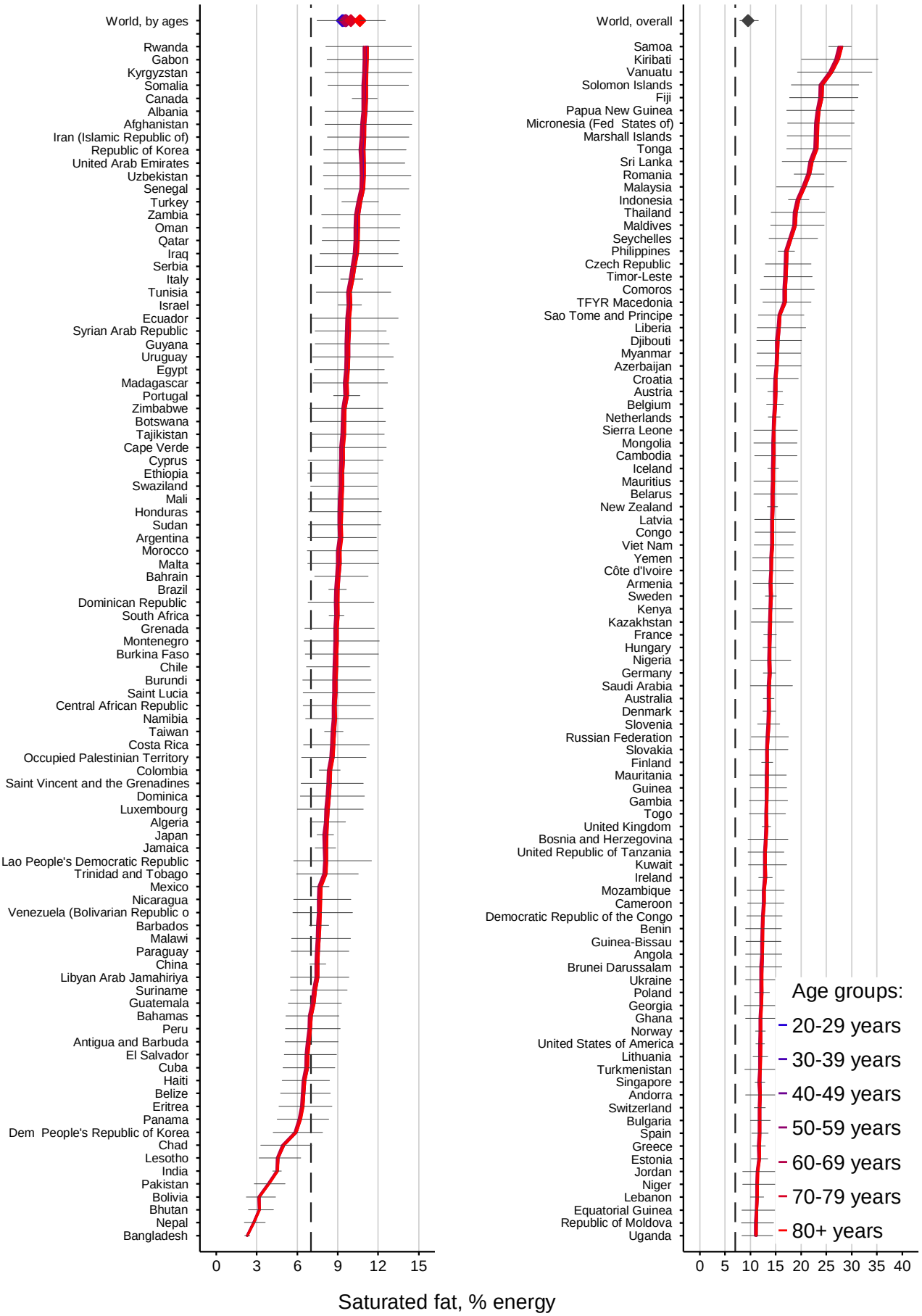


Figure S17. Saturated fat consumption among men and women aged 20 years or older in 187 countries.
Countries are ordered by the mean consumption levels among men and women with 20-29 years of age, from the lowest at the bottom-left to the highest at the top-right. Error bars for each country represent a lower side of 95% uncertainty interval (UI) for the lowest estimate and an upper side of 95% UI for the highest estimate. The dashed vertical line represents mean of the theoretical minimal risk exposure distribution for saturated fat consumption.

Saturated fat consumption among women



Consumption of trans fatty acids among men

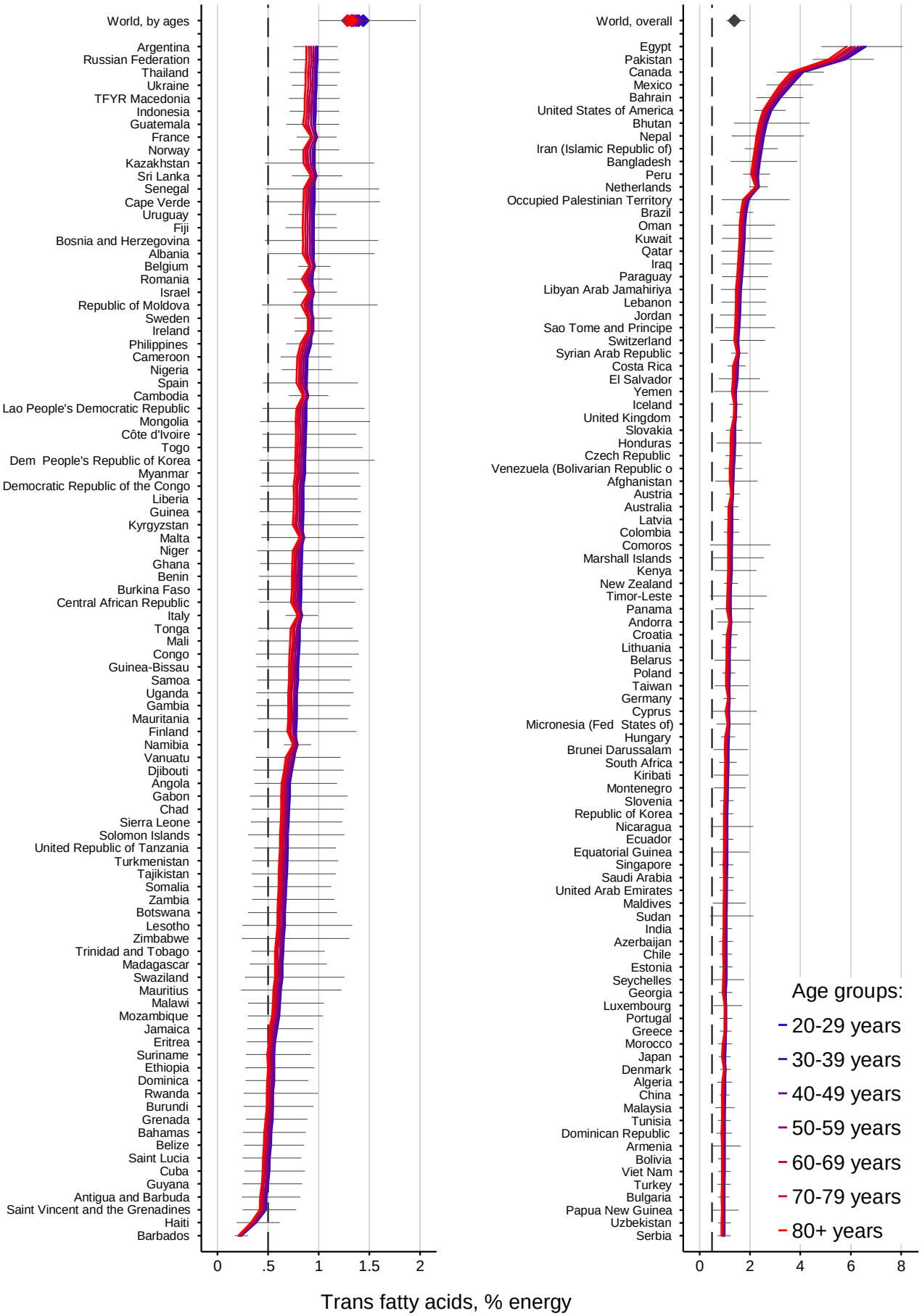
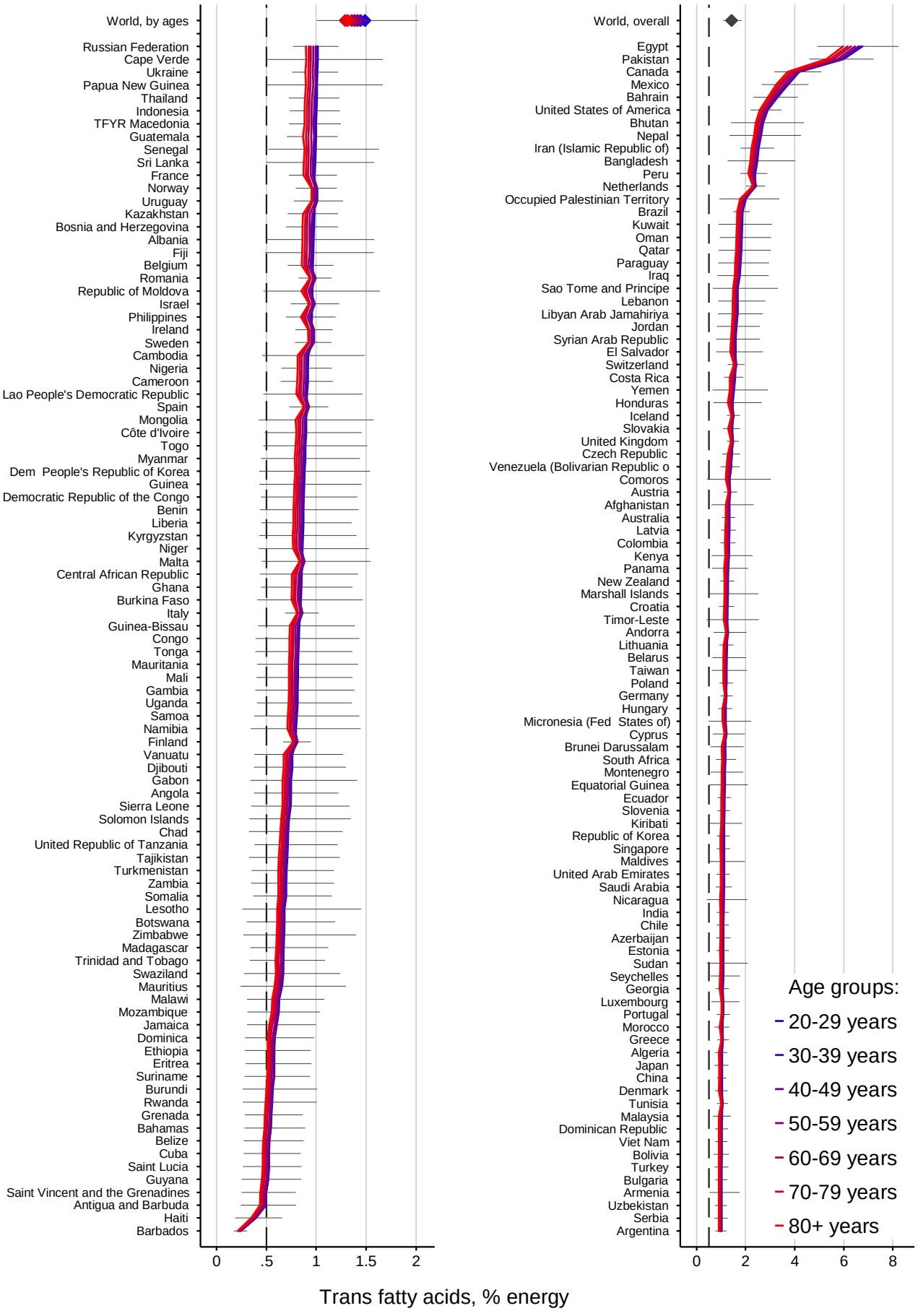


Figure S18. Consumption of trans fatty acids among men and women aged 20 years or older in 187 countries.
Countries are ordered by the mean consumption levels among men and women with 20-29 years of age, from the lowest at the bottom-left to the highest at the top-right. Error bars for each country represent a lower side of 95% uncertainty interval (UI) for the lowest estimate and an upper side of 95% UI for the highest estimate. The dashed vertical line represents mean of the theoretical minimal risk exposure distribution for trans fatty acid consumption.

Consumption of trans fatty acids among women



Dietary cholesterol consumption among men

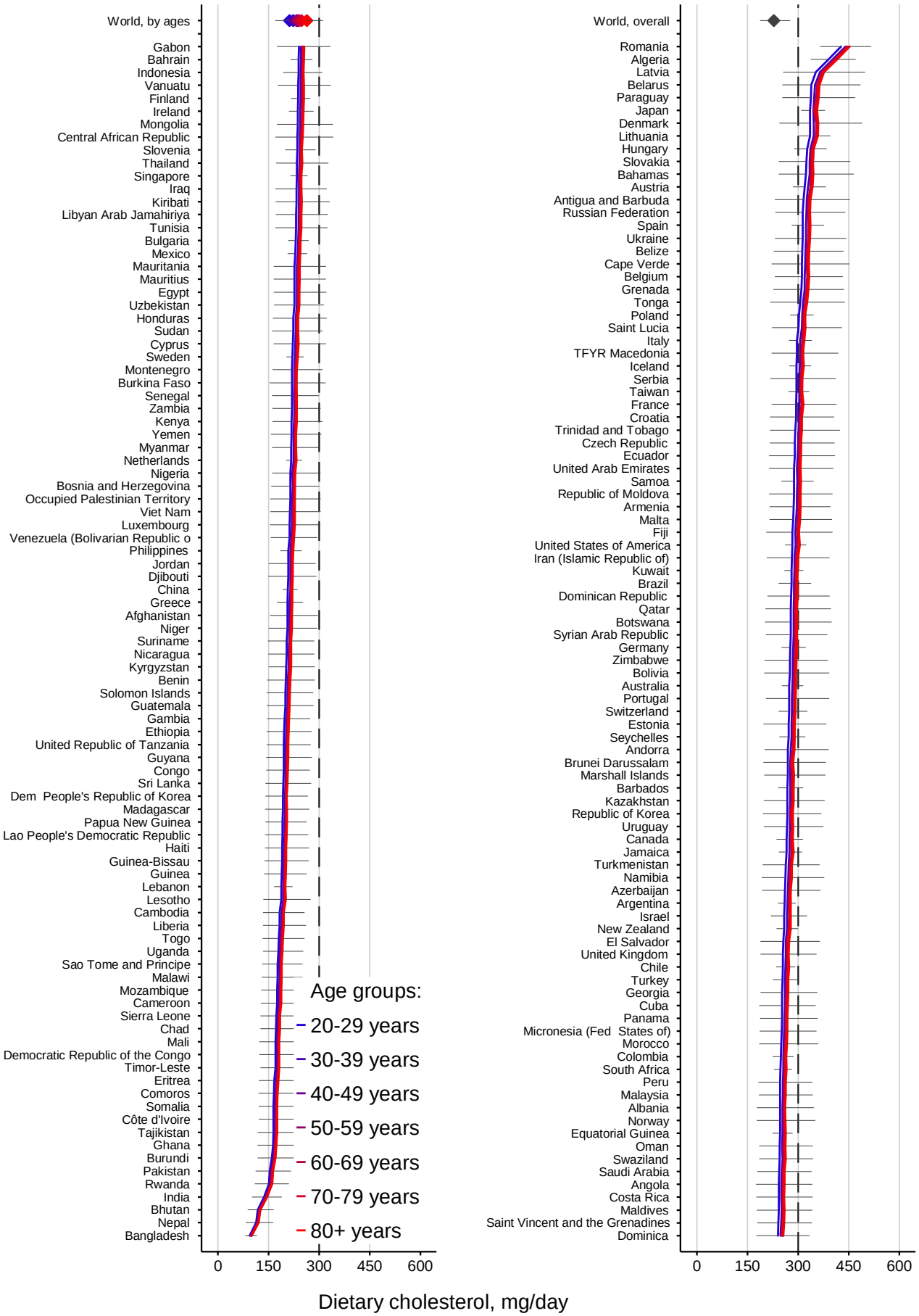
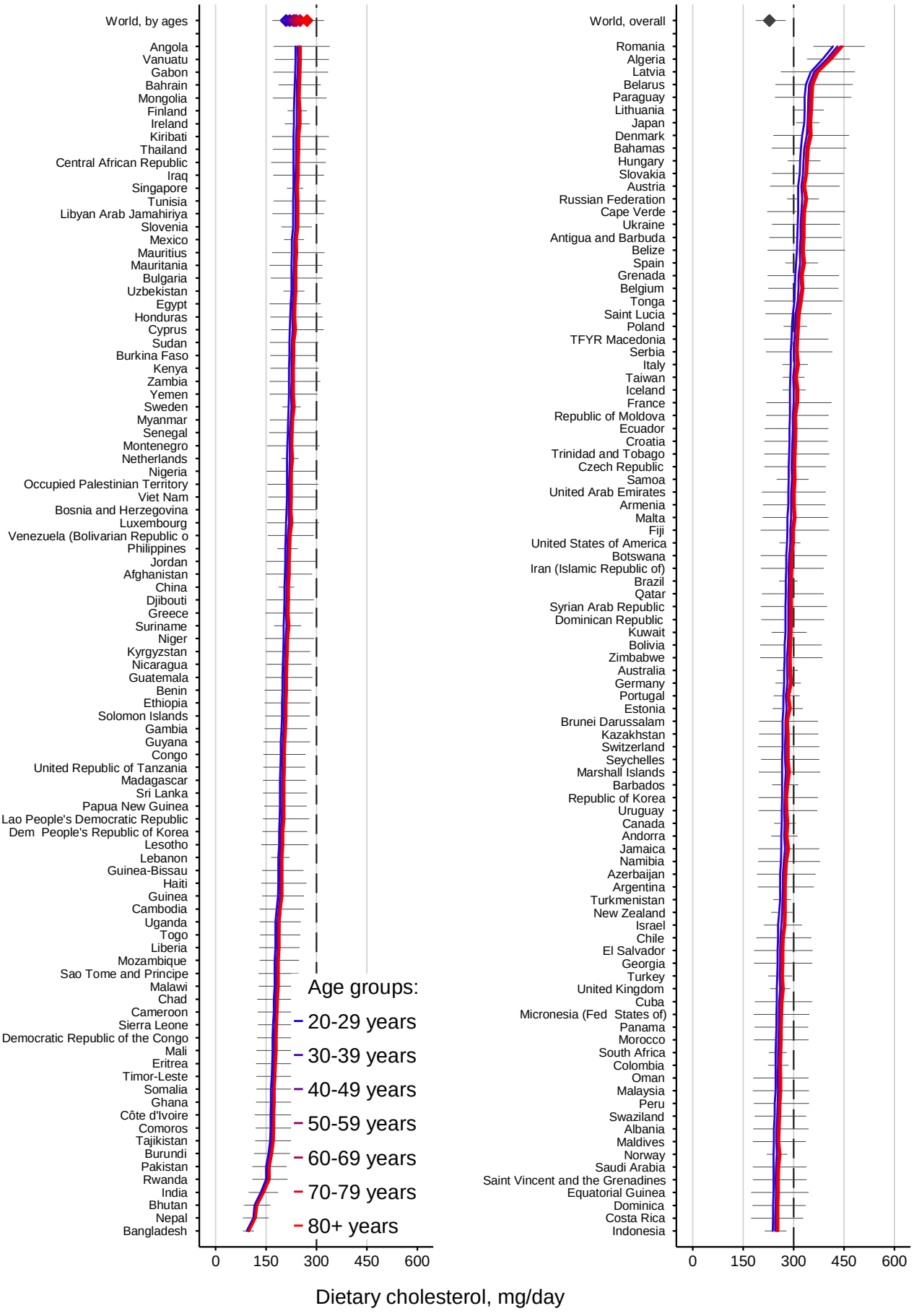


Figure S19. Dietary cholesterol consumption among men and women aged 20 years or older in 187 countries. Countries are ordered by the mean consumption levels among men and women with 20-29 years of age, from the lowest at the bottom-left to the highest at the top-right. Error bars for each country represent a lower side of 95% uncertainty interval (UI) for the lowest estimate and an upper side of 95% UI for the highest estimate. The dashed vertical line represents mean of the theoretical minimal risk exposure distribution for dietary cholesterol consumption.

Dietary cholesterol consumption among women



Sodium consumption among men

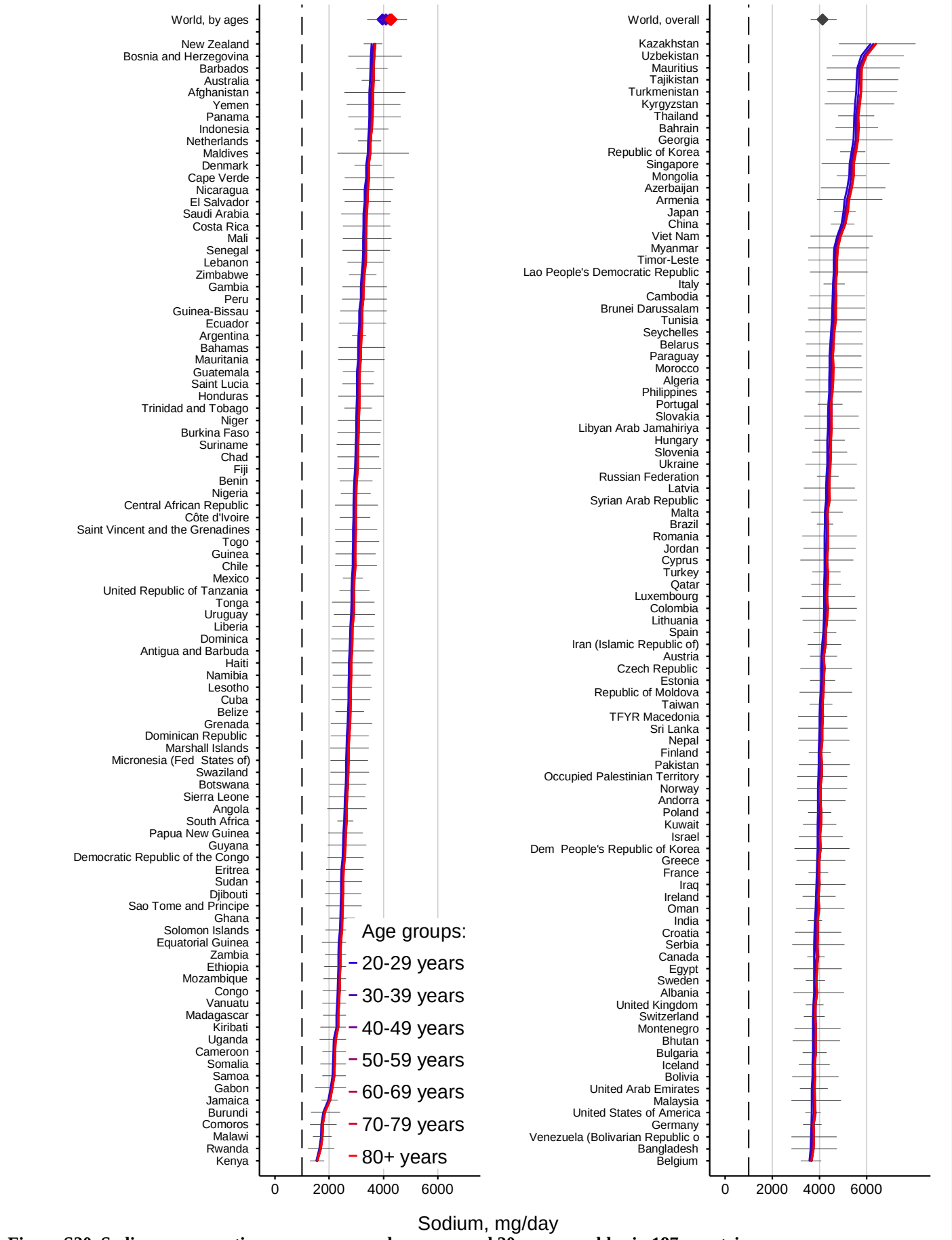
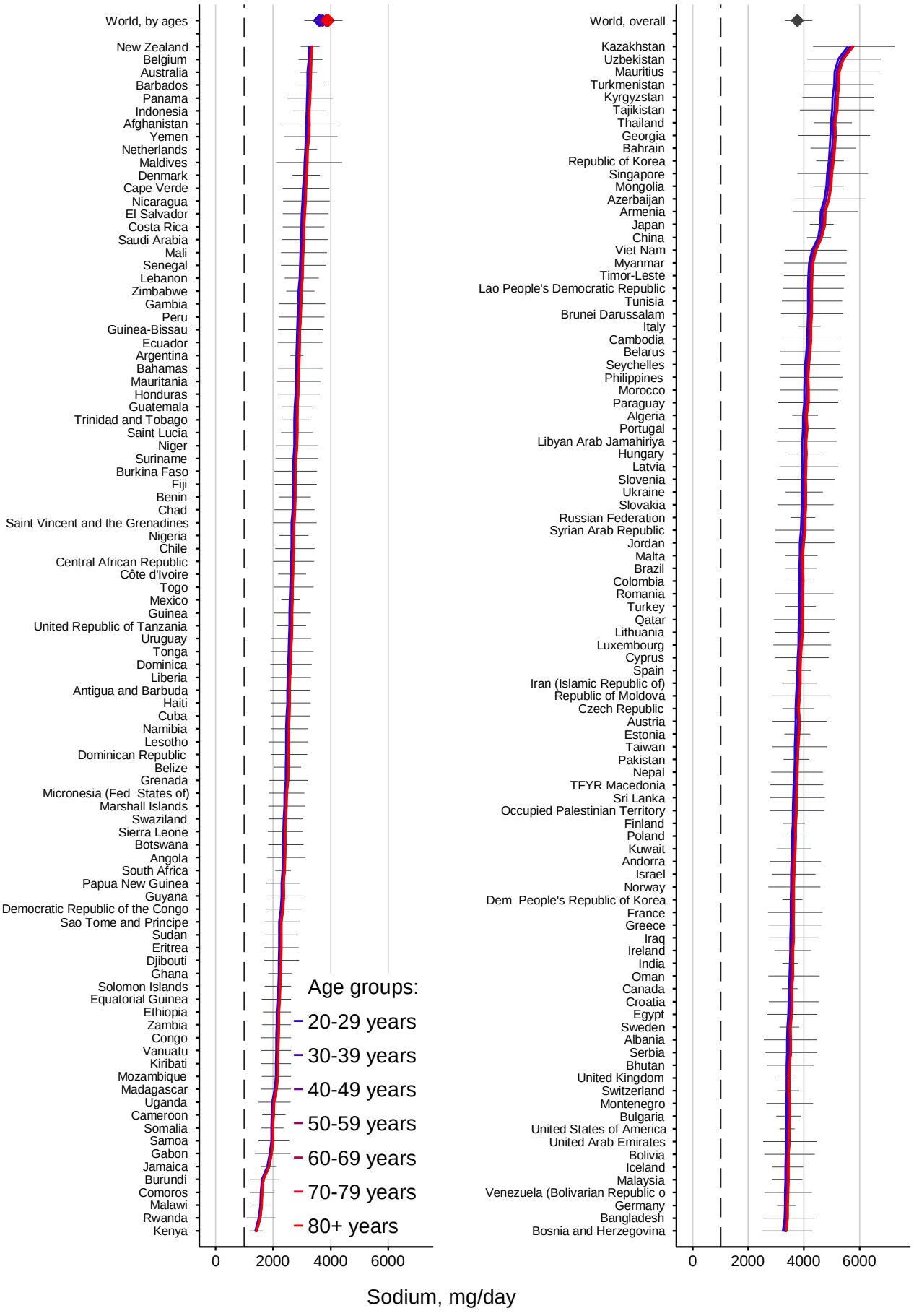


Figure S20. Sodium consumption among men and women aged 20 years or older in 187 countries.
Countries are ordered by the mean consumption levels among men and women with 20-29 years of age, from the lowest at the bottom-left to the highest at the top-right. Error bars for each country represent a lower side of 95% uncertainty interval (UI) for the lowest estimate and an upper side of 95% UI for the highest estimate. The dashed vertical line represents mean of the theoretical minimal risk exposure distribution for sodium consumption.

Sodium consumption among women



Dietary patterns based on more healthful foods/nutrients, men

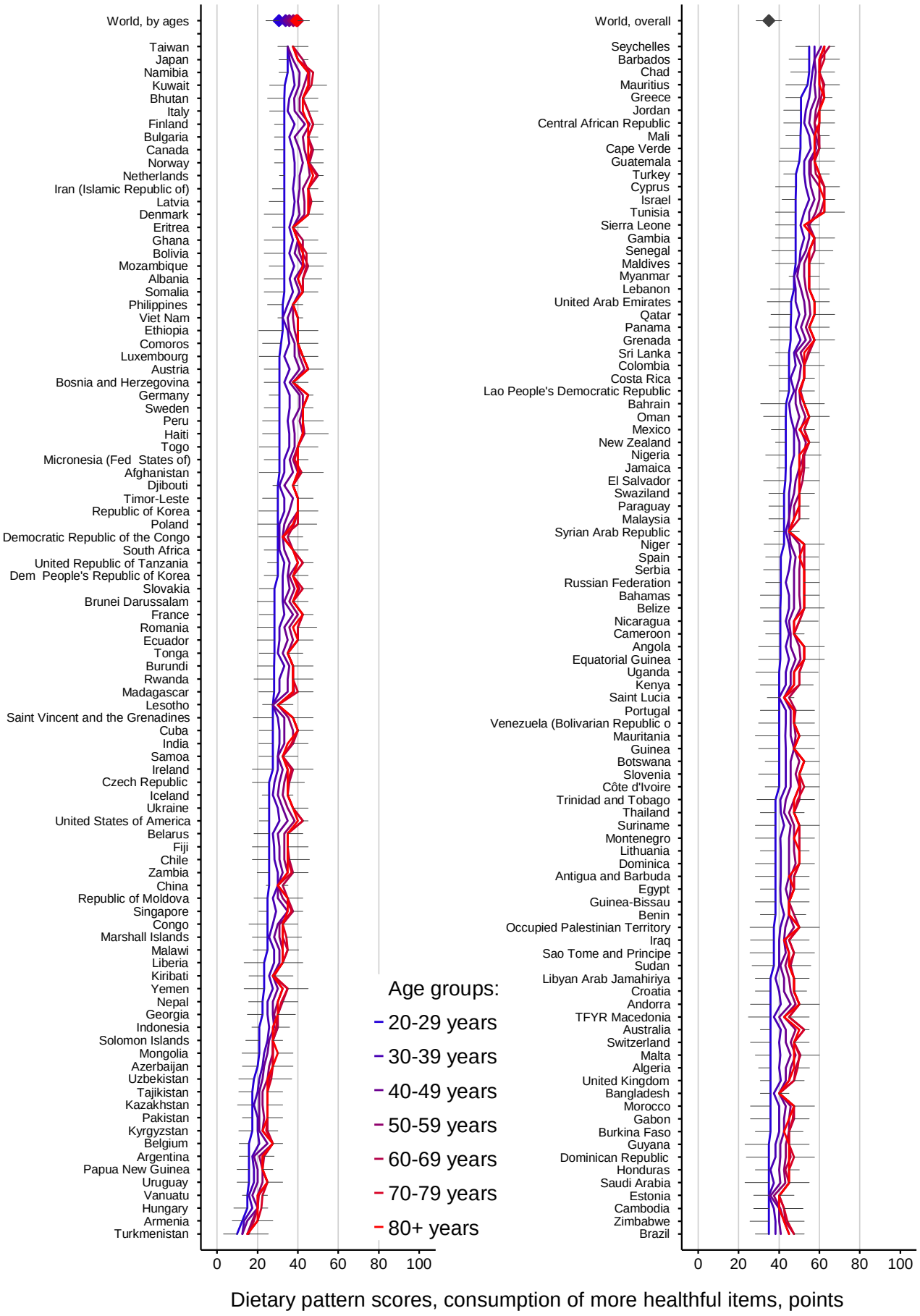
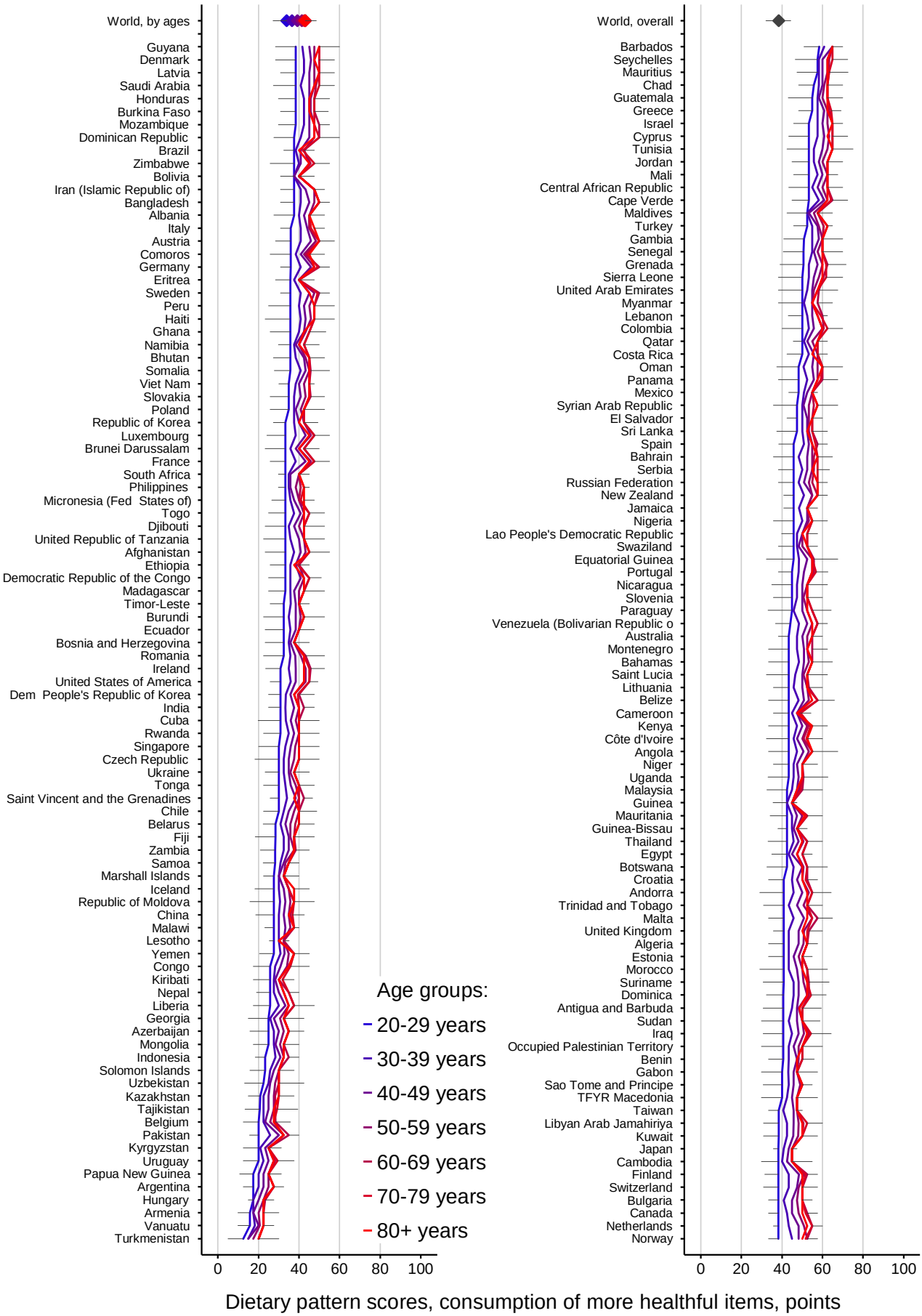


Figure S21. Dietary patterns based on consumption of more healthful foods and nutrients among men and women aged 20 years or older in 187 countries. Countries are ordered by the scores of the group of 20-29 years of age, from the lowest at the bottom-left to the highest at the top-right. Error bars represent a lower side of 95% uncertainty interval (UI) for the lowest estimate and an upper side of 95% UI for the highest estimate. The dashed vertical line represents mean of the theoretical minimal risk exposure distribution for sodium consumption.

Dietary patterns based on more healthful foods/nutrients, women



Dietary patterns on fewer unhealthful foods/nutrients, men

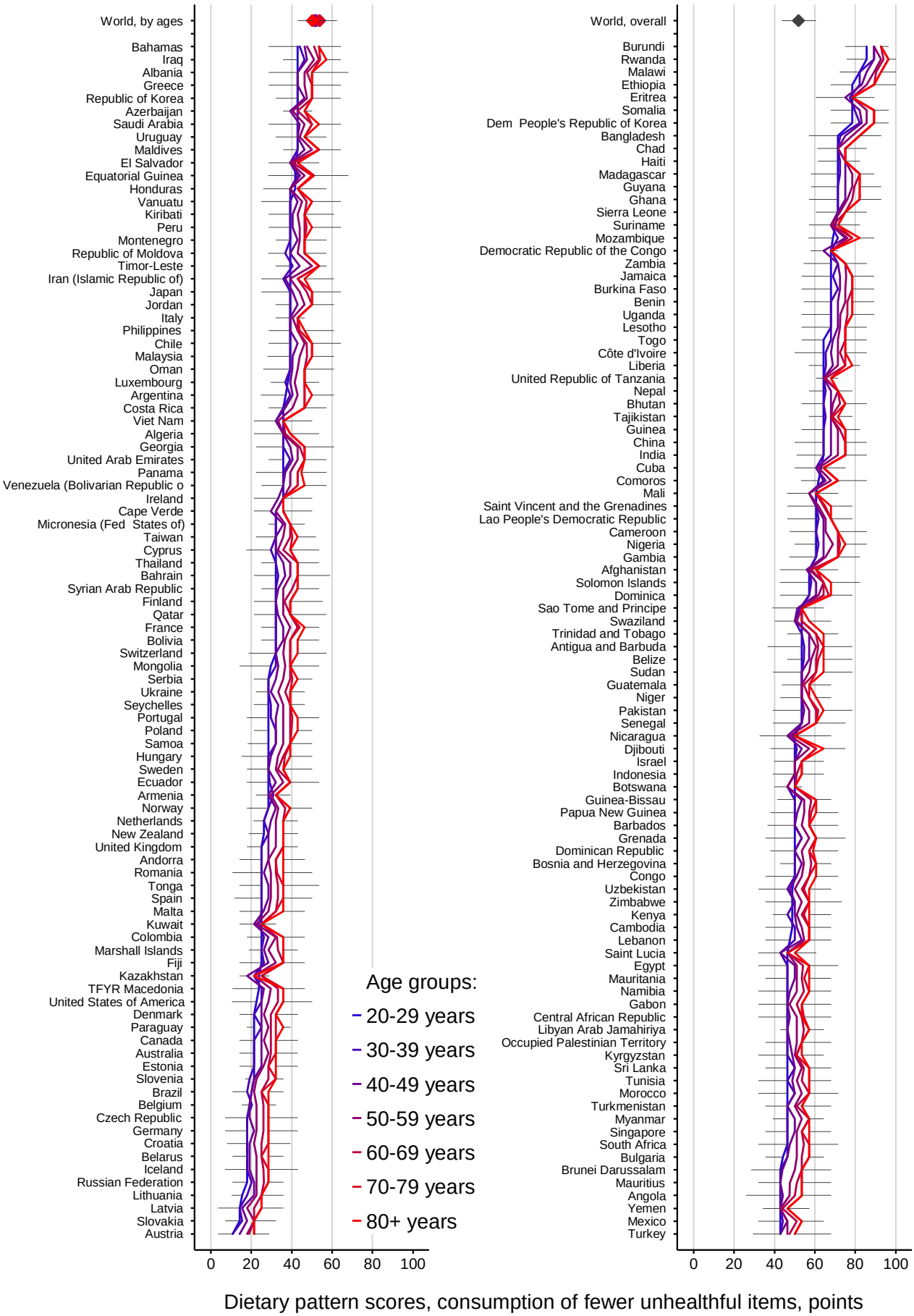
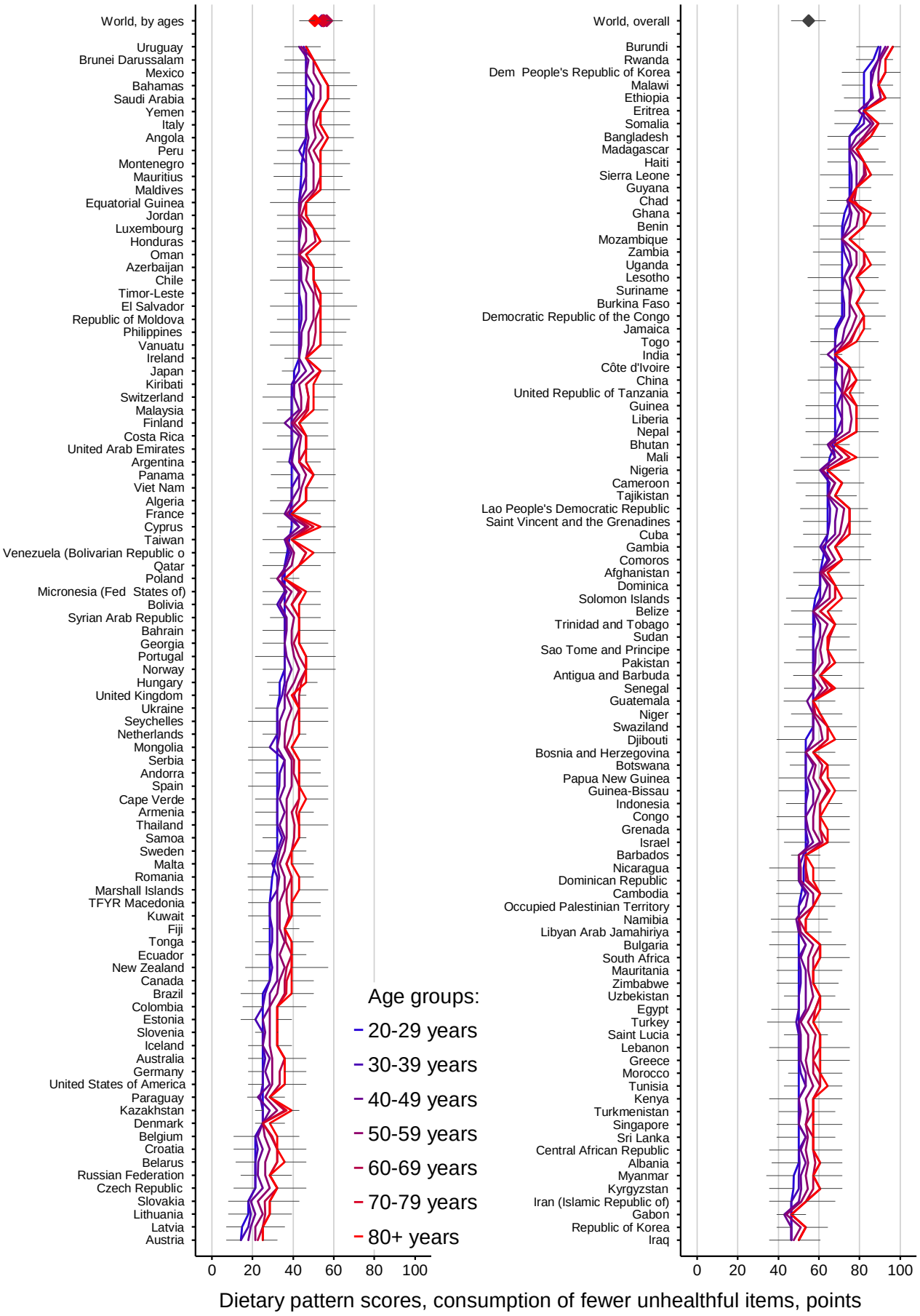


Figure S22. Dietary patterns based on consumption of lesser unhealthful foods and nutrients among men and women aged 20 years or older in 187 countries. Countries are ordered by scores of the subgroups of 20-29 years of age, rom the lowest at the bottom-left to the highest at the top-right. Error bars for each country represent a lower side of 95% uncertainty interval (UI) for the lowest estimate and an upper side of 95% UI for the highest estimate. The dashed vertical line represents mean of the theoretical minimal risk exposure distribution for sodium consumption.

Dietary patterns on fewer unhealthful foods/nutrients, women



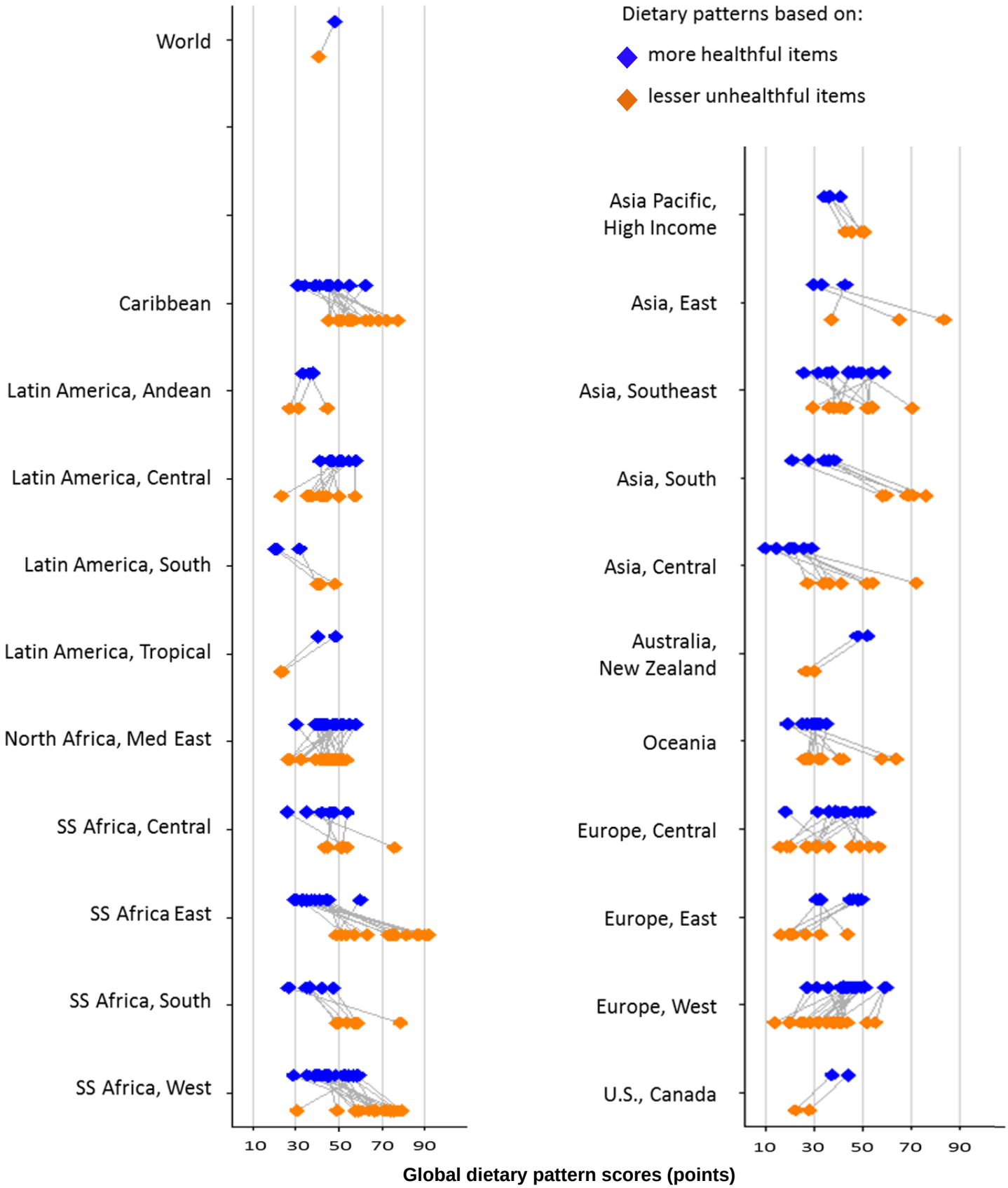


Figure S23. Global dietary patterns of 187 countries in 21 world regions. Two diet quality measures of each country are displayed. Two dots from each country are connected with a grey line. Blue represents diet quality based on greater consumption of 10 healthful foods/nutrients. Orange represents diet quality based on lesser consumption of 7 unhealthful foods/nutrients. The possible score is from 0 (the worst quality) to 100 (the best quality). SS, Sub-Saharan; U.S., United States.

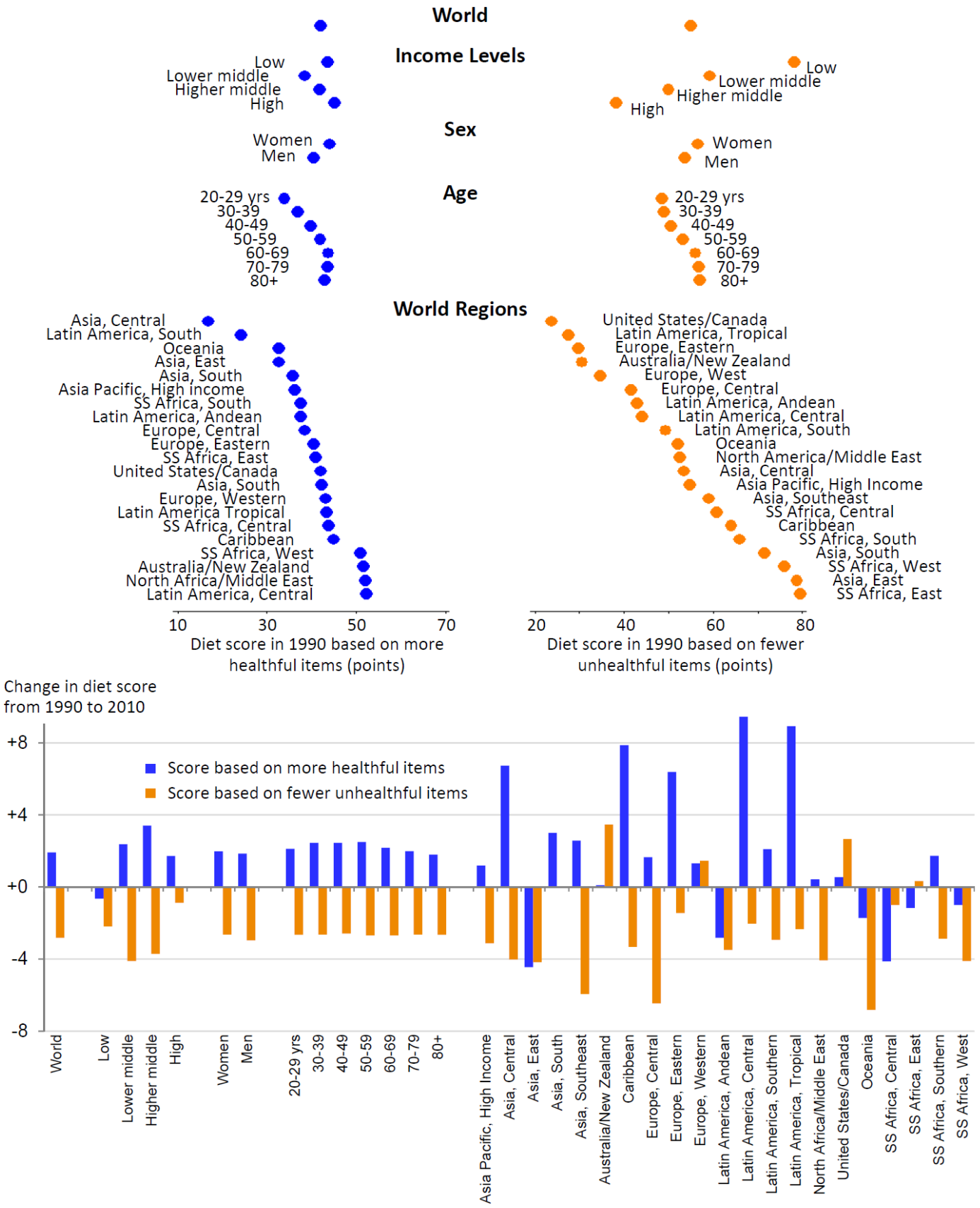


Figure S24. Dietary patterns in 1990 and change from 1990 to 2010 among men and women by demographics and world regions. Top) Diet scores based on more healthful items (left) and fewer unhealthful items (right) in 1990. Bottom) Changes in the two diet scores from 1990 to 2010. More healthful items (n=10) included fruits, vegetables, beans and legumes, nuts and seeds, whole grains, milk, polyunsaturated fatty acids, fish, plant omega-3 PUFA, and fibre. Unhealthful items (n=7) included unprocessed red meats, processed meats, sugar-sweetened beverages, saturated fat, trans fat, dietary cholesterol, and sodium. Values represent change in degrees of adherence to each dietary pattern scaled to be 0 (least healthful) to 100 (most healthful) in each year. Abbreviation: SS, Sub-Saharan.

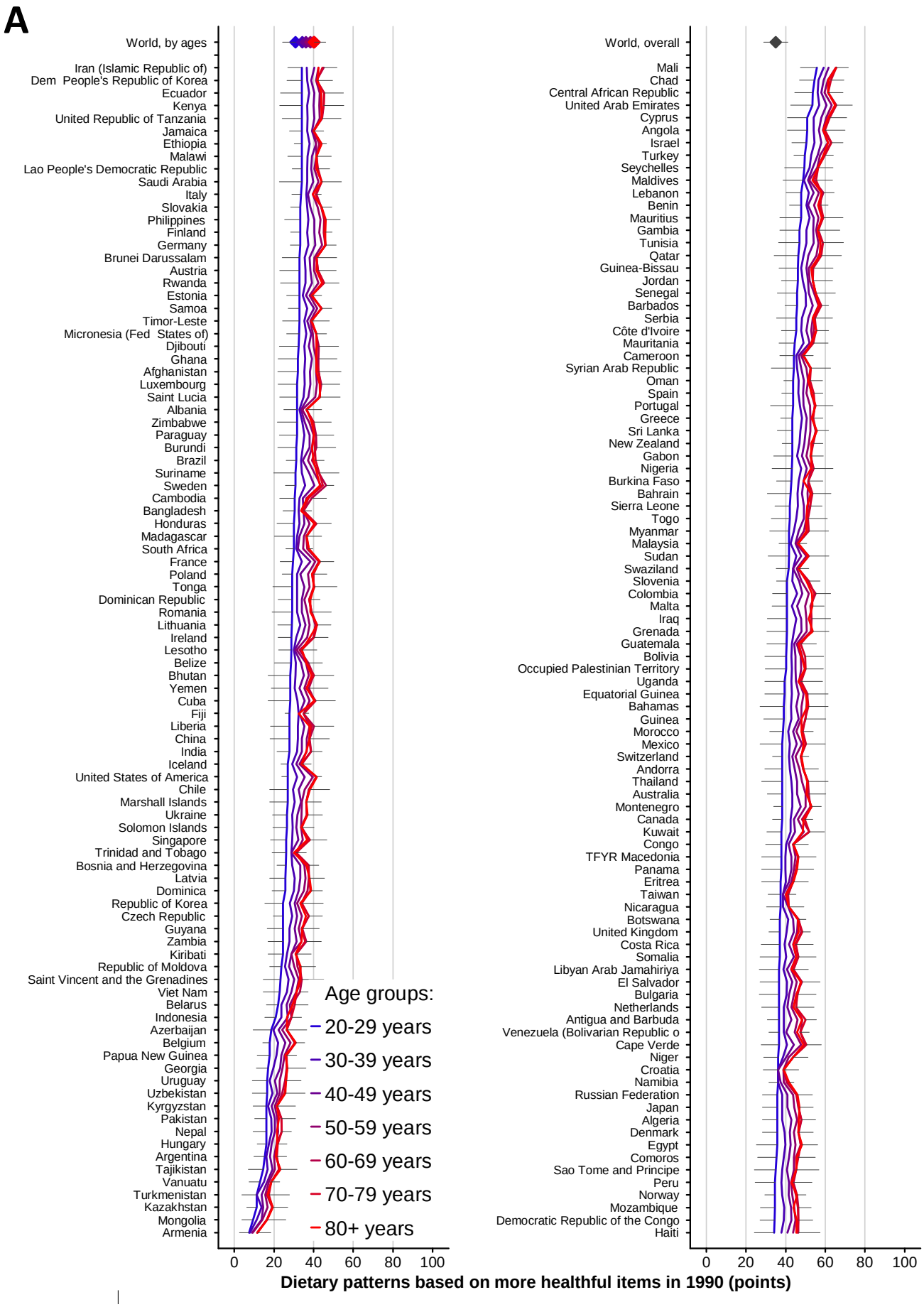
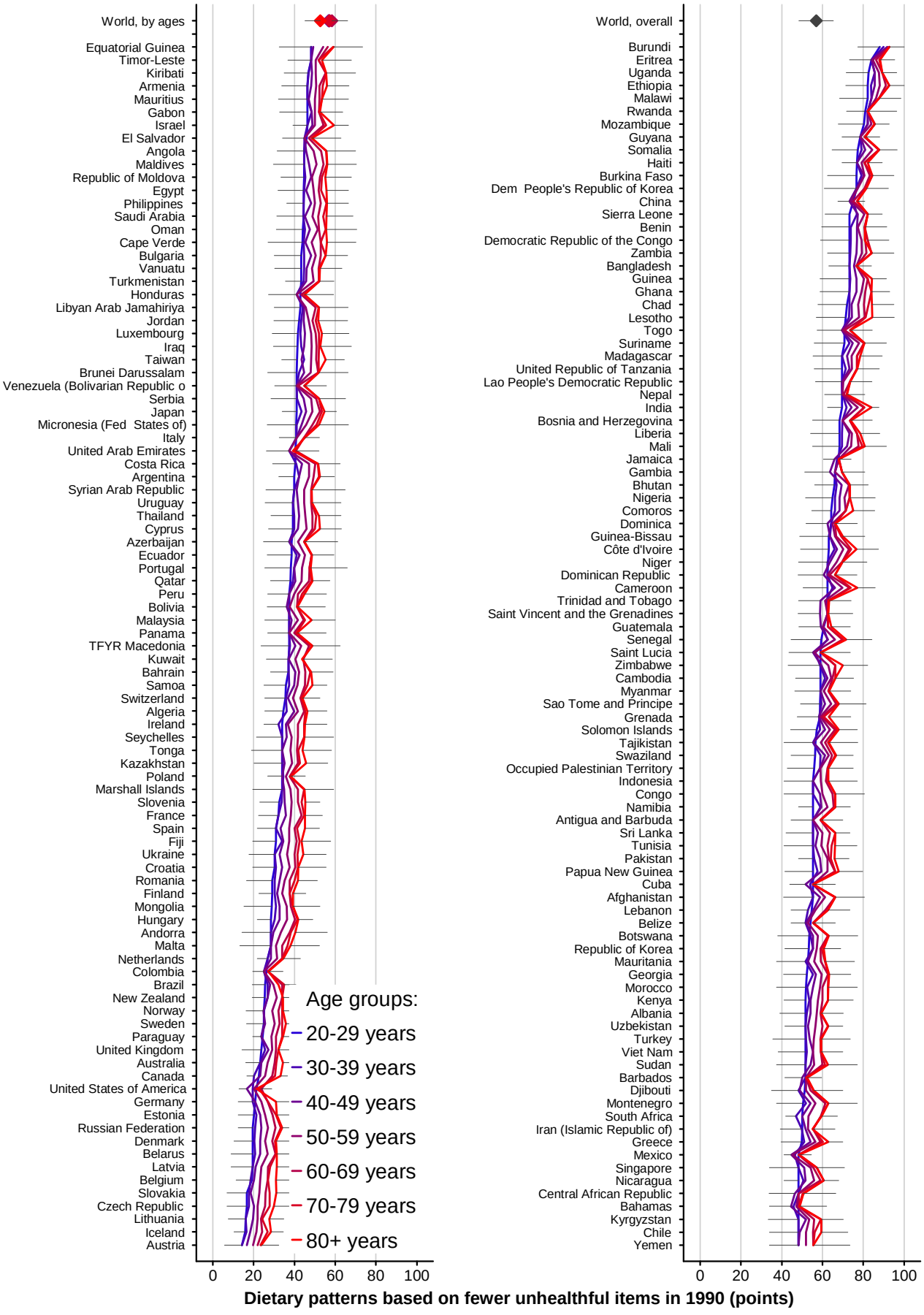


Figure S25. Dietary patterns in 1990 among men and women in 187 countries. A. Dietary pattern based on higher consumption of fruits, vegetables, beans and legumes, nuts and seeds, whole grains, milk, polyunsaturated fatty acids (PUFA), fish, plant omega-3 PUFA, and Fibre. B. Dietary pattern based on fewer consumption of unprocessed red meats, processed meats, sugar-sweetened beverages, saturated fat, trans fat, dietary cholesterol, and sodium. Values represent degrees of adherence to each dietary pattern, ranging from 0 (least healthful) to 100 (most healthful). The countries are ordered by scores among adults aged 20-29 years.

B


World, by ages
Equatorial Guinea
Timor-Leste
Kiribati
Armenia
Mauritius
Gabon
Israel
El Salvador
Angola
Maldives
Republic of Moldova
Egypt
Philippines
Saudi Arabia
Oman
Cape Verde
Bulgaria
Vanuatu
Turkmenistan
Honduras
Libyan Arab Jamahiriya
Jordan
Luxembourg
Iraq
Taiwan
Brunei Darussalam
Venezuela (Bolivarian Republic o
Serbia
Japan
Micronesia (Fed States of)
Italy
United Arab Emirates
Costa Rica
Argentina
Syrian Arab Republic
Uruguay
Thailand
Cyprus
Azerbaijan
Ecuador
Portugal
Qatar
Peru
Bolivia
Malaysia
Panama
TFYR Macedonia
Kuwait
Bahrain
Samoa
Switzerland
Algeria
Ireland
Seychelles
Tonga
Kazakhstan
Poland
Marshall Islands
Slovenia
France
Spain
Fiji
Ukraine
Croatia
Romania
Finland
Mongolia
Hungary
Andorra
Malta
Netherlands
Colombia
Brazil
New Zealand
Norway
Sweden
Paraguay
United Kingdom
Australia
Canada
United States of America
Germany
Estonia
Russian Federation
Denmark
Belarus
Latvia
Belgium
Slovakia
Czech Republic
Lithuania
Iceland
Austria
Age groups:
20-29 years
30-39 years
40-49 years
50-59 years
60-69 years
70-79 years
80+ years
0
20
40
60
80
100
World, overall
Burundi
Eritrea
Uganda
Ethiopia
Malawi
Rwanda
Mozambique
Guyana
Somalia
Haiti
Burkina Faso
Dem People's Republic of Korea
China
Sierra Leone
Benin
Democratic Republic of the Congo
Zambia
Bangladesh
Guinea
Ghana
Chad
Lesotho
Togo
Suriname
Madagascar
United Republic of Tanzania
Lao People's Democratic Republic
Nepal
India
Bosnia and Herzegovina
Liberia
Mali
Jamaica
Gambia
Bhutan
Nigeria
Comoros
Dominica
Guinea-Bissau
Côte d'Ivoire
Niger
Dominican Republic
Cameroon
Trinidad and Tobago
Saint Vincent and the Grenadines
Guatemala
Senegal
Saint Lucia
Zimbabwe
Cambodia
Myanmar
Sao Tome and Principe
Grenada
Solomon Islands
Tajikistan
Swaziland
Occupied Palestinian Territory
Indonesia
Congo
Namibia
Antigua and Barbuda
Sri Lanka
Tunisia
Pakistan
Papua New Guinea
Cuba
Afghanistan
Lebanon
Belize
Botswana
Republic of Korea
Mauritania
Georgia
Morocco
Kenya
Albania
Uzbekistan
Turkey
Viet Nam
Sudan
Barbados
Djibouti
Montenegro
South Africa
Iran (Islamic Republic of)
Greece
Mexico
Singapore
Nicaragua
Central African Republic
Bahamas
Kyrgyzstan
Chile
Yemen
0
20
40
60
80
100
Dietary patterns based on fewer unhealthful items in 1990 (points)

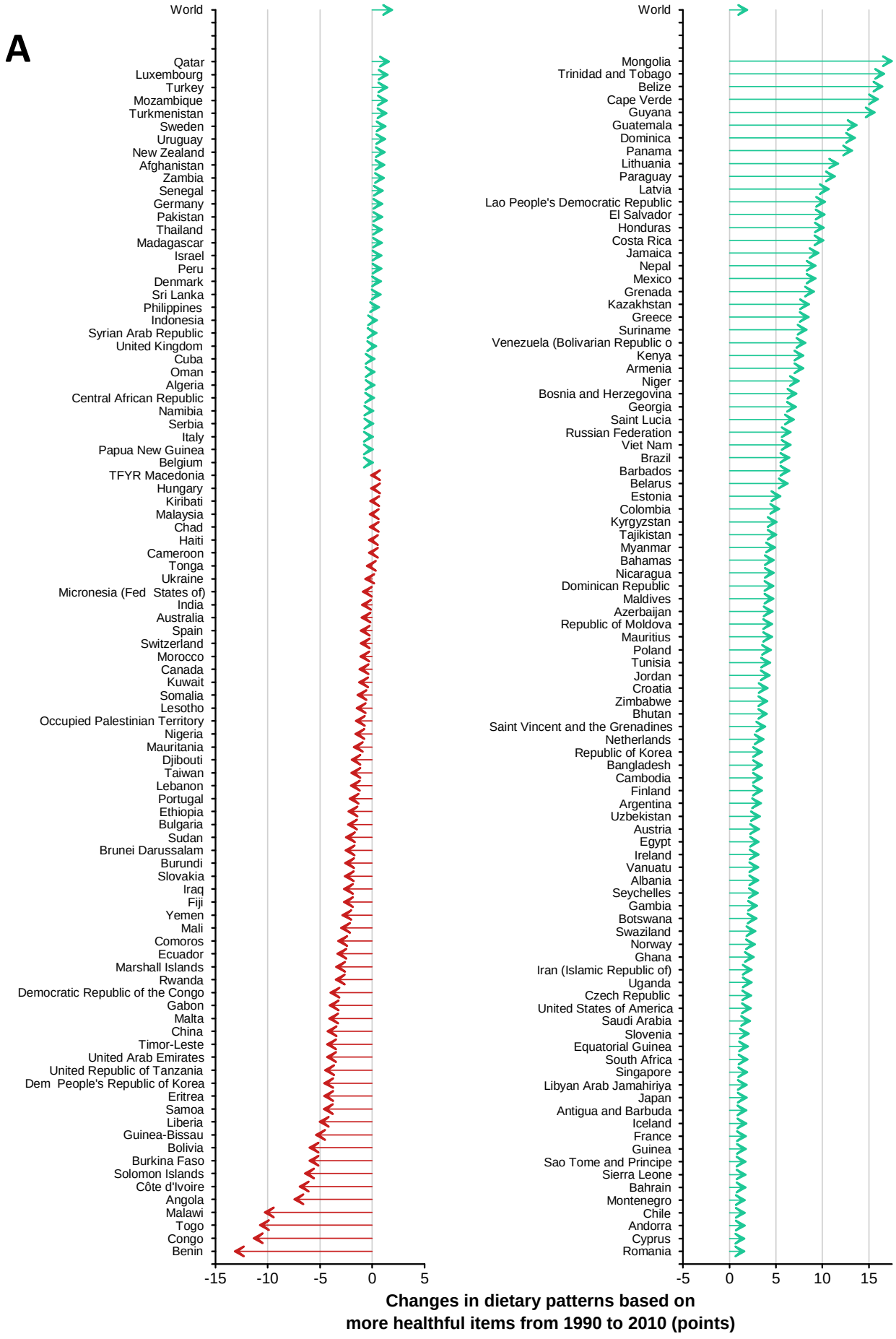
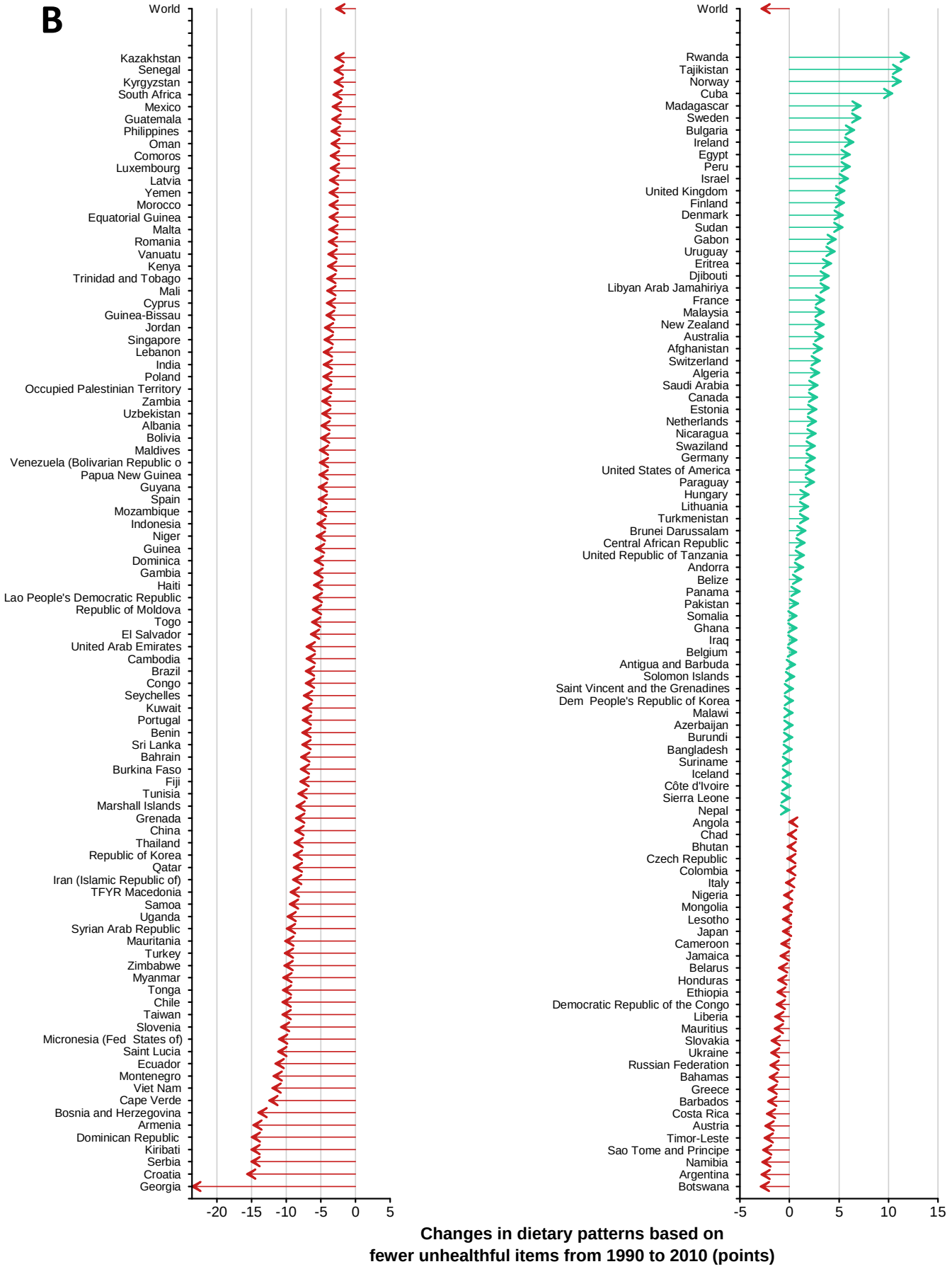


Figure S26. Changes in dietary patterns from 1990 to 2010 among men and women in 187 countries. A. Changes in dietary pattern based on higher consumption of fruits, vegetables, beans and legumes, nuts and seeds, whole grains, milk, polyunsaturated fatty acids (PUFA), fish, plant omega-3 PUFA, and fibre. B. Changes in dietary pattern based on fewer consumption of unprocessed red meats, processed meats, sugar-sweetened beverages, saturated fat, trans fat, dietary cholesterol, and sodium. Each change (Red=worsening; green=improvement) was calculated by subtracting a country mean score in 2010 from that in 1990; each score represented degrees of adherence to each dietary pattern ranging from 0 (least healthful) to 100 (most healthful).


B
World
Kazakhstan
Senegal
Kyrgyzstan
South Africa
Mexico
Guatemala
Philippines
Oman
Comoros
Luxembourg
Latvia
Yemen
Morocco
Equatorial Guinea
Malta
Romania
Vanuatu
Kenya
Trinidad and Tobago
Mali
Cyprus
Guinea-Bissau
Jordan
Singapore
Lebanon
India
Poland
Occupied Palestinian Territory
Zambia
Uzbekistan
Albania
Bolivia
Maldives
Venezuela (Bolivarian Republic o
Papua New Guinea
Guyana
Spain
Mozambique
Indonesia
Niger
Guinea
Dominica
Gambia
Haiti
Lao People's Democratic Republic
Republic of Moldova
Togo
El Salvador
United Arab Emirates
Cambodia
Brazil
Congo
Seychelles
Kuwait
Portugal
Benin
Sri Lanka
Bahrain
Burkina Faso
Fiji
Tunisia
Marshall Islands
Grenada
China
Thailand
Republic of Korea
Qatar
Iran (Islamic Republic of)
TFYR Macedonia
Samoa
Uganda
Syrian Arab Republic
Mauritania
Turkey
Zimbabwe
Myanmar
Tonga
Chile
Taiwan
Slovenia
Micronesia (Fed States of)
Saint Lucia
Ecuador
Montenegro
Viet Nam
Cape Verde
Bosnia and Herzegovina
Armenia
Dominican Republic
Kiribati
Serbia
Croatia
Georgia
-20
-15
-10
-5
0
5
World
Rwanda
Tajikistan
Norway
Cuba
Madagascar
Sweden
Bulgaria
Ireland
Egypt
Peru
Israel
United Kingdom
Finland
Denmark
Sudan
Gabon
Uruguay
Eritrea
Djibouti
Libyan Arab Jamahiriya
France
Malaysia
New Zealand
Australia
Afghanistan
Switzerland
Algeria
Saudi Arabia
Canada
Estonia
Netherlands
Nicaragua
Swaziland
Germany
United States of America
Paraguay
Hungary
Lithuania
Turkmenistan
Brunei Darussalam
Central African Republic
United Republic of Tanzania
Andorra
Belize
Panama
Pakistan
Somalia
Ghana
Iraq
Belgium
Antigua and Barbuda
Solomon Islands
Saint Vincent and the Grenadines
Dem People's Republic of Korea
Malawi
Azerbaijan
Burundi
Bangladesh
Suriname
Iceland
Côte d'Ivoire
Sierra Leone
Nepal
Angola
Chad
Bhutan
Czech Republic
Colombia
Italy
Nigeria
Mongolia
Lesotho
Japan
Cameroon
Jamaica
Belarus
Honduras
Ethiopia
Democratic Republic of the Congo
Liberia
Mauritius
Slovakia
Ukraine
Russian Federation
Bahamas
Greece
Barbados
Costa Rica
Austria
Timor-Leste
Sao Tome and Principe
Namibia
Argentina
Botswana
-5
0
5
10
15
Changes in dietary patterns based on
fewer unhealthful items from 1990 to 2010 (points)

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