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**Text S8. Trends in the global and country-specific estimated diet-attributable T2D cases burden, 1990-2018**

The global proportion of estimated diet-attributable T2D increased by 2.6 percentage points, from 67.7% [66.2, 69.4] to 70.2% (68.8, 71.8) **(Figure 1, Figure 5A**), and the absolute number, from 5.5 million (5.3, 5.6) to 14.1 million (13.8, 14.4) (**Table S10**). For 4 dietary factors, improvements were estimated, such as lower burdens for insufficient whole grains (-1.9 [-2.6, -1.3] percentage point reduction in attributable burden) and insufficient non-starchy vegetables (-0.29 percentage points [-0.33, -0.26]) and nuts/seeds (-0.09 percentage points [-0.12, -0.08]). Worsening diet-attributable T2D burdens were estimated for 8 dietary factors, including excess unprocessed red meat (+4.4 percentage points [3.3, 5.5] and sugar-sweetened beverages (+1.1 percentage points [0.5, 1.8]) (**Figure 5A**).

Among the 30 most populous countries, the diet-attributable T2D burden per 1M population increased between 1990 and 2018 in 29 countries (exception: Ethiopia (-110 cases [-244, 49]), with largest increases in Myanmar (+2071 cases [1825, 2337], the United Kingdom (+1908 cases[1663, 2162), and the United States (+1702 cases [1441, 2023]) (**Figure S11**).

**Table S1. Primary data inputs and associated data sources for comparative risk assessment analysis**

|  |  |
| --- | --- |
| **Data Inputs** | **Data source** |
| Population dietary intake estimate distributions\* (g/d) | Global Dietary Database (GDD) 20151 |
| Overweight (BMI > 25 kg/m2) and underweight (BMI <18.5 kg/m2) prevalence distributions† | NCD-Risk Factor Collaboration2 |
| T2D burden incidence estimate distributions‡ | Global Burden of Disease (GBD) Study3 |
| Linear, BMI-stratified effects of dietary factors on weight gain or weight loss§ | Pooled analyses of cohort studies4 |
| Direct, proportional, age-adjusted effects of BMI on T2Dǁ | Pooled analyses of cohort studies5 |
| Direct, proportional, age-adjusted effects of diet on T2D¶ | Meta-analyses of prospective cohort and RCTs6,7 |
| Optimal intake levels for dietary factors€ | Systemic review of etiologic effects of diet on disease risk6 + de-novo analyses |
| Population demographic data\*\* | UN Population Division8,9; Baro and Lee 201310 |

\* Dietary factors include: protective – fruits, non-starchy vegetables, nuts & seeds, whole grains, yogurt; harmful factors – fruit juices, potatoes, processed meats, refined grains, sugar-sweetened beverages, unprocessed red meats. The GDD systematically searched for and compiled representative data on individual-level dietary intakes from national surveys and sub-national surveys as previously described. Dietary intake values were adjusted for a 2000 kcal per day diet using the residual method to assess dietary composition, reduce measurement error within and across surveys (i.e. underreporting), and account for potential differences in body size, lean mass, level of physical activity, and metabolic efficiency. Units for each dietary factor were characterized to be consistent with studies providing evidence on etiologic diet-disease relationships. For each dietary factor, a Bayesian hierarchical model incorporating 1000 Monte Carlo simulations estimated the mean intake levels, with 95% uncertainty based on the 2.5th and 97.5th percentiles of the distribution, for each of the 264 strata within 185 countries from 1990 through 2018. Stratum-specific values were combined weighted to the stratum’s proportion of the population for global, regional, national, or other subgroup analyses.

† Stratum-level mean BMI estimated based on a Bayesian hierarchical model incorporating more than 2,000 population-based studies of national, regional or global trends in mean BMI, with measurements of height and weight in more than 112 million adults. A Monte Carlo simulation algorithm was used to calculate posterior distributions of mean BMI and its uncertainty, and then converted into overweight and underweight prevalence using established multivariable regression models.

‡ Overall diabetes was defined by GBD as FPG greater than 125 mg/dL (7 mmol/L) or being on diabetes medication. T2D was defined as cases of overall diabetes not specified as type 1. GBD data inputs included estimates of diabetes and mean FPG in a representative population, individual level data on FPG measures from surveys, and US MarketScan insurance claims data.

§ Based on pooled results from 3 separate prospective cohort studies of individuals who were free of obesity (BMI ≥30) or chronic diseases and with complete data on weight and lifestyle habits at baseline. Independent relations of changes in dietary habits with BMI change were assessed in 4-year periods using linear regression with robust variance and accounting for within-person repeated measures. BMI changes shown are for 1 serving/day increased consumption, converted to standardized g/d servings.

ǁ Relationships of BMI with incident T2D were obtained from a pooled analysis of multiple cohort studies on the quantitative, age-specific effects of metabolic risk factors on CVD and T2D

¶ Direct relationships of dietary risk factors and T2D were obtained from published systematic reviews and evidence grading, based on meta-analyses of prospective cohort studies and randomized controlled trials including multivariable adjustment for age, sex, BMI, and other risk factors. Age-specific relative risks were calculated for each diet-T2D etiologic relationship based on the mean age-at-event and follow-up duration.

€ Optimal intake levels for each dietary factor were derived from previously reported analyses or calculated de-novo, based on observed levels associated with mortality/morbidity in meta-analyses, feasibility based on observed national consumption levels globally, and consistency with major dietary guidelines

\*\*The GDD obtained annual, national level age, sex, and urbanicity population demographics from the UN population division; and annual national level educational attainment from Baro and Lee 2013 dataset. These values were used to determine the population proportion of each population stratum for informing population weights used in mean dietary intake estimates as well as for reporting summary T2D burden results in the present analysis.

BMI, body mass index; CVD, cardiovascular disease; FPG, fasting plasma glucose; GBD, Global Burden of Disease Study; GDD, Global Dietary Database; NCD, non-communicable disease; RCT, randomized controlled trials; T2D, type II diabetes; UN, United Nations

**Table S2. Grading of Evidence of the Association of Specific Dietary Factors with Type II Diabetes and Weight Gain\***

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Dietary Factor** | **Outcome** | **Strength** | **Consistency** | **Temporality** | **Coherence** | **Specificity** | **Analogy** | **Plausibility** | **Biological Gradient** | **Experiment** |
| Potatoes | T2D | + | ++ | +++ | +++ | +++ | ++‡ | ++ | +++ | + |
| Refined rice and wheat | T2D | +++ | +++ | +++ | +++ | ++ | +++§ | +++ | +++ | +++ |
| Whole grains | T2D | +++ | +++ | +++ | +++ | ++ | +++¶ | +++ | +++ | +++ |
| Processed meats | T2D | +++ | +++ | +++ | +++ | +++ | +++**\*\*** | ++ | +++ | ++ |
| Unprocessed red meat | T2D | +++ | ++ | +++ | +++ | +++ | +++**\*\*** | ++ | +++ | ++ |
| Yogurt | T2D | +++ | ++ | +++ | +++ | +++ | ++†† | ++ | +++ | ++ |
| Sugar-sweetened beverages | T2D | ++ | +++ | +++ | +++ | +++ | +++§ | +++ | +++ | +++ |
| Weight gain† | +++ | +++ | +++ | +++ | +++ | +++§ | +++ | +++ | +++ |

\*Reproduced from evidence grading conducted in by Miller *et al.* in previous analyses.12 The 9 Bradford-Hill criteria for grading the evidence were strength, consistency, temporality, coherence, specificity, analogy, plausibility, biological gradient, and experiment.12To score each Bradford-Hill criterion, the following general principles were utilized, focusing on evidence from meta-analyses of prospective cohort studies and/or randomized controlled trials: +++ Consistent evidence from several well-designed studies with relatively few limitations; ++ Consistent evidence from several studies but with some important limitations; + Emerging evidence from a few studies or conflicting results from several studies; − criterion not met. Definitions for each of the nine criteria and adaptations to the general scoring system were as follows: **Strength:** magnitude of association, including RRs for protective factors of >0.9 (+), 0.8±0.89 (++), or <0.8 (+++); and for harmful factors, of <1.11 (+), 1.25 (++), and >1.25 (+++). Since magnitude is directly dependent on both the selected serving size and frequency of consumption, we utilized serving sizes most similar to standard dietary guidelines and frequencies of consumption representing modest, standardized differences in intake (e.g., 1 serving/d of fruit) that are easily communicated and could be feasibly achieved by an intervention. **Consistency:** association is repeatedly observed in different populations and circumstances, including ≥80% of included study-specific estimates being in the expected direction (+++); ≥60 - <80% (++); ≥40 - <60% (+); and <40% (not meeting criteria). **Temporality:** exposure precedes outcome. Because all evidence was based on longitudinal studies, this was a necessary criterion (+++); when relatively few overall studies were available (<5), we graded this criterion conservatively as ++. **Coherence:** interpretation of association does not conflict with known natural history and biology of the disease, for example based on pathways of disease occurrence and laboratory findings on the dietary factor. **Specificity:** exposure linked to a specific outcome. Because many nutritional factors can plausibly have diverse effects and influence multiple outcomes, scoring was based on three principles: 1) dietary factor influences a mechanism/pathways known to cause the outcome; 2) dietary factor not associated with multiple other, unrelated non-communicable diseases (e.g., multiple cancers, chronic obstructive pulmonary disease (COPD)); 3) dietary association has additional specificity within the set of cardiometabolic outcomes (coronary heart disease (CHD), stroke, diabetes mellitus). **Analogy:** based on the effects of similar factors on the disease outcome; see detailed footnotes below. **Plausibility:** association supported by one or more credible biological mechanisms. **Biological gradient:** exposure and outcome are related by a monotonic dose-response curve. **Experiment:** association is also supported by evidence from randomized controlled trials on intermediate risk factors (or, less commonly, disease outcomes) plus supportive laboratory studies.

†The strength of evidence for weight gain and SSBs was formally evaluated, but was not completed for other dietary factors in this analysis.

‡Based on analogies to other higher glycemic load carbohydrates in relation to both diabetes mellitus and weight gain (don’t want to refer to potatoes as poor-quality carbohydrates)

§ Based on analogies to other poor-quality carbohydrates in relation to both diabetes mellitus and weight gain

¶ Based on analogies with other less-processed foods, dietary fiber, and glycemic load

**\*\***Based on analogies to processed meats (or unprocessed red meats), blood ferritin levels, and hemochromatosis

††Based on analogies to probiotics in relation to weight gain

NS, non-starchy; T2D, type II diabetes

**Table S3. Characteristics of the 1220 dietary surveys that inform the Global Dietary Database, 2017\***

|  |  |  |  |
| --- | --- | --- | --- |
| **Survey characteristics** | **Overall** | **Public surveys**† | **Private surveys**† |
| Surveys included‡, n | 1220 | 864 | 356 |
| No. of countries represented, n | 188 | 174 | 128 |
| Percent of the global population represented in 2015, % | 99.0 | 98.1 | 87.4 |
| Demographic characteristics by surveys, %§ |  |  |  |
| Adults (20+ y), % | 64.5 | 57.2 | 82.3 |
| Age 20-44 y | 62.5 | 56.4 | 77.2 |
| Age 45-69 y | 61.7 | 56.3 | 75.0 |
| Age 70+ y | 32.8 | 25.6 | 50.3 |
| Level of educational attainment, % | 30.2 | 24.7 | 43.5 |
| Urban vs. rural residence, % |  |  |  |
| Both urban and rural | 52.2 | 62.3 | 27.8 |
| Urban only | 4.7 | 0.7 | 14.3 |
| Rural only | 1.4 | 0.0 | 4.8 |
| Information not available | 41.7 | 37.0 | 53.1 |
| Year of Data collection, % |  |  |  |
| 1980-1999 | 36.1 | 42.0 | 21.6 |
| 2000-2015 | 63.9 | 58.0 | 78.4 |
| Representativeness |  |  |  |
| National, No. survey (% of total)  No. countries (% global pop represented) ǁ | 880 (72.1)  185 (99.6) | 664 (76.9)  172 (99.6) | 216 (60.7)  95 (84.7) |
| Sub-national, No. survey (% of total)  No. countries (% global pop represented) | 207 (17.0)  75 (81.6) | 146 (16.9)  45 (67.8) | 61 (17.1)  46 (46.2) |
| Community, No. survey (% of total)  No. countries (% global pop represented) | 133 (10.9)  48 (70.2) | 54 (6.3)  19 (35.1) | 79 (22.2)  36 (48.2) |
| Response rate, % |  |  |  |
| 60-100% | 37.8 | 24.8 | 69.4 |
| 20-59% | 3.2 | 1.2 | 8.1 |
| <20% | 5.7 | 8.0 | 0.0 |
| Information not available | 53.4 | 66.1 | 22.5 |
| Sampling methodology, % |  |  |  |
| Probability sampling, w/ survey weights | 38.4 | 39.5 | 36.0 |
| Probability sampling, no survey weights | 32.7 | 32.9 | 32.3 |
| Non-probability sampling | 4.2 | 0.7 | 12.6 |
| Information not available | 24.7 | 27.0 | 19.0 |
| Median (5, 95 pctl) no. of GDD dietary factors/survey | 6.0 (1.0, 30.0) | 3.0 (1.0, 14.0) | 11.0 (2.0, 47.0) |
| Dietary assessment method¶ |  |  |  |
| Single or multiple recall/records |  |  |  |
| No. surveys (% total)  No. countries (% global pop represented) | 286 (23.4)  68 (78.0) | 96 (11.1)  90 (40.4) | 190 (53.4)  64 (84.7) |
| Food Frequency Questionnaire |  |  |  |
| No. surveys (% total)  No. countries (% global pop represented) | 503 (41.2)  164 (94.3) | 346 (40.0)  141 (89.50 | 157 (44.1)  89 (57.2) |
| DHS questionnaire |  |  |  |
| No. surveys (% total)  No. countries (% global pop represented) | 193 (15.8)  70 (53.9) | 190 (22.0)  69 (53.4) | 3 (0.8)  2 (1.7) |
| Household survey |  |  |  |
| No. surveys (% total)  No. countries (% global pop represented) | 78 (6.4)  27 (15.1) | 78 (9.0)  27 (15.3) | 0 (0.0)  0 (0.0) |
| Biomarker (urine sodium, hemoglobin) |  |  |  |
| No. surveys (% total) | 160 (13.1)  60 (70.7) | 154 (17.8)  59 (71.3) | 6 (1.7)  5 (2.5) |
| No. countries (% global pop represented) |

\* Table adapted from Miller et al. 2021. Number of surveys for each dietary factor varied – this table presents the overall data available.

† Public surveys are those retrieved from publicly available databases; private surveys are non-publicly available surveys that are contributed by a data owner (corresponding member); .

‡ Each survey count represents a country-specific survey year. When data collection for a single survey was performed over multiple years, the median survey year was used (or first year if 2 years).

§ Because data on urban/rural residence, education level and response rate were not collected in GDD 2010 (41.7% of total surveys), these percentages may underestimate available data in these surveys. Values are shown for surveys including data on that subgroup and may sum to greater than 100% because a survey can include multiple subgroups.

ǁ While 188 countries had survey data available, 3 countries were dropped from the analysis because FAO food availability data was not available, a crucial covariate in the modeling estimates.

¶ Based on the food groups collected in GDD 2010 (up to 21, 41.7% of surveys) and GDD 2017 (up to 54, 58.3% of surveys), not including biomarker surveys.

DHS, Demographic Health Survey; GDD, Global Dietary Database.

**Table S4. Standard serving size, glycemic load per serving size, and standardized glycemic load and caloric content\* per standardized serving of common cooked/prepared wheat and rice products globally**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Food product** | **Serving size (g)** | **GL (g) per serving size** | **GL (g) per standard serving**† | **Energy (kcal) per standard serving**† |
| WHEAT |  |  |  |  |
| enriched white bread, Wonder (USA) | 30 | 11 | 18.3 | 135 |
| digestive cookies (UK) | 25 | 8 | 16.0 | 203 |
| plain crackers (UK) | 25 | 8 | 16.0 | 255 |
| spaghetti classici (Voiello, Italy) | 180 | 20 | 5.6 | 68.5 |
| wheat tortilla (Mexico) ‡ | 50 | 8 | 8.0 | 153 |
| bagel, white (USA)‡ | 70 | 24 | 17.1 | 132 |
| traditional baguette (France) | 30 | 10 | *16.7* | 136 |
| pita bread, white, mini (UK) | 30 | 10 | 16.7 | 137.5 |
| instant 2 min Maggi noodles (New Zealand)‡ | 180 | 12 | 3.3 | 221.5 |
|  |  | **AVERAGE:** | **13.1** | **160.2** |
| RICE |  |  |  |  |
| medium grain white rice, boiled 12 min (Australia) | 150 | 34 | 34.0 | 193.5 |
| basmati , white, boiled (Australia) | 150 | 26 | 26.0 | 193.5 |
| basmati, parboiled long grain rice (India) | 150 | 23 | 23.0 | 193.5 |
| white rice, Surti Kolam variety, cooked in rice cooker for 32 min (India) | 150 | 35 | 35.0 | 193.5 |
| sticky rice, Thai, cooked for 10 min (UK) | 150 | 41 | 41.0 | 144 |
| rice noodles, freshly made, boiled (Australia) | 180 | 16 | 13.3 | 160.5 |
| Arborio, risotto rice (Italy)‡ | 150 | 16 | 16.0 | 195 |
| Rice porridge, NS (Australia) | 150 | 40 | 40.0 | 49.5 |
| jasmine rice (Double FP Thai Hom Mali premium quality fragrant rice, Thailand) | 150 | 41 | 41.0 | 193.5 |
| basmati rice (Singapore) | 150 | 28 | 28.0 | 181.5 |
| basmati, easy cook (heat treated white, polished basmati rice), cooked 15 min (UK) | 150 | 36 | 36.0 | 181.5 |
|  |  | **AVERAGE:** | **30.3** | **170.9** |

\* glycemic load (g per 2000 kcal diet) and serving sizes (g) sourced from Atkinson et al.12 Wheat and rice products were selected to represent the range of commonly consumed wheat and rice products globally. Caloric content (kcal per 100 g) were sourced from USDA FNDDS 2017-18.13

†standard serving size for wheat assumed as 50 g, and for rice as 150 g, based on reviewing the range of available wheat and rice products.

‡ food product serving size and corresponding glycemic load values sourced from Atkinson et al. 2008, as they were not provded in the updated Atkinson et al. 2021 glycemic load tables.

GL, glycemic load

**Table S5. Multi-variable adjusted\* relative risks and average-age-at-event for the association between diet and lifestyle risk factors and T2D incidence from published meta-analyses**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Risk factor** | **Relative risk unit** | **Relative risk** | **Average age-at-event (y)**† | **Data source** |
| potatoes | 100 g/d | 1.05 (1.02, 1.08) | 61.07 | Quan 202014 |
| whole grains‡ | 30 g/d | ≤40 g: 0.81 (0.72, 0.90)  41-90g: 0.92 (0.87, 0.94) | 60.05 | Reynolds 201915 |
| yogurt | 244 g/d | 0.74 (0.60, 0.86) | 62.07 | Gijsbers 201616 |
| glycemic load§ | 80 g/d in 2000 kcal | 1.26 (1.15, 1.37) | 62.25 | Livsey 20197 |
| processed meat | 150 g/week | 1.16 (1.14, 1.18) | 63.14 | Zeraatkar 201917 |
| unprocessed red meat | 300 g/week | 1.15 (1.14, 1.16) | 60.86 | Zeraatkar 201917 |
| sugar-sweetened beverages | 244 g/d | 1.19 (1.13, 1.24) | 55.23 | Qin 202018 |
| BMI | 1 kg/m2 | 1.18 (1.15, 1.21) | 57.00 | Singh 20135 |

\*The majority of reported relative risks in meta-analyses included adjustments for BMI. Thus, we separately analyzed the BMI-mediated effect of dietary intake on T2D risk.

†Average age-at-event calculated *de novo* from calculated a weighted average of the sum of the average baseline age and ½ the maximum follow-up time (or 2/3 the mean or median follow-up time was maximum not reported) for each study included in meta-analysis. Average age-at-event used for calculating age-specific risks to account for effect modification by age for each diet-disease pair

‡Dose-response meta-analysis of the association between whole grains suggests a non-linear, step-wise relative risk with stronger protective effects for the first 40 g/d of intake, and diminishing protective effects for intakes greater than 40 g/d. Risk assessed relative to optimal intake level See Text S5 for further details.

§Refined grains intake estimates from GDD were converted to glycemic load estimates to match available relative risk estimates. See Text S1 for detailed conversion methodology.   
ǁ RR units were 5 kg/m2 in original publication, and transformed (logRR divided by 5) to better reflect a 1 unit change in BMI for the present analysis.

**Table S6. Example age-at-event calculation for the association between potato intake (g/d) and T2D risk, based on the studies and associated relative risks included in Quan *et al.* 202014**

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **study** | **weighting\*** | **total weight** | **weighting fraction** | **age at baseline (y)** | **follow-up time (y)** | **follow-up time reported** | **0.5(FU max); 0.67(FU mean)** | **age at event (y)** | **weighted average age at event (y)** |
| Halton 2006 | 15.6 | 18.16 | 0.18 | 46.5 | 20 | max | 10.00 | 56.5 | 10.26 |
| Montonen 2005† | 6.8 | 7.92 | 0.08 | 54.5 | 23 | max | 11.50 | 66 | 5.22 |
| Farhadnejad 2018 | 2.7 | 3.14 | 0.03 | 44.5 | 6 | max | 3.00 | 47.5 | 1.49 |
| Muraki 2016 | 11.4 | 13.27 | 0.13 | 52.5 | 26 | max | 13.00 | 65.5 | 8.69 |
| Muraki 2016 | 9.5 | 11.06 | 0.11 | 33.5 | 20 | max | 10.00 | 43.5 | 4.81 |
| Muraki 2016 | 9.2 | 10.71 | 0.11 | 57.5 | 24 | max | 12.00 | 69.5 | 7.44 |
| Liu 2004† | 12.8 | 14.90 | 0.15 | 67.5 | 8.8 | mean | 5.87 | 76.3 | 11.37 |
| Hodge 2004 | 17.9 | 20.84 | 0.21 | 54.5 | 4 | max | 2.00 | 56.5 | 11.77 |
| Total | 85.9 | 100 | 1 |  |  |  |  |  | **61.07** |

\*von Ruesten *et al.* 2013 removed from dose-response total potatoes meta-analysis, so weighting needed to be rescaled

†Where discrepancies exist between follow-up time reported in original article versus meta-analysis, value reported in original article was used. Montonen et al. 2005 reports maximum follow-up time of 23 y, whereas Quan et al. 2020 meta-analysis reports 6 y follow-up. Similarly, Liu et al. 2004 reports mean follow-up time of 8.8 y, whereas Quan et al. 2020 meta-analysis reports 10 y follow-up.

**Table S7. Pooled multivariable-adjusted relationships of changes in dietary intake with change in body mass index among 120,877 US women and men in three prospective cohorts with 12-20 Years follow-up, stratified by body mass index\***

|  |  |  |
| --- | --- | --- |
| **Dietary factor†** | **Body mass index 18-25 kg/m2** | **Body mass index ≥25 kg/m2** |
| Fruits, 100 g/day | -0.06 (-0.08, -0.04) | -0.11 (-0.16, -0.06) |
| Non-starchy vegetables, 100 g/day | -0.03 (-0.04, -0.01) | -0.06 (-0.09, -0.02) |
| Nuts and seeds, 28.35 g/day | -0.10 (-0.16, -0.05) | -0.14 (-0.25, -0.03) |
| Yogurt, 245 g/day § | -0.09 (-0.12, -0.06) | -0.20 (-0.29, -0.11) |
| Potatoes/fries, 186 g/day | 0.14 (0.05, 0.22) | 0.27 (0.15, 0.38) |
| Whole grains, 30 g/day ¶ | -0.05 (-0.07, -0.03) | -0.08 (-0.10, -0.06) |
| Refined grains, 1 serving/day‡ | 0.05 (0.01, 0.08) | 0.07 (0.03, 0.11) |
| Sugar sweetened beverages, 248 g/day | 0.09 (0.05, 0.14) | 0.23 (0.14, 0.32) |
| 100% fruit juice, 248 g/day | 0.04 (0.01, 0.07) | 0.11 (0.03, 0.18) |
| Processed meats, 50 g/day | 0.13 (0.07, 0.19) | 0.16 (0.11, 0.21) |
| Unprocessed red meats, 100 g/day | 0.13 (0.07, 0.20) | 0.23 (0.14, 0.32) |

\*Based on pooled results from 3 separate prospective cohort studies, including 50,422 women in the Nurses Health Study (1986-2006), 47,898 women in the Nurses Health Study2 (1991-2003), and 22,557 men in the Health Professionals Follow-up Study (1986-2006) who were free of obesity (BMI ≥30) or chronic diseases and with complete data on weight and lifestyle habits at baseline. Women who became pregnant during follow-up were excluded from the analysis. Independent relations of changes in dietary habits with BMI change were assessed in 4-year periods over 20 years in the Nurses Health Study, 12 years in the Nurses Health Study2, and 20 years in the Health Professionals Follow-up Study, using linear regression with robust variance and accounting for within-person repeated measures.

†BMI changes shown are for 1 serving/day increased consumption. Decreased consumption would be associated with the inverse BMI change. Serving sizes have all be converted to standardized grams per day servings. All results are adjusted for all of the dietary factors in the table simultaneously as well as for other dietary factors (whole-fat dairy foods, low-fat dairy foods, potato chips, diet soda, sweets/desserts, trans fats, fried foods at home, fried foods away from home), age, baseline body mass index at the beginning of each 4-year period, sleep duration, and changes in physical activity, alcohol use, television watching, and smoking.

‡Refined grains average serving size vary by rice (150 g) vs. wheat (50 g), primarily due to water weight. To account for these differences, refined grains intake was disaggregated into rice and wheat intake based on the availability rice vs. wheat as a proportion of total refined grains, based on FAO food balance sheet estimates (kcal/capita/day). The estimated rice and wheat intakes were then assessed separately for the BMI-mediated CRA. See Supplemental Text S2 for further methodological details.

§Whole-fat dairy and low-fat dairy were also evaluated in the full multivariable-adjusted model in place of the disaggregated sub-types (e.g., butter, cheese, yogurt). Separate information on fat content or flavoring of yogurt was not available in most years.

¶Findings were similar when either total dietary fiber or cereal fiber were evaluated in the analysis instead of whole grains

**Table S8. Optimal intake levels and corresponding uncertainty for dietary factors with direct effects on T2D risk**

|  |  |  |
| --- | --- | --- |
| **Dietary factor** | **Optimal intake level\*** | **Standard deviation**† |
| **Dietary factors with direct effects** | | |
| Whole grains | 90.0 g/d | 90.0 g/d |
| Yogurt | 87.1 g/d | 8.7 g/d |
| Processed meats | 0.0 g/d | 0.0 g/d |
| Unprocessed red meats | 14.3 g/d | 1.4 g/d |
| Sugar-sweetened beverages | 0.0 g/d | 0.0 g/d |
| Potatoes‡ | 0.0 g/d | 0.0 g/d |
| Refined rice and wheat‡§ | 0.0 g/d | 0.0 g/d |
| **Additional dietary factors with BMI-mediated effects** | | |
| Fruits | 300 g/d | 30 g/d |
| Non-starchy vegetables | 300 g/d | 30 g/d |
| Nuts and seeds | 20.3 g/d | 2.0 g/d |
| Fruit juices‡ | 0.0 g/d | 0.0 g/d |

\* Optimal intake values were previously calculated using reported methods*19* for whole grains, yogurt, processed meats, unprocessed red meats, sugar-sweetened beverages, fruits, non-starchy vegetables, and nuts and seeds based on risk (observed levels associated with lowest mortality/morbidity in meta-analyses), feasibility (observed national consumption levels globally) and consistency (with other assessments in major dietary guidelines). For each dietary factor, the comparative risk modeling assumed no additional health benefits beyond the optimal intake value within each country, sex, age, education and urbanicity stratum.

† The population distribution around each optimal population mean was estimated as 10% of optimal intake mean.

‡ Optimal intake levels were defined *de novo* for potatoes, refined grains, and fruit juices based on risk, feasibility and consistency, as these were not reported in previous analyses. For potatoes, optimal intake was set at 0 g/d based on observed intake levels associated with lowest risk in studies included in meta-analyses as low as 13 g/d14,20; national mean intakes in 2018 as low as 0 g/d (Laos) and less than 10 g/d for eight other countries (i.e., Ghana, Philippines, etc.)1; and absence of specific recommendations for potatoes in food-based dietary guidelines, or grouping potatoes with starchy staples rather than vegetables.21 For example, the US Dietary Guidelines for Americas 2020, Chinese Food Pagoda, and German Nutrition Circle all have general recommendations for starchy vegetables or tubers for 1 serving/d or less.22-24 The optimal intake for refined grains was set at 0 g/d based on observed intake of < 1 serving/d among individual of lowest risk in cohorts included in meta-analyses;7; national mean intakes of refined grains in 2018 < 25 g/d in eight countries (i.e., Gambia: 4.2 [2.3-8.0] g/d, Norway 13.5 [8.3-22.0], Greece 21.2 [12.8-35.2]); and major dietary guidelines recommend limiting refined grains intake and choosing whole grains and tubers over refined grains.21,22 For fruit juice, the optimal intake was set at 0 g/d based on: observed intake of “never” or “rarely” among individuals of lowest risk for T2D in cohorts included in meta-analyses; national mean intakes of fruit juices in 2018 < 1 serving for >10 countries (i.e., China: 0.4 [0.3-0.5] g/d, Nepal: 0.8 [0.4-1.4] g/d, Pakistan: 1.2 [0.7-2.0] g/d, etc.); and national food-based dietary guidelines, which typically include 100% fruit juice within the fruit category, but state it should not count for more than 1 serving/d fruit (and with some countries explicitly delivering negative messages about fruit juice or grouping it with sugar-sweetened beverages).21

§ Refined grains intake was modelled as glycemic load for direct effects comparative risk assessment analyses, but as refined grains intake for BMI-mediated analyses. Optimal intake values were considered 0.0 g/d for both.

**Table S9. Study characteristics and effect estimates from studies assessing the association between education level and urbanicity with T2D risk for disaggregating T2D incidence estimates by education level and urbanicity**

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Study** | **Study design** | **T2D outcome\*** | **T2D outcome ascertainment** | **Exposure definition**† | **Covariates**¶ | **Country income\*\*** | **Sample size** | **Effect estimate (RR (95% CI))** |
| **EDUCATION LEVEL** | |  |  |  |  |  |  | **High vs. Low education** |
| Dagenais et al 201625 | PURE (Prospective Urban and Rural Epidemiological Study): cross- sectional surveys across World Bank income group countries | prevalence | blood glucose or self-report | primary completed vs. college/university completed;  primary completed vs. secondary completed‡ | age, sex, BMI, waist-hip ratio, phys. Activity level, diet quality (aHEI), smoking, education level, family history of diabetes | high income | 3 countries;  n = 14757 | 0.78 (0.63, 0.99) |
| upper middle income | 7 countries;  n = 26088 | 0.83, (0.71, 0.96) |
| lower middle income | 4 countries;  n = 55430 | 0.96 (0.85, 1.08) |
| low income | 4 countries;  n = 23391 | 1.02 (0.83, 1.27) |
| Seiglie et al. 202026 | pooled 29 nationally representative surveys | prevalence | blood glucose or medication usage | primary completed vs. no formal education;  secondary completed vs. no formal education§ | age and sex only | upper middle income | 11 countries; n = 36417 | 1.34 (1.10, 1.62) |
| lower middle income | 8 countries;  n = 524983 | 1.54 (1.45, 1.63) |
| low income | 10 countries;  n = 27174 | 1.86 (1.59, 2.17) |
| Agardh et al. 201127 | meta-analysis | incidence | varied by study (self-report, blood glucose, or medical records) | primary school completed to university degree (high) vs. primary not completed (low) | at min. age + sex, residence; >50% of studies also adjusted for well-established outcome related risk factors | high income | 18 studies | 0.69 (0.61, 0.78) |
| **URBANICITY** |  |  |  |  |  |  |  | **Urban vs. Rural** |
| Dagenais et al 201625 | PURE (Prospective Urban and Rural Epidemiological Study): long-term cross sectional survey World Bank income group countries | prevalence | blood glucose or self-report | urban vs. rural | age, sex, BMI, waist-hip ratio, phys. Activity level, diet quality (aHEI), smoking, education level, family history of diabetes | high income | 3 countries;  n = 14757 | 1.07 (0.81, 1.40) |
| upper middle income | 7 countries;  n = 26088 | 1.20 (0.97, 1.49) |
| lower middle income | 4 countries;  n = 55430 | 1.20 (1.02, 1.41) |
| low income | 4 countries;  n = 23391 | 1.65 (1.28, 2.12) |
| Den Braver et al. 201828 | meta-analysis | prevalence or incidence | blood glucose or self-report | urban vs. rural | all age-sex adjusted ; some studies also adjusted for BMI, phys. Activity, etc. | upper middle income | n=8 studies | 1.49 (1.16, 1.92) |
| lower middle income | n=7 studies | 1.45 (1.20, 1.74) |
| O'Connor et al. 201229 | United States Behavioral Risk Factor Surveillance System (BRFSS) study | prevalence | self-report | rural vs. urban ǁ | HH income, education, age, sex, BMI, race/ethnicity | high income | n=214698 | 1.06 (1.01, 1.12) |
| Corsi et al. 201930 | India National Family Health Survey 4 | prevalence | blood glucose or medication usage | urban vs. rural | age, sex, smoking and alcohol, wealth, education, social caste | lower middle income | n=718597 | 1.12 (1.01, 1.25) |

\*Relative risk difference estimates based on T2D prevalence are assumed to be generalizable to diabetes incidence, the outcome of interest in this comparative risk assessment analysis.

†GDD definition of education level definition as follows- Low(1) : 0 - < 6 years completed; Medium (Secondary): 7-11 years completed; High (Tertiary): ≥12 years completed.

‡ effect estimates reported by Dagenais *et al.* were inverted to assess high vs. low education. The definitions

§ The categories “no formal education” and “primary education” of this study fall into the low education definition of the GDD. To combine these categories, we first calculated the ratio of “secondary education vs. no formal education” by “primary education vs. no formal education” to obtain the effect of “secondary education vs. primary education”. Then, we pooled the later with the effect of “secondary education vs. no education” and obtained the effect of “secondary education vs. primary + no formal education” that most closely matches or GDD definition of high vs. low education. The ratio of the effect estimates was calculated to using the following equation, where ES1 is the effect estimate for primary vs. no formal education; ES2  is the effect estimate for secondary vs. no formal education; and Var(ES1) and Var(ES2) are the respective standard errors for each effect estimate: *ES1/ES2 = exp(ln(ES1) -ln(ES2) and SE(ES1/ES2)* and *Var(ES1/ES2) = ES1/ES2√Var(ES1)2/ES12 + Var(ES2)2/ES22).* .

ǁ Effect estimate was inverted to standardize to urban vs. rural comparison

¶ The aim of collating these studies was to partition Global Burden of Disease study age-sex stratified T2D incidence rates further into education level and urban/rural residence finer stratifications (not to determine the causal association between education level and urban rural residence with T2D risk). As such, the ideal effect estimates for this analysis were only age and sex adjusted, to avoid the attenuating effects of adjusting for additional covariates.

**\*\***Based on World Bank Country Income group classification

**Table S10. Effect estimates for the association between education level and urbanicity with T2D risk used in disaggregating the T2D incidence estimates\***

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | EDUCATION LEVEL EFFECTS‡ | | | | URBANICITY EFFECTS | | |
| **Country income level**† | **RR** | ***High*** | ***Medium*** | ***Low*** | **RR** | **Urban** | **Rural** |
| **(high v. low education)** | **(urban v. rural)** |
| low | 1.50 (1.32, 1.71) | *1.23* | *1* | *0.82* | 1.65 (1.28, 2.12) | 1.29 | 0.78 |
| lower middle | 1.39 (1.32, 1.47) | *1.18* | *1* | *0.85* | 1.20 (1.10, 1.30) | 1.09 | 0.91 |
| upper middle | 0.99 (0.88, 1.12) | *1* | *1* | *1* | 1.31 (1.11, 1.55) | 1.15 | 0.87 |
| high | 0.71 (0.64, 0.79) | 0.84 | 1 | 1.19 | 1.06 (1.01, 1.12) | 1.03 | 0.97 |

\* We identified meta-analyses, pooled analyses, and large surveys evaluating the association between sociodemographic factors such as educational attainment and urbanicity with T2D risk. We limited our analysis to high quality risk assessments adjusted for at least age and sex. When multiple models were provided, we selected the model adjusted only by sex and age to avoid the attenuating effects of adjusting for additional covariates. However, in some cases only one adjusted model was provided, which might have been adjusted for other variables in addition of sex and age, in which case we used such model . To pool the effect sizes, we used fixed effects meta-analyses with the Paule-Mendel procedure to calculate heterogeneity variance between studies (*τ2*), stratified by country income level. Given inconsistent definitions across studies and limited data availability, medium education attainment was assumed to be neutral (i.e. RR = 1). We distributed the central estimate of our meta-analyzed risk estimate for high vs low education (and urban vs. rural residence) by taking the square root and inverse square root of the central estimate of the relative risk, thus assuming equidistance from the high to medium level and from medium to low level (ref). We tested distributing the central estimate by incorporating information on the actual distance from high to medium and medium to low when available and the effects did not differ, thus we used the square root and inverse square root to keep consistency across studies.

† Based on World Bank Country Income group classification

‡ GDD definition of education level definition as follows- Low(1) : 0 - 6 years of education completed; Medium (Secondary): >6-12 years of education completed; High (Tertiary): >12 years of education completed.

RR, relative risk; T2D, type II diabetes

**Table S11. T2D burden disaggregation for a mock, a single national level age-sex T2D incidence estimate into six education level, urbanicity stratified estimates**

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Educational level**† | **Urbanicity** | **total stratum T2D burden estimate** | **mock population proportion** | **Education effect** | **Urban effect** | **Raw, fully proportioned burden estimate** | **Scaled, fully proportioned burden estimate** | ***Population proportional only cases*** |
| Low | Urban | 1000 | 0.2 | 0.93 | 1.29 | 240 | 254.0 | *200* |
| Medium | Urban | 1000 | 0.1 | 1.00 | 1.29 | 129 | 136.5 | *100* |
| High | Urban | 1000 | 0.1 | 1.01 | 1.29 | 130 | 137.6 | *100* |
| Low | Rural | 1000 | 0.4 | 0.93 | 0.78 | 290 | 306.9 | *400* |
| Medium | Rural | 1000 | 0.15 | 1.00 | 0.78 | 117 | 123.8 | *150* |
| High | Rural | 1000 | 0.05 | 1.01 | 0.78 | 39 | 41.3 | *50* |
|  | *Total:* |  | *1* |  |  | *945* | 1000 | *1000* |

\*The total year-country-age-sex stratum-specific T2D incidence estimates were then multiplied by their respective population proportion, education level effect, and urbanicity effect for each of the six*, de-novo* strata to obtain raw, fully proportioned burden estimates. These values were then scaled to the total stratum T2D burden estimate to prevent under- or overestimation of the absolute number of T2D cases globally.

†GDD definition of education level definition as follows- Low(1) : 0 - < 6 years completed; Medium (Secondary): 7-11 years completed; High (Tertiary): ≥12 years completed.

T2D, type II diabetes

**Table S12. Absolute burden of T2D incidence attributable to suboptimal diet at the global, world region, and national level in 1990 and 2018**

| **Table S12. Absolute burden of T2D incidence attributable to suboptimal diet at the global, world region, and national level in 1990 and 2018, continued** | | |
| --- | --- | --- |
|  | **Absolute diet-attributable T2D cases, n (95% UI)** | |
|  | **1990** | **2018** |
| **World** | 5469473 (5342120-5613960) | 14099462 (13806587-14417304) |
| **World Region** |  |  |
| Centr/Eastern Europe and Centr Asia | 521583 (505586-536118) | 927694 (900868-950507) |
| High-Income Countries | 1218290 (1189265-1250219) | 2402555 (2332088-2488066) |
| Latin Amer/Caribbean | 631853 (616326-648726) | 1771467 (1730502-1815241) |
| Mid. East/North Africa | 275254 (260812-289853) | 1273686 (1200646-1345288) |
| South Asia | 833421 (778808-923654) | 2614115 (2455292-2869774) |
| Southeast and East Asia | 1745999 (1631564-1871581) | 4205664 (4014431-4413283) |
| Sub-Saharan Africa | 250346 (234568-273006) | 875557 (825375-934893) |
| **Country** |  |  |
| Afghanistan | 11034 (9194-13027) | 51848 (43977-60677) |
| Angola | 6752 (6133-7401) | 29547 (27162-31972) |
| Albania | 1728 (1514-1996) | 5116 (4909-5291) |
| United Arab Emirates | 3603 (3320-3854) | 46277 (40238-51973) |
| Argentina | 41195 (39159-43425) | 97881 (93303-102866) |
| Armenia | 3686 (3323-4136) | 9140 (8615-9526) |
| Antigua and Barbuda | 120 (109-131) | 355 (325-383) |
| Australia | 16266 (15009-17493) | 42971 (39443-47124) |
| Austria | 10462 (9632-11317) | 23524 (21493-25549) |
| Azerbaijan | 6905 (6348-7316) | 28243 (27044-29286) |
| Burundi | 2388 (2070-2700) | 6524 (5722-7331) |
| Belgium | 14201 (13222-15189) | 25057 (23399-26714) |
| Benin | 2302 (1980-2767) | 9937 (8566-11734) |
| Burkina Faso | 3716 (3228-4309) | 13249 (10888-16593) |
| Bangladesh | 66562 (63080-69933) | 202604 (193322-212906) |
| Bulgaria | 16235 (15309-17216) | 19400 (17969-20658) |
| Bahrain | 946 (832-1057) | 10272 (9095-11453) |
| The Bahamas | 479 (448-511) | 1131 (1016-1261) |
| Bosnia and Herzegovina | 4884 (4218-5499) | 15308 (14024-16445) |
| Belarus | 10349 (9284-11359) | 13093 (11996-14250) |
| Belize | 179 (165-193) | 974 (919-1020) |
| Bolivia | 5673 (5360-6001) | 19950 (18861-21164) |
| Brazil | 193934 (184577-203975) | 532805 (507478-557874) |
| Barbados | 721 (690-750) | 1219 (1133-1299) |
| Brunei | 714 (652-772) | 2513 (2310-2683) |
| Bhutan | 377 (320-424) | 1197 (1026-1330) |
| Botswana | 932 (807-1079) | 4079 (3636-4527) |
| Central African Republic | 2113 (1930-2338) | 6128 (5560-6728) |
| Canada | 22983 (21805-24342) | 62211 (58212-66507) |
| Switzerland | 10185 (9510-10971) | 17953 (16584-19406) |
| Chile | 15256 (13748-16711) | 55486 (50774-60269) |
| China | 1151899 (1047243-1270612) | 2676207 (2524591-2847571) |
| Cote d'Ivoire | 4697 (4117-5391) | 19906 (17662-22474) |
| Cameroon | 4094 (3672-4699) | 20671 (18851-22740) |
| Democratic Republic of the Congo | 24200 (21561-27942) | 87324 (75118-101264) |
| Congo | 1673 (1431-1996) | 7530 (6619-8518) |
| Colombia | 60048 (57828-62276) | 149750 (143673-155721) |
| Comoros | 201 (178-223) | 553 (494-613) |
| Cape Verde | 141 (120-165) | 703 (620-794) |
| Costa Rica | 4380 (4054-4709) | 14086 (12938-15166) |
| Cuba | 25871 (24588-27147) | 44767 (41795-47505) |
| Cyprus | 1602 (1362-1846) | 3574 (3085-4091) |
| Czech Republic | 24933 (22635-27053) | 47955 (42976-52540) |
| Germany | 221597 (212584-231018) | 344506 (329014-361896) |
| Djibouti | 240 (219-259) | 1350 (1265-1441) |
| Dominica | 159 (148-171) | 253 (229-280) |
| Denmark | 4743 (4275-5205) | 10430 (9397-11612) |
| Dominican Republic | 4429 (4116-4820) | 17456 (16283-18760) |
| Algeria | 21488 (19312-23934) | 115108 (103338-125659) |
| Ecuador | 8775 (8102-9370) | 33611 (30835-36304) |
| Egypt | 30044 (27659-32799) | 153831 (142334-168129) |
| Eritrea | 1330 (1199-1456) | 5257 (4814-5702) |
| Spain | 85012 (78506-92585) | 145050 (132060-158910) |
| Estonia | 2063 (1945-2155) | 2760 (2634-2874) |
| Ethiopia | 22544 (20464-25896) | 50673 (44300-60148) |
| Finland | 8903 (8346-9514) | 16651 (15619-17637) |
| Fiji | 1919 (1722-2098) | 4457 (3989-4956) |
| France | 47329 (44880-49870) | 89276 (84709-94306) |
| Federated States of Micronesia | 129 (115-142) | 397 (355-436) |
| Gabon | 1004 (893-1119) | 2750 (2460-3071) |
| United Kingdom | 101391 (95935-107462) | 221732 (209325-234828) |
| Georgia | 5959 (5188-6721) | 11987 (11001-12801) |
| Ghana | 7767 (7290-8274) | 32871 (30391-35449) |
| Guinea | 2591 (2052-3417) | 9218 (8157-10405) |
| The Gambia | 478 (427-527) | 1653 (1377-1966) |
| Guinea-Bissau | 448 (398-514) | 1723 (1601-1853) |
| Equatorial Guinea | 278 (244-313) | 1431 (1303-1563) |
| Greece | 12371 (11437-13404) | 20847 (19303-22399) |
| Grenada | 159 (149-169) | 359 (331-391) |
| Guatemala | 6833 (5973-7853) | 46638 (43724-49426) |
| Guyana | 1735 (1618-1816) | 3417 (3204-3603) |
| Honduras | 5142 (4656-5709) | 23355 (21765-24748) |
| Croatia | 10076 (9089-11040) | 17196 (16555-17710) |
| Haiti | 7861 (7098-8938) | 26795 (24213-29614) |
| Hungary | 15979 (14456-17652) | 20130 (18341-22371) |
| Indonesia | 120429 (111418-134797) | 393504 (354108-447083) |
| India | 615654 (564458-699561) | 1853120 (1710465-2087288) |
| Ireland | 2425 (2239-2629) | 9991 (9136-10974) |
| Iran | 40882 (38920-42956) | 172265 (161450-183290) |
| Iraq | 27284 (25783-28536) | 112244 (101782-121747) |
| Iceland | 216 (201-232) | 638 (588-690) |
| Israel | 6993 (6729-7256) | 22105 (21172-22971) |
| Italy | 120021 (114519-126165) | 197363 (188316-208168) |
| Jamaica | 3292 (3072-3512) | 8897 (8256-9546) |
| Jordan | 4348 (4056-4715) | 28712 (26056-31106) |
| Japan | 173165 (165688-182154) | 213174 (203203-223940) |
| Kazakhstan | 21639 (20806-22528) | 53101 (50564-55644) |
| Kenya | 7039 (6617-7493) | 24963 (23646-26584) |
| Kyrgyzstan | 3011 (2844-3176) | 6923 (6424-7461) |
| Cambodia | 4996 (4595-5498) | 24560 (22803-26749) |
| Kiribati | 147 (133-161) | 460 (414-501) |
| South Korea | 47760 (45511-50193) | 112518 (107650-118227) |
| Kuwait | 2703 (2442-3048) | 18492 (16987-20194) |
| Laos | 3727 (3498-3959) | 13775 (13116-14455) |
| Lebanon | 4165 (3911-4435) | 14040 (13145-14924) |
| Liberia | 1537 (1359-1790) | 6050 (5429-6674) |
| Libya | 4357 (3894-4803) | 23546 (21198-25960) |
| Saint Lucia | 282 (260-304) | 762 (700-837) |
| Sri Lanka | 24117 (21857-26683) | 96760 (87344-106510) |
| Lesotho | 1142 (1037-1281) | 3298 (2987-3605) |
| Lithuania | 3943 (3695-4176) | 4639 (4380-4882) |
| Luxembourg | 411 (372-453) | 2498 (2263-2631) |
| Latvia | 3279 (3095-3448) | 4295 (4036-4523) |
| Morocco | 20633 (18053-23330) | 99177 (89415-107299) |
| Moldova | 6407 (5952-6753) | 8360 (7636-8981) |
| Madagascar | 5828 (5383-6353) | 16676 (15364-18150) |
| Maldives | 146 (133-159) | 747 (671-849) |
| Mexico | 179668 (172443-186902) | 490186 (469486-511422) |
| Marshall Islands | 98 (88-107) | 317 (285-343) |
| Macedonia | 3427 (3114-3756) | 9482 (8815-10106) |
| Mali | 3446 (2847-4222) | 11890 (10398-14010) |
| Malta | 782 (718-844) | 1634 (1502-1766) |
| Myanmar | 38237 (33429-43134) | 133568 (122088-143792) |
| Montenegro | 1164 (1045-1286) | 2498 (2328-2637) |
| Mongolia | 856 (804-898) | 3233 (3111-3344) |
| Mozambique | 5122 (4585-5628) | 17748 (16142-19749) |
| Mauritania | 1010 (872-1172) | 3031 (2661-3409) |
| Mauritius | 2440 (2318-2557) | 8439 (7851-8974) |
| Malawi | 4118 (3739-4588) | 11116 (9984-12531) |
| Malaysia | 21252 (19083-23651) | 69365 (61393-78401) |
| Namibia | 1359 (1219-1525) | 3070 (2779-3402) |
| Niger | 1432 (1205-1823) | 9446 (8359-10603) |
| Nigeria | 33943 (29050-42290) | 100387 (90163-113394) |
| Nicaragua | 4180 (3809-4583) | 16663 (15451-17890) |
| Netherlands | 17032 (15949-18265) | 26279 (24126-28745) |
| Norway | 6192 (5574-6920) | 11998 (10930-13105) |
| Nepal | 10888 (10044-11797) | 40636 (37336-44045) |
| New Zealand | 2999 (2747-3268) | 7052 (6500-7622) |
| Oman | 1790 (1578-2006) | 11503 (10329-12582) |
| Pakistan | 95945 (88953-103522) | 332097 (305379-361296) |
| Panama | 3543 (3286-3815) | 13014 (12255-13783) |
| Peru | 13542 (12547-14577) | 49923 (46601-53359) |
| Philippines | 41197 (38983-43535) | 143255 (136659-150325) |
| Papua New Guinea | 6260 (5611-6933) | 28418 (26229-30513) |
| Poland | 76832 (74201-79528) | 127362 (123842-131355) |
| Portugal | 18505 (17626-19472) | 35645 (33950-37553) |
| Paraguay | 3742 (3438-4040) | 13788 (12924-14626) |
| Palestine | 1851 (1641-2076) | 10920 (9679-12011) |
| Qatar | 986 (863-1103) | 17818 (15734-19695) |
| Romania | 34143 (33038-35251) | 44308 (42628-46049) |
| Russia | 152708 (143970-160382) | 250880 (237092-263750) |
| Rwanda | 2304 (2019-2643) | 11030 (10413-11595) |
| Saudi Arabia | 21701 (19166-23795) | 138765 (126506-149353) |
| Sudan | 14055 (12552-15612) | 64176 (57076-72286) |
| Senegal | 5403 (4645-6298) | 19733 (17643-21876) |
| Singapore | 5845 (5192-6444) | 14310 (12969-15601) |
| Solomon Islands | 420 (378-464) | 1872 (1720-2008) |
| Sierra Leone | 1259 (1018-1543) | 5177 (4419-5798) |
| El Salvador | 4827 (4318-5407) | 17013 (15744-18208) |
| Serbia | 22740 (20918-24232) | 31249 (27444-34708) |
| Sao Tome and Principe | 56 (48-67) | 199 (178-231) |
| Suriname | 728 (674-788) | 2587 (2413-2761) |
| Slovakia | 7254 (6711-7778) | 13503 (12648-14347) |
| Slovenia | 3045 (2689-3415) | 5176 (4658-5675) |
| Sweden | 11602 (10895-12337) | 22589 (21271-23957) |
| Swaziland | 578 (500-684) | 1868 (1739-2013) |
| Seychelles | 84 (77-90) | 396 (368-426) |
| Syria | 10548 (9438-11821) | 34887 (30882-38696) |
| Chad | 2784 (2491-3107) | 9259 (8372-10249) |
| Togo | 1034 (855-1278) | 6382 (5960-6820) |
| Thailand | 51626 (46168-57709) | 155665 (139029-172267) |
| Tajikistan | 3671 (3390-3880) | 18902 (17541-19968) |
| Turkmenistan | 2771 (2606-2908) | 9290 (8555-9889) |
| Timor-Leste | 363 (335-398) | 1803 (1668-1946) |
| Tonga | 156 (140-172) | 319 (288-348) |
| Trinidad and Tobago | 3615 (3353-3907) | 7717 (7114-8387) |
| Tunisia | 8703 (8028-9516) | 36229 (33463-39417) |
| Turkey | 54433 (51057-58348) | 161032 (149561-175775) |
| Taiwan | 28827 (26875-30537) | 62718 (58850-66947) |
| Tanzania | 7102 (6448-7823) | 33354 (30816-36403) |
| Uganda | 6090 (5574-6624) | 29059 (26524-32069) |
| Ukraine | 59540 (54094-63934) | 67526 (60386-73452) |
| Uruguay | 2235 (2065-2412) | 6362 (5881-6799) |
| United States | 498711 (474943-526015) | 1097946 (1043225-1169683) |
| Uzbekistan | 12609 (11607-13587) | 73267 (68941-77128) |
| Saint Vincent and the Grenadines | 178 (162-197) | 566 (538-593) |
| Venezuela | 26985 (24638-29633) | 80707 (73503-87825) |
| Vietnam | 43537 (39421-48308) | 162048 (145473-178836) |
| Vanuatu | 180 (166-195) | 712 (655-773) |
| Samoa | 242 (214-268) | 624 (579-677) |
| Yemen | 7163 (6438-8062) | 36683 (33036-40291) |
| South Africa | 43674 (41676-45530) | 138982 (133100-144843) |
| Zambia | 4636 (4239-5047) | 12588 (11533-13992) |
| Zimbabwe | 5157 (4610-5838) | 17893 (16071-19764) |

| **Table S13. Proportional and absolute burden per 1M population of T2D incidence attributable to suboptimal diet\* and each individual dietary factor**† **at the national level in 1990 and 2018** | | | | | |
| --- | --- | --- | --- | --- | --- |
| **Country** | **Dietary factor** | **Proportional burden, %** | | **Rate, per 1M population**‡ | |
| **1990** | **2018** | **1990** | **2018** |
| Afghanistan | Suboptimal diet | 62.8 (52.6-74.2) | 59.8 (51.1-69.7) | 2160 (1800-2551) | 3097 (2627-3625) |
|  | Whole grains | 4.7 (2-11.5) | 27.5 (15.2-37.7) | 165 (69-394) | 1429 (780-1962) |
|  | Refined grains (total) | 37.9 (24.1-54.9) | 28.4 (17.2-43.6) | 1299 (845-1885) | 1468 (896-2262) |
|  | *Refined rice* | 9.4 (5.3-15.5) | 3.8 (2.2-7) | 320 (183-533) | 199 (112-365) |
|  | *Refined wheat* | 32.4 (20.2-47.9) | 25.8 (15.6-40.1) | 1109 (702-1649) | 1335 (806-2087) |
|  | Processed meats | 3.5 (0.7-17.2) | 2.9 (0.5-14.8) | 119 (23-599) | 148 (27-760) |
|  | Unprocessed red meats | 16.4 (9.4-26.5) | 3.2 (1.4-7.9) | 567 (325-903) | 162 (73-414) |
|  | Yogurt | 12 (10.7-13.2) | 13.4 (11.7-15.1) | 414 (364-457) | 693 (613-770) |
|  | Sugar-sweetened beverages | 0.6 (0.3-1.7) | 9.7 (4.8-19.1) | 21 (10-59) | 504 (249-984) |
|  | Potatoes | 5.5 (2.6-12.2) | 2.1 (1-5.1) | 190 (91-421) | 109 (51-269) |
|  | Fruit | 2.8 (2.4-3) | 3.7 (3.3-4.1) | 95 (83-107) | 191 (168-212) |
|  | Nuts and seeds | 1 (0.7-1.2) | 0.8 (0.5-1.1) | 34 (24-41) | 40 (26-55) |
|  | Non-starchy vegetables | 0.8 (0.5-1.1) | 1.6 (1.2-1.9) | 28 (18-39) | 81 (62-98) |
|  | Fruit juice | 0 (0-0) | 0 (0-0) | 0 (0-1) | 1 (0-1) |
| Albania | Suboptimal diet | 63.8 (55.7-73.8) | 94 (91.4-96.3) | 915 (802-1057) | 2371 (2275-2452) |
|  | Whole grains | 4.5 (2.8-7.9) | 28.5 (22.1-33.8) | 65 (40-114) | 720 (556-850) |
|  | Refined grains (total) | 26 (21.2-31.3) | 25.5 (20.8-30.9) | 374 (305-452) | 645 (523-778) |
|  | *Refined rice* | 1.6 (1.3-2.2) | 3 (2.3-4) | 24 (19-33) | 76 (59-101) |
|  | *Refined wheat* | 24.8 (20.1-29.9) | 23.3 (18.9-28.2) | 356 (290-431) | 587 (475-711) |
|  | Processed meats | 34.2 (21-52.1) | 63.1 (49-75.2) | 488 (304-741) | 1591 (1225-1887) |
|  | Unprocessed red meats | 2.3 (1.3-4.5) | 26.5 (21.9-31.8) | 33 (19-65) | 668 (550-805) |
|  | Yogurt | 7.3 (5-9.2) | 6.6 (4.4-8.6) | 104 (72-131) | 167 (112-215) |
|  | Sugar-sweetened beverages | 5.2 (3.4-8.4) | 53.1 (44.5-62.8) | 75 (49-119) | 1341 (1120-1586) |
|  | Potatoes | 4.1 (2.5-7.1) | 15.6 (9.7-23.1) | 59 (35-102) | 393 (242-582) |
|  | Fruit | 3.7 (3.5-3.8) | 2.3 (2-2.6) | 53 (50-55) | 57 (49-65) |
|  | Nuts and seeds | 1.3 (1.3-1.4) | 1.1 (0.9-1.2) | 19 (18-20) | 27 (23-30) |
|  | Non-starchy vegetables | 1.4 (1.3-1.6) | 1.1 (0.9-1.3) | 21 (18-23) | 28 (23-33) |
|  | Fruit juice | 0.2 (0.1-0.2) | 0.1 (0.1-0.2) | 2 (1-4) | 3 (2-5) |
| Algeria | Suboptimal diet | 66.8 (60.5-74.3) | 76.7 (69.1-82.9) | 1834 (1648-2043) | 4317 (3876-4713) |
|  | Whole grains | 33.1 (25.8-38) | 29.4 (20-36.5) | 908 (707-1058) | 1650 (1122-2071) |
|  | Refined grains (total) | 18.4 (11.1-27.6) | 39.6 (27.3-51.7) | 503 (306-755) | 2234 (1541-2922) |
|  | *Refined rice* | 0.2 (0.1-0.4) | 1.6 (1-2.6) | 6 (4-11) | 91 (57-143) |
|  | *Refined wheat* | 18.2 (11-27.4) | 38.7 (26.7-50.7) | 499 (303-748) | 2184 (1504-2867) |
|  | Processed meats | 15 (6.2-31.5) | 13.1 (5.3-28.3) | 411 (171-857) | 741 (303-1603) |
|  | Unprocessed red meats | 9.3 (5.7-14.3) | 15 (9.7-22.2) | 256 (153-395) | 848 (545-1266) |
|  | Yogurt | 9.5 (6.8-11.3) | 8.8 (6.1-11.1) | 260 (185-312) | 496 (342-621) |
|  | Sugar-sweetened beverages | 20.9 (14.4-30.1) | 20.1 (13.3-28.9) | 573 (396-821) | 1129 (744-1653) |
|  | Potatoes | 2.4 (1.3-4.2) | 7.8 (4.4-13.1) | 65 (37-117) | 440 (249-741) |
|  | Fruit | 2.9 (2.7-3.1) | 3.1 (2.8-3.4) | 80 (72-87) | 176 (156-195) |
|  | Nuts and seeds | 1.3 (1.3-1.4) | 1.2 (1-1.4) | 37 (34-39) | 67 (57-77) |
|  | Non-starchy vegetables | 1 (0.8-1.2) | 0.6 (0.4-0.9) | 27 (22-32) | 36 (23-49) |
|  | Fruit juice | 0.1 (0.1-0.3) | 0.1 (0.1-0.3) | 4 (2-7) | 7 (4-14) |
| Angola | Suboptimal diet | 60.5 (55.4-66.4) | 73.2 (67.1-78.8) | 1365 (1240-1496) | 2251 (2069-2436) |
|  | Whole grains | 29.7 (21.7-35.8) | 23.4 (14.7-31.3) | 669 (488-806) | 718 (452-966) |
|  | Refined grains (total) | 20.9 (16-26) | 17.4 (12.7-22.9) | 471 (362-591) | 536 (393-701) |
|  | *Refined rice* | 12.8 (9.6-16.5) | 4.9 (3.5-7) | 288 (219-373) | 152 (108-217) |
|  | *Refined wheat* | 9.8 (7.3-12.6) | 13.3 (9.6-18.1) | 221 (166-285) | 411 (298-552) |
|  | Processed meats | 5.5 (1.8-15.9) | 2.3 (0.7-7.9) | 123 (40-356) | 70 (20-246) |
|  | Unprocessed red meats | 7 (4.8-10.1) | 8.1 (5.6-12.4) | 157 (109-227) | 248 (169-383) |
|  | Yogurt | 12.4 (11.2-13.4) | 12.5 (11.1-13.8) | 280 (250-305) | 385 (344-424) |
|  | Sugar-sweetened beverages | 15.3 (10.6-21.9) | 28.9 (20-38.3) | 346 (239-498) | 888 (620-1176) |
|  | Potatoes | 2.3 (1.3-4.3) | 29.8 (20.1-39) | 52 (29-96) | 921 (621-1202) |
|  | Fruit | 3.3 (3.1-3.5) | 2.7 (2.4-2.9) | 74 (70-79) | 82 (73-91) |
|  | Nuts and seeds | 1.3 (1.1-1.4) | 1 (0.9-1.3) | 28 (26-31) | 32 (26-39) |
|  | Non-starchy vegetables | 1 (0.9-1.2) | 0.3 (0.2-0.5) | 23 (20-27) | 10 (6-15) |
|  | Fruit juice | 0.1 (0.1-0.1) | 0.1 (0.1-0.2) | 2 (1-3) | 3 (2-5) |
| Antigua and Barbuda | Suboptimal diet | 76.4 (69.8-83) | 80.6 (74.1-86.8) | 3191 (2904-3483) | 5244 (4801-5652) |
|  | Whole grains | 26.2 (18.8-32.2) | 34.5 (28.3-38.2) | 1091 (787-1354) | 2244 (1851-2499) |
|  | Refined grains (total) | 14.9 (10.4-20.3) | 14.9 (10.3-20.6) | 624 (438-853) | 963 (682-1348) |
|  | *Refined rice* | 3.2 (2.2-4.7) | 3.3 (2.2-5) | 133 (90-195) | 215 (146-327) |
|  | *Refined wheat* | 12.2 (8.5-16.9) | 12.1 (8.3-17.2) | 514 (356-710) | 784 (549-1112) |
|  | Processed meats | 36.4 (23-52.2) | 39 (24.5-56) | 1522 (962-2189) | 2549 (1601-3697) |
|  | Unprocessed red meats | 13.7 (9.9-19.2) | 11.7 (7.7-17.2) | 571 (415-804) | 764 (495-1114) |
|  | Yogurt | 11.2 (10.1-12.1) | 11.6 (10.2-12.7) | 471 (420-512) | 755 (663-825) |
|  | Sugar-sweetened beverages | 28 (19.8-38.1) | 31.8 (22.5-43.6) | 1171 (821-1600) | 2071 (1461-2861) |
|  | Potatoes | 1.5 (0.8-2.8) | 2.8 (1.5-5.4) | 63 (34-120) | 183 (97-351) |
|  | Fruit | 2.6 (2.2-2.9) | 3 (2.5-3.4) | 109 (92-123) | 197 (165-227) |
|  | Nuts and seeds | 1.2 (1.2-1.3) | 1.3 (1.2-1.4) | 52 (48-55) | 86 (77-94) |
|  | Non-starchy vegetables | 0.6 (0.3-1) | 0.6 (0.2-1) | 26 (12-40) | 38 (16-66) |
|  | Fruit juice | 0.1 (0.1-0.2) | 0.1 (0.1-0.2) | 4 (3-7) | 7 (4-12) |
| Argentina | Suboptimal diet | 74.3 (71.4-77.5) | 80.3 (77.5-83.2) | 2084 (1981-2197) | 3277 (3124-3444) |
|  | Whole grains | 38.2 (36.8-39.6) | 35.4 (33.4-37.1) | 1074 (1025-1124) | 1444 (1353-1533) |
|  | Refined grains (total) | 8.8 (7.3-11) | 16.8 (14.1-20.1) | 246 (206-308) | 683 (574-819) |
|  | *Refined rice* | 0.8 (0.7-1) | 2.3 (1.9-3) | 22 (18-27) | 92 (77-124) |
|  | *Refined wheat* | 8 (6.7-10.3) | 14.8 (12.4-17.9) | 226 (189-284) | 604 (506-729) |
|  | Processed meats | 17.6 (12.8-24.8) | 30.7 (23.7-39) | 494 (362-703) | 1251 (971-1585) |
|  | Unprocessed red meats | 29.6 (24.9-35.9) | 33.2 (27.3-39.8) | 831 (695-1014) | 1354 (1118-1628) |
|  | Yogurt | 9.5 (8.5-10.4) | 9.7 (8.6-10.8) | 267 (238-295) | 396 (350-437) |
|  | Sugar-sweetened beverages | 12.3 (9.7-16.3) | 19.6 (15.8-24.4) | 344 (270-462) | 801 (633-998) |
|  | Potatoes | 5.9 (4.8-7.9) | 4.1 (3.4-6.1) | 165 (134-223) | 168 (138-247) |
|  | Fruit | 2.6 (2.4-2.8) | 3 (2.8-3.3) | 74 (68-80) | 124 (114-135) |
|  | Nuts and seeds | 1.3 (1.2-1.4) | 1.4 (1.2-1.5) | 35 (33-38) | 55 (51-61) |
|  | Non-starchy vegetables | 1.1 (1-1.2) | 1.3 (1.2-1.5) | 30 (27-34) | 54 (48-61) |
|  | Fruit juice | 0.1 (0-0.1) | 0.1 (0-0.1) | 1 (1-2) | 3 (2-4) |
| Armenia | Suboptimal diet | 75.4 (68.2-83.5) | 92.8 (87.7-96.2) | 1678 (1513-1883) | 4204 (3962-4382) |
|  | Whole grains | 39.4 (36.1-41.7) | 32.3 (25.6-37) | 876 (792-944) | 1458 (1161-1683) |
|  | Refined grains (total) | 29.8 (22-38.8) | 24.3 (17.3-32.5) | 664 (489-869) | 1099 (781-1462) |
|  | *Refined rice* | 2.9 (2-4.3) | 1 (0.7-1.6) | 64 (45-94) | 47 (32-71) |
|  | *Refined wheat* | 27.7 (20.3-36.3) | 23.5 (16.7-31.5) | 618 (453-812) | 1063 (755-1418) |
|  | Processed meats | 34 (18.5-54.1) | 79.9 (66.6-89) | 758 (416-1219) | 3624 (3017-3992) |
|  | Unprocessed red meats | 10.1 (6.8-15.5) | 27.2 (20.6-35) | 224 (151-349) | 1227 (931-1587) |
|  | Yogurt | 8 (5.3-10.2) | 6.3 (3.9-8.5) | 179 (120-226) | 286 (175-385) |
|  | Sugar-sweetened beverages | 2.1 (1.3-4.4) | 6 (3.8-10) | 46 (29-97) | 272 (170-459) |
|  | Potatoes | 9.7 (5.6-15.7) | 4.3 (2.7-8.3) | 217 (127-349) | 197 (122-367) |
|  | Fruit | 3.5 (3.3-3.8) | 3.1 (2.7-3.4) | 79 (72-85) | 141 (123-157) |
|  | Nuts and seeds | 1.2 (1.1-1.3) | 0.9 (0.7-1.1) | 27 (24-31) | 41 (31-51) |
|  | Non-starchy vegetables | 1.3 (1.1-1.5) | 1.5 (1.3-1.7) | 29 (25-34) | 67 (56-78) |
|  | Fruit juice | 0.1 (0.1-0.2) | 0.1 (0.1-0.2) | 3 (2-5) | 6 (4-9) |
| Australia | Suboptimal diet | 65.8 (61.3-70.6) | 62.9 (57.9-68.5) | 1375 (1269-1479) | 2307 (2117-2530) |
|  | Whole grains | 11.8 (8.7-15.1) | 13 (9.8-16.2) | 246 (182-315) | 475 (358-596) |
|  | Refined grains (total) | 6.7 (4.6-9.8) | 9.8 (6.8-13.9) | 140 (97-204) | 358 (250-505) |
|  | *Refined rice* | 1.3 (0.9-2) | 2.6 (1.8-3.8) | 26 (18-40) | 94 (66-139) |
|  | *Refined wheat* | 5.5 (3.8-8.1) | 7.4 (5.2-10.6) | 115 (79-170) | 273 (190-389) |
|  | Processed meats | 16 (11.6-23.6) | 21.3 (15.4-30.3) | 335 (245-494) | 783 (570-1105) |
|  | Unprocessed red meats | 33 (28.2-38.9) | 23.3 (19.3-29.7) | 691 (587-816) | 855 (709-1086) |
|  | Yogurt | 7.1 (5.1-8.8) | 7.1 (5.2-9.1) | 147 (107-186) | 263 (191-333) |
|  | Sugar-sweetened beverages | 12.8 (10-17.4) | 9.4 (7.3-13.6) | 268 (209-366) | 343 (265-495) |
|  | Potatoes | 9.1 (6.2-14.2) | 7.5 (5-12.1) | 189 (127-293) | 277 (182-444) |
|  | Fruit | 1.7 (1.4-2) | 2.2 (1.8-2.5) | 36 (30-42) | 79 (67-92) |
|  | Nuts and seeds | 1.1 (1-1.1) | 1 (0.9-1.1) | 22 (20-24) | 36 (31-41) |
|  | Non-starchy vegetables | 1 (0.9-1.1) | 1.2 (1-1.4) | 21 (18-24) | 43 (37-51) |
|  | Fruit juice | 0.2 (0.1-0.3) | 0.2 (0.1-0.4) | 4 (2-6) | 8 (5-14) |
| Austria | Suboptimal diet | 86.6 (79.6-93.1) | 86.2 (78.4-93.7) | 1772 (1632-1917) | 3283 (2999-3565) |
|  | Whole grains | 25.9 (23.8-28.2) | 26.2 (23.8-28.4) | 533 (487-582) | 995 (903-1084) |
|  | Refined grains (total) | 4.2 (2.7-6.9) | 2.6 (1.7-4.3) | 85 (56-140) | 98 (64-163) |
|  | *Refined rice* | 0.6 (0.4-1.1) | 0.2 (0.1-0.4) | 13 (9-22) | 9 (6-14) |
|  | *Refined wheat* | 3.5 (2.3-5.9) | 2.3 (1.5-3.9) | 73 (47-120) | 89 (59-149) |
|  | Processed meats | 55.1 (34.1-76.1) | 58.6 (36.9-80.4) | 1131 (697-1564) | 2235 (1407-3072) |
|  | Unprocessed red meats | 46.4 (39.8-53.2) | 40.5 (34.5-47.2) | 951 (816-1095) | 1540 (1309-1796) |
|  | Yogurt | 7.6 (5.7-9.2) | 7.4 (5.4-9.1) | 155 (116-189) | 280 (206-344) |
|  | Sugar-sweetened beverages | 8.7 (7-11.5) | 9 (7.3-11.8) | 178 (146-232) | 343 (281-452) |
|  | Potatoes | 6.5 (5.6-8.5) | 5.9 (5.1-8) | 135 (114-173) | 224 (191-305) |
|  | Fruit | 2.3 (2.1-2.4) | 2.6 (2.4-2.8) | 46 (42-50) | 98 (89-107) |
|  | Nuts and seeds | 1 (0.9-1.1) | 1.1 (1-1.2) | 21 (19-22) | 41 (38-45) |
|  | Non-starchy vegetables | 1.3 (1.2-1.4) | 1.2 (1.1-1.3) | 27 (25-29) | 46 (42-51) |
|  | Fruit juice | 0.1 (0.1-0.1) | 0.1 (0.1-0.2) | 2 (2-3) | 5 (3-6) |
| Azerbaijan | Suboptimal diet | 89.3 (83.2-94.1) | 95 (91.4-97.1) | 1658 (1525-1757) | 4052 (3880-4201) |
|  | Whole grains | 20.3 (13.4-27.5) | 25.6 (18.2-32.8) | 375 (245-510) | 1092 (781-1399) |
|  | Refined grains (total) | 32.2 (26-38.6) | 32.7 (26.5-39.2) | 597 (483-713) | 1403 (1120-1672) |
|  | *Refined rice* | 0.9 (0.7-1.4) | 1.9 (1.4-2.5) | 17 (13-26) | 80 (61-109) |
|  | *Refined wheat* | 31.5 (25.4-37.9) | 31.5 (25.4-37.7) | 586 (473-700) | 1347 (1074-1610) |
|  | Processed meats | 72.7 (57.4-84.3) | 79.7 (65.7-87.6) | 1351 (1065-1573) | 3407 (2841-3726) |
|  | Unprocessed red meats | 18.3 (14.3-23.4) | 40.4 (34.2-47.4) | 339 (264-438) | 1722 (1456-2023) |
|  | Yogurt | 10.3 (8.9-11.5) | 10.3 (8.8-11.6) | 192 (164-214) | 439 (377-494) |
|  | Sugar-sweetened beverages | 3.9 (2.4-6.5) | 5 (3.2-8.1) | 71 (44-121) | 214 (139-344) |
|  | Potatoes | 1.9 (1.2-3.4) | 10 (6.1-16.2) | 35 (21-62) | 427 (260-689) |
|  | Fruit | 2.6 (2.3-2.8) | 2.9 (2.6-3.2) | 48 (42-53) | 125 (110-139) |
|  | Nuts and seeds | 1.1 (1-1.2) | 0.9 (0.7-1) | 21 (18-23) | 37 (29-45) |
|  | Non-starchy vegetables | 1.7 (1.5-1.8) | 1.7 (1.5-1.9) | 31 (28-34) | 72 (64-80) |
|  | Fruit juice | 0.2 (0.1-0.3) | 0.2 (0.1-0.3) | 3 (2-5) | 7 (4-12) |
| Bahrain | Suboptimal diet | 73 (64.4-80.8) | 76.5 (68.4-84.6) | 3192 (2808-3566) | 8656 (7664-9651) |
|  | Whole grains | 34.5 (26.2-39.6) | 33.8 (25.3-39.3) | 1506 (1149-1741) | 3842 (2882-4488) |
|  | Refined grains (total) | 27 (16.1-40.2) | 30.6 (18.1-44) | 1184 (706-1770) | 3458 (2046-4987) |
|  | *Refined rice* | 27 (16.1-40.2) | 30.6 (18.1-44) | 1184 (706-1770) | 3458 (2046-4987) |
|  | *Refined wheat* | 0 (0-0) | 0 (0-0) | 0 (0-0) | 0 (0-0) |
|  | Processed meats | 23.8 (11.7-43.3) | 27.9 (12.5-48) | 1045 (510-1899) | 3159 (1418-5481) |
|  | Unprocessed red meats | 14.4 (8.9-22.2) | 14 (8.4-22.1) | 632 (388-977) | 1586 (952-2520) |
|  | Yogurt | 7.8 (5.1-10) | 7.7 (4.9-10.3) | 342 (222-440) | 871 (563-1163) |
|  | Sugar-sweetened beverages | 16 (11-23.2) | 18.1 (12.2-27.1) | 695 (484-1012) | 2041 (1414-3095) |
|  | Potatoes | 2.9 (1.7-5.5) | 5 (2.6-9.7) | 128 (73-240) | 572 (300-1133) |
|  | Fruit | 2.6 (2.3-2.8) | 2.7 (2.4-3.1) | 112 (98-127) | 308 (265-353) |
|  | Nuts and seeds | 1.1 (1-1.3) | 0.9 (0.6-1.1) | 49 (42-57) | 98 (73-125) |
|  | Non-starchy vegetables | 0.8 (0.6-1) | 0.9 (0.6-1.2) | 34 (24-45) | 102 (68-138) |
|  | Fruit juice | 0.1 (0.1-0.2) | 0.1 (0.1-0.3) | 6 (3-11) | 16 (8-31) |
| Bangladesh | Suboptimal diet | 65.8 (62.8-69.1) | 66.5 (63.4-70) | 1373 (1301-1442) | 2006 (1914-2108) |
|  | Whole grains | 27.9 (23.7-31) | 25.7 (20.6-29.6) | 580 (493-650) | 773 (620-895) |
|  | Refined grains (total) | 46.1 (41.8-51.2) | 45.7 (41.3-50.5) | 961 (868-1056) | 1377 (1250-1515) |
|  | *Refined rice* | 44 (39.8-49) | 44.1 (39.7-48.8) | 917 (827-1011) | 1327 (1202-1462) |
|  | *Refined wheat* | 3.8 (3.3-5) | 3 (2.6-3.9) | 79 (70-106) | 91 (80-116) |
|  | Processed meats | 0.5 (0.3-1.2) | 0.4 (0.3-0.7) | 10 (7-24) | 11 (8-21) |
|  | Unprocessed red meats | 2.2 (1.4-4.7) | 2.2 (1.5-4.6) | 45 (29-99) | 68 (45-139) |
|  | Yogurt | 13.4 (12.7-14.2) | 13.3 (12.5-14.2) | 280 (264-299) | 401 (377-425) |
|  | Sugar-sweetened beverages | 0.9 (0.5-1.8) | 0.9 (0.6-1.9) | 18 (11-38) | 27 (17-58) |
|  | Potatoes | 5.4 (4.3-7.5) | 8.9 (7.4-12.3) | 114 (90-155) | 271 (222-371) |
|  | Fruit | 3.3 (3.1-3.5) | 3.6 (3.5-3.8) | 69 (65-73) | 110 (104-116) |
|  | Nuts and seeds | 1.4 (1.3-1.5) | 1.5 (1.4-1.6) | 29 (27-31) | 44 (41-47) |
|  | Non-starchy vegetables | 0.5 (0.4-0.6) | 0.6 (0.5-0.7) | 10 (9-12) | 18 (15-20) |
|  | Fruit juice | 0 (0-0) | 0 (0-0) | 0 (0-0) | 0 (0-0) |
| Barbados | Suboptimal diet | 89.1 (86.1-91.2) | 77.4 (71.7-82) | 4171 (3988-4335) | 5593 (5200-5962) |
|  | Whole grains | 10.1 (6.5-14) | 10.5 (6.4-14.8) | 475 (299-657) | 761 (468-1072) |
|  | Refined grains (total) | 26.6 (19.7-34) | 19.9 (14-26.6) | 1247 (928-1592) | 1441 (1007-1938) |
|  | *Refined rice* | 11 (7.8-14.7) | 6.5 (4.4-9.3) | 518 (370-685) | 473 (317-674) |
|  | *Refined wheat* | 18.2 (13.2-23.7) | 14.6 (10.2-20) | 852 (625-1111) | 1060 (731-1451) |
|  | Processed meats | 17.2 (10.7-25.2) | 15.5 (10-24.2) | 807 (497-1191) | 1126 (721-1749) |
|  | Unprocessed red meats | 66.4 (59.9-69.6) | 23.9 (17.5-32.5) | 3108 (2800-3300) | 1733 (1265-2337) |
|  | Yogurt | 10.2 (8.9-11.2) | 10.7 (9.3-12) | 480 (415-527) | 776 (678-859) |
|  | Sugar-sweetened beverages | 32.9 (26.6-40.2) | 42.5 (34.4-50.7) | 1538 (1240-1902) | 3070 (2472-3681) |
|  | Potatoes | 2 (1.1-3.7) | 3.5 (1.8-6.5) | 93 (50-174) | 252 (134-468) |
|  | Fruit | 2.1 (1.8-2.3) | 2.5 (2.2-2.8) | 98 (84-110) | 180 (157-204) |
|  | Nuts and seeds | 1 (0.9-1.1) | 1 (0.8-1.1) | 47 (42-52) | 71 (60-81) |
|  | Non-starchy vegetables | 0.9 (0.8-1.1) | 1.2 (1-1.3) | 44 (37-51) | 84 (70-97) |
|  | Fruit juice | 0 (0-0) | 0 (0-0) | 1 (1-2) | 2 (1-3) |
| Belarus | Suboptimal diet | 78 (69.9-85.2) | 81.4 (74.1-88) | 1457 (1308-1600) | 1762 (1614-1917) |
|  | Whole grains | 16.8 (10.3-24.5) | 28.3 (21.2-34.2) | 314 (195-459) | 614 (455-748) |
|  | Refined grains (total) | 17.5 (12.5-24) | 20.1 (14.2-27.2) | 326 (231-449) | 435 (305-594) |
|  | *Refined rice* | 1.5 (1-2.4) | 2.1 (1.4-3.2) | 28 (19-44) | 46 (31-70) |
|  | *Refined wheat* | 16.3 (11.6-22.5) | 18.5 (13-25.2) | 304 (215-420) | 399 (279-550) |
|  | Processed meats | 36.2 (22.3-52.5) | 43.4 (28.5-58.4) | 675 (419-974) | 948 (621-1267) |
|  | Unprocessed red meats | 32.6 (19.2-50.2) | 30.4 (16.9-46.8) | 610 (358-937) | 659 (366-1017) |
|  | Yogurt | 6.6 (4.2-8.4) | 7.4 (5-9.5) | 124 (80-159) | 160 (108-204) |
|  | Sugar-sweetened beverages | 8.2 (5.5-12.5) | 4.7 (3.1-7.8) | 154 (104-234) | 103 (67-169) |
|  | Potatoes | 13.4 (8.3-20.6) | 14.8 (9.3-22.5) | 251 (155-382) | 319 (202-482) |
|  | Fruit | 2.7 (1.8-3.3) | 1.2 (0.3-2.5) | 50 (33-61) | 25 (8-53) |
|  | Nuts and seeds | 1.4 (1.3-1.5) | 1.1 (0.9-1.3) | 25 (24-27) | 24 (20-28) |
|  | Non-starchy vegetables | 1.4 (0.8-1.7) | 1.6 (1-2) | 26 (16-32) | 34 (21-43) |
|  | Fruit juice | 0.2 (0.1-0.3) | 0.2 (0.1-0.3) | 3 (2-5) | 4 (2-6) |
| Belgium | Suboptimal diet | 74.9 (70.6-79.3) | 74.3 (69.7-78.5) | 1881 (1752-2012) | 2818 (2632-3004) |
|  | Whole grains | 16.9 (13.5-20.3) | 13.9 (9.3-18.7) | 423 (342-506) | 530 (353-713) |
|  | Refined grains (total) | 5 (3.1-7.9) | 6.2 (3.8-10.4) | 125 (77-198) | 234 (146-391) |
|  | *Refined rice* | 5 (3.1-7.9) | 0.9 (0.6-1.6) | 125 (77-198) | 35 (21-61) |
|  | *Refined wheat* | 0 (0-0) | 5.3 (3.3-9) | 0 (0-0) | 202 (125-343) |
|  | Processed meats | 36.6 (28.8-47.5) | 36.1 (28.5-45.7) | 917 (721-1187) | 1371 (1091-1704) |
|  | Unprocessed red meats | 27.3 (22.3-33.5) | 23.7 (19.2-30) | 680 (557-844) | 902 (726-1139) |
|  | Yogurt | 10 (8-11.4) | 10 (8.1-11.5) | 249 (201-288) | 382 (305-437) |
|  | Sugar-sweetened beverages | 13.8 (11.6-18.3) | 16.7 (14-21.2) | 346 (288-458) | 636 (528-799) |
|  | Potatoes | 10.7 (8.8-14.6) | 11.5 (9.5-15.2) | 269 (220-367) | 439 (356-581) |
|  | Fruit | 2.2 (2-2.4) | 2.6 (2.4-2.8) | 56 (51-62) | 99 (90-109) |
|  | Nuts and seeds | 1.1 (1-1.2) | 1.2 (1.1-1.3) | 27 (25-30) | 45 (40-50) |
|  | Non-starchy vegetables | 1.3 (1.1-1.4) | 1.3 (1.1-1.4) | 32 (29-35) | 48 (42-54) |
|  | Fruit juice | 0.2 (0.2-0.3) | 0.3 (0.2-0.4) | 5 (4-7) | 12 (9-15) |
| Belize | Suboptimal diet | 81 (75.4-86.9) | 90.5 (85.9-94.2) | 2102 (1941-2265) | 4283 (4041-4485) |
|  | Whole grains | 32 (24.7-36.6) | 29.7 (21.1-35.8) | 830 (632-958) | 1400 (993-1700) |
|  | Refined grains (total) | 17.3 (12.2-23.7) | 20.4 (14.7-27.6) | 449 (318-608) | 964 (696-1295) |
|  | *Refined rice* | 7.7 (5.3-11) | 11.3 (8-16) | 200 (137-287) | 538 (378-751) |
|  | *Refined wheat* | 10.7 (7.5-15.2) | 10.6 (7.5-14.9) | 278 (194-396) | 501 (353-695) |
|  | Processed meats | 37.7 (22.4-55.6) | 51.9 (36-69.6) | 978 (580-1447) | 2460 (1697-3247) |
|  | Unprocessed red meats | 28.5 (20.9-36.1) | 39.2 (30.1-48) | 739 (543-941) | 1853 (1408-2287) |
|  | Yogurt | 11.4 (9.9-12.5) | 12.1 (10.5-13.4) | 296 (258-327) | 571 (499-629) |
|  | Sugar-sweetened beverages | 22.2 (15.7-30.1) | 37.3 (27.1-49.2) | 577 (403-787) | 1765 (1290-2295) |
|  | Potatoes | 2.9 (1.5-5.3) | 3.6 (1.8-6.8) | 76 (41-138) | 171 (89-323) |
|  | Fruit | 2.4 (1.8-2.9) | 3.2 (2.6-3.7) | 63 (47-75) | 153 (125-175) |
|  | Nuts and seeds | 1.4 (1.3-1.4) | 1.4 (1.2-1.5) | 35 (32-38) | 65 (58-72) |
|  | Non-starchy vegetables | 1.4 (1.1-1.6) | 1.1 (0.7-1.5) | 36 (29-42) | 54 (31-73) |
|  | Fruit juice | 0.1 (0.1-0.2) | 0.1 (0.1-0.2) | 3 (2-5) | 7 (4-12) |
| Benin | Suboptimal diet | 64.6 (55.6-77.6) | 70.1 (60.6-82.9) | 1052 (905-1265) | 1845 (1591-2179) |
|  | Whole grains | 21.9 (14.2-28.7) | 28.9 (21.1-34.5) | 355 (233-462) | 760 (557-917) |
|  | Refined grains (total) | 11.9 (9.7-14.8) | 12.4 (10.1-15.5) | 194 (158-240) | 327 (269-409) |
|  | *Refined rice* | 9.3 (7.6-11.8) | 11.1 (9.1-13.9) | 151 (123-194) | 292 (239-369) |
|  | *Refined wheat* | 2.8 (2.3-3.8) | 1.5 (1.2-1.9) | 46 (38-62) | 39 (32-51) |
|  | Processed meats | 24.1 (9.1-50.4) | 27.9 (10.1-56.7) | 391 (149-828) | 728 (262-1486) |
|  | Unprocessed red meats | 14.8 (11.1-20) | 8 (5.6-11.8) | 241 (179-324) | 212 (148-319) |
|  | Yogurt | 11.3 (10.2-12.4) | 12.1 (10.8-13.3) | 184 (166-203) | 319 (286-348) |
|  | Sugar-sweetened beverages | 14.4 (9.1-22.1) | 23.2 (15.1-33.9) | 233 (148-354) | 614 (396-902) |
|  | Potatoes | 0.7 (0.4-1.5) | 1 (0.5-2) | 12 (6-25) | 25 (13-54) |
|  | Fruit | 2.8 (2.7-3) | 3.1 (2.9-3.3) | 46 (43-49) | 82 (76-89) |
|  | Nuts and seeds | 1 (0.9-1.1) | 1 (0.8-1.2) | 16 (14-18) | 25 (20-31) |
|  | Non-starchy vegetables | 1.2 (1.1-1.3) | 1.4 (1.3-1.6) | 20 (18-21) | 38 (34-41) |
|  | Fruit juice | 0.1 (0-0.1) | 0.1 (0.1-0.1) | 1 (1-1) | 2 (1-3) |
| Bhutan | Suboptimal diet | 70.6 (59.9-79.2) | 73.1 (62.9-81.2) | 1541 (1310-1736) | 2452 (2102-2725) |
|  | Whole grains | 28 (14.2-37.1) | 26.4 (13.3-36) | 610 (313-811) | 882 (445-1214) |
|  | Refined grains (total) | 48.1 (31.2-62.6) | 48.2 (31.2-61.7) | 1053 (694-1360) | 1618 (1049-2068) |
|  | *Refined rice* | 48.1 (31.2-62.6) | 48.2 (31.2-61.7) | 1053 (694-1360) | 1618 (1049-2068) |
|  | *Refined wheat* | 0 (0-0) | 0 (0-0) | 0 (0-0) | 0 (0-0) |
|  | Processed meats | 2.8 (0.6-13.7) | 2.4 (0.4-11.5) | 60 (13-296) | 79 (15-389) |
|  | Unprocessed red meats | 10 (5.6-17.2) | 7.2 (3.7-12.3) | 217 (123-377) | 243 (126-417) |
|  | Yogurt | 13 (11.8-14.1) | 12.9 (11.8-14.1) | 283 (257-310) | 433 (394-472) |
|  | Sugar-sweetened beverages | 4.5 (2.3-8.8) | 10.4 (5.4-18.7) | 98 (49-195) | 347 (182-614) |
|  | Potatoes | 1.8 (0.9-4) | 8.4 (4.1-17.3) | 39 (19-89) | 282 (137-576) |
|  | Fruit | 3 (2.6-3.3) | 3.2 (2.7-3.6) | 65 (56-73) | 106 (90-120) |
|  | Nuts and seeds | 1.3 (1.1-1.5) | 1.2 (0.9-1.4) | 29 (25-32) | 41 (31-48) |
|  | Non-starchy vegetables | 0.3 (0.1-0.6) | 0.3 (0.1-0.7) | 6 (2-14) | 10 (3-24) |
|  | Fruit juice | 0 (0-0) | 0 (0-0) | 0 (0-1) | 0 (0-1) |
| Bolivia | Suboptimal diet | 77.9 (74.2-81.7) | 80.3 (76.4-84.6) | 1653 (1562-1749) | 2975 (2813-3157) |
|  | Whole grains | 29.2 (21.8-34.3) | 27.5 (19.7-33.4) | 616 (457-731) | 1018 (727-1246) |
|  | Refined grains (total) | 18.6 (15.9-21.7) | 18.6 (16.1-22) | 396 (339-459) | 688 (593-807) |
|  | *Refined rice* | 8.7 (7.3-10.3) | 9.5 (8.1-11.4) | 185 (156-219) | 350 (301-426) |
|  | *Refined wheat* | 10.9 (9.2-12.8) | 10.1 (8.7-12.1) | 231 (196-272) | 374 (321-451) |
|  | Processed meats | 10.9 (5.2-21.1) | 18.9 (9.8-33.6) | 233 (112-456) | 699 (364-1238) |
|  | Unprocessed red meats | 29.1 (25.6-33) | 36.4 (32.3-41.1) | 618 (543-701) | 1347 (1193-1530) |
|  | Yogurt | 11.6 (10.4-12.4) | 11.7 (10.5-12.8) | 246 (221-265) | 433 (393-471) |
|  | Sugar-sweetened beverages | 36 (28.4-44.5) | 30.3 (23.1-38.2) | 765 (602-950) | 1126 (849-1420) |
|  | Potatoes | 4.1 (2.2-7.6) | 4.2 (2.2-7.7) | 88 (47-161) | 157 (81-287) |
|  | Fruit | 2.7 (2.6-2.9) | 3.1 (3-3.3) | 58 (54-62) | 116 (108-124) |
|  | Nuts and seeds | 1.1 (1-1.2) | 1 (0.8-1.2) | 24 (21-26) | 37 (31-44) |
|  | Non-starchy vegetables | 1.2 (1.1-1.3) | 1.4 (1.3-1.5) | 26 (23-28) | 52 (47-57) |
|  | Fruit juice | 0.1 (0.1-0.1) | 0.1 (0.1-0.2) | 2 (2-3) | 5 (4-7) |
| Bosnia and Herzegovina | Suboptimal diet | 53.7 (46.5-60.5) | 83.7 (77.3-89.4) | 1625 (1404-1830) | 5786 (5301-6216) |
|  | Whole grains | 22.9 (15.5-29.5) | 24.6 (17.7-30.8) | 694 (476-889) | 1695 (1215-2133) |
|  | Refined grains (total) | 3.4 (2.3-5.2) | 15.4 (10.7-21.8) | 104 (70-161) | 1061 (733-1498) |
|  | *Refined rice* | 0 (0-0) | 0.6 (0.4-1) | 1 (1-1) | 44 (29-67) |
|  | *Refined wheat* | 3.4 (2.3-5.2) | 14.9 (10.3-21.1) | 104 (69-160) | 1025 (708-1450) |
|  | Processed meats | 14.2 (8.6-22.1) | 37 (26-49.2) | 428 (262-667) | 2553 (1805-3382) |
|  | Unprocessed red meats | 13 (7.5-20.9) | 51.3 (36.7-66.4) | 391 (232-638) | 3534 (2497-4568) |
|  | Yogurt | 6.9 (4.7-8.8) | 6.9 (4.6-8.9) | 210 (143-270) | 478 (314-609) |
|  | Sugar-sweetened beverages | 1.5 (0.9-2.8) | 5.9 (4-9.2) | 45 (29-86) | 404 (278-636) |
|  | Potatoes | 6.2 (3.7-10.5) | 14.2 (8.8-21.8) | 187 (112-318) | 980 (614-1505) |
|  | Fruit | 3.3 (3.1-3.4) | 0.3 (0.2-0.4) | 99 (93-106) | 18 (13-25) |
|  | Nuts and seeds | 1.3 (1.3-1.4) | 1.1 (1-1.3) | 41 (38-44) | 78 (68-89) |
|  | Non-starchy vegetables | 1 (0.9-1.2) | 0.1 (0-0.1) | 31 (26-35) | 4 (3-6) |
|  | Fruit juice | 0.2 (0.1-0.3) | 0.1 (0.1-0.2) | 5 (3-8) | 7 (5-12) |
| Botswana | Suboptimal diet | 63.3 (55-73.1) | 70.3 (63-77.8) | 1662 (1440-1924) | 3211 (2863-3564) |
|  | Whole grains | 17.7 (10.7-25.1) | 19.5 (11.8-27.6) | 467 (281-656) | 889 (540-1259) |
|  | Refined grains (total) | 8 (5.9-10.9) | 10.9 (8-14.7) | 208 (153-284) | 501 (366-675) |
|  | *Refined rice* | 2.1 (1.5-3) | 2.7 (2-4.1) | 56 (40-78) | 125 (90-184) |
|  | *Refined wheat* | 6 (4.4-8.2) | 8.5 (6.2-11.7) | 157 (115-215) | 389 (283-529) |
|  | Processed meats | 21.1 (8.8-42.4) | 12.2 (4.2-27.4) | 558 (226-1114) | 560 (191-1257) |
|  | Unprocessed red meats | 16 (12-20.4) | 12.7 (9.1-17.5) | 419 (315-535) | 578 (412-798) |
|  | Yogurt | 10.2 (8.7-11.5) | 10.5 (9-12) | 268 (228-302) | 480 (410-547) |
|  | Sugar-sweetened beverages | 18.8 (13-25.5) | 39.5 (29.2-50.4) | 490 (342-676) | 1802 (1324-2294) |
|  | Potatoes | 1.3 (0.7-2.5) | 2.8 (1.5-5.4) | 33 (19-64) | 125 (71-247) |
|  | Fruit | 3.1 (2.9-3.3) | 3.6 (3.3-3.8) | 81 (76-87) | 163 (151-176) |
|  | Nuts and seeds | 1 (0.8-1.1) | 0.7 (0.5-0.8) | 25 (21-28) | 31 (23-39) |
|  | Non-starchy vegetables | 1.2 (1-1.3) | 1.4 (1.2-1.6) | 30 (25-34) | 63 (53-72) |
|  | Fruit juice | 0.1 (0.1-0.2) | 0.1 (0.1-0.2) | 3 (2-5) | 6 (3-10) |
| Brazil | Suboptimal diet | 73.7 (70.9-76.5) | 83.2 (80-86.5) | 2371 (2257-2494) | 3599 (3428-3768) |
|  | Whole grains | 39.1 (37.7-40.5) | 37.9 (36.3-39.4) | 1258 (1197-1323) | 1642 (1550-1734) |
|  | Refined grains (total) | 17.6 (14.8-20.9) | 17.2 (14.5-20.6) | 566 (477-671) | 745 (630-895) |
|  | *Refined rice* | 11.8 (9.8-14.2) | 9.7 (8.1-11.9) | 380 (317-462) | 417 (350-512) |
|  | *Refined wheat* | 6.6 (5.5-8.1) | 8.3 (7-10.3) | 211 (176-264) | 361 (304-446) |
|  | Processed meats | 19.8 (14.5-26.6) | 46.5 (37.6-56.1) | 638 (466-858) | 2010 (1629-2410) |
|  | Unprocessed red meats | 14.1 (11.2-18.3) | 27.6 (23.8-32.8) | 453 (361-590) | 1191 (1021-1423) |
|  | Yogurt | 12.4 (11.5-13.2) | 12.2 (11.1-13.2) | 398 (369-428) | 527 (487-568) |
|  | Sugar-sweetened beverages | 25.3 (21.5-30) | 15.5 (13-19.9) | 814 (688-968) | 669 (559-857) |
|  | Potatoes | 1 (0.8-1.2) | 1.7 (1.4-2.4) | 33 (27-40) | 76 (61-107) |
|  | Fruit | 2.8 (2.6-3) | 3.1 (2.9-3.3) | 90 (84-97) | 135 (125-145) |
|  | Nuts and seeds | 1.3 (1.2-1.4) | 1.4 (1.3-1.6) | 43 (40-46) | 63 (57-68) |
|  | Non-starchy vegetables | 1.4 (1.3-1.5) | 1.6 (1.4-1.7) | 44 (41-48) | 67 (61-73) |
|  | Fruit juice | 0.3 (0.2-0.3) | 0.3 (0.3-0.4) | 9 (8-11) | 15 (12-18) |
| Brunei | Suboptimal diet | 80.1 (73.2-86) | 86.6 (79.9-91.7) | 4902 (4476-5303) | 8506 (7816-9079) |
|  | Whole grains | 30.6 (23-36.3) | 43.7 (42.3-45) | 1871 (1395-2220) | 4296 (4103-4488) |
|  | Refined grains (total) | 26.6 (17.9-37.2) | 36.5 (23.1-50) | 1634 (1078-2263) | 3577 (2288-4942) |
|  | *Refined rice* | 21.3 (14-30.3) | 36.5 (23.1-50) | 1303 (849-1839) | 3577 (2288-4942) |
|  | *Refined wheat* | 7.5 (4.7-11.4) | 0 (0-0) | 460 (287-693) | 0 (0-0) |
|  | Processed meats | 31.6 (19.2-48.5) | 38 (21.9-57.9) | 1945 (1169-2993) | 3739 (2154-5687) |
|  | Unprocessed red meats | 36.7 (28.1-45.8) | 34.1 (25.1-42.8) | 2242 (1722-2771) | 3353 (2473-4232) |
|  | Yogurt | 13.1 (12-13.9) | 12.8 (11.5-14) | 798 (731-863) | 1254 (1139-1365) |
|  | Sugar-sweetened beverages | 7.4 (4.8-11.1) | 14.6 (9.9-20.6) | 450 (296-677) | 1440 (974-2017) |
|  | Potatoes | 0.3 (0.2-0.7) | 1.1 (0.6-2.2) | 21 (11-42) | 108 (55-218) |
|  | Fruit | 3 (2.6-3.4) | 3.4 (2.9-3.8) | 187 (160-208) | 334 (286-373) |
|  | Nuts and seeds | 1.2 (1.1-1.3) | 1.3 (1.1-1.4) | 73 (65-82) | 127 (111-143) |
|  | Non-starchy vegetables | 1.1 (0.8-1.4) | 1.1 (0.7-1.4) | 67 (46-84) | 106 (68-139) |
|  | Fruit juice | 0 (0-0.1) | 0 (0-0.1) | 2 (1-4) | 4 (3-8) |
| Bulgaria | Suboptimal diet | 78.8 (75-82.9) | 75.1 (70.1-79.7) | 2537 (2392-2690) | 3390 (3140-3610) |
|  | Whole grains | 29.5 (25.9-32.3) | 28.5 (25.2-31.7) | 949 (833-1052) | 1287 (1122-1432) |
|  | Refined grains (total) | 17.8 (11.9-26.2) | 6.9 (4.7-10.8) | 575 (385-847) | 311 (208-482) |
|  | *Refined rice* | 1 (0.6-1.5) | 0.2 (0.2-0.4) | 31 (20-49) | 10 (7-17) |
|  | *Refined wheat* | 17 (11.3-25.1) | 6.7 (4.5-10.5) | 549 (367-811) | 302 (201-467) |
|  | Processed meats | 38.2 (29.9-47.3) | 42.9 (33.8-53) | 1228 (967-1518) | 1935 (1529-2379) |
|  | Unprocessed red meats | 41.8 (36.3-47.7) | 27.5 (22.5-32.8) | 1346 (1164-1541) | 1238 (1012-1486) |
|  | Yogurt | 0.2 (0.1-0.7) | 0.2 (0.1-0.8) | 7 (2-22) | 11 (3-36) |
|  | Sugar-sweetened beverages | 4.2 (3.1-6.5) | 4.2 (3.1-6.9) | 135 (99-209) | 192 (142-313) |
|  | Potatoes | 5.9 (4.1-8.8) | 7.6 (5.3-11.6) | 189 (132-282) | 344 (240-517) |
|  | Fruit | 2.5 (2.3-2.7) | 2.9 (2.5-3.1) | 80 (72-89) | 129 (114-142) |
|  | Nuts and seeds | 1 (0.9-1.1) | 1 (0.9-1.1) | 34 (30-37) | 44 (38-51) |
|  | Non-starchy vegetables | 0 (0-0.1) | 0.1 (0-0.1) | 1 (1-2) | 4 (2-6) |
|  | Fruit juice | 0.2 (0.1-0.3) | 0.2 (0.1-0.3) | 5 (4-8) | 9 (6-14) |
| Burkina Faso | Suboptimal diet | 45.3 (39.6-52.2) | 52.8 (43.8-66) | 1001 (870-1161) | 1521 (1250-1904) |
|  | Whole grains | 22.2 (14.6-29.3) | 21.5 (13.6-28.8) | 491 (320-648) | 619 (391-834) |
|  | Refined grains (total) | 10.7 (8.5-13.6) | 10.9 (8.8-13.5) | 236 (189-298) | 314 (255-388) |
|  | *Refined rice* | 9.2 (7.3-11.7) | 7.8 (6.3-9.7) | 203 (162-259) | 223 (181-279) |
|  | *Refined wheat* | 1.6 (1.3-2.1) | 3.4 (2.7-4.4) | 36 (28-47) | 98 (79-125) |
|  | Processed meats | 3.1 (0.8-11.2) | 9.4 (2.3-29.8) | 67 (16-246) | 271 (65-854) |
|  | Unprocessed red meats | 1.7 (1-4.2) | 0.7 (0.4-2.8) | 39 (23-93) | 21 (12-80) |
|  | Yogurt | 12 (11.1-12.9) | 12.8 (11.7-13.7) | 266 (242-288) | 368 (340-392) |
|  | Sugar-sweetened beverages | 2.3 (0.7-6.7) | 13.5 (4.8-32.3) | 50 (16-150) | 387 (139-933) |
|  | Potatoes | 7.8 (4.1-14.3) | 1.7 (0.9-3.7) | 173 (91-316) | 49 (26-105) |
|  | Fruit | 3.1 (3-3.3) | 3.8 (3.6-4) | 69 (65-73) | 108 (102-115) |
|  | Nuts and seeds | 0.7 (0.4-1) | 0.7 (0.4-1.1) | 16 (10-22) | 20 (13-31) |
|  | Non-starchy vegetables | 1.4 (1.3-1.5) | 2.1 (2-2.2) | 31 (29-34) | 60 (56-64) |
|  | Fruit juice | 0 (0-0.1) | 0.1 (0-0.1) | 1 (1-1) | 2 (1-2) |
| Burundi | Suboptimal diet | 53.3 (46.1-59.7) | 62 (54.8-69) | 1029 (892-1163) | 1317 (1155-1480) |
|  | Whole grains | 28.1 (18.8-34.8) | 29.3 (19.9-36.5) | 541 (362-677) | 621 (420-775) |
|  | Refined grains (total) | 8.2 (6.3-11.8) | 9.2 (7-12.4) | 159 (120-225) | 195 (151-262) |
|  | *Refined rice* | 8.2 (6.3-11.8) | 9.2 (7-12.4) | 159 (120-225) | 195 (151-262) |
|  | *Refined wheat* | 0 (0-0) | 0 (0-0) | 0 (0-0) | 0 (0-0) |
|  | Processed meats | 3.8 (1.2-12.1) | 7.3 (2.1-18.7) | 74 (22-236) | 155 (45-394) |
|  | Unprocessed red meats | 4.1 (2.5-8.4) | 4.8 (2.9-9.5) | 79 (49-162) | 102 (62-201) |
|  | Yogurt | 12.9 (11.9-14) | 13.5 (12.2-14.7) | 250 (226-273) | 286 (262-310) |
|  | Sugar-sweetened beverages | 14.7 (9.5-21.8) | 23.3 (15.7-32.7) | 282 (183-425) | 493 (333-692) |
|  | Potatoes | 0.9 (0.5-1.8) | 3.6 (2.1-7.4) | 18 (10-35) | 76 (44-157) |
|  | Fruit | 2.7 (2.4-2.9) | 3.2 (2.9-3.5) | 52 (46-57) | 69 (61-76) |
|  | Nuts and seeds | 1.2 (1-1.3) | 1.2 (1-1.3) | 23 (20-26) | 25 (21-29) |
|  | Non-starchy vegetables | 0.6 (0.4-0.8) | 0.7 (0.5-1) | 12 (8-16) | 16 (11-21) |
|  | Fruit juice | 0 (0-0.1) | 0.1 (0-0.1) | 1 (1-1) | 1 (1-2) |
| Cambodia | Suboptimal diet | 60.3 (55.5-66.4) | 61.7 (58-66.9) | 1217 (1120-1340) | 2531 (2350-2757) |
|  | Whole grains | 36.5 (31.9-39.2) | 33.6 (27.5-37.5) | 735 (641-797) | 1374 (1117-1548) |
|  | Refined grains (total) | 27 (21.9-33.2) | 22 (18.8-25.8) | 544 (445-664) | 900 (777-1057) |
|  | *Refined rice* | 27 (21.9-33.2) | 21.8 (18.7-25.6) | 544 (445-664) | 893 (771-1050) |
|  | *Refined wheat* | 0 (0-0) | 0.2 (0.2-0.2) | 0 (0-0) | 8 (7-10) |
|  | Processed meats | 7.8 (2.2-21.3) | 7.2 (2.7-19.6) | 157 (45-428) | 294 (111-785) |
|  | Unprocessed red meats | 9 (6.7-13.2) | 8.3 (6.1-12.3) | 181 (134-266) | 339 (252-508) |
|  | Yogurt | 13.2 (12.4-14.1) | 13.4 (12.2-14.5) | 267 (249-287) | 546 (505-584) |
|  | Sugar-sweetened beverages | 0.3 (0.2-0.8) | 12.2 (9.2-16.9) | 6 (4-15) | 503 (373-694) |
|  | Potatoes | 0.3 (0.2-0.8) | 0.3 (0.2-0.8) | 7 (3-15) | 14 (6-32) |
|  | Fruit | 3.1 (3-3.3) | 3.6 (3.4-3.8) | 63 (59-67) | 146 (137-158) |
|  | Nuts and seeds | 1.3 (1.2-1.4) | 1.3 (1.2-1.4) | 26 (25-29) | 55 (50-60) |
|  | Non-starchy vegetables | 1.1 (1-1.2) | 1.3 (1.2-1.4) | 23 (20-25) | 53 (47-59) |
|  | Fruit juice | 0 (0-0) | 0 (0-0) | 0 (0-1) | 1 (1-1) |
| Cameroon | Suboptimal diet | 52.7 (47.4-60.7) | 61.6 (56-67.6) | 803 (720-921) | 1754 (1600-1930) |
|  | Whole grains | 22 (14.8-28.7) | 19.6 (12-27.4) | 335 (223-440) | 560 (341-786) |
|  | Refined grains (total) | 11.4 (9.2-14.1) | 19.9 (16.6-24.3) | 173 (140-215) | 567 (471-687) |
|  | *Refined rice* | 7.2 (5.8-9.1) | 14 (11.5-17.2) | 110 (89-138) | 398 (327-487) |
|  | *Refined wheat* | 4.4 (3.6-5.6) | 6.9 (5.6-8.7) | 67 (54-86) | 197 (160-248) |
|  | Processed meats | 8.8 (2.8-22.6) | 3.6 (1-11.2) | 135 (43-344) | 103 (29-324) |
|  | Unprocessed red meats | 13.9 (10.6-18.1) | 5.4 (3.8-8.1) | 211 (160-276) | 154 (106-233) |
|  | Yogurt | 11.8 (10.9-12.6) | 12.4 (11.5-13.3) | 180 (165-193) | 355 (330-379) |
|  | Sugar-sweetened beverages | 6.7 (4.2-10.5) | 24.6 (17.5-33.1) | 102 (65-160) | 702 (499-941) |
|  | Potatoes | 0.2 (0.1-0.4) | 4.6 (2.6-8.4) | 3 (2-5) | 132 (73-245) |
|  | Fruit | 2.7 (2.5-2.8) | 3.1 (2.9-3.3) | 41 (38-43) | 87 (82-94) |
|  | Nuts and seeds | 1.1 (1-1.2) | 0.9 (0.8-1.1) | 17 (16-19) | 27 (22-32) |
|  | Non-starchy vegetables | 1 (0.9-1.1) | 1.2 (1.1-1.4) | 15 (13-17) | 35 (31-39) |
|  | Fruit juice | 0 (0-0.1) | 0 (0-0.1) | 1 (0-1) | 1 (1-2) |
| Canada | Suboptimal diet | 65 (62-68.4) | 66.5 (62.7-71) | 1154 (1095-1222) | 2134 (1997-2281) |
|  | Whole grains | 25 (23.1-27) | 15.4 (13.2-17.7) | 445 (407-482) | 496 (421-571) |
|  | Refined grains (total) | 10.6 (8.9-12.7) | 11.2 (9.4-13.6) | 188 (159-225) | 362 (304-435) |
|  | *Refined rice* | 1.2 (1-1.5) | 2.4 (2-3.2) | 21 (18-26) | 78 (66-101) |
|  | *Refined wheat* | 9.5 (8-11.4) | 9 (7.5-10.9) | 168 (142-203) | 289 (244-352) |
|  | Processed meats | 20.4 (15.7-26.8) | 31 (25-39.4) | 363 (280-479) | 992 (807-1264) |
|  | Unprocessed red meats | 20.8 (18-25) | 18.1 (15.4-22.7) | 370 (319-446) | 583 (494-729) |
|  | Yogurt | 9.2 (8.3-9.9) | 9.5 (8.5-10.6) | 163 (148-177) | 304 (274-334) |
|  | Sugar-sweetened beverages | 10.1 (8.7-13.2) | 11.7 (10-15.8) | 180 (155-235) | 376 (320-505) |
|  | Potatoes | 4.3 (3.8-5.6) | 3.5 (3.1-5.2) | 77 (68-98) | 113 (100-167) |
|  | Fruit | 2.3 (2.2-2.4) | 2.2 (2-2.4) | 41 (38-44) | 69 (62-76) |
|  | Nuts and seeds | 0.9 (0.8-1) | 0.7 (0.6-0.8) | 16 (15-18) | 23 (20-27) |
|  | Non-starchy vegetables | 0.9 (0.8-1) | 1.1 (1-1.2) | 16 (15-18) | 35 (31-39) |
|  | Fruit juice | 0.3 (0.3-0.4) | 0.4 (0.3-0.5) | 6 (5-7) | 13 (11-16) |
| Cape Verde | Suboptimal diet | 41.9 (36.1-49.1) | 54.5 (48.2-62) | 967 (823-1132) | 2079 (1833-2347) |
|  | Whole grains | 12.4 (6.7-20.2) | 21 (13.2-28.9) | 284 (153-475) | 799 (495-1112) |
|  | Refined grains (total) | 8.2 (5.8-11.5) | 14.8 (10.9-19.7) | 189 (134-260) | 565 (415-755) |
|  | *Refined rice* | 4.9 (3.5-6.9) | 10.9 (7.9-14.7) | 113 (79-159) | 416 (304-563) |
|  | *Refined wheat* | 3.5 (2.5-5.1) | 4.5 (3.3-6.5) | 81 (57-115) | 173 (124-250) |
|  | Processed meats | 6.5 (2-16.6) | 8.2 (2.9-18.7) | 149 (47-383) | 312 (109-709) |
|  | Unprocessed red meats | 6.3 (4.1-9.6) | 9.2 (6.4-14.8) | 143 (95-223) | 350 (242-553) |
|  | Yogurt | 10.4 (9-11.4) | 11.2 (9.6-12.7) | 240 (207-265) | 428 (368-478) |
|  | Sugar-sweetened beverages | 7.4 (4.8-11.2) | 11.9 (7.7-18.4) | 170 (109-258) | 453 (296-699) |
|  | Potatoes | 0.8 (0.4-1.4) | 3.2 (1.8-6) | 18 (10-33) | 122 (69-228) |
|  | Fruit | 2.5 (2.2-2.8) | 1.3 (0.7-2) | 58 (50-65) | 51 (28-75) |
|  | Nuts and seeds | 0.9 (0.8-1) | 0.9 (0.7-1.1) | 21 (17-24) | 35 (28-43) |
|  | Non-starchy vegetables | 1.4 (1.3-1.6) | 0.8 (0.4-1.1) | 33 (30-36) | 30 (17-42) |
|  | Fruit juice | 0.1 (0-0.1) | 0.1 (0-0.1) | 2 (1-2) | 3 (2-5) |
| Central African Republic | Suboptimal diet | 65.6 (60.3-72.4) | 69.6 (63.7-76.5) | 1636 (1494-1810) | 3010 (2731-3305) |
|  | Whole grains | 30.2 (23-36) | 26.3 (17.7-33.7) | 755 (564-904) | 1132 (764-1455) |
|  | Refined grains (total) | 10 (7.4-13.7) | 9.8 (7.3-13.8) | 249 (184-340) | 425 (312-603) |
|  | *Refined rice* | 3.6 (2.6-5.3) | 7.7 (5.6-10.9) | 88 (65-134) | 331 (241-473) |
|  | *Refined wheat* | 6.8 (5-9.5) | 2.4 (1.8-3.7) | 169 (124-237) | 105 (77-159) |
|  | Processed meats | 7.3 (1.9-22.6) | 7.7 (2.1-25) | 181 (48-565) | 330 (90-1061) |
|  | Unprocessed red meats | 29.7 (24.2-36.3) | 38.7 (31.9-45.9) | 739 (600-911) | 1675 (1373-1982) |
|  | Yogurt | 12.5 (11.4-13.5) | 13 (11.7-14.4) | 312 (281-338) | 563 (512-614) |
|  | Sugar-sweetened beverages | 7.6 (4.8-11.8) | 9 (5.7-13.9) | 189 (117-298) | 389 (246-598) |
|  | Potatoes | 1.4 (0.7-2.8) | 1.3 (0.7-3) | 34 (17-71) | 57 (29-128) |
|  | Fruit | 2.8 (2.6-3.1) | 3.1 (2.8-3.3) | 71 (66-77) | 132 (120-145) |
|  | Nuts and seeds | 1 (0.9-1.2) | 1.2 (1-1.4) | 26 (22-30) | 51 (43-59) |
|  | Non-starchy vegetables | 1.1 (1-1.3) | 1.5 (1.3-1.7) | 29 (25-33) | 66 (58-74) |
|  | Fruit juice | 0.1 (0.1-0.2) | 0.1 (0.1-0.2) | 3 (2-5) | 6 (4-10) |
| Chad | Suboptimal diet | 59 (52.8-65.4) | 60.2 (54.7-66.4) | 1101 (985-1229) | 1436 (1299-1590) |
|  | Whole grains | 28.1 (21-33.5) | 21.7 (13.4-29.3) | 526 (390-629) | 519 (321-702) |
|  | Refined grains (total) | 11.2 (9-14.1) | 11.4 (9.4-14.4) | 208 (167-261) | 272 (226-342) |
|  | *Refined rice* | 9.4 (7.5-11.9) | 8.8 (7.2-11.3) | 174 (140-221) | 209 (173-268) |
|  | *Refined wheat* | 2 (1.6-2.6) | 2.9 (2.3-3.7) | 37 (29-49) | 68 (56-89) |
|  | Processed meats | 7.1 (2.2-21.2) | 5.5 (1.6-15.8) | 132 (42-400) | 131 (38-376) |
|  | Unprocessed red meats | 17.6 (13.6-22.9) | 16.4 (12.7-21.5) | 328 (256-426) | 392 (303-511) |
|  | Yogurt | 11.3 (10.1-12.2) | 12.3 (11.1-13.4) | 210 (187-230) | 293 (266-318) |
|  | Sugar-sweetened beverages | 11.8 (7.7-17.4) | 18.4 (12.6-25.7) | 220 (145-325) | 441 (303-617) |
|  | Potatoes | 1.2 (0.7-2.5) | 1.5 (0.8-2.8) | 23 (13-46) | 35 (19-68) |
|  | Fruit | 1.1 (0.8-1.3) | 3.7 (3.5-3.9) | 20 (15-25) | 89 (84-95) |
|  | Nuts and seeds | 1.1 (1-1.2) | 1.1 (0.9-1.2) | 20 (18-23) | 26 (21-30) |
|  | Non-starchy vegetables | 1 (0.9-1.1) | 2 (1.9-2.2) | 18 (16-21) | 49 (45-52) |
|  | Fruit juice | 0 (0-0) | 0 (0-0.1) | 0 (0-1) | 1 (1-1) |
| Chile | Suboptimal diet | 71.7 (65.4-78) | 81.9 (75.2-88.5) | 1899 (1711-2080) | 4036 (3693-4384) |
|  | Whole grains | 35.7 (30.1-39.1) | 25 (16.4-32.2) | 944 (780-1038) | 1234 (809-1588) |
|  | Refined grains (total) | 22 (14-34.7) | 22.7 (14.2-34.9) | 582 (371-922) | 1116 (699-1736) |
|  | *Refined rice* | 2.4 (1.5-4.2) | 3.6 (2.1-6.2) | 65 (39-113) | 175 (105-308) |
|  | *Refined wheat* | 20.1 (12.6-31.7) | 19.8 (12.3-30.6) | 530 (336-843) | 975 (606-1528) |
|  | Processed meats | 29.6 (19.1-43.9) | 53.3 (38.1-68.8) | 780 (492-1156) | 2633 (1890-3399) |
|  | Unprocessed red meats | 4.9 (1.7-10.3) | 6 (2.4-12.8) | 130 (47-273) | 298 (121-632) |
|  | Yogurt | 10 (8.1-11.3) | 9.4 (7.6-11.1) | 264 (212-305) | 467 (373-542) |
|  | Sugar-sweetened beverages | 18.6 (14.1-24.9) | 26.1 (19.7-33.7) | 492 (374-660) | 1288 (966-1643) |
|  | Potatoes | 1.2 (0.7-2.1) | 1.6 (0.9-3.1) | 31 (18-55) | 78 (45-152) |
|  | Fruit | 2.5 (2.2-2.8) | 2.9 (2.5-3.2) | 67 (58-75) | 141 (122-158) |
|  | Nuts and seeds | 1.3 (1.2-1.4) | 0.9 (0.7-1.1) | 35 (32-38) | 45 (35-54) |
|  | Non-starchy vegetables | 1.1 (0.9-1.2) | 1.2 (1-1.4) | 28 (23-33) | 60 (50-70) |
|  | Fruit juice | 0 (0-0.1) | 0 (0-0.1) | 1 (0-2) | 1 (0-5) |
| China | Suboptimal diet | 63.2 (57.8-69.2) | 75.7 (71.6-79.8) | 1610 (1464-1776) | 2458 (2319-2616) |
|  | Whole grains | 38.7 (37.2-40.1) | 39.5 (38.2-40.7) | 984 (937-1036) | 1283 (1227-1339) |
|  | Refined grains (total) | 31.7 (22-43) | 30.6 (21.1-41.6) | 807 (559-1095) | 991 (684-1355) |
|  | *Refined rice* | 23.2 (15.6-32.6) | 23.1 (15.5-32.3) | 589 (398-824) | 748 (505-1051) |
|  | *Refined wheat* | 12.3 (8-17.9) | 10.7 (6.9-15.6) | 314 (205-457) | 345 (225-509) |
|  | Processed meats | 4 (2.4-6.9) | 4.4 (3-7) | 100 (61-175) | 142 (96-226) |
|  | Unprocessed red meats | 11 (8.4-14.3) | 42.4 (37.3-47.1) | 280 (212-366) | 1379 (1205-1535) |
|  | Yogurt | 13.3 (12.4-14.1) | 12.9 (12-13.9) | 339 (314-361) | 421 (390-449) |
|  | Sugar-sweetened beverages | 1.2 (0.9-2.5) | 0.9 (0.7-1.9) | 31 (23-65) | 29 (22-63) |
|  | Potatoes | 0.3 (0.2-0.7) | 1.6 (0.9-3.4) | 8 (4-17) | 53 (28-109) |
|  | Fruit | 3.1 (2.9-3.2) | 3.2 (3.1-3.4) | 78 (73-83) | 105 (99-112) |
|  | Nuts and seeds | 1.4 (1.3-1.5) | 1 (0.9-1.1) | 36 (33-38) | 33 (30-36) |
|  | Non-starchy vegetables | 2 (1.9-2.1) | 0.3 (0.2-0.4) | 50 (48-53) | 9 (7-12) |
|  | Fruit juice | 0 (0-0) | 0 (0-0) | 0 (0-0) | 0 (0-0) |
| Colombia | Suboptimal diet | 94.3 (91.9-96) | 94.5 (92.1-96.6) | 3375 (3250-3500) | 4419 (4239-4595) |
|  | Whole grains | 30 (22.5-35.5) | 28.6 (20.2-35) | 1073 (797-1279) | 1338 (927-1637) |
|  | Refined grains (total) | 19.2 (16.6-22.6) | 19 (16.4-22.4) | 692 (596-813) | 888 (764-1045) |
|  | *Refined rice* | 14.7 (12.6-17.6) | 13.3 (11.4-16) | 529 (454-630) | 623 (531-742) |
|  | *Refined wheat* | 5.3 (4.5-6.6) | 6.5 (5.6-8.1) | 190 (163-237) | 306 (260-380) |
|  | Processed meats | 68.4 (58.1-77.2) | 67.4 (57.6-77.3) | 2452 (2090-2757) | 3146 (2697-3593) |
|  | Unprocessed red meats | 40.2 (36.1-45) | 36.9 (32.7-41.6) | 1442 (1291-1625) | 1722 (1529-1958) |
|  | Yogurt | 10.6 (9.6-11.4) | 10.7 (9.7-11.9) | 378 (342-412) | 501 (453-550) |
|  | Sugar-sweetened beverages | 41.5 (33.9-50.1) | 52 (42.6-61.1) | 1491 (1203-1814) | 2431 (2004-2871) |
|  | Potatoes | 7.6 (4-13.1) | 3.9 (2-7.3) | 271 (144-469) | 182 (94-334) |
|  | Fruit | 2.6 (2.5-2.8) | 3 (2.8-3.2) | 95 (89-101) | 140 (130-151) |
|  | Nuts and seeds | 1.3 (1.2-1.4) | 0.6 (0.5-0.8) | 46 (42-50) | 30 (22-38) |
|  | Non-starchy vegetables | 1.3 (1.2-1.5) | 1.6 (1.5-1.7) | 48 (45-52) | 73 (67-80) |
|  | Fruit juice | 0.3 (0.2-0.4) | 0.3 (0.2-0.4) | 10 (8-13) | 14 (11-18) |
| Comoros | Suboptimal diet | 55.6 (50-61.1) | 63 (56.6-69.6) | 1115 (990-1237) | 1326 (1183-1469) |
|  | Whole grains | 26 (17.2-32.8) | 27.3 (18.4-34.1) | 523 (342-662) | 576 (383-722) |
|  | Refined grains (total) | 12.7 (10.1-16.1) | 12.4 (9.8-15.7) | 255 (204-324) | 260 (208-332) |
|  | *Refined rice* | 12.7 (10.1-16.1) | 12.4 (9.8-15.7) | 255 (204-324) | 260 (208-332) |
|  | *Refined wheat* | 0 (0-0) | 0 (0-0) | 0 (0-0) | 0 (0-0) |
|  | Processed meats | 4 (1.2-11.4) | 7 (2.3-17.8) | 81 (25-226) | 146 (49-375) |
|  | Unprocessed red meats | 11.1 (8.1-14.9) | 11.5 (8.4-15.7) | 223 (164-302) | 242 (176-329) |
|  | Yogurt | 9.7 (7.7-11.1) | 10.3 (8.5-11.8) | 194 (154-223) | 217 (178-247) |
|  | Sugar-sweetened beverages | 16.7 (11.5-22.8) | 23.8 (16.8-33) | 335 (229-461) | 501 (355-692) |
|  | Potatoes | 1 (0.6-2) | 3.6 (2-6.7) | 20 (12-39) | 76 (42-142) |
|  | Fruit | 2.5 (2.3-2.7) | 3 (2.7-3.2) | 50 (45-54) | 63 (57-68) |
|  | Nuts and seeds | 1.1 (1-1.2) | 1.1 (0.9-1.2) | 22 (19-24) | 23 (19-26) |
|  | Non-starchy vegetables | 1.2 (1.1-1.3) | 1.5 (1.3-1.6) | 24 (22-26) | 30 (27-34) |
|  | Fruit juice | 0.1 (0.1-0.2) | 0.1 (0.1-0.2) | 2 (1-3) | 3 (2-4) |
| Congo | Suboptimal diet | 56 (48.3-66.6) | 74 (65-82.8) | 1606 (1374-1916) | 2988 (2626-3380) |
|  | Whole grains | 29.1 (20.6-35.1) | 20 (12-28.7) | 832 (593-1009) | 803 (481-1166) |
|  | Refined grains (total) | 14.5 (11.6-18) | 14.1 (11.3-17.1) | 416 (334-517) | 565 (458-692) |
|  | *Refined rice* | 3.5 (2.8-4.8) | 5.4 (4.3-6.9) | 101 (80-138) | 218 (175-277) |
|  | *Refined wheat* | 11.3 (9.1-14.2) | 9.1 (7.3-11.3) | 325 (259-405) | 366 (296-454) |
|  | Processed meats | 16.5 (6.4-35.1) | 30.9 (13.5-54.4) | 472 (181-1008) | 1252 (552-2194) |
|  | Unprocessed red meats | 3.8 (2.4-6.5) | 10.2 (7.2-14.3) | 110 (68-187) | 408 (292-586) |
|  | Yogurt | 9.9 (8.3-11.2) | 10.2 (8.5-11.7) | 284 (237-324) | 410 (344-468) |
|  | Sugar-sweetened beverages | 8.8 (5.7-13.2) | 32.2 (23.1-41.8) | 252 (164-379) | 1300 (939-1707) |
|  | Potatoes | 1.1 (0.6-2.2) | 3.5 (2-7.1) | 31 (17-62) | 143 (78-290) |
|  | Fruit | 2.7 (2.5-2.9) | 3.1 (2.9-3.3) | 78 (73-84) | 126 (116-136) |
|  | Nuts and seeds | 0.7 (0.6-0.9) | 1.1 (0.9-1.3) | 20 (16-25) | 45 (36-52) |
|  | Non-starchy vegetables | 1 (0.9-1.1) | 1.2 (1-1.3) | 28 (25-31) | 47 (41-52) |
|  | Fruit juice | 0.1 (0.1-0.2) | 0.1 (0.1-0.2) | 3 (2-5) | 5 (4-8) |
| Costa Rica | Suboptimal diet | 81.3 (75.2-87) | 82.7 (76.7-88.9) | 2530 (2342-2720) | 3960 (3637-4263) |
|  | Whole grains | 24.4 (15.9-31.2) | 26.8 (18.1-33.6) | 759 (495-974) | 1278 (892-1604) |
|  | Refined grains (total) | 18.2 (12.8-24.6) | 18.3 (12.6-25.1) | 566 (401-752) | 880 (604-1197) |
|  | *Refined rice* | 13.2 (9.1-18.1) | 13.4 (9.1-18.7) | 412 (286-557) | 646 (437-892) |
|  | *Refined wheat* | 6.1 (4.1-8.4) | 5.9 (3.9-8.6) | 189 (129-262) | 286 (189-406) |
|  | Processed meats | 38.5 (24.6-54.3) | 44.6 (29-63) | 1199 (769-1697) | 2141 (1377-3028) |
|  | Unprocessed red meats | 25.9 (19.8-33.4) | 29.2 (22-37.6) | 808 (614-1040) | 1404 (1042-1822) |
|  | Yogurt | 11.5 (10.3-12.5) | 11.6 (10.1-12.9) | 358 (321-388) | 559 (489-615) |
|  | Sugar-sweetened beverages | 28.8 (20.1-38.5) | 22.1 (14.9-30.8) | 898 (630-1211) | 1064 (710-1478) |
|  | Potatoes | 1.7 (0.9-3.2) | 2.3 (1.2-4.4) | 52 (28-98) | 111 (57-212) |
|  | Fruit | 2.4 (1.8-2.9) | 2.6 (1.8-3.2) | 76 (58-90) | 125 (89-153) |
|  | Nuts and seeds | 1.2 (1.1-1.3) | 1.1 (0.9-1.3) | 39 (35-42) | 53 (44-61) |
|  | Non-starchy vegetables | 1.5 (1.2-1.7) | 1 (0.6-1.4) | 46 (39-51) | 50 (31-67) |
|  | Fruit juice | 0.1 (0.1-0.2) | 0.2 (0.1-0.3) | 4 (2-6) | 7 (4-13) |
| Cote d'Ivoire | Suboptimal diet | 54.5 (47.9-62.3) | 59.8 (53.2-67.1) | 875 (767-1004) | 1691 (1501-1909) |
|  | Whole grains | 28 (18.9-35.1) | 28.2 (18.7-35.6) | 448 (303-563) | 801 (525-1008) |
|  | Refined grains (total) | 10.2 (8-13.7) | 11 (8.4-14.4) | 163 (129-221) | 311 (238-407) |
|  | *Refined rice* | 10.2 (8-13.7) | 11 (8.4-14.4) | 163 (129-221) | 311 (238-407) |
|  | *Refined wheat* | 0 (0-0) | 0 (0-0) | 0 (0-0) | 0 (0-0) |
|  | Processed meats | 6.8 (2.1-19.7) | 6.8 (2.3-18.5) | 110 (33-314) | 191 (65-527) |
|  | Unprocessed red meats | 6.4 (4.3-10.2) | 5.3 (3.4-8.8) | 103 (68-165) | 151 (97-249) |
|  | Yogurt | 11.7 (10.5-12.8) | 11.8 (10.5-13) | 189 (167-208) | 334 (298-367) |
|  | Sugar-sweetened beverages | 13.1 (8.7-19) | 21.6 (14.7-29.9) | 212 (141-308) | 612 (413-840) |
|  | Potatoes | 0.5 (0.3-1) | 2.6 (1.4-5.4) | 8 (5-16) | 74 (40-149) |
|  | Fruit | 3 (2.8-3.2) | 3.5 (3.2-3.7) | 49 (45-52) | 98 (91-105) |
|  | Nuts and seeds | 1.1 (1-1.2) | 1.1 (0.9-1.3) | 18 (15-20) | 30 (25-36) |
|  | Non-starchy vegetables | 1.3 (1.2-1.5) | 1.5 (1.4-1.7) | 21 (19-23) | 43 (39-48) |
|  | Fruit juice | 0.1 (0-0.1) | 0.1 (0.1-0.1) | 1 (1-2) | 2 (2-4) |
| Croatia | Suboptimal diet | 78.1 (70.7-85.2) | 96.8 (94.2-98.1) | 2881 (2599-3157) | 5146 (4954-5300) |
|  | Whole grains | 29.2 (23.6-34.1) | 21.2 (14.5-27.8) | 1077 (871-1256) | 1124 (772-1479) |
|  | Refined grains (total) | 6.5 (4.4-9.5) | 17.2 (12.3-24) | 239 (163-352) | 922 (658-1273) |
|  | *Refined rice* | 0.1 (0.1-0.2) | 1 (0.7-1.5) | 5 (3-7) | 54 (37-83) |
|  | *Refined wheat* | 6.4 (4.3-9.3) | 16.4 (11.8-22.9) | 235 (160-346) | 880 (630-1216) |
|  | Processed meats | 40.6 (24.7-58.4) | 81.4 (66.2-88.3) | 1500 (911-2176) | 4334 (3516-4674) |
|  | Unprocessed red meats | 27.7 (17.3-40.1) | 70.2 (65.8-72.9) | 1016 (638-1479) | 3737 (3493-3919) |
|  | Yogurt | 6.8 (4.6-8.6) | 6.2 (4-8.2) | 250 (170-316) | 331 (211-438) |
|  | Sugar-sweetened beverages | 6 (4.4-8.6) | 6.5 (4.8-9.4) | 221 (163-323) | 347 (257-497) |
|  | Potatoes | 12.5 (7.8-19.5) | 6.5 (4.1-11.1) | 461 (289-723) | 348 (215-588) |
|  | Fruit | 2.8 (2.7-3) | 3.2 (3-3.4) | 105 (99-112) | 169 (159-181) |
|  | Nuts and seeds | 1.2 (1.1-1.3) | 1 (0.8-1.2) | 45 (42-48) | 55 (41-66) |
|  | Non-starchy vegetables | 1.3 (1.2-1.4) | 0 (0-0.1) | 47 (43-51) | 3 (2-4) |
|  | Fruit juice | 0.1 (0-0.2) | 0.1 (0-0.2) | 4 (2-9) | 5 (2-12) |
| Cuba | Suboptimal diet | 89.5 (85.9-93) | 87.2 (82.1-91.7) | 3681 (3499-3863) | 5072 (4735-5382) |
|  | Whole grains | 41.5 (40.4-42.7) | 26.6 (18.6-32.7) | 1710 (1635-1780) | 1549 (1081-1919) |
|  | Refined grains (total) | 16.4 (11.7-22.7) | 17.2 (12-23.9) | 674 (479-924) | 1000 (704-1382) |
|  | *Refined rice* | 9.6 (6.8-13.7) | 12.1 (8.4-17.1) | 397 (277-556) | 705 (487-991) |
|  | *Refined wheat* | 7.8 (5.4-11) | 6.1 (4.1-8.7) | 321 (221-452) | 351 (241-504) |
|  | Processed meats | 46.1 (29.5-62.5) | 39.8 (23.8-57.8) | 1899 (1224-2553) | 2309 (1373-3401) |
|  | Unprocessed red meats | 36.4 (28.4-44.3) | 48.3 (38.5-57.1) | 1497 (1162-1842) | 2813 (2225-3345) |
|  | Yogurt | 11.3 (10-12.3) | 11.2 (9.8-12.4) | 464 (412-510) | 653 (579-724) |
|  | Sugar-sweetened beverages | 38.5 (31.2-46.2) | 28.8 (22.2-37.4) | 1579 (1283-1907) | 1677 (1304-2181) |
|  | Potatoes | 1.2 (0.7-2.4) | 1 (0.5-2) | 50 (27-98) | 57 (31-118) |
|  | Fruit | 2.9 (2.7-3.1) | 2.5 (2.2-2.8) | 120 (110-128) | 148 (130-166) |
|  | Nuts and seeds | 1.3 (1.2-1.4) | 1.4 (1.3-1.5) | 53 (49-57) | 82 (76-89) |
|  | Non-starchy vegetables | 1.8 (1.7-1.9) | 1.4 (1.2-1.6) | 73 (69-78) | 80 (71-91) |
|  | Fruit juice | 0.1 (0.1-0.3) | 0.1 (0.1-0.3) | 6 (4-10) | 9 (5-15) |
| Cyprus | Suboptimal diet | 59.2 (50.2-68.4) | 62.7 (54.7-71.4) | 3117 (2651-3593) | 3912 (3377-4478) |
|  | Whole grains | 14.4 (9.8-19.8) | 10.9 (7-15.9) | 755 (519-1037) | 678 (433-980) |
|  | Refined grains (total) | 5.1 (3.7-7.6) | 9.6 (6.8-13.3) | 270 (194-395) | 599 (420-824) |
|  | *Refined rice* | 0.3 (0.2-0.4) | 1 (0.7-1.5) | 16 (11-23) | 64 (45-93) |
|  | *Refined wheat* | 4.9 (3.5-7.2) | 8.7 (6.1-12.1) | 255 (184-374) | 542 (379-748) |
|  | Processed meats | 10.5 (5-19.7) | 13.3 (6.4-23.3) | 544 (261-1044) | 834 (401-1440) |
|  | Unprocessed red meats | 29.5 (18.4-42.7) | 29 (18.2-42.6) | 1545 (966-2258) | 1796 (1123-2646) |
|  | Yogurt | 7.4 (5.6-9) | 8.3 (6.3-9.9) | 387 (294-472) | 514 (393-611) |
|  | Sugar-sweetened beverages | 6.8 (3.5-13.3) | 9.1 (4.7-17.6) | 356 (181-705) | 567 (293-1100) |
|  | Potatoes | 8.1 (5.5-12.7) | 8.2 (5.6-12.5) | 426 (288-668) | 511 (350-784) |
|  | Fruit | 1.1 (0.4-1.9) | 3.2 (2.6-3.5) | 60 (23-99) | 196 (162-223) |
|  | Nuts and seeds | 0.9 (0.7-1.1) | 1.1 (0.9-1.3) | 49 (37-58) | 69 (55-80) |
|  | Non-starchy vegetables | 0.7 (0.3-1.1) | 1.2 (0.6-1.6) | 37 (13-59) | 73 (39-98) |
|  | Fruit juice | 0.1 (0.1-0.3) | 0.2 (0.1-0.4) | 7 (3-15) | 12 (5-27) |
| Czech Republic | Suboptimal diet | 79.4 (73-85.3) | 74.7 (67.7-81.8) | 3430 (3114-3722) | 5612 (5030-6149) |
|  | Whole grains | 25 (21.2-28.3) | 24.8 (20.8-28.2) | 1077 (906-1234) | 1858 (1558-2122) |
|  | Refined grains (total) | 0.9 (0.6-1.5) | 1.9 (1.2-3.2) | 39 (24-64) | 146 (91-239) |
|  | *Refined rice* | 0.1 (0-0.1) | 0.2 (0.1-0.3) | 2 (1-3) | 15 (10-25) |
|  | *Refined wheat* | 0.9 (0.5-1.4) | 1.7 (1.1-2.9) | 37 (23-61) | 131 (81-213) |
|  | Processed meats | 43 (29.1-59.5) | 43.7 (29.6-58.7) | 1855 (1267-2555) | 3284 (2220-4371) |
|  | Unprocessed red meats | 37.6 (30.4-45) | 24.4 (18.7-30.8) | 1621 (1314-1942) | 1833 (1408-2324) |
|  | Yogurt | 6 (3.8-8.1) | 5.9 (3.7-8.1) | 260 (163-350) | 442 (283-605) |
|  | Sugar-sweetened beverages | 5.7 (4.3-8.3) | 4.7 (3.6-7) | 245 (187-356) | 352 (274-528) |
|  | Potatoes | 7.3 (5.7-10.1) | 5.9 (4.6-8.1) | 317 (246-435) | 444 (346-602) |
|  | Fruit | 2.8 (2.6-2.9) | 3.1 (2.9-3.3) | 119 (110-129) | 236 (220-253) |
|  | Nuts and seeds | 1.2 (1.1-1.3) | 1.3 (1.2-1.4) | 52 (47-56) | 97 (88-106) |
|  | Non-starchy vegetables | 1.2 (1-1.3) | 1.3 (1.2-1.5) | 50 (45-56) | 100 (91-111) |
|  | Fruit juice | 0.1 (0-0.3) | 0.1 (0-0.3) | 4 (1-11) | 7 (3-21) |
| Democratic Republic of the Congo | Suboptimal diet | 61.9 (55.5-71.9) | 70.9 (61.1-81.8) | 1567 (1396-1809) | 2393 (2058-2775) |
|  | Whole grains | 39.4 (35.8-41.6) | 37.3 (29.4-41.4) | 997 (897-1061) | 1261 (988-1409) |
|  | Refined grains (total) | 1.1 (0.9-1.4) | 10.2 (8.3-12.8) | 27 (22-34) | 344 (283-432) |
|  | *Refined rice* | 0.2 (0.2-0.3) | 3.8 (3.1-5) | 6 (5-8) | 130 (107-169) |
|  | *Refined wheat* | 0.8 (0.7-1.1) | 6.5 (5.3-8.3) | 21 (17-27) | 221 (181-280) |
|  | Processed meats | 17.9 (6.4-38.1) | 33.4 (15.7-57.5) | 453 (161-956) | 1132 (534-1951) |
|  | Unprocessed red meats | 1.7 (1-4.1) | 4.8 (3.2-8.2) | 44 (27-104) | 161 (108-277) |
|  | Yogurt | 12.3 (11.1-13.2) | 12.9 (11.7-14.1) | 310 (281-338) | 436 (398-472) |
|  | Sugar-sweetened beverages | 6.4 (2.3-16.5) | 9 (3.2-23.4) | 161 (57-424) | 306 (107-779) |
|  | Potatoes | 1 (0.5-1.9) | 3.3 (1.8-6.7) | 24 (12-48) | 113 (62-229) |
|  | Fruit | 2.5 (2.4-2.8) | 3 (2.8-3.2) | 64 (59-70) | 101 (92-110) |
|  | Nuts and seeds | 0.5 (0.4-0.8) | 0.7 (0.5-1) | 14 (10-20) | 23 (16-33) |
|  | Non-starchy vegetables | 0.5 (0.4-0.6) | 0.6 (0.4-0.7) | 12 (9-15) | 20 (15-25) |
|  | Fruit juice | 0.1 (0-0.1) | 0.1 (0.1-0.1) | 2 (1-3) | 3 (2-5) |
| Denmark | Suboptimal diet | 71.2 (64.7-77.8) | 68.5 (61.5-75.6) | 1217 (1097-1335) | 2339 (2107-2603) |
|  | Whole grains | 13.5 (9.8-17.1) | 20.1 (16.7-23.3) | 230 (166-293) | 684 (570-803) |
|  | Refined grains (total) | 0.5 (0.3-0.7) | 1.9 (1.2-3) | 8 (5-13) | 64 (41-103) |
|  | *Refined rice* | 0 (0-0) | 0.1 (0.1-0.2) | 0 (0-1) | 5 (3-8) |
|  | *Refined wheat* | 0.4 (0.3-0.7) | 1.7 (1.1-2.7) | 8 (5-12) | 59 (37-95) |
|  | Processed meats | 35.4 (24.7-47.8) | 36.7 (25.2-49.8) | 605 (425-817) | 1252 (872-1719) |
|  | Unprocessed red meats | 34.7 (27.2-42.7) | 21.4 (15.7-28.6) | 591 (464-725) | 732 (541-972) |
|  | Yogurt | 7.6 (5.5-9.3) | 7.3 (5.2-9.2) | 129 (93-158) | 251 (179-312) |
|  | Sugar-sweetened beverages | 5.2 (4.1-7.9) | 6.4 (5-9.5) | 88 (71-135) | 217 (171-325) |
|  | Potatoes | 4.6 (3.8-6.8) | 3.7 (3.1-5.3) | 79 (64-115) | 128 (105-183) |
|  | Fruit | 2.4 (2.2-2.6) | 2.7 (2.5-3) | 41 (37-45) | 94 (84-104) |
|  | Nuts and seeds | 1.2 (1.1-1.3) | 1 (0.8-1.1) | 20 (18-22) | 33 (28-37) |
|  | Non-starchy vegetables | 1.3 (1.2-1.5) | 1.2 (1-1.3) | 23 (21-25) | 40 (34-45) |
|  | Fruit juice | 0.2 (0.1-0.3) | 0.2 (0.1-0.3) | 3 (2-5) | 7 (4-11) |
| Djibouti | Suboptimal diet | 78.7 (72.9-83.8) | 88.8 (83.9-93) | 912 (832-988) | 2311 (2165-2466) |
|  | Whole grains | 8 (3.9-15.1) | 18.3 (10.1-27.2) | 93 (45-176) | 473 (266-705) |
|  | Refined grains (total) | 15.7 (11.7-21.4) | 17.9 (12.5-24.3) | 183 (137-248) | 466 (329-625) |
|  | *Refined rice* | 9.8 (7.1-13.8) | 8.1 (5.5-11.5) | 114 (83-160) | 211 (145-301) |
|  | *Refined wheat* | 6.9 (5-10) | 11 (7.5-15.2) | 80 (58-116) | 286 (199-397) |
|  | Processed meats | 11.1 (3.7-26.3) | 24.3 (9.6-48.9) | 129 (43-304) | 633 (248-1231) |
|  | Unprocessed red meats | 6.8 (4.5-10.8) | 9.3 (6.5-14.2) | 78 (52-124) | 244 (168-377) |
|  | Yogurt | 12.1 (10.8-13.2) | 12.1 (10.6-13.4) | 140 (124-155) | 314 (276-347) |
|  | Sugar-sweetened beverages | 35.2 (24.5-45.9) | 51.4 (39.6-63.2) | 408 (285-530) | 1329 (1024-1651) |
|  | Potatoes | 39.3 (31.8-44.8) | 43.9 (40-48.8) | 453 (366-523) | 1139 (1029-1294) |
|  | Fruit | 3.4 (3.2-3.6) | 2.4 (2.1-2.7) | 39 (36-42) | 62 (53-70) |
|  | Nuts and seeds | 1.4 (1.3-1.5) | 1.5 (1.4-1.6) | 16 (15-17) | 39 (36-43) |
|  | Non-starchy vegetables | 1.2 (1.1-1.4) | 1.5 (1.3-1.6) | 14 (12-16) | 38 (33-43) |
|  | Fruit juice | 0.1 (0.1-0.3) | 0.1 (0.1-0.2) | 2 (1-3) | 3 (2-5) |
| Dominica | Suboptimal diet | 78.2 (72.3-83.8) | 65.7 (59.6-72.1) | 3951 (3666-4249) | 5240 (4739-5799) |
|  | Whole grains | 33.9 (29-36.9) | 28.2 (20.1-34.2) | 1709 (1461-1875) | 2244 (1615-2743) |
|  | Refined grains (total) | 27.5 (20.3-35.2) | 17.4 (12-24.1) | 1392 (1038-1785) | 1388 (963-1937) |
|  | *Refined rice* | 7.1 (5-9.6) | 3 (2-4.4) | 358 (254-492) | 240 (159-360) |
|  | *Refined wheat* | 22.5 (16.5-29.3) | 15 (10.3-21.1) | 1140 (838-1484) | 1195 (827-1683) |
|  | Processed meats | 30.2 (16.4-46) | 15.4 (7.3-29) | 1524 (843-2325) | 1221 (583-2303) |
|  | Unprocessed red meats | 14.8 (10.6-20.8) | 8.7 (5.6-13.1) | 745 (538-1048) | 695 (438-1047) |
|  | Yogurt | 10.7 (9.4-11.6) | 11.6 (10.1-12.8) | 539 (476-592) | 923 (809-1010) |
|  | Sugar-sweetened beverages | 26.1 (18.8-35.5) | 19 (12.9-26.9) | 1316 (941-1800) | 1516 (1042-2154) |
|  | Potatoes | 0.6 (0.3-1) | 4.4 (2.3-8.5) | 28 (15-52) | 349 (181-676) |
|  | Fruit | 2.4 (2.2-2.7) | 2.9 (2.5-3.2) | 123 (108-136) | 229 (200-259) |
|  | Nuts and seeds | 1.3 (1.2-1.3) | 1.2 (1.1-1.4) | 64 (60-68) | 98 (85-110) |
|  | Non-starchy vegetables | 1.2 (1-1.3) | 1.5 (1.3-1.7) | 60 (52-67) | 119 (103-133) |
|  | Fruit juice | 0.1 (0.1-0.2) | 0.1 (0.1-0.2) | 5 (3-8) | 9 (5-15) |
| Dominican Republic | Suboptimal diet | 73.8 (69-79.7) | 81.3 (76-86.8) | 1228 (1141-1337) | 2608 (2433-2803) |
|  | Whole grains | 34.9 (28.6-38.4) | 33.9 (26.6-38.1) | 584 (471-645) | 1086 (857-1229) |
|  | Refined grains (total) | 22.5 (19.4-26) | 22.2 (19.2-26) | 375 (325-430) | 712 (617-831) |
|  | *Refined rice* | 18.8 (16.2-21.9) | 17.5 (15.1-20.9) | 314 (271-363) | 565 (486-666) |
|  | *Refined wheat* | 4.5 (3.8-5.6) | 5.6 (4.7-6.9) | 75 (64-92) | 179 (153-225) |
|  | Processed meats | 26.7 (14.4-42.7) | 37.5 (22.6-54.7) | 445 (241-710) | 1208 (725-1753) |
|  | Unprocessed red meats | 18.6 (15.4-22.4) | 20.4 (16.8-24.4) | 311 (256-375) | 653 (538-786) |
|  | Yogurt | 13 (12.3-13.6) | 13 (11.9-14) | 216 (203-229) | 418 (388-449) |
|  | Sugar-sweetened beverages | 13.6 (9.9-18.6) | 24.3 (18.6-31.5) | 227 (166-311) | 781 (594-1007) |
|  | Potatoes | 0.8 (0.4-1.7) | 3.9 (2-7.4) | 14 (7-28) | 124 (63-238) |
|  | Fruit | 2.6 (2.5-2.8) | 2.4 (2.2-2.6) | 43 (41-46) | 78 (70-85) |
|  | Nuts and seeds | 1.3 (1.2-1.3) | 1.4 (1.3-1.5) | 21 (19-23) | 45 (41-49) |
|  | Non-starchy vegetables | 1.9 (1.8-2) | 1.5 (1.4-1.6) | 32 (30-34) | 48 (43-52) |
|  | Fruit juice | 0.3 (0.2-0.4) | 0.3 (0.2-0.4) | 5 (4-6) | 10 (8-12) |
| Ecuador | Suboptimal diet | 77.3 (71.7-82) | 72 (66.2-77.7) | 1685 (1556-1799) | 3132 (2873-3383) |
|  | Whole grains | 25.9 (18.3-32.3) | 26.3 (18.5-32.6) | 564 (394-703) | 1147 (804-1419) |
|  | Refined grains (total) | 15.8 (10-23) | 15.6 (10.1-22.7) | 344 (217-500) | 678 (436-977) |
|  | *Refined rice* | 11.2 (7-16.7) | 9.3 (5.9-13.8) | 244 (154-362) | 403 (260-598) |
|  | *Refined wheat* | 5.1 (3.2-7.8) | 6.9 (4.4-10.4) | 112 (69-170) | 301 (191-449) |
|  | Processed meats | 4.3 (2-9.1) | 4.9 (2.4-10.5) | 95 (44-197) | 213 (101-453) |
|  | Unprocessed red meats | 19.2 (10.7-30.1) | 20 (11.2-32.1) | 416 (235-657) | 868 (492-1396) |
|  | Yogurt | 11.3 (10-12.1) | 10.9 (9.5-12) | 245 (218-264) | 473 (412-521) |
|  | Sugar-sweetened beverages | 47.8 (39.8-55.5) | 35.4 (28.5-44) | 1042 (861-1219) | 1540 (1227-1908) |
|  | Potatoes | 6.2 (4-10.1) | 3 (1.9-5.2) | 135 (86-219) | 131 (83-229) |
|  | Fruit | 2.4 (2.2-2.6) | 3.9 (3.7-4) | 51 (47-56) | 168 (160-176) |
|  | Nuts and seeds | 1.3 (1.2-1.3) | 1.3 (1-1.4) | 28 (25-29) | 54 (46-61) |
|  | Non-starchy vegetables | 1.2 (1.1-1.3) | 1.4 (1.2-1.5) | 26 (24-29) | 60 (54-65) |
|  | Fruit juice | 0.2 (0.2-0.3) | 0.3 (0.2-0.4) | 5 (3-7) | 14 (9-19) |
| Egypt | Suboptimal diet | 57.8 (53.3-63.2) | 65.1 (60.1-71) | 1081 (995-1180) | 2718 (2515-2971) |
|  | Whole grains | 30.6 (22.9-36.8) | 31.3 (21.9-37.3) | 574 (426-686) | 1306 (920-1566) |
|  | Refined grains (total) | 20.6 (17.5-24.2) | 20.9 (17.6-24.6) | 384 (328-447) | 877 (738-1035) |
|  | *Refined rice* | 6.4 (5.4-8.1) | 7 (5.8-8.6) | 119 (100-148) | 292 (242-359) |
|  | *Refined wheat* | 15.1 (12.8-17.9) | 14.9 (12.5-17.8) | 282 (240-334) | 627 (526-748) |
|  | Processed meats | 7.1 (2.5-17) | 10.6 (4.4-23.3) | 132 (48-316) | 442 (179-968) |
|  | Unprocessed red meats | 5.3 (3.6-8) | 11.7 (9.2-15.6) | 99 (67-150) | 488 (383-653) |
|  | Yogurt | 11.6 (10.8-12.4) | 11.9 (10.9-12.9) | 216 (200-233) | 498 (458-534) |
|  | Sugar-sweetened beverages | 10.8 (8.3-14.1) | 10.6 (8-14) | 202 (156-265) | 445 (334-588) |
|  | Potatoes | 3.1 (1.7-5.6) | 8.6 (4.9-14.6) | 58 (32-104) | 361 (206-611) |
|  | Fruit | 2.5 (2.4-2.7) | 3 (2.8-3.2) | 47 (44-51) | 125 (116-134) |
|  | Nuts and seeds | 1.3 (1.2-1.4) | 1.4 (1.3-1.5) | 24 (23-26) | 57 (53-62) |
|  | Non-starchy vegetables | 0.8 (0.7-0.9) | 1 (0.8-1.1) | 15 (12-17) | 40 (34-46) |
|  | Fruit juice | 0.1 (0.1-0.1) | 0.1 (0.1-0.1) | 2 (1-3) | 5 (3-6) |
| El Salvador | Suboptimal diet | 70.7 (63.2-79.3) | 85.3 (79.1-90.8) | 1860 (1664-2084) | 4195 (3882-4489) |
|  | Whole grains | 29.1 (21.1-34.8) | 31.1 (22.4-36.6) | 762 (562-918) | 1532 (1102-1809) |
|  | Refined grains (total) | 17.9 (12.5-24.4) | 21.9 (15.8-29.1) | 469 (328-642) | 1075 (781-1441) |
|  | *Refined rice* | 6.8 (4.5-9.6) | 9.6 (6.7-13.5) | 178 (120-251) | 474 (332-668) |
|  | *Refined wheat* | 12.3 (8.4-17) | 14.1 (9.9-19.4) | 321 (221-447) | 690 (493-952) |
|  | Processed meats | 31.9 (17.9-49.9) | 46.9 (31.2-65.5) | 844 (471-1307) | 2309 (1531-3216) |
|  | Unprocessed red meats | 7.8 (4.8-12.3) | 19.7 (13.8-27.3) | 206 (128-320) | 972 (682-1357) |
|  | Yogurt | 12 (11-13) | 12 (10.4-13.3) | 316 (287-344) | 589 (518-648) |
|  | Sugar-sweetened beverages | 17.6 (12-25.8) | 32 (22.9-43.6) | 464 (316-677) | 1570 (1130-2149) |
|  | Potatoes | 0.4 (0.2-0.7) | 4.2 (2.2-8.2) | 11 (5-19) | 205 (109-398) |
|  | Fruit | 2.6 (2-3) | 2.7 (2-3.3) | 68 (53-79) | 134 (98-162) |
|  | Nuts and seeds | 1.2 (1.1-1.3) | 1.3 (1.2-1.5) | 32 (30-35) | 65 (57-72) |
|  | Non-starchy vegetables | 1.5 (1.3-1.7) | 1.3 (0.9-1.7) | 40 (35-45) | 65 (45-82) |
|  | Fruit juice | 0.1 (0.1-0.2) | 0.2 (0.1-0.3) | 3 (2-6) | 8 (4-14) |
| Equatorial Guinea | Suboptimal diet | 56.3 (49.4-63.1) | 71.2 (65.3-77.2) | 1371 (1201-1541) | 2030 (1848-2217) |
|  | Whole grains | 28 (18.8-34.9) | 28.9 (19.5-36.8) | 681 (456-859) | 819 (551-1053) |
|  | Refined grains (total) | 9.6 (6.4-14.2) | 20.3 (14.3-27.7) | 234 (155-346) | 577 (407-785) |
|  | *Refined rice* | 9.6 (6.4-14.2) | 20.3 (14.3-27.7) | 234 (155-346) | 577 (407-785) |
|  | *Refined wheat* | 0 (0-0) | 0 (0-0) | 0 (0-0) | 0 (0-0) |
|  | Processed meats | 7.1 (2.5-19.2) | 6.6 (2.2-17.4) | 174 (60-466) | 187 (62-498) |
|  | Unprocessed red meats | 9.1 (6.4-12.7) | 12.7 (8.8-17.5) | 223 (157-312) | 358 (249-499) |
|  | Yogurt | 11.9 (10.8-13) | 12.6 (11.2-14.1) | 291 (261-318) | 360 (323-396) |
|  | Sugar-sweetened beverages | 13.2 (9.1-19) | 25.6 (18-35.8) | 321 (226-463) | 730 (510-1035) |
|  | Potatoes | 1.3 (0.7-2.6) | 13.1 (7.4-21.4) | 32 (18-63) | 371 (209-610) |
|  | Fruit | 2.8 (2.6-3) | 3.1 (2.9-3.4) | 69 (64-74) | 89 (81-98) |
|  | Nuts and seeds | 0.9 (0.7-1) | 1.1 (0.9-1.3) | 21 (17-25) | 31 (25-36) |
|  | Non-starchy vegetables | 0.9 (0.8-1.1) | 1.2 (0.9-1.4) | 23 (19-27) | 33 (26-40) |
|  | Fruit juice | 0.1 (0-0.1) | 0.1 (0.1-0.2) | 2 (1-3) | 3 (2-5) |
| Eritrea | Suboptimal diet | 61.9 (56.2-67.7) | 71.8 (65.9-77.6) | 1319 (1190-1444) | 3147 (2882-3413) |
|  | Whole grains | 29 (19.3-36.3) | 29 (19.5-36.3) | 617 (414-775) | 1264 (849-1593) |
|  | Refined grains (total) | 19 (13.5-26.1) | 21.3 (15.7-28.7) | 404 (287-552) | 932 (682-1252) |
|  | *Refined rice* | 19 (13.5-26.1) | 21.3 (15.7-28.7) | 404 (287-552) | 932 (682-1252) |
|  | *Refined wheat* | 0 (0-0) | 0 (0-0) | 0 (0-0) | 0 (0-0) |
|  | Processed meats | 4 (1.2-12.1) | 7.4 (2.4-17.7) | 85 (25-257) | 324 (104-770) |
|  | Unprocessed red meats | 8.5 (5.9-12.8) | 11.3 (8-15.6) | 181 (125-273) | 497 (349-682) |
|  | Yogurt | 12.7 (11.6-13.7) | 12.5 (11.2-13.6) | 270 (245-295) | 545 (493-594) |
|  | Sugar-sweetened beverages | 20.8 (14.6-28.7) | 32.6 (24-43.1) | 443 (315-612) | 1431 (1035-1877) |
|  | Potatoes | 1.2 (0.6-2.3) | 4.8 (2.7-9.3) | 25 (14-50) | 212 (118-401) |
|  | Fruit | 3.1 (2.8-3.4) | 3.5 (3.2-3.8) | 66 (59-73) | 155 (139-169) |
|  | Nuts and seeds | 1.2 (1.1-1.3) | 1.1 (0.9-1.2) | 26 (23-28) | 47 (38-54) |
|  | Non-starchy vegetables | 1.5 (1.3-1.7) | 1.8 (1.6-1.9) | 32 (29-36) | 77 (68-85) |
|  | Fruit juice | 0.1 (0-0.1) | 0.1 (0.1-0.1) | 1 (1-2) | 4 (2-6) |
| Estonia | Suboptimal diet | 91.9 (86.9-95.7) | 89.7 (85.8-93.1) | 1860 (1754-1943) | 2634 (2514-2742) |
|  | Whole grains | 7.7 (5.1-10.7) | 7.9 (5.3-10.6) | 156 (104-215) | 230 (158-310) |
|  | Refined grains (total) | 1 (0.8-1.4) | 16.2 (13.2-19.8) | 21 (16-29) | 476 (388-580) |
|  | *Refined rice* | 0 (0-0) | 0.9 (0.7-1.1) | 0 (0-0) | 25 (21-33) |
|  | *Refined wheat* | 1 (0.8-1.4) | 15.5 (12.5-18.9) | 21 (16-29) | 454 (370-555) |
|  | Processed meats | 79.6 (67.1-88.8) | 76.1 (67.4-83.7) | 1610 (1363-1775) | 2233 (1987-2433) |
|  | Unprocessed red meats | 43.7 (38.9-48.8) | 30.9 (26.8-35.8) | 886 (782-988) | 906 (786-1048) |
|  | Yogurt | 2.4 (1.5-3.7) | 2.6 (1.7-3.8) | 48 (30-75) | 78 (48-110) |
|  | Sugar-sweetened beverages | 4.8 (3.7-7.3) | 5.2 (4.2-7.6) | 97 (74-146) | 153 (121-225) |
|  | Potatoes | 12.1 (10.2-15.4) | 11.5 (9.7-14.6) | 245 (206-312) | 337 (284-426) |
|  | Fruit | 2.5 (2.3-2.7) | 2.8 (2.6-3) | 51 (47-55) | 82 (76-89) |
|  | Nuts and seeds | 1.3 (1.2-1.4) | 1.1 (1-1.2) | 26 (24-28) | 33 (29-36) |
|  | Non-starchy vegetables | 1.1 (1-1.2) | 0.2 (0.2-0.3) | 22 (20-24) | 7 (5-10) |
|  | Fruit juice | 0.8 (0.6-1.1) | 0.6 (0.5-0.9) | 15 (11-23) | 18 (14-25) |
| Ethiopia | Suboptimal diet | 52.5 (47.6-60.2) | 70.5 (61.7-84.1) | 1082 (983-1243) | 973 (851-1155) |
|  | Whole grains | 2.9 (1.8-4.6) | 3 (1.7-4.5) | 60 (36-95) | 41 (23-62) |
|  | Refined grains (total) | 17.3 (14.8-20.8) | 26.1 (22-30.7) | 358 (304-429) | 359 (302-423) |
|  | *Refined rice* | 0.6 (0.5-0.8) | 4.6 (3.8-6.1) | 13 (11-16) | 63 (52-83) |
|  | *Refined wheat* | 16.8 (14.3-20.3) | 22.5 (19-26.8) | 347 (295-418) | 311 (259-369) |
|  | Processed meats | 8.8 (2.8-22.8) | 25.9 (8.1-59.6) | 182 (56-466) | 359 (111-816) |
|  | Unprocessed red meats | 4.1 (2.8-7.4) | 4.2 (2.9-7.2) | 85 (58-155) | 58 (40-99) |
|  | Yogurt | 12.1 (10.9-13.2) | 12 (10.8-13.2) | 250 (223-276) | 166 (149-180) |
|  | Sugar-sweetened beverages | 14.1 (10.6-19) | 25.4 (20-31.7) | 291 (219-392) | 350 (275-444) |
|  | Potatoes | 4.9 (3.6-7.6) | 5.7 (4.2-8.1) | 102 (75-157) | 78 (58-112) |
|  | Fruit | 3.4 (3.2-3.5) | 3.7 (3.5-3.9) | 70 (65-74) | 51 (48-55) |
|  | Nuts and seeds | 1.3 (1.2-1.4) | 1.4 (1.3-1.5) | 26 (24-28) | 19 (17-20) |
|  | Non-starchy vegetables | 1.4 (1.2-1.5) | 1.5 (1.4-1.7) | 28 (26-30) | 21 (19-23) |
|  | Fruit juice | 0 (0-0) | 0 (0-0) | 0 (0-1) | 0 (0-1) |
| Federated States of Micronesia | Suboptimal diet | 68.2 (61.1-75.1) | 76 (68.5-83.3) | 3016 (2689-3318) | 6088 (5445-6686) |
|  | Whole grains | 38.1 (33.2-41.4) | 30.2 (22.1-36.4) | 1687 (1464-1838) | 2416 (1777-2906) |
|  | Refined grains (total) | 34.4 (23.3-44.9) | 37.6 (26-49) | 1522 (1042-1987) | 3013 (2089-3920) |
|  | *Refined rice* | 25.6 (16.9-34.4) | 27.9 (18.6-37.6) | 1135 (761-1523) | 2240 (1494-3015) |
|  | *Refined wheat* | 13.2 (8.4-18.3) | 15.1 (9.7-21.2) | 581 (376-809) | 1205 (774-1684) |
|  | Processed meats | 13.5 (5.9-26.3) | 23 (11.1-42.4) | 594 (259-1166) | 1843 (888-3381) |
|  | Unprocessed red meats | 9 (6-13.4) | 14.5 (9.4-20.3) | 398 (266-593) | 1161 (741-1625) |
|  | Yogurt | 13.4 (12.4-14.3) | 13.7 (12.6-14.9) | 592 (546-636) | 1100 (1014-1181) |
|  | Sugar-sweetened beverages | 4.7 (3.1-7.6) | 13 (9-18.7) | 210 (138-337) | 1037 (719-1496) |
|  | Potatoes | 0.2 (0.1-0.4) | 0.1 (0-0.2) | 9 (4-18) | 7 (3-15) |
|  | Fruit | 2.7 (2.2-3.1) | 2.7 (2-3.2) | 122 (96-139) | 214 (157-260) |
|  | Nuts and seeds | 1.2 (1.1-1.4) | 1.4 (1.3-1.6) | 55 (48-60) | 114 (102-126) |
|  | Non-starchy vegetables | 0.8 (0.3-1.2) | 1.3 (0.7-1.7) | 36 (15-54) | 103 (58-136) |
|  | Fruit juice | 0 (0-0.1) | 0 (0-0.1) | 2 (1-3) | 3 (2-6) |
| Fiji | Suboptimal diet | 70.9 (64.1-77.5) | 63.8 (57.1-70.6) | 5108 (4582-5584) | 8111 (7260-9018) |
|  | Whole grains | 25.2 (17-32) | 24.6 (17.4-31.4) | 1809 (1223-2303) | 3125 (2197-4011) |
|  | Refined grains (total) | 29.2 (19.6-39.3) | 29.6 (19.8-41.1) | 2097 (1398-2832) | 3765 (2497-5215) |
|  | *Refined rice* | 16.8 (10.7-24) | 17.2 (11.1-25.2) | 1215 (770-1714) | 2193 (1398-3198) |
|  | *Refined wheat* | 15.9 (10.1-22.7) | 16 (10.2-23.6) | 1148 (727-1628) | 2034 (1293-2983) |
|  | Processed meats | 17.1 (9.2-31.7) | 9.3 (4.5-18.4) | 1229 (657-2304) | 1180 (568-2360) |
|  | Unprocessed red meats | 25.6 (19-33.1) | 7.8 (5.1-11.8) | 1837 (1370-2377) | 994 (651-1498) |
|  | Yogurt | 13.2 (12.1-14) | 12.9 (11.9-14) | 947 (874-1013) | 1646 (1507-1773) |
|  | Sugar-sweetened beverages | 4.8 (3.3-7.4) | 11.5 (8.2-16.2) | 343 (235-528) | 1467 (1056-2066) |
|  | Potatoes | 0.8 (0.4-1.6) | 1.8 (0.9-3.6) | 56 (28-116) | 228 (114-462) |
|  | Fruit | 2.7 (2.1-3.2) | 3 (2.3-3.5) | 193 (150-227) | 383 (297-451) |
|  | Nuts and seeds | 1.4 (1.3-1.5) | 1.3 (1.1-1.4) | 102 (95-108) | 163 (143-182) |
|  | Non-starchy vegetables | 0.9 (0.6-1.3) | 0.7 (0.3-1.1) | 67 (42-91) | 86 (39-142) |
|  | Fruit juice | 0.1 (0-0.1) | 0.1 (0-0.1) | 4 (3-7) | 7 (4-12) |
| Finland | Suboptimal diet | 73.5 (69.1-78) | 80.1 (75-84.6) | 2388 (2238-2552) | 3841 (3603-4068) |
|  | Whole grains | 17.3 (14.9-19.5) | 16.4 (13.8-19) | 562 (481-639) | 791 (662-920) |
|  | Refined grains (total) | 9.4 (5.8-14.6) | 10.1 (6.3-15.5) | 304 (188-468) | 486 (300-747) |
|  | *Refined rice* | 1 (0.6-1.6) | 1.1 (0.6-1.7) | 31 (19-52) | 51 (31-83) |
|  | *Refined wheat* | 8.5 (5.2-13.2) | 9.2 (5.7-14.1) | 275 (169-427) | 439 (271-684) |
|  | Processed meats | 46.1 (38.6-54.2) | 59.3 (50.8-67.6) | 1498 (1267-1756) | 2847 (2467-3217) |
|  | Unprocessed red meats | 23.2 (19.3-27.8) | 25 (21.2-29.9) | 754 (629-913) | 1200 (1009-1453) |
|  | Yogurt | 6.8 (4.5-8.6) | 6.3 (4-8.3) | 220 (144-277) | 303 (194-395) |
|  | Sugar-sweetened beverages | 6.4 (5.3-9.2) | 5.5 (4.5-8.3) | 208 (170-300) | 262 (216-403) |
|  | Potatoes | 5 (4.2-6.7) | 4.4 (3.7-6.1) | 160 (135-219) | 211 (177-289) |
|  | Fruit | 2.3 (2.1-2.5) | 2 (1.8-2.2) | 74 (68-80) | 96 (84-108) |
|  | Nuts and seeds | 1.1 (1.1-1.2) | 1.2 (1.1-1.3) | 37 (34-39) | 57 (52-62) |
|  | Non-starchy vegetables | 1.2 (1.1-1.4) | 1.1 (1-1.3) | 40 (37-44) | 55 (49-61) |
|  | Fruit juice | 0.2 (0.1-0.2) | 0.2 (0.2-0.2) | 6 (4-7) | 9 (7-12) |
| France | Suboptimal diet | 72.5 (69.4-76) | 70.9 (67.3-74.9) | 1153 (1093-1215) | 1805 (1712-1906) |
|  | Whole grains | 26.8 (25.3-28.4) | 23.9 (22.2-25.8) | 426 (400-455) | 609 (562-662) |
|  | Refined grains (total) | 10.2 (8.5-12.3) | 14.5 (12.2-17.2) | 161 (135-196) | 370 (311-438) |
|  | *Refined rice* | 0.8 (0.6-1) | 1.3 (1.1-1.7) | 12 (10-16) | 33 (27-42) |
|  | *Refined wheat* | 9.5 (7.9-11.5) | 13.4 (11.2-16) | 150 (126-182) | 342 (286-409) |
|  | Processed meats | 35.4 (29.5-42.9) | 38.6 (32.1-46.2) | 564 (468-680) | 983 (822-1166) |
|  | Unprocessed red meats | 25.3 (22.2-29.2) | 19.8 (17-23.6) | 402 (352-468) | 504 (431-607) |
|  | Yogurt | 5.5 (4.7-6.3) | 5.5 (4.7-6.3) | 88 (75-100) | 139 (119-160) |
|  | Sugar-sweetened beverages | 6.4 (5.3-8.7) | 9.4 (7.8-12.2) | 101 (85-138) | 237 (199-312) |
|  | Potatoes | 7.3 (6.5-9.3) | 2.8 (2.5-3.5) | 117 (102-148) | 71 (64-89) |
|  | Fruit | 2.8 (2.7-3) | 1.9 (1.7-2.1) | 45 (43-47) | 48 (43-53) |
|  | Nuts and seeds | 1.1 (1-1.2) | 1.2 (1.1-1.3) | 18 (16-19) | 31 (28-33) |
|  | Non-starchy vegetables | 0.8 (0.7-0.8) | 0.9 (0.8-1) | 12 (11-13) | 22 (20-25) |
|  | Fruit juice | 0.1 (0.1-0.1) | 0.1 (0.1-0.1) | 1 (1-1) | 2 (2-2) |
| Gabon | Suboptimal diet | 67.7 (60.7-75.3) | 65.9 (59.3-73) | 2177 (1937-2427) | 2393 (2141-2672) |
|  | Whole grains | 23 (15.2-30.3) | 25.1 (16.8-32.7) | 740 (482-968) | 907 (609-1186) |
|  | Refined grains (total) | 4.7 (3.7-6.4) | 11.9 (9.5-15) | 151 (118-202) | 433 (348-544) |
|  | *Refined rice* | 2.2 (1.7-3.2) | 6.8 (5.4-8.8) | 71 (56-100) | 246 (197-316) |
|  | *Refined wheat* | 2.5 (2-3.5) | 5.5 (4.4-7.1) | 80 (63-111) | 198 (159-256) |
|  | Processed meats | 10.8 (3.6-27.1) | 9.8 (3.2-24.3) | 346 (113-859) | 353 (113-879) |
|  | Unprocessed red meats | 16.5 (12.4-21.8) | 14.5 (10.9-20.3) | 530 (400-699) | 525 (394-735) |
|  | Yogurt | 11.9 (10.8-12.8) | 12.5 (11.2-13.9) | 381 (345-415) | 454 (411-499) |
|  | Sugar-sweetened beverages | 32.1 (23.2-41.9) | 23.7 (16-32.5) | 1027 (745-1343) | 860 (578-1188) |
|  | Potatoes | 1.1 (0.6-2.1) | 5 (2.7-9.1) | 34 (18-67) | 181 (99-335) |
|  | Fruit | 2.5 (2.3-2.7) | 3.3 (3.1-3.6) | 80 (73-88) | 121 (110-132) |
|  | Nuts and seeds | 0.8 (0.6-0.9) | 0.9 (0.7-1.1) | 24 (19-30) | 32 (25-39) |
|  | Non-starchy vegetables | 1.1 (0.9-1.2) | 1.3 (1.1-1.5) | 34 (30-39) | 47 (41-53) |
|  | Fruit juice | 0.1 (0.1-0.1) | 0.1 (0.1-0.2) | 3 (2-4) | 5 (3-7) |
| Georgia | Suboptimal diet | 72 (63-81.2) | 86.7 (79.3-92.2) | 1632 (1420-1840) | 4009 (3679-4281) |
|  | Whole grains | 29 (22.1-34.6) | 26.3 (19.2-32.9) | 659 (503-776) | 1216 (887-1523) |
|  | Refined grains (total) | 6.6 (4.5-9.9) | 37.6 (28.3-46.7) | 150 (102-226) | 1746 (1323-2167) |
|  | *Refined rice* | 0 (0-0.1) | 1.7 (1.2-2.3) | 1 (1-1) | 77 (54-106) |
|  | *Refined wheat* | 6.6 (4.5-9.8) | 36.7 (27.6-45.6) | 149 (102-225) | 1703 (1288-2118) |
|  | Processed meats | 44.3 (28.6-61.8) | 62.8 (44.9-77.2) | 1005 (646-1400) | 2903 (2062-3574) |
|  | Unprocessed red meats | 9.5 (4.1-18.3) | 5.3 (2.3-11.1) | 216 (93-414) | 249 (106-518) |
|  | Yogurt | 8.5 (6-10.4) | 8.4 (5.8-10.4) | 194 (137-239) | 390 (270-478) |
|  | Sugar-sweetened beverages | 0.3 (0.2-0.9) | 6.8 (4.7-10.5) | 7 (4-19) | 314 (215-489) |
|  | Potatoes | 9.2 (5.7-15.2) | 10.2 (6.2-16.6) | 208 (130-345) | 470 (287-773) |
|  | Fruit | 3 (2.8-3.2) | 3.4 (3.2-3.6) | 67 (62-72) | 157 (145-168) |
|  | Nuts and seeds | 1 (0.9-1.2) | 1.3 (1.1-1.4) | 23 (20-27) | 58 (52-66) |
|  | Non-starchy vegetables | 1.4 (1.3-1.5) | 1.6 (1.4-1.7) | 31 (29-34) | 72 (65-79) |
|  | Fruit juice | 0.1 (0.1-0.2) | 0.2 (0.1-0.3) | 3 (2-5) | 8 (5-14) |
| Germany | Suboptimal diet | 84.5 (81.8-87.6) | 82.7 (79.1-86.5) | 3576 (3431-3728) | 5095 (4866-5352) |
|  | Whole grains | 11.8 (9.4-14) | 11.8 (9.6-14.1) | 497 (403-597) | 726 (590-866) |
|  | Refined grains (total) | 22.3 (19.4-25.2) | 22.6 (19.6-25.8) | 946 (830-1063) | 1395 (1214-1591) |
|  | *Refined rice* | 1.5 (1.3-2) | 1.8 (1.5-2.3) | 64 (56-86) | 110 (95-141) |
|  | *Refined wheat* | 21.1 (18.4-23.9) | 21.2 (18.4-24.2) | 896 (784-1008) | 1308 (1137-1499) |
|  | Processed meats | 59.5 (53.1-67.5) | 60.8 (53.8-68.9) | 2521 (2244-2830) | 3751 (3311-4228) |
|  | Unprocessed red meats | 25.7 (22.8-29.7) | 19 (16.4-23.2) | 1086 (956-1262) | 1173 (1009-1428) |
|  | Yogurt | 7.7 (6.8-8.5) | 7.6 (6.7-8.5) | 324 (286-360) | 467 (414-523) |
|  | Sugar-sweetened beverages | 8.5 (7-11.4) | 9.3 (7.9-12.4) | 359 (295-487) | 571 (481-763) |
|  | Potatoes | 11.8 (10.4-14.8) | 5.5 (4.8-7.5) | 502 (435-631) | 337 (296-460) |
|  | Fruit | 1.7 (1.5-1.9) | 2.1 (1.9-2.3) | 72 (64-79) | 130 (117-143) |
|  | Nuts and seeds | 1.1 (1-1.2) | 1.2 (1.1-1.3) | 47 (43-50) | 72 (67-78) |
|  | Non-starchy vegetables | 1.2 (1.1-1.3) | 0.7 (0.6-0.8) | 50 (46-54) | 42 (35-48) |
|  | Fruit juice | 0.1 (0.1-0.2) | 0.2 (0.1-0.2) | 5 (5-7) | 10 (8-12) |
| Ghana | Suboptimal diet | 61.3 (57.8-65) | 63.8 (59.6-68.6) | 1178 (1106-1255) | 2116 (1956-2282) |
|  | Whole grains | 35.9 (32.9-38) | 36.5 (33.5-38.8) | 687 (626-736) | 1212 (1108-1295) |
|  | Refined grains (total) | 11.7 (9.6-14.4) | 14.6 (12.1-17.6) | 226 (186-276) | 484 (400-587) |
|  | *Refined rice* | 7.4 (6.1-9.3) | 11.5 (9.5-14.1) | 143 (117-178) | 383 (316-468) |
|  | *Refined wheat* | 4.6 (3.7-5.9) | 3.4 (2.8-4.5) | 88 (72-113) | 113 (93-148) |
|  | Processed meats | 1.3 (0.3-5.5) | 2.9 (0.7-10.9) | 25 (6-106) | 96 (24-363) |
|  | Unprocessed red meats | 12.2 (9.5-15.6) | 6.2 (4.3-8.9) | 233 (180-302) | 204 (141-298) |
|  | Yogurt | 12.7 (12.1-13.4) | 13 (12.2-13.9) | 244 (229-260) | 433 (407-458) |
|  | Sugar-sweetened beverages | 18.1 (12.2-24.9) | 25.4 (18.6-34.2) | 349 (234-480) | 844 (620-1137) |
|  | Potatoes | 0.1 (0.1-0.3) | 0.2 (0.1-0.4) | 3 (1-5) | 6 (3-12) |
|  | Fruit | 2.7 (2.5-2.8) | 3 (2.9-3.2) | 51 (48-54) | 101 (95-107) |
|  | Nuts and seeds | 0.7 (0.5-0.9) | 0.6 (0.5-0.8) | 13 (10-16) | 21 (16-27) |
|  | Non-starchy vegetables | 1 (0.9-1) | 1.2 (1.1-1.2) | 18 (17-20) | 38 (35-42) |
|  | Fruit juice | 0.1 (0-0.1) | 0.1 (0-0.1) | 1 (1-2) | 2 (1-3) |
| Greece | Suboptimal diet | 63.3 (59.1-68) | 64.3 (59.9-68.8) | 1664 (1539-1803) | 2449 (2268-2631) |
|  | Whole grains | 27.9 (23.6-31.4) | 24.8 (19.4-29.4) | 733 (615-827) | 948 (738-1114) |
|  | Refined grains (total) | 1.3 (0.8-2.4) | 2.5 (1.4-4.4) | 35 (21-63) | 94 (55-169) |
|  | *Refined rice* | 0.1 (0.1-0.2) | 0.2 (0.1-0.4) | 2 (1-4) | 9 (5-16) |
|  | *Refined wheat* | 1.2 (0.7-2.3) | 2.2 (1.3-4) | 33 (19-59) | 85 (50-153) |
|  | Processed meats | 4.7 (3.2-8.3) | 7.3 (4.8-12.2) | 123 (84-220) | 279 (185-459) |
|  | Unprocessed red meats | 28.9 (23.3-36) | 32 (25.8-39.3) | 762 (611-951) | 1217 (979-1499) |
|  | Yogurt | 7.1 (5.1-8.8) | 7.4 (5.4-9.3) | 187 (134-231) | 281 (206-353) |
|  | Sugar-sweetened beverages | 6.3 (5-9) | 7.3 (5.9-10.3) | 166 (131-238) | 281 (225-393) |
|  | Potatoes | 10 (7.4-13.7) | 6.7 (5-9.3) | 264 (194-364) | 257 (190-357) |
|  | Fruit | 1.8 (1.6-2.1) | 3 (2.8-3.2) | 48 (42-54) | 115 (106-124) |
|  | Nuts and seeds | 1 (0.9-1.1) | 1 (0.9-1.1) | 26 (23-28) | 39 (34-43) |
|  | Non-starchy vegetables | 1 (0.9-1.1) | 1.5 (1.3-1.6) | 26 (23-30) | 55 (50-60) |
|  | Fruit juice | 0.1 (0-0.1) | 0.1 (0.1-0.1) | 2 (1-2) | 3 (2-4) |
| Grenada | Suboptimal diet | 76.8 (71.9-81.1) | 65.4 (60.1-71.2) | 3263 (3050-3463) | 4641 (4276-5062) |
|  | Whole grains | 33.2 (27.1-36.9) | 30.6 (22.8-35.9) | 1406 (1157-1570) | 2170 (1624-2546) |
|  | Refined grains (total) | 35.3 (27.3-43.2) | 21.8 (15.7-29.6) | 1496 (1164-1840) | 1552 (1126-2092) |
|  | *Refined rice* | 15.3 (11.3-19.4) | 5.9 (4.1-8.6) | 648 (484-823) | 419 (289-611) |
|  | *Refined wheat* | 24.7 (18.8-30.8) | 17.2 (12.3-23.8) | 1046 (797-1308) | 1228 (880-1684) |
|  | Processed meats | 10.6 (5-21.1) | 12.1 (5.7-23.5) | 450 (211-886) | 864 (406-1675) |
|  | Unprocessed red meats | 8.6 (5.7-12.4) | 8.5 (5.6-12.7) | 363 (241-530) | 605 (395-893) |
|  | Yogurt | 11 (9.8-11.9) | 11.6 (10.3-12.7) | 468 (413-510) | 822 (731-899) |
|  | Sugar-sweetened beverages | 36.2 (29.3-43.8) | 19.6 (14.9-25.7) | 1537 (1246-1872) | 1386 (1050-1822) |
|  | Potatoes | 0.7 (0.4-1.3) | 1.3 (0.7-2.5) | 29 (16-56) | 93 (51-184) |
|  | Fruit | 2 (1.4-2.5) | 2.6 (2-3.2) | 87 (59-108) | 187 (137-226) |
|  | Nuts and seeds | 1.2 (1.2-1.3) | 1.5 (1.4-1.6) | 53 (49-56) | 105 (98-111) |
|  | Non-starchy vegetables | 1.1 (0.9-1.4) | 0.5 (0.2-0.9) | 48 (37-58) | 34 (13-65) |
|  | Fruit juice | 0.1 (0.1-0.2) | 0.1 (0.1-0.2) | 4 (3-7) | 9 (5-16) |
| Guatemala | Suboptimal diet | 66 (58.2-75.9) | 85.5 (80.6-90.7) | 1710 (1495-1966) | 4964 (4654-5260) |
|  | Whole grains | 27.1 (19.3-33.8) | 32 (23.6-37.7) | 701 (494-868) | 1857 (1366-2185) |
|  | Refined grains (total) | 12.1 (10-14.7) | 27.9 (23.7-32.6) | 313 (260-384) | 1618 (1384-1881) |
|  | *Refined rice* | 2.3 (1.9-3.3) | 6.5 (5.4-8.4) | 59 (49-83) | 374 (315-477) |
|  | *Refined wheat* | 10 (8.3-12.4) | 22.9 (19.5-27.3) | 259 (215-322) | 1332 (1137-1579) |
|  | Processed meats | 32.8 (17.1-51.3) | 44 (27.5-62.5) | 849 (445-1322) | 2563 (1595-3592) |
|  | Unprocessed red meats | 6.8 (5.1-9.8) | 25.3 (21.6-29.6) | 177 (132-256) | 1465 (1252-1732) |
|  | Yogurt | 12 (11.3-12.8) | 12.8 (11.7-13.9) | 312 (289-335) | 741 (680-797) |
|  | Sugar-sweetened beverages | 10.3 (7.6-13.7) | 26.8 (21.7-33) | 265 (196-357) | 1556 (1257-1921) |
|  | Potatoes | 0.4 (0.2-0.7) | 2.4 (1.2-4.6) | 9 (5-18) | 137 (72-269) |
|  | Fruit | 3 (2.9-3.2) | 3.4 (3.2-3.6) | 79 (74-84) | 197 (183-210) |
|  | Nuts and seeds | 1.3 (1.2-1.4) | 1.4 (1.2-1.5) | 33 (31-36) | 79 (72-87) |
|  | Non-starchy vegetables | 1.3 (1.2-1.4) | 1.6 (1.5-1.7) | 34 (32-37) | 93 (86-101) |
|  | Fruit juice | 0.1 (0.1-0.1) | 0.1 (0.1-0.1) | 2 (2-3) | 6 (5-8) |
| Guinea | Suboptimal diet | 53 (42-69.8) | 67.9 (60.8-76.9) | 908 (719-1198) | 1666 (1475-1881) |
|  | Whole grains | 23.4 (16-29.8) | 26 (18.2-32.3) | 400 (275-514) | 638 (445-795) |
|  | Refined grains (total) | 9.6 (7.5-12.3) | 9.9 (7.8-12.4) | 164 (127-211) | 243 (191-302) |
|  | *Refined rice* | 8.8 (6.9-11.4) | 9.2 (7.3-11.5) | 151 (117-194) | 226 (177-282) |
|  | *Refined wheat* | 0.8 (0.6-1.1) | 0.8 (0.6-1) | 14 (11-18) | 19 (15-25) |
|  | Processed meats | 22.5 (7.7-50.7) | 18.9 (7.9-38.7) | 383 (133-859) | 462 (193-951) |
|  | Unprocessed red meats | 0.5 (0.3-2.3) | 6 (3.8-9.6) | 9 (5-39) | 146 (93-236) |
|  | Yogurt | 11.5 (10.5-12.3) | 12.3 (11.2-13.3) | 197 (178-213) | 301 (276-324) |
|  | Sugar-sweetened beverages | 4.5 (2.8-7.6) | 8.6 (5.4-12.9) | 77 (48-129) | 210 (133-318) |
|  | Potatoes | 0.1 (0-0.1) | 23.7 (15.3-32.8) | 1 (1-2) | 580 (375-807) |
|  | Fruit | 2.9 (2.7-3) | 3.9 (3.7-4.1) | 49 (46-53) | 96 (90-102) |
|  | Nuts and seeds | 1.2 (1.1-1.3) | 1 (0.8-1.2) | 20 (18-22) | 24 (20-29) |
|  | Non-starchy vegetables | 1.7 (1.6-1.9) | 2.1 (2-2.2) | 30 (28-32) | 52 (48-55) |
|  | Fruit juice | 0 (0-0) | 0 (0-0.1) | 0 (0-1) | 1 (1-1) |
| Guinea-Bissau | Suboptimal diet | 54.6 (48.6-62.4) | 76.7 (71.6-81.5) | 1054 (937-1208) | 1950 (1811-2096) |
|  | Whole grains | 27.7 (20.4-33.9) | 34.7 (28.5-38.8) | 535 (394-656) | 883 (721-993) |
|  | Refined grains (total) | 21.7 (16.4-27.8) | 19.9 (14.8-26) | 419 (320-538) | 506 (380-655) |
|  | *Refined rice* | 21.4 (16.2-27.5) | 18.6 (13.8-24.4) | 414 (315-531) | 474 (355-616) |
|  | *Refined wheat* | 0.4 (0.3-0.5) | 1.7 (1.2-2.6) | 7 (5-10) | 42 (31-65) |
|  | Processed meats | 7 (1.9-21.6) | 6.4 (1.9-17.6) | 134 (37-419) | 161 (48-449) |
|  | Unprocessed red meats | 10.6 (7.5-15.1) | 10.5 (7.5-14.9) | 205 (145-293) | 268 (192-375) |
|  | Yogurt | 11.7 (10.7-12.7) | 12.4 (11.1-13.7) | 226 (205-247) | 314 (284-344) |
|  | Sugar-sweetened beverages | 0.2 (0.1-0.4) | 26.5 (18.2-35.1) | 3 (2-8) | 672 (467-888) |
|  | Potatoes | 1.3 (0.7-2.5) | 28.8 (19.2-37.3) | 24 (13-50) | 731 (481-956) |
|  | Fruit | 2.8 (2.7-3) | 3.3 (3.1-3.5) | 54 (50-58) | 84 (78-91) |
|  | Nuts and seeds | 0.8 (0.6-0.9) | 1 (0.8-1.2) | 15 (12-18) | 25 (20-30) |
|  | Non-starchy vegetables | 1.1 (0.9-1.2) | 1.2 (1-1.3) | 21 (18-24) | 29 (25-34) |
|  | Fruit juice | 0.1 (0-0.1) | 0.1 (0.1-0.2) | 1 (1-2) | 2 (2-4) |
| Guyana | Suboptimal diet | 92.4 (86.5-96) | 89.1 (83.7-93.3) | 4458 (4156-4664) | 7112 (6667-7498) |
|  | Whole grains | 42.7 (41.5-43.9) | 40.4 (36.9-42.5) | 2059 (1971-2143) | 3221 (2910-3416) |
|  | Refined grains (total) | 23.4 (19.3-28.2) | 20.7 (17.2-25.5) | 1125 (939-1348) | 1659 (1376-2023) |
|  | *Refined rice* | 18.5 (15.2-22.6) | 15.3 (12.6-19.3) | 890 (736-1079) | 1228 (1008-1515) |
|  | *Refined wheat* | 6.1 (4.9-7.7) | 6.4 (5.2-8.2) | 291 (236-369) | 510 (416-655) |
|  | Processed meats | 68.8 (46.6-82.8) | 61.9 (44-76.4) | 3320 (2238-4009) | 4930 (3520-6113) |
|  | Unprocessed red meats | 18.6 (15-22.9) | 18.7 (15-23.8) | 897 (721-1099) | 1490 (1196-1913) |
|  | Yogurt | 12.6 (11.6-13.5) | 12.4 (11.1-13.5) | 610 (559-658) | 990 (891-1071) |
|  | Sugar-sweetened beverages | 38.5 (27.4-50.5) | 28.9 (19.8-39.6) | 1860 (1303-2429) | 2302 (1576-3156) |
|  | Potatoes | 0 (0-0) | 2.7 (1.5-5.1) | 0 (0-0) | 219 (118-406) |
|  | Fruit | 2.6 (2.4-2.8) | 1.8 (1.4-2.1) | 126 (114-137) | 142 (115-172) |
|  | Nuts and seeds | 1.3 (1.2-1.4) | 1.1 (0.9-1.3) | 61 (55-66) | 91 (76-103) |
|  | Non-starchy vegetables | 1.4 (1.3-1.6) | 1.2 (1-1.4) | 69 (63-75) | 95 (80-109) |
|  | Fruit juice | 0.1 (0.1-0.2) | 0.1 (0.1-0.2) | 7 (4-12) | 10 (6-18) |
| Haiti | Suboptimal diet | 64 (57.8-72.4) | 69.4 (63.1-77.4) | 2370 (2140-2695) | 4256 (3846-4704) |
|  | Whole grains | 32.1 (24.5-37.4) | 30.9 (22.3-37) | 1187 (905-1388) | 1882 (1355-2279) |
|  | Refined grains (total) | 19.9 (17-23.8) | 20.4 (17.2-24.6) | 738 (630-875) | 1244 (1063-1495) |
|  | *Refined rice* | 13.8 (11.6-16.7) | 16.8 (14.1-20.7) | 510 (433-616) | 1028 (874-1249) |
|  | *Refined wheat* | 7.1 (6-8.9) | 4.2 (3.5-5.5) | 264 (224-333) | 257 (216-335) |
|  | Processed meats | 18.5 (7.6-36.6) | 23.6 (10.5-41.5) | 682 (282-1369) | 1442 (645-2530) |
|  | Unprocessed red meats | 5 (3.4-9.1) | 5.6 (3.9-10.5) | 184 (127-333) | 345 (238-649) |
|  | Yogurt | 13.6 (12.8-14.4) | 14 (12.7-15.3) | 504 (468-542) | 859 (789-922) |
|  | Sugar-sweetened beverages | 12.5 (8.4-18.8) | 13.5 (8.9-20.4) | 465 (312-695) | 824 (545-1247) |
|  | Potatoes | 0.7 (0.3-1.4) | 6.9 (3.5-13.2) | 24 (11-52) | 424 (211-808) |
|  | Fruit | 3 (2.8-3.2) | 3.5 (3.3-3.7) | 111 (104-120) | 213 (198-231) |
|  | Nuts and seeds | 1 (0.8-1.1) | 1.2 (1-1.3) | 36 (31-41) | 72 (62-81) |
|  | Non-starchy vegetables | 1.4 (1.3-1.6) | 1.7 (1.6-1.8) | 53 (48-58) | 105 (95-115) |
|  | Fruit juice | 0.1 (0.1-0.1) | 0.1 (0.1-0.2) | 3 (2-4) | 8 (6-10) |
| Honduras | Suboptimal diet | 73.7 (67-81.5) | 87.2 (81.6-91.9) | 2405 (2178-2670) | 4246 (3957-4499) |
|  | Whole grains | 27.8 (19.4-33.9) | 31.7 (23.7-37.3) | 905 (641-1116) | 1539 (1142-1823) |
|  | Refined grains (total) | 21 (17.5-24.6) | 21.3 (18.1-25.2) | 687 (574-810) | 1037 (877-1221) |
|  | *Refined rice* | 7.4 (6-9.1) | 9.9 (8.2-12) | 242 (198-299) | 481 (398-579) |
|  | *Refined wheat* | 14.7 (12.1-17.4) | 12.7 (10.7-15.3) | 481 (400-572) | 621 (519-740) |
|  | Processed meats | 36.5 (21-54.2) | 55.1 (37.5-71.3) | 1191 (691-1768) | 2686 (1827-3449) |
|  | Unprocessed red meats | 4.6 (3.1-7.2) | 12.9 (10.2-16.6) | 151 (102-237) | 632 (496-808) |
|  | Yogurt | 13.3 (12.7-14) | 13.9 (13-14.8) | 435 (409-462) | 677 (634-720) |
|  | Sugar-sweetened beverages | 20 (15.7-25.6) | 34.7 (27.8-41.8) | 653 (511-834) | 1686 (1356-2046) |
|  | Potatoes | 0.8 (0.4-1.6) | 3.6 (1.8-7) | 26 (13-52) | 177 (89-340) |
|  | Fruit | 2.8 (2.6-3) | 3.3 (3-3.5) | 91 (84-97) | 159 (146-170) |
|  | Nuts and seeds | 1.2 (1.1-1.3) | 1.2 (1.1-1.4) | 39 (36-42) | 60 (53-66) |
|  | Non-starchy vegetables | 1.8 (1.7-2) | 2.2 (2.1-2.3) | 60 (57-64) | 107 (100-114) |
|  | Fruit juice | 0.1 (0.1-0.2) | 0.2 (0.1-0.2) | 5 (4-6) | 8 (6-10) |
| Hungary | Suboptimal diet | 61.7 (56-68.1) | 51.8 (47.4-57.2) | 2135 (1932-2359) | 2574 (2345-2861) |
|  | Whole grains | 17.3 (13.4-21.2) | 21.3 (17.2-24.8) | 596 (462-729) | 1058 (853-1232) |
|  | Refined grains (total) | 3.6 (2.1-6.2) | 5.5 (3.1-9) | 124 (72-211) | 273 (155-444) |
|  | *Refined rice* | 0.2 (0.1-0.3) | 0.4 (0.2-0.7) | 6 (3-9) | 19 (11-33) |
|  | *Refined wheat* | 3.4 (2-5.9) | 5.1 (2.9-8.4) | 119 (69-202) | 254 (144-416) |
|  | Processed meats | 31.3 (22.6-42) | 18.3 (12.6-26.2) | 1083 (782-1449) | 909 (619-1300) |
|  | Unprocessed red meats | 12.9 (9.1-18.6) | 7.3 (4.9-11.2) | 443 (319-637) | 362 (245-555) |
|  | Yogurt | 6.5 (4.2-8.3) | 6.4 (4.1-8.3) | 225 (145-290) | 317 (206-413) |
|  | Sugar-sweetened beverages | 7.9 (6.2-10.9) | 6.3 (4.9-9) | 272 (213-376) | 316 (244-449) |
|  | Potatoes | 4.7 (3.8-6.7) | 1.5 (1.2-2) | 162 (132-234) | 75 (62-99) |
|  | Fruit | 2.7 (2.5-2.8) | 3.2 (3.1-3.4) | 93 (87-98) | 160 (151-170) |
|  | Nuts and seeds | 1.2 (1.1-1.2) | 1.3 (1.2-1.4) | 41 (38-43) | 65 (61-70) |
|  | Non-starchy vegetables | 1.3 (1.2-1.5) | 1.6 (1.5-1.7) | 47 (43-50) | 82 (76-87) |
|  | Fruit juice | 0 (0-0.1) | 0.1 (0-0.2) | 2 (1-5) | 3 (1-9) |
| Iceland | Suboptimal diet | 71.4 (67.1-76.2) | 69.4 (64.1-75.1) | 1271 (1181-1363) | 2564 (2366-2775) |
|  | Whole grains | 10.3 (7.4-13.4) | 11.9 (8.7-15.2) | 184 (131-238) | 436 (322-559) |
|  | Refined grains (total) | 5.2 (3.6-7.7) | 10.8 (7.5-15.2) | 92 (64-138) | 399 (276-569) |
|  | *Refined rice* | 0.3 (0.2-0.4) | 1.1 (0.7-1.6) | 5 (4-8) | 39 (27-58) |
|  | *Refined wheat* | 4.9 (3.4-7.3) | 9.9 (6.8-14) | 88 (61-131) | 365 (251-522) |
|  | Processed meats | 41.2 (34-49.6) | 32.8 (23.8-44.2) | 732 (604-882) | 1211 (887-1621) |
|  | Unprocessed red meats | 22.6 (19.1-27.4) | 25.6 (21.9-31.7) | 402 (338-491) | 947 (803-1175) |
|  | Yogurt | 8.1 (6-9.7) | 7.5 (5.4-9.4) | 143 (108-175) | 277 (200-348) |
|  | Sugar-sweetened beverages | 11.1 (9-14.9) | 12.8 (10.3-17.2) | 199 (158-267) | 474 (380-637) |
|  | Potatoes | 7.8 (5.3-11.7) | 2.2 (1.5-3.8) | 138 (94-207) | 83 (54-144) |
|  | Fruit | 2.6 (2.4-2.7) | 2.9 (2.7-3.2) | 46 (42-50) | 109 (100-119) |
|  | Nuts and seeds | 1.2 (1.1-1.3) | 1.3 (1.2-1.4) | 22 (20-23) | 48 (44-53) |
|  | Non-starchy vegetables | 1.3 (1.2-1.5) | 1.6 (1.5-1.7) | 24 (22-26) | 58 (53-64) |
|  | Fruit juice | 0.2 (0.2-0.2) | 0.2 (0.2-0.3) | 3 (3-4) | 7 (6-9) |
| India | Suboptimal diet | 52.4 (48.2-60.2) | 50.2 (46.1-56.7) | 1357 (1244-1542) | 2151 (1986-2423) |
|  | Whole grains | 6.7 (4.3-10) | 6.8 (4.4-10.3) | 173 (110-259) | 291 (189-446) |
|  | Refined grains (total) | 32.6 (28.4-37.5) | 29.2 (25.2-33.9) | 847 (737-966) | 1251 (1089-1452) |
|  | *Refined rice* | 26.8 (23.2-31.2) | 20.8 (17.8-24.5) | 695 (601-802) | 887 (764-1049) |
|  | *Refined wheat* | 8 (6.8-9.9) | 10.7 (9-13) | 206 (176-256) | 458 (390-555) |
|  | Processed meats | 5 (0.9-19.6) | 3.8 (0.8-15.6) | 129 (25-495) | 164 (36-669) |
|  | Unprocessed red meats | 0.8 (0.5-3.1) | 0.7 (0.4-2.7) | 21 (13-80) | 31 (19-116) |
|  | Yogurt | 13.2 (12.3-14) | 13.2 (12.2-14.2) | 342 (318-364) | 566 (524-603) |
|  | Sugar-sweetened beverages | 0.7 (0.4-1.9) | 0.8 (0.5-1.9) | 19 (11-49) | 34 (20-83) |
|  | Potatoes | 3.3 (2.7-4.9) | 4.2 (3.4-5.8) | 86 (70-127) | 179 (146-250) |
|  | Fruit | 3.6 (3.4-3.7) | 4 (3.8-4.2) | 92 (87-98) | 172 (161-182) |
|  | Nuts and seeds | 1.2 (1.1-1.3) | 1.3 (1.2-1.4) | 31 (29-34) | 56 (51-62) |
|  | Non-starchy vegetables | 0.8 (0.8-0.9) | 1 (0.9-1.1) | 22 (20-24) | 43 (38-47) |
|  | Fruit juice | 0 (0-0) | 0 (0-0) | 0 (0-0) | 0 (0-0) |
| Indonesia | Suboptimal diet | 61.3 (57-68.5) | 65.9 (59.2-74.6) | 1263 (1168-1413) | 2271 (2043-2580) |
|  | Whole grains | 33.4 (27.4-37.6) | 29.7 (22.6-35.3) | 687 (563-778) | 1025 (779-1217) |
|  | Refined grains (total) | 24 (21.3-27.4) | 22.4 (19.7-25.5) | 495 (438-563) | 773 (677-876) |
|  | *Refined rice* | 23.3 (20.7-26.6) | 20.2 (17.7-23.1) | 481 (425-547) | 697 (609-794) |
|  | *Refined wheat* | 0.9 (0.8-1.1) | 2.7 (2.4-3.6) | 19 (16-23) | 94 (82-123) |
|  | Processed meats | 13.8 (5.7-28.7) | 25.5 (12-44.7) | 282 (119-590) | 872 (409-1532) |
|  | Unprocessed red meats | 9.3 (7.2-12.3) | 8.9 (6.9-12.2) | 192 (148-255) | 309 (239-429) |
|  | Yogurt | 13.4 (12.7-14.1) | 13.4 (12.5-14.3) | 276 (260-293) | 462 (435-492) |
|  | Sugar-sweetened beverages | 1.6 (1.1-3.1) | 3.2 (2.2-5.3) | 33 (23-65) | 110 (77-184) |
|  | Potatoes | 1.8 (1.5-2.4) | 2.2 (1.9-3.1) | 36 (30-49) | 77 (64-107) |
|  | Fruit | 3.1 (2.9-3.2) | 3.4 (3.3-3.6) | 63 (60-67) | 118 (112-125) |
|  | Nuts and seeds | 1.1 (1-1.2) | 1.2 (1.1-1.2) | 22 (21-24) | 40 (37-43) |
|  | Non-starchy vegetables | 0.9 (0.8-1) | 1 (0.9-1.1) | 18 (16-20) | 35 (31-39) |
|  | Fruit juice | 0 (0-0) | 0 (0-0) | 1 (1-1) | 1 (1-1) |
| Iran | Suboptimal diet | 69 (66.2-72) | 62.5 (58.8-66.1) | 1636 (1558-1719) | 3057 (2866-3253) |
|  | Whole grains | 40.1 (39-41.1) | 16.9 (14.2-19.6) | 951 (912-991) | 827 (694-972) |
|  | Refined grains (total) | 39.4 (35-43.9) | 39.1 (34.9-43.5) | 932 (835-1038) | 1914 (1717-2130) |
|  | *Refined rice* | 12.6 (10.9-14.8) | 13.5 (11.7-16) | 299 (259-352) | 661 (579-779) |
|  | *Refined wheat* | 30.9 (27.4-34.9) | 29.8 (26.4-33.6) | 732 (650-824) | 1460 (1300-1637) |
|  | Processed meats | 7.4 (5-10.8) | 9.6 (5.9-15.6) | 175 (118-256) | 471 (291-763) |
|  | Unprocessed red meats | 12 (9.7-15.3) | 4.9 (3.5-8.3) | 286 (231-364) | 242 (172-404) |
|  | Yogurt | 5.7 (4.8-6.6) | 6.1 (5.1-7.1) | 135 (115-158) | 298 (253-346) |
|  | Sugar-sweetened beverages | 10.4 (8.6-13.2) | 9.9 (8.3-13.8) | 245 (202-316) | 489 (407-678) |
|  | Potatoes | 1.1 (1-1.4) | 2.2 (1.9-2.7) | 27 (23-34) | 106 (95-134) |
|  | Fruit | 1.8 (1.6-1.9) | 2 (1.8-2.1) | 42 (39-46) | 96 (86-106) |
|  | Nuts and seeds | 1.2 (1.1-1.2) | 1.1 (1-1.2) | 28 (26-30) | 54 (50-60) |
|  | Non-starchy vegetables | 0.8 (0.7-0.9) | 0.5 (0.4-0.6) | 19 (17-21) | 25 (20-30) |
|  | Fruit juice | 0 (0-0) | 0 (0-0) | 1 (0-1) | 1 (1-2) |
| Iraq | Suboptimal diet | 95 (91-97.6) | 83.9 (76.6-90.4) | 3683 (3480-3852) | 5712 (5179-6195) |
|  | Whole grains | 16.2 (8-25.8) | 38.1 (31.7-41.8) | 628 (314-1005) | 2597 (2155-2868) |
|  | Refined grains (total) | 31.1 (20.8-43.2) | 32 (21.4-43.6) | 1210 (804-1680) | 2171 (1449-2947) |
|  | *Refined rice* | 10.5 (6.6-16.1) | 13.1 (8.3-19) | 410 (259-615) | 893 (562-1282) |
|  | *Refined wheat* | 23.8 (15.5-34.2) | 22.6 (14.7-31.7) | 925 (599-1329) | 1542 (1000-2145) |
|  | Processed meats | 69.9 (52.4-83.8) | 42.6 (23.7-64.4) | 2725 (2042-3225) | 2885 (1633-4373) |
|  | Unprocessed red meats | 60.6 (49.3-68.8) | 22.1 (14.7-30.7) | 2344 (1912-2706) | 1502 (998-2093) |
|  | Yogurt | 8.2 (5.5-10.5) | 8.9 (6.3-11.2) | 319 (214-411) | 608 (429-763) |
|  | Sugar-sweetened beverages | 21.7 (14.9-30.9) | 19.4 (12.8-27.8) | 844 (570-1203) | 1324 (873-1909) |
|  | Potatoes | 0.8 (0.4-1.5) | 3.3 (1.9-6.6) | 30 (16-56) | 227 (132-445) |
|  | Fruit | 2.4 (1.8-2.9) | 2.8 (2-3.4) | 93 (68-113) | 192 (140-231) |
|  | Nuts and seeds | 0.6 (0.4-0.7) | 1 (0.8-1.2) | 22 (16-29) | 68 (53-84) |
|  | Non-starchy vegetables | 0.6 (0.3-1) | 1.3 (0.9-1.6) | 24 (12-38) | 85 (59-107) |
|  | Fruit juice | 0.1 (0.1-0.2) | 0.2 (0.1-0.3) | 5 (3-9) | 11 (6-20) |
| Ireland | Suboptimal diet | 79.1 (73.4-85.4) | 76.6 (70.2-83.7) | 1102 (1018-1195) | 2863 (2618-3144) |
|  | Whole grains | 27.2 (23-30.9) | 30.6 (27.1-33.5) | 380 (319-432) | 1142 (1010-1259) |
|  | Refined grains (total) | 2.2 (1.3-3.6) | 6.1 (3.8-10) | 30 (18-51) | 230 (142-372) |
|  | *Refined rice* | 0.1 (0-0.1) | 0.4 (0.2-0.7) | 1 (1-1) | 15 (9-25) |
|  | *Refined wheat* | 2.1 (1.3-3.5) | 5.8 (3.5-9.4) | 29 (18-49) | 216 (133-350) |
|  | Processed meats | 44.6 (31.7-60.6) | 43.5 (29.8-60.7) | 621 (437-843) | 1625 (1130-2239) |
|  | Unprocessed red meats | 16.9 (10.7-25.3) | 15.7 (9.8-23.8) | 236 (149-355) | 583 (364-892) |
|  | Yogurt | 8.1 (6.3-9.6) | 7.8 (5.9-9.5) | 113 (87-135) | 291 (219-353) |
|  | Sugar-sweetened beverages | 12.1 (9.5-15.1) | 10.8 (8.7-14) | 168 (133-213) | 403 (327-525) |
|  | Potatoes | 18.2 (14-23.7) | 9.3 (7-12.8) | 254 (197-332) | 347 (260-480) |
|  | Fruit | 2.5 (2.3-2.7) | 2.9 (2.6-3.1) | 35 (32-38) | 107 (97-117) |
|  | Nuts and seeds | 1.1 (1-1.2) | 0.8 (0.6-1) | 16 (14-17) | 30 (22-39) |
|  | Non-starchy vegetables | 1 (0.9-1.1) | 1.2 (1-1.3) | 14 (12-16) | 44 (38-50) |
|  | Fruit juice | 0.1 (0.1-0.3) | 0.1 (0.1-0.3) | 2 (1-4) | 5 (3-10) |
| Israel | Suboptimal diet | 93.1 (90.6-95.5) | 89.8 (86.4-92.6) | 2655 (2555-2755) | 4098 (3925-4259) |
|  | Whole grains | 12.9 (9.9-16) | 13.9 (10.8-17.1) | 371 (282-462) | 631 (495-777) |
|  | Refined grains (total) | 19 (16.1-22.6) | 19.4 (16.7-23) | 542 (461-642) | 884 (756-1058) |
|  | *Refined rice* | 2.2 (1.9-3) | 5.2 (4.5-6.7) | 64 (54-85) | 239 (203-306) |
|  | *Refined wheat* | 17.1 (14.5-20.4) | 14.9 (12.8-18) | 489 (415-580) | 679 (581-826) |
|  | Processed meats | 78.3 (71.4-85.1) | 67.2 (57.8-75.9) | 2236 (2052-2414) | 3067 (2643-3451) |
|  | Unprocessed red meats | 39.4 (34.7-45.2) | 42.8 (37.4-48.7) | 1126 (979-1291) | 1951 (1710-2230) |
|  | Yogurt | 2.1 (1.3-3) | 2 (1.3-2.9) | 60 (38-85) | 93 (60-134) |
|  | Sugar-sweetened beverages | 19.1 (16.1-23.8) | 13.2 (11-17.5) | 547 (454-680) | 603 (499-804) |
|  | Potatoes | 9 (7.8-12) | 9.4 (8.2-12.6) | 255 (222-343) | 429 (373-579) |
|  | Fruit | 1.2 (1-1.5) | 2.1 (1.9-2.3) | 36 (29-42) | 97 (86-107) |
|  | Nuts and seeds | 0.6 (0.5-0.7) | 0.6 (0.5-0.7) | 17 (14-20) | 26 (21-31) |
|  | Non-starchy vegetables | 1 (0.8-1.1) | 1.4 (1.3-1.5) | 27 (24-30) | 65 (60-71) |
|  | Fruit juice | 0.1 (0.1-0.1) | 0.1 (0.1-0.2) | 3 (2-3) | 5 (4-7) |
| Italy | Suboptimal diet | 74.7 (71.8-77.7) | 74.6 (71.8-78.2) | 2770 (2643-2912) | 3972 (3790-4190) |
|  | Whole grains | 35.2 (33.7-36.5) | 34.8 (33.3-36.3) | 1307 (1239-1373) | 1853 (1748-1958) |
|  | Refined grains (total) | 31.9 (28-35.5) | 32 (28.4-35.7) | 1182 (1042-1315) | 1710 (1505-1899) |
|  | *Refined rice* | 2.4 (2.1-3.1) | 3.5 (3-4.4) | 89 (77-116) | 186 (162-233) |
|  | *Refined wheat* | 30.2 (26.5-33.7) | 29.6 (26.2-33.2) | 1120 (985-1250) | 1580 (1390-1759) |
|  | Processed meats | 27.2 (21.6-35) | 26.6 (21.5-34.6) | 1009 (807-1283) | 1413 (1155-1847) |
|  | Unprocessed red meats | 20.4 (17.5-24.7) | 21.1 (18.2-25.8) | 757 (647-915) | 1122 (963-1378) |
|  | Yogurt | 10.5 (9.7-11.3) | 10.4 (9.5-11.4) | 389 (359-423) | 554 (509-602) |
|  | Sugar-sweetened beverages | 5 (4.2-7.7) | 5 (4.3-7.9) | 186 (155-286) | 270 (227-422) |
|  | Potatoes | 3.2 (2.7-4.2) | 2.6 (2.3-3.3) | 119 (102-158) | 140 (119-177) |
|  | Fruit | 1.3 (1.2-1.5) | 1.4 (1.2-1.6) | 50 (43-56) | 75 (65-86) |
|  | Nuts and seeds | 1.2 (1.1-1.3) | 1.1 (1.1-1.2) | 45 (42-48) | 61 (56-66) |
|  | Non-starchy vegetables | 0.8 (0.7-0.9) | 0.9 (0.8-1.1) | 31 (27-34) | 50 (44-56) |
|  | Fruit juice | 0.1 (0-0.1) | 0.1 (0.1-0.1) | 2 (2-2) | 3 (3-4) |
| Jamaica | Suboptimal diet | 67.8 (63.4-72.2) | 69.4 (64.9-74.3) | 2501 (2334-2668) | 4483 (4160-4810) |
|  | Whole grains | 27.9 (23.6-31.5) | 29.3 (24.7-33.1) | 1035 (870-1171) | 1882 (1580-2131) |
|  | Refined grains (total) | 21.1 (15.5-28.3) | 20.5 (14.8-27.3) | 779 (571-1048) | 1320 (957-1774) |
|  | *Refined rice* | 10.8 (7.7-15.1) | 9.1 (6.4-12.7) | 400 (286-550) | 588 (414-823) |
|  | *Refined wheat* | 12 (8.7-16.7) | 12.9 (9.2-17.8) | 444 (321-611) | 833 (593-1141) |
|  | Processed meats | 12.9 (8.8-18) | 18.7 (12.5-27.5) | 475 (324-664) | 1201 (808-1770) |
|  | Unprocessed red meats | 6 (3.9-9.2) | 3.6 (2.1-6.3) | 221 (143-341) | 229 (135-403) |
|  | Yogurt | 11 (9.9-11.9) | 11.6 (10.4-12.7) | 409 (363-443) | 751 (679-814) |
|  | Sugar-sweetened beverages | 30.5 (24.7-37.4) | 29.6 (23.2-36.2) | 1126 (906-1385) | 1910 (1497-2343) |
|  | Potatoes | 0.7 (0.4-1.4) | 1.6 (0.8-3.1) | 25 (14-51) | 105 (54-200) |
|  | Fruit | 1.7 (1.3-2.1) | 2 (1.5-2.4) | 63 (47-78) | 126 (94-157) |
|  | Nuts and seeds | 1.2 (1.2-1.3) | 1.2 (1.1-1.3) | 45 (43-48) | 80 (74-87) |
|  | Non-starchy vegetables | 0.9 (0.7-1) | 1.1 (0.9-1.3) | 32 (25-38) | 71 (57-84) |
|  | Fruit juice | 0.1 (0.1-0.1) | 0.1 (0.1-0.2) | 4 (2-5) | 8 (5-11) |
| Japan | Suboptimal diet | 69.1 (66.3-72.5) | 72.4 (69.9-75.3) | 1894 (1813-1993) | 2026 (1931-2128) |
|  | Whole grains | 38.3 (36.6-39.8) | 36.4 (34.8-38) | 1048 (998-1104) | 1019 (961-1076) |
|  | Refined grains (total) | 33.3 (29.3-37.9) | 29.8 (26.3-34.3) | 911 (805-1036) | 837 (731-958) |
|  | *Refined rice* | 26.2 (22.8-30.2) | 22.5 (19.7-26.1) | 716 (628-827) | 631 (548-732) |
|  | *Refined wheat* | 9.8 (8.4-12.1) | 9.6 (8.2-11.6) | 267 (230-328) | 268 (231-320) |
|  | Processed meats | 12.7 (9.6-18.3) | 12.2 (8.9-17.6) | 350 (265-499) | 339 (248-494) |
|  | Unprocessed red meats | 14.6 (12.5-18.9) | 30.9 (28.1-34.7) | 400 (341-519) | 863 (777-981) |
|  | Yogurt | 8.5 (7.4-9.7) | 7.5 (6.3-8.7) | 234 (201-267) | 211 (176-243) |
|  | Sugar-sweetened beverages | 8.4 (6.8-11.7) | 6.7 (5.4-9.8) | 230 (185-321) | 187 (151-273) |
|  | Potatoes | 1.8 (1.5-2.4) | 1.5 (1.2-1.9) | 50 (41-64) | 41 (34-52) |
|  | Fruit | 2.6 (2.5-2.7) | 2.7 (2.6-2.9) | 72 (68-76) | 76 (71-82) |
|  | Nuts and seeds | 1.2 (1.1-1.3) | 1.2 (1.1-1.3) | 33 (30-35) | 34 (31-37) |
|  | Non-starchy vegetables | 0.3 (0.3-0.4) | 0.4 (0.3-0.4) | 9 (8-11) | 10 (8-12) |
|  | Fruit juice | 0.1 (0-0.1) | 0.1 (0.1-0.1) | 2 (1-2) | 2 (1-2) |
| Jordan | Suboptimal diet | 75.7 (70.8-81.3) | 83 (76-89.8) | 2887 (2693-3131) | 5180 (4701-5612) |
|  | Whole grains | 37.2 (31.8-40.4) | 30.6 (21.1-37.1) | 1420 (1206-1555) | 1903 (1340-2332) |
|  | Refined grains (total) | 29.6 (25.2-34.6) | 30.6 (25.4-35.9) | 1125 (955-1315) | 1903 (1589-2222) |
|  | *Refined rice* | 8.1 (6.6-9.9) | 7.1 (5.7-8.9) | 307 (253-378) | 439 (355-553) |
|  | *Refined wheat* | 23.5 (19.9-27.7) | 25.4 (20.9-30) | 894 (753-1054) | 1581 (1309-1857) |
|  | Processed meats | 18.1 (8.1-35.6) | 41.7 (22.3-64.3) | 690 (305-1353) | 2606 (1372-3986) |
|  | Unprocessed red meats | 20.1 (16.6-24.9) | 21.1 (17.1-26.9) | 768 (627-948) | 1317 (1065-1677) |
|  | Yogurt | 9.7 (8.3-10.8) | 9.6 (8-11) | 369 (314-416) | 597 (502-679) |
|  | Sugar-sweetened beverages | 20.7 (15.7-26.5) | 24.1 (18-30.8) | 791 (600-1011) | 1500 (1127-1907) |
|  | Potatoes | 3.1 (1.7-5.6) | 1.9 (1.1-3.6) | 117 (65-215) | 117 (67-223) |
|  | Fruit | 1.6 (1.4-1.9) | 1.9 (1.6-2.2) | 62 (53-71) | 117 (99-135) |
|  | Nuts and seeds | 0.9 (0.8-1.1) | 0.9 (0.8-1.1) | 36 (31-41) | 59 (49-70) |
|  | Non-starchy vegetables | 1.1 (0.9-1.2) | 1.3 (1.1-1.4) | 40 (36-45) | 78 (69-88) |
|  | Fruit juice | 0.2 (0.1-0.2) | 0.2 (0.2-0.3) | 6 (5-8) | 13 (10-17) |
| Kazakhstan | Suboptimal diet | 93.1 (90.6-95.5) | 91 (87.2-94.1) | 2206 (2121-2297) | 4405 (4195-4616) |
|  | Whole grains | 14.1 (8.1-21.3) | 28.1 (21.2-34.3) | 332 (194-507) | 1364 (1020-1662) |
|  | Refined grains (total) | 64.7 (61.5-68.1) | 47.6 (39.3-57.4) | 1534 (1468-1603) | 2308 (1904-2780) |
|  | *Refined rice* | 18.9 (17.5-21) | 8.4 (6.5-11.2) | 447 (418-497) | 408 (312-541) |
|  | *Refined wheat* | 56.9 (54-60.1) | 42.9 (35.1-52.4) | 1349 (1289-1417) | 2081 (1703-2534) |
|  | Processed meats | 45.9 (31-62.5) | 49.8 (34.7-63.9) | 1085 (733-1473) | 2408 (1691-3109) |
|  | Unprocessed red meats | 47.5 (40.7-55.6) | 41.8 (34.1-49.9) | 1126 (955-1326) | 2023 (1652-2433) |
|  | Yogurt | 8.1 (5.6-10.1) | 7.8 (5.3-10.1) | 193 (135-241) | 377 (255-487) |
|  | Sugar-sweetened beverages | 3.1 (2-5.4) | 5.3 (3.6-8.6) | 75 (48-127) | 256 (173-414) |
|  | Potatoes | 10.5 (6.7-16.7) | 14.7 (9.2-21.9) | 249 (155-396) | 706 (442-1068) |
|  | Fruit | 3.2 (3.1-3.4) | 3.6 (3.3-3.8) | 77 (72-82) | 172 (161-186) |
|  | Nuts and seeds | 1.4 (1.3-1.5) | 0.5 (0.4-0.7) | 33 (30-35) | 27 (21-34) |
|  | Non-starchy vegetables | 1.1 (1-1.3) | 0.8 (0.7-1) | 27 (23-30) | 40 (31-48) |
|  | Fruit juice | 0.1 (0-0.1) | 0 (0-0.1) | 1 (1-2) | 2 (1-3) |
| Kenya | Suboptimal diet | 53.6 (50.7-56.9) | 53.9 (51.4-56.8) | 746 (702-795) | 990 (938-1054) |
|  | Whole grains | 34.8 (31.9-37) | 36.7 (33.9-39) | 485 (441-517) | 675 (615-727) |
|  | Refined grains (total) | 18.8 (15.3-23) | 18.7 (15.7-22.3) | 262 (214-320) | 342 (289-405) |
|  | *Refined rice* | 2.8 (2.2-3.6) | 7.6 (6.3-9.7) | 38 (31-51) | 140 (117-177) |
|  | *Refined wheat* | 16.5 (13.4-20.2) | 11.9 (10-14.5) | 230 (187-282) | 219 (184-268) |
|  | Processed meats | 0.8 (0.4-2.5) | 0.9 (0.4-2.6) | 12 (6-35) | 16 (8-48) |
|  | Unprocessed red meats | 6.3 (4.1-9.2) | 6 (4.1-9.6) | 88 (57-128) | 110 (75-178) |
|  | Yogurt | 12.1 (11.1-12.9) | 12.9 (11.8-14) | 168 (154-181) | 237 (218-257) |
|  | Sugar-sweetened beverages | 6.4 (3.5-11.1) | 3.9 (2.1-7.5) | 88 (48-157) | 71 (38-138) |
|  | Potatoes | 1.6 (1.1-2.5) | 2.7 (1.8-4.2) | 22 (15-35) | 49 (34-77) |
|  | Fruit | 2.4 (2.2-2.5) | 2.8 (2.6-3.1) | 33 (31-36) | 52 (48-57) |
|  | Nuts and seeds | 1.3 (1.2-1.4) | 1.5 (1.4-1.6) | 18 (17-20) | 27 (25-29) |
|  | Non-starchy vegetables | 1.5 (1.4-1.7) | 0.4 (0.3-0.5) | 21 (20-23) | 8 (6-10) |
|  | Fruit juice | 0.1 (0-0.1) | 0.1 (0.1-0.1) | 1 (1-1) | 2 (1-2) |
| Kiribati | Suboptimal diet | 70.4 (63.6-77.4) | 77.7 (69.8-84.7) | 3992 (3604-4383) | 7164 (6458-7812) |
|  | Whole grains | 39.6 (34.1-42.6) | 30.6 (22.3-37) | 2248 (1931-2437) | 2816 (2041-3420) |
|  | Refined grains (total) | 35.8 (24.5-46.9) | 39.4 (27.4-51.7) | 2026 (1405-2673) | 3618 (2515-4752) |
|  | *Refined rice* | 26.8 (17.8-36) | 29.4 (19.7-40.1) | 1521 (1017-2059) | 2705 (1815-3667) |
|  | *Refined wheat* | 13.7 (8.8-19.4) | 15.8 (10.1-23) | 781 (500-1098) | 1457 (932-2065) |
|  | Processed meats | 14.8 (6.4-28.9) | 26.2 (12.7-45.2) | 841 (357-1658) | 2408 (1163-4194) |
|  | Unprocessed red meats | 10.1 (6.5-14.8) | 16.9 (11.7-22.6) | 574 (375-832) | 1559 (1074-2101) |
|  | Yogurt | 13.8 (12.8-14.7) | 14 (12.9-15.2) | 786 (725-838) | 1292 (1191-1390) |
|  | Sugar-sweetened beverages | 4.7 (2.8-8.4) | 9.4 (5.7-14.5) | 269 (159-481) | 866 (529-1369) |
|  | Potatoes | 0.2 (0.1-0.4) | 0.1 (0-0.2) | 12 (6-24) | 9 (4-19) |
|  | Fruit | 3.3 (2.8-3.6) | 3.3 (2.7-3.8) | 185 (159-206) | 307 (253-355) |
|  | Nuts and seeds | 1.2 (1.1-1.4) | 1.4 (1.3-1.5) | 71 (62-79) | 130 (115-144) |
|  | Non-starchy vegetables | 1.3 (1-1.6) | 1.7 (1.4-2) | 76 (56-93) | 159 (125-185) |
|  | Fruit juice | 0 (0-0.1) | 0 (0-0.1) | 2 (2-4) | 4 (3-8) |
| Kuwait | Suboptimal diet | 64.6 (59.2-72.7) | 88 (81-93.7) | 2285 (2065-2577) | 6103 (5606-6665) |
|  | Whole grains | 43.4 (40.6-45.4) | 34.5 (25.8-40) | 1533 (1400-1647) | 2390 (1792-2825) |
|  | Refined grains (total) | 22.8 (14.3-34.4) | 25.4 (16.2-37.9) | 808 (514-1214) | 1770 (1123-2628) |
|  | *Refined rice* | 13 (7.8-20.7) | 13.6 (8.2-21.2) | 460 (283-728) | 943 (579-1501) |
|  | *Refined wheat* | 12 (7.2-19.1) | 14.3 (8.7-22.4) | 422 (258-672) | 997 (609-1580) |
|  | Processed meats | 9.1 (2.3-25.8) | 42.1 (18.9-67.9) | 320 (80-911) | 2916 (1321-4721) |
|  | Unprocessed red meats | 3.2 (1.9-8.4) | 9.9 (6.9-16.2) | 115 (67-300) | 688 (477-1130) |
|  | Yogurt | 8.2 (5.2-10.8) | 7.4 (4.7-10) | 287 (188-381) | 517 (328-694) |
|  | Sugar-sweetened beverages | 15.5 (10.1-23.2) | 35.9 (25.2-47.7) | 547 (355-826) | 2485 (1756-3345) |
|  | Potatoes | 2.6 (1.4-5.7) | 29.6 (19.3-39.4) | 91 (49-204) | 2066 (1361-2795) |
|  | Fruit | 3.3 (3-3.5) | 3.7 (3.4-3.9) | 115 (105-127) | 254 (233-279) |
|  | Nuts and seeds | 1.1 (0.9-1.3) | 0.8 (0.6-1.1) | 39 (32-46) | 57 (41-75) |
|  | Non-starchy vegetables | 1.5 (1.4-1.7) | 1.4 (1.3-1.6) | 54 (48-61) | 101 (88-115) |
|  | Fruit juice | 0.1 (0.1-0.3) | 0.2 (0.1-0.3) | 5 (3-10) | 11 (6-21) |
| Kyrgyzstan | Suboptimal diet | 87.6 (83.5-91.9) | 79.6 (73.8-85.4) | 1298 (1226-1370) | 1837 (1705-1980) |
|  | Whole grains | 43.2 (41.9-44.4) | 25.5 (17.8-32.5) | 641 (612-668) | 590 (413-754) |
|  | Refined grains (total) | 24.6 (19.6-31) | 27.1 (21.6-33.6) | 365 (291-456) | 624 (497-780) |
|  | *Refined rice* | 0.6 (0.4-0.7) | 2.4 (1.9-3.4) | 8 (6-11) | 56 (43-79) |
|  | *Refined wheat* | 24.2 (19.2-30.5) | 25.2 (20-31.5) | 359 (285-449) | 582 (462-729) |
|  | Processed meats | 46.6 (31-64.6) | 35.8 (22.3-53.4) | 689 (461-960) | 830 (511-1239) |
|  | Unprocessed red meats | 41.8 (35.6-48.4) | 19.2 (14.9-24.2) | 620 (525-722) | 444 (349-565) |
|  | Yogurt | 9.3 (7.3-10.7) | 9.5 (7.4-11.1) | 137 (107-159) | 218 (171-255) |
|  | Sugar-sweetened beverages | 13 (9.1-18.5) | 17.8 (12.6-24.2) | 194 (134-276) | 410 (290-566) |
|  | Potatoes | 4.7 (2.8-8) | 8.7 (5.4-14.3) | 70 (42-118) | 200 (124-330) |
|  | Fruit | 3 (2.7-3.2) | 3.4 (3.1-3.7) | 44 (40-48) | 78 (71-85) |
|  | Nuts and seeds | 1.2 (1.1-1.4) | 0.8 (0.6-1) | 18 (16-20) | 19 (15-23) |
|  | Non-starchy vegetables | 1.8 (1.6-2) | 2.1 (1.9-2.3) | 27 (24-29) | 48 (44-53) |
|  | Fruit juice | 0.1 (0-0.1) | 0.1 (0-0.1) | 1 (1-1) | 1 (1-2) |
| Laos | Suboptimal diet | 69.6 (65.4-73.6) | 76.4 (73.2-80) | 1950 (1831-2072) | 3398 (3235-3566) |
|  | Whole grains | 40.6 (39.2-42) | 41.4 (40.1-42.7) | 1138 (1085-1190) | 1842 (1755-1920) |
|  | Refined grains (total) | 50 (43.3-56.4) | 46.9 (41.3-53.3) | 1398 (1216-1580) | 2086 (1834-2340) |
|  | *Refined rice* | 49.9 (43.2-56.3) | 46.6 (41-53) | 1396 (1214-1578) | 2073 (1822-2327) |
|  | *Refined wheat* | 0.1 (0.1-0.2) | 0.6 (0.5-0.7) | 4 (3-4) | 25 (21-31) |
|  | Processed meats | 0.7 (0.4-1.8) | 13.8 (8.3-21.9) | 19 (11-51) | 615 (371-968) |
|  | Unprocessed red meats | 4.1 (2.7-7) | 15.4 (12.3-19.6) | 116 (77-195) | 682 (544-870) |
|  | Yogurt | 12.4 (11.7-13.2) | 12.8 (11.7-13.8) | 348 (323-376) | 567 (528-609) |
|  | Sugar-sweetened beverages | 1.4 (1-3.2) | 4.9 (3.5-7.4) | 40 (27-89) | 220 (155-332) |
|  | Potatoes | 0.5 (0.2-0.9) | 0 (0-0) | 13 (7-25) | 0 (0-0) |
|  | Fruit | 2.4 (2.2-2.6) | 2.7 (2.5-2.9) | 67 (61-73) | 120 (110-130) |
|  | Nuts and seeds | 1.3 (1.2-1.4) | 1.4 (1.3-1.5) | 37 (34-40) | 64 (59-69) |
|  | Non-starchy vegetables | 0.9 (0.8-1) | 1.1 (1-1.3) | 26 (22-29) | 51 (45-56) |
|  | Fruit juice | 0 (0-0) | 0 (0-0) | 0 (0-0) | 0 (0-0) |
| Latvia | Suboptimal diet | 92.2 (88.1-95.9) | 91.6 (86.5-95.4) | 1719 (1622-1807) | 2789 (2622-2938) |
|  | Whole grains | 13.2 (9-17.4) | 14.2 (9.7-18.3) | 245 (169-326) | 433 (299-557) |
|  | Refined grains (total) | 0.3 (0.2-0.5) | 4.1 (2.5-6.6) | 6 (3-9) | 125 (77-200) |
|  | *Refined rice* | 0 (0-0) | 0.3 (0.2-0.5) | 0 (0-0) | 9 (5-14) |
|  | *Refined wheat* | 0.3 (0.2-0.5) | 3.8 (2.3-6.2) | 6 (3-9) | 116 (72-187) |
|  | Processed meats | 59.1 (40.7-77.9) | 64.2 (46.4-80) | 1104 (758-1445) | 1944 (1418-2433) |
|  | Unprocessed red meats | 70.7 (64.9-74.3) | 64.3 (56.4-70.8) | 1317 (1191-1404) | 1959 (1720-2174) |
|  | Yogurt | 6.8 (4.4-8.9) | 6.1 (3.8-8.2) | 128 (82-168) | 187 (114-250) |
|  | Sugar-sweetened beverages | 4.6 (3.6-7.2) | 4.1 (3.2-6.1) | 86 (66-137) | 124 (96-185) |
|  | Potatoes | 11.5 (9.1-14.7) | 9.1 (7.3-12.2) | 215 (170-276) | 276 (222-375) |
|  | Fruit | 3.2 (3.1-3.4) | 3.3 (3.2-3.5) | 60 (56-64) | 102 (96-109) |
|  | Nuts and seeds | 1.3 (1.2-1.4) | 1.1 (1-1.2) | 24 (22-25) | 34 (30-38) |
|  | Non-starchy vegetables | 0.8 (0.7-0.9) | 0.4 (0.3-0.6) | 15 (13-17) | 13 (10-17) |
|  | Fruit juice | 0.1 (0.1-0.2) | 0.1 (0-0.2) | 2 (1-4) | 3 (1-6) |
| Lebanon | Suboptimal diet | 70.2 (66.2-74.4) | 73 (68.8-77.3) | 2897 (2720-3084) | 3142 (2942-3340) |
|  | Whole grains | 29.6 (26.9-32.3) | 27.7 (24.4-30.7) | 1224 (1098-1343) | 1192 (1038-1343) |
|  | Refined grains (total) | 39.2 (32.9-45.7) | 39.8 (33.3-46.8) | 1615 (1363-1880) | 1716 (1449-2002) |
|  | *Refined rice* | 6.4 (5.1-8.2) | 5.8 (4.7-7.6) | 264 (214-338) | 252 (203-325) |
|  | *Refined wheat* | 35 (29.4-41.2) | 36.1 (30.2-42.8) | 1446 (1214-1690) | 1558 (1309-1833) |
|  | Processed meats | 10.4 (6.6-15.9) | 15.9 (11.4-23.1) | 431 (269-661) | 686 (485-1006) |
|  | Unprocessed red meats | 5.7 (4.1-9.5) | 8.1 (5.9-12.5) | 234 (171-395) | 347 (252-535) |
|  | Yogurt | 5.6 (4.2-6.9) | 5.5 (4.2-7) | 230 (175-286) | 238 (181-299) |
|  | Sugar-sweetened beverages | 21.1 (17.4-25.5) | 21.5 (17.8-27.1) | 871 (718-1054) | 924 (765-1168) |
|  | Potatoes | 5.7 (4.8-7.7) | 4.8 (4.1-6.6) | 237 (201-318) | 206 (174-282) |
|  | Fruit | 0.2 (0.2-0.3) | 1.3 (0.9-1.6) | 9 (6-13) | 54 (41-68) |
|  | Nuts and seeds | 0.7 (0.5-0.8) | 0.5 (0.4-0.7) | 27 (22-32) | 23 (17-29) |
|  | Non-starchy vegetables | 0.1 (0.1-0.2) | 0.1 (0.1-0.2) | 4 (3-7) | 5 (3-9) |
|  | Fruit juice | 0.1 (0-0.1) | 0.1 (0.1-0.1) | 2 (2-3) | 4 (3-5) |
| Lesotho | Suboptimal diet | 53.3 (48.4-59.5) | 71.2 (65-77.8) | 1546 (1405-1735) | 2744 (2485-2999) |
|  | Whole grains | 23.3 (15.4-29.6) | 21.9 (13.6-29.4) | 681 (450-863) | 847 (529-1138) |
|  | Refined grains (total) | 14.9 (11.6-18.8) | 15.6 (12.6-19.4) | 431 (341-552) | 599 (487-748) |
|  | *Refined rice* | 0.8 (0.6-1.2) | 6.1 (4.9-7.9) | 24 (19-34) | 235 (189-304) |
|  | *Refined wheat* | 14.1 (11-18) | 10 (8.1-12.6) | 410 (324-526) | 386 (312-490) |
|  | Processed meats | 4.8 (1.5-12.3) | 6 (1.8-15.3) | 139 (44-362) | 229 (71-584) |
|  | Unprocessed red meats | 6.5 (4.7-10) | 11.2 (8.3-15.4) | 189 (135-293) | 432 (320-600) |
|  | Yogurt | 10.8 (9.3-11.9) | 11.8 (10.5-12.9) | 314 (271-346) | 454 (406-495) |
|  | Sugar-sweetened beverages | 15.5 (10.6-22.4) | 40.3 (29.7-51.4) | 452 (309-645) | 1553 (1141-1988) |
|  | Potatoes | 1.5 (0.8-2.9) | 5.7 (3.3-10.9) | 43 (23-85) | 218 (126-419) |
|  | Fruit | 2.7 (2.5-2.9) | 3.3 (3-3.4) | 79 (74-85) | 125 (115-134) |
|  | Nuts and seeds | 1.2 (1.1-1.3) | 1.3 (1.2-1.5) | 34 (31-37) | 52 (47-57) |
|  | Non-starchy vegetables | 0.1 (0-0.1) | 0.8 (0.6-0.9) | 2 (1-2) | 30 (24-36) |
|  | Fruit juice | 0.1 (0-0.1) | 0.1 (0-0.1) | 2 (1-3) | 3 (2-4) |
| Liberia | Suboptimal diet | 68 (60.4-78.3) | 82.9 (75-90.9) | 1657 (1465-1929) | 2611 (2344-2881) |
|  | Whole grains | 36.9 (33.8-38.9) | 37.6 (32.4-40.7) | 900 (814-959) | 1181 (1013-1297) |
|  | Refined grains (total) | 22.9 (17.5-29.4) | 21.4 (17.5-26) | 560 (423-715) | 673 (546-819) |
|  | *Refined rice* | 22.6 (17.3-29.2) | 19 (15.4-23.1) | 553 (419-708) | 595 (482-728) |
|  | *Refined wheat* | 0.3 (0.2-0.4) | 3 (2.4-3.9) | 8 (6-11) | 95 (75-125) |
|  | Processed meats | 22.6 (8-47.5) | 43.4 (20.7-69.1) | 552 (192-1153) | 1363 (644-2191) |
|  | Unprocessed red meats | 12.8 (9.4-17.6) | 11.7 (8.8-16) | 313 (228-432) | 366 (276-505) |
|  | Yogurt | 11.3 (10.2-12.2) | 12.7 (11.5-13.9) | 275 (247-300) | 399 (365-432) |
|  | Sugar-sweetened beverages | 8 (4.9-12.7) | 32.5 (23.6-43.5) | 195 (121-313) | 1018 (736-1371) |
|  | Potatoes | 0.3 (0.1-0.6) | 0.4 (0.2-0.7) | 7 (3-14) | 12 (6-24) |
|  | Fruit | 2.8 (2.6-3) | 3.6 (3.4-3.8) | 68 (63-73) | 112 (104-120) |
|  | Nuts and seeds | 1 (0.9-1.1) | 1.3 (1.2-1.4) | 24 (21-27) | 41 (37-46) |
|  | Non-starchy vegetables | 1 (0.9-1.2) | 1.3 (1.1-1.4) | 25 (22-28) | 40 (35-45) |
|  | Fruit juice | 0.1 (0-0.1) | 0.1 (0.1-0.2) | 2 (1-3) | 3 (2-6) |
| Libya | Suboptimal diet | 73 (65.8-80.1) | 76.4 (69.2-83.6) | 2113 (1888-2329) | 5555 (5001-6125) |
|  | Whole grains | 35.1 (26.9-39.8) | 35.7 (27.6-40.8) | 1016 (772-1167) | 2598 (1994-2994) |
|  | Refined grains (total) | 27.5 (16.2-40.3) | 31.6 (19.5-44) | 798 (470-1169) | 2295 (1423-3215) |
|  | *Refined rice* | 27.5 (16.2-40.3) | 31.6 (19.5-44) | 798 (470-1169) | 2295 (1423-3215) |
|  | *Refined wheat* | 0 (0-0) | 0 (0-0) | 0 (0-0) | 0 (0-0) |
|  | Processed meats | 20.3 (9.1-40.3) | 21.5 (9.7-41.4) | 589 (262-1135) | 1571 (698-3012) |
|  | Unprocessed red meats | 14.4 (9.3-21.6) | 14.3 (8.9-21.7) | 418 (268-620) | 1043 (646-1571) |
|  | Yogurt | 8 (5.5-10.2) | 8.1 (5.2-10.7) | 233 (162-299) | 594 (379-775) |
|  | Sugar-sweetened beverages | 17.8 (12.7-24.8) | 20.1 (14.5-28.4) | 516 (365-712) | 1461 (1054-2083) |
|  | Potatoes | 3.2 (1.8-5.9) | 5.5 (3.1-10.1) | 94 (53-170) | 400 (223-735) |
|  | Fruit | 3.2 (2.9-3.4) | 3.6 (3.3-3.9) | 92 (83-99) | 264 (240-290) |
|  | Nuts and seeds | 1.1 (0.9-1.2) | 0.9 (0.7-1.1) | 32 (27-36) | 63 (48-80) |
|  | Non-starchy vegetables | 1.2 (1-1.3) | 1.3 (1.1-1.5) | 33 (28-39) | 98 (82-113) |
|  | Fruit juice | 0.1 (0.1-0.2) | 0.1 (0.1-0.2) | 3 (2-6) | 10 (5-18) |
| Lithuania | Suboptimal diet | 87.3 (82.7-91.2) | 86.8 (82.2-90.8) | 1525 (1429-1615) | 2061 (1946-2168) |
|  | Whole grains | 35.1 (33-37.1) | 34.9 (33-36.8) | 613 (571-655) | 828 (774-880) |
|  | Refined grains (total) | 0.2 (0.1-0.3) | 2.7 (1.7-4.6) | 3 (2-5) | 64 (39-108) |
|  | *Refined rice* | 0 (0-0) | 0.1 (0.1-0.2) | 0 (0-0) | 2 (1-4) |
|  | *Refined wheat* | 0.2 (0.1-0.3) | 2.6 (1.6-4.4) | 3 (2-5) | 62 (38-104) |
|  | Processed meats | 38.5 (24.2-55.6) | 47.5 (33.3-61) | 673 (423-967) | 1128 (792-1458) |
|  | Unprocessed red meats | 58.6 (48.9-67) | 51.6 (42-60.7) | 1022 (849-1173) | 1225 (992-1451) |
|  | Yogurt | 6.7 (4.5-8.7) | 5.9 (3.8-7.9) | 118 (78-153) | 141 (90-188) |
|  | Sugar-sweetened beverages | 4.3 (3.2-6.9) | 4.9 (3.7-7.2) | 74 (55-118) | 116 (88-170) |
|  | Potatoes | 7.7 (6.3-10.2) | 5 (4.1-6.6) | 135 (109-179) | 119 (96-158) |
|  | Fruit | 3.1 (2.9-3.3) | 3.3 (3.1-3.5) | 54 (51-58) | 78 (72-84) |
|  | Nuts and seeds | 1.3 (1.2-1.3) | 1.1 (0.9-1.2) | 22 (20-24) | 25 (22-28) |
|  | Non-starchy vegetables | 1.5 (1.3-1.6) | 1.2 (1-1.3) | 26 (23-28) | 28 (24-31) |
|  | Fruit juice | 0.2 (0.1-0.3) | 0.2 (0.1-0.3) | 3 (2-6) | 4 (2-6) |
| Luxembourg | Suboptimal diet | 82.5 (74.5-90.1) | 93.2 (85.4-97.4) | 1402 (1270-1543) | 5276 (4781-5558) |
|  | Whole grains | 38.9 (37.6-40.1) | 28.4 (22.9-32.7) | 663 (630-694) | 1604 (1278-1871) |
|  | Refined grains (total) | 15.6 (10.7-20.8) | 15.9 (11.5-21.8) | 265 (183-353) | 899 (658-1220) |
|  | *Refined rice* | 15.6 (10.7-20.8) | 1.3 (0.9-1.9) | 265 (183-353) | 75 (53-107) |
|  | *Refined wheat* | 0 (0-0) | 14.8 (10.7-20.4) | 0 (0-0) | 837 (614-1143) |
|  | Processed meats | 40.2 (21.4-62) | 76.3 (51.6-89.5) | 682 (360-1059) | 4352 (2899-5005) |
|  | Unprocessed red meats | 28.9 (16.2-46.4) | 39.7 (23.2-59.7) | 492 (271-787) | 2253 (1319-3391) |
|  | Yogurt | 7.6 (5.7-9.2) | 7.9 (5.9-9.8) | 128 (96-158) | 446 (334-557) |
|  | Sugar-sweetened beverages | 9.1 (6.5-12.7) | 11.2 (8.3-16.3) | 154 (109-217) | 637 (468-919) |
|  | Potatoes | 17.2 (12.5-22.9) | 9.6 (6.4-15.4) | 293 (212-393) | 547 (366-874) |
|  | Fruit | 2.4 (2.1-2.7) | 2.8 (2.4-3.2) | 41 (36-46) | 159 (138-180) |
|  | Nuts and seeds | 1 (0.8-1.2) | 1.4 (1.3-1.5) | 18 (14-20) | 78 (71-86) |
|  | Non-starchy vegetables | 1.1 (0.8-1.3) | 1.4 (1.1-1.6) | 18 (14-21) | 78 (64-90) |
|  | Fruit juice | 0.2 (0.1-0.5) | 0.2 (0.1-0.5) | 3 (1-8) | 10 (4-28) |
| Macedonia | Suboptimal diet | 73.4 (67.1-80.1) | 85.6 (79.6-90.7) | 2625 (2385-2877) | 5873 (5460-6260) |
|  | Whole grains | 38.9 (36.6-40.6) | 23.5 (16.8-29.8) | 1388 (1298-1471) | 1614 (1150-2062) |
|  | Refined grains (total) | 18.8 (13.8-25.2) | 22.1 (16.2-29.8) | 673 (493-903) | 1516 (1117-2033) |
|  | *Refined rice* | 0.5 (0.3-0.7) | 1 (0.7-1.5) | 17 (12-26) | 69 (49-105) |
|  | *Refined wheat* | 18.5 (13.5-24.8) | 21.4 (15.6-28.8) | 660 (482-886) | 1465 (1076-1968) |
|  | Processed meats | 38.5 (25-53.5) | 57.5 (43.5-71.6) | 1373 (900-1916) | 3962 (2979-4891) |
|  | Unprocessed red meats | 12.9 (9.2-17.6) | 19.6 (14.6-25.7) | 462 (324-633) | 1339 (1004-1757) |
|  | Yogurt | 6.9 (4.7-8.9) | 6.8 (4.6-8.8) | 246 (169-318) | 465 (313-601) |
|  | Sugar-sweetened beverages | 3 (2.2-5.1) | 18.6 (14.6-24.1) | 108 (78-181) | 1273 (996-1663) |
|  | Potatoes | 5.6 (3.4-9.4) | 12.3 (7.9-19.2) | 199 (121-338) | 849 (539-1300) |
|  | Fruit | 2.9 (2.7-3.1) | 2.9 (2.6-3.1) | 105 (98-113) | 197 (176-218) |
|  | Nuts and seeds | 1.2 (1.2-1.3) | 1 (0.9-1.2) | 44 (41-48) | 72 (61-82) |
|  | Non-starchy vegetables | 0.8 (0.6-1) | 0.9 (0.7-1.1) | 30 (23-36) | 64 (50-79) |
|  | Fruit juice | 0.1 (0.1-0.2) | 0.1 (0.1-0.2) | 4 (3-7) | 8 (5-13) |
| Madagascar | Suboptimal diet | 69.3 (64.3-75) | 67 (62-72.8) | 1149 (1062-1253) | 1315 (1211-1431) |
|  | Whole grains | 31.4 (24.5-36.1) | 33.1 (25.8-37.7) | 522 (410-599) | 648 (505-745) |
|  | Refined grains (total) | 20.8 (17.5-24.7) | 20.7 (17.4-24.6) | 346 (290-410) | 407 (340-481) |
|  | *Refined rice* | 20.3 (17-24) | 19.6 (16.4-23.3) | 336 (282-399) | 384 (321-454) |
|  | *Refined wheat* | 0.7 (0.6-0.9) | 1.4 (1.2-1.8) | 12 (10-15) | 28 (23-36) |
|  | Processed meats | 9.9 (3.5-25.4) | 8.6 (2.9-22.2) | 163 (59-420) | 168 (57-437) |
|  | Unprocessed red meats | 14.2 (11-18.1) | 13.5 (10.3-17.7) | 235 (183-301) | 264 (204-347) |
|  | Yogurt | 12.2 (11.3-13) | 12.9 (11.9-13.9) | 202 (185-218) | 254 (234-272) |
|  | Sugar-sweetened beverages | 20 (13.5-27.7) | 19.4 (13.2-27.8) | 333 (226-459) | 379 (258-547) |
|  | Potatoes | 8.7 (5-15.1) | 2.1 (1.2-4.2) | 145 (85-249) | 42 (24-81) |
|  | Fruit | 2.5 (2.4-2.7) | 3 (2.8-3.2) | 42 (39-45) | 58 (54-63) |
|  | Nuts and seeds | 1.2 (1.1-1.3) | 1.4 (1.3-1.6) | 20 (18-21) | 28 (26-31) |
|  | Non-starchy vegetables | 0.8 (0.7-0.9) | 0.9 (0.8-1) | 13 (11-15) | 18 (16-21) |
|  | Fruit juice | 0 (0-0) | 0 (0-0.1) | 0 (0-1) | 1 (1-1) |
| Malawi | Suboptimal diet | 50 (45.5-55.8) | 55.9 (50.5-62.9) | 974 (884-1085) | 1366 (1227-1540) |
|  | Whole grains | 12 (7.4-16.7) | 16.2 (11.3-20.8) | 233 (146-331) | 395 (272-511) |
|  | Refined grains (total) | 21.4 (17.8-25.8) | 21.9 (18.5-26.2) | 416 (347-500) | 535 (454-639) |
|  | *Refined rice* | 13.7 (11.3-16.8) | 9.7 (8-12.1) | 267 (220-326) | 237 (198-295) |
|  | *Refined wheat* | 8.9 (7.3-11.1) | 13.6 (11.3-16.5) | 174 (143-216) | 332 (278-402) |
|  | Processed meats | 4.5 (1.3-12.8) | 9.3 (2.7-23.7) | 86 (25-252) | 228 (67-580) |
|  | Unprocessed red meats | 4.8 (3.2-8.7) | 5.9 (4.1-10) | 93 (63-171) | 144 (100-246) |
|  | Yogurt | 12.5 (11.3-13.5) | 13.1 (12-14.2) | 243 (220-267) | 319 (294-346) |
|  | Sugar-sweetened beverages | 9.4 (6.1-14.4) | 5.2 (3.4-8.5) | 183 (118-279) | 127 (83-209) |
|  | Potatoes | 0.7 (0.4-1.3) | 6.3 (3.3-11.9) | 13 (7-25) | 154 (83-296) |
|  | Fruit | 2.3 (2.1-2.5) | 2.7 (2.5-2.9) | 45 (41-50) | 66 (60-72) |
|  | Nuts and seeds | 1.3 (1.2-1.4) | 1.1 (0.9-1.3) | 25 (23-28) | 28 (23-32) |
|  | Non-starchy vegetables | 0.4 (0.3-0.5) | 0.9 (0.8-1) | 8 (6-10) | 21 (18-25) |
|  | Fruit juice | 0 (0-0.1) | 0.1 (0-0.1) | 1 (1-1) | 1 (1-2) |
| Malaysia | Suboptimal diet | 74.6 (67.3-82.8) | 69.9 (62.2-78.8) | 2232 (2005-2484) | 3270 (2894-3696) |
|  | Whole grains | 39.9 (37.2-41.5) | 33.1 (27.3-37.1) | 1194 (1108-1256) | 1550 (1265-1749) |
|  | Refined grains (total) | 43.5 (29.1-61.6) | 39.8 (25.9-57.9) | 1304 (865-1866) | 1857 (1215-2695) |
|  | *Refined rice* | 38.3 (25.2-55.6) | 30.5 (19.2-46.5) | 1151 (749-1685) | 1425 (907-2155) |
|  | *Refined wheat* | 8.6 (5.2-14.3) | 13.6 (8.2-22.3) | 258 (153-433) | 636 (384-1042) |
|  | Processed meats | 18.5 (13.1-24.5) | 12.8 (8.7-18.8) | 554 (393-735) | 599 (410-878) |
|  | Unprocessed red meats | 8.2 (6-11.6) | 6.6 (4.8-9.7) | 246 (182-346) | 309 (222-451) |
|  | Yogurt | 12.8 (12-13.6) | 12.4 (11.3-13.5) | 385 (358-407) | 580 (530-624) |
|  | Sugar-sweetened beverages | 7.4 (5.4-10) | 7.1 (5.1-10.1) | 220 (162-300) | 334 (242-470) |
|  | Potatoes | 0.3 (0.2-0.7) | 3.1 (1.6-6.4) | 10 (5-20) | 143 (73-298) |
|  | Fruit | 2.6 (2.4-2.8) | 2.8 (2.6-3) | 78 (73-83) | 132 (122-143) |
|  | Nuts and seeds | 0.5 (0.4-0.6) | 0.5 (0.4-0.6) | 15 (12-17) | 22 (17-27) |
|  | Non-starchy vegetables | 1.1 (1-1.2) | 1 (0.9-1.1) | 33 (30-36) | 46 (40-52) |
|  | Fruit juice | 0.1 (0.1-0.1) | 0.1 (0.1-0.1) | 2 (2-3) | 4 (3-5) |
| Maldives | Suboptimal diet | 65.3 (59.6-71) | 71.2 (64.1-80.6) | 1554 (1414-1688) | 1960 (1760-2225) |
|  | Whole grains | 2.9 (1.8-4.2) | 7.7 (3.3-17.3) | 69 (44-101) | 211 (89-470) |
|  | Refined grains (total) | 38.8 (33.3-45.1) | 40.3 (34.1-46.7) | 923 (790-1065) | 1104 (944-1281) |
|  | *Refined rice* | 27.1 (22.9-32.1) | 26.8 (22.3-31.7) | 646 (543-763) | 735 (616-869) |
|  | *Refined wheat* | 16.2 (13.5-19.6) | 18.6 (15.3-22.3) | 387 (321-463) | 512 (425-614) |
|  | Processed meats | 1.1 (0.2-5.9) | 18.3 (4.9-46.2) | 26 (5-141) | 503 (133-1283) |
|  | Unprocessed red meats | 1.8 (1.1-3.7) | 11.9 (8.6-16.2) | 43 (25-88) | 325 (235-441) |
|  | Yogurt | 11.4 (10.6-12.2) | 11.5 (10.3-12.5) | 272 (251-291) | 315 (285-345) |
|  | Sugar-sweetened beverages | 27 (17.6-37.3) | 12.2 (7.1-19.9) | 643 (418-891) | 334 (197-545) |
|  | Potatoes | 0.8 (0.4-1.8) | 4.6 (2.2-10) | 20 (10-43) | 126 (61-275) |
|  | Fruit | 3.5 (3.4-3.7) | 1.6 (1.2-1.9) | 84 (80-88) | 43 (34-53) |
|  | Nuts and seeds | 1.1 (0.8-1.2) | 1 (0.7-1.2) | 25 (20-29) | 27 (19-33) |
|  | Non-starchy vegetables | 1.7 (1.6-1.8) | 0.9 (0.7-1.1) | 41 (39-44) | 26 (20-32) |
|  | Fruit juice | 0 (0-0) | 0 (0-0) | 0 (0-1) | 0 (0-1) |
| Mali | Suboptimal diet | 51 (41.8-62.6) | 56 (49-65.7) | 960 (793-1177) | 1497 (1309-1764) |
|  | Whole grains | 21.1 (13.2-28.5) | 22 (14-29.6) | 395 (245-537) | 589 (372-796) |
|  | Refined grains (total) | 7.7 (6.2-10.1) | 11.6 (9.6-14.7) | 145 (116-189) | 312 (260-390) |
|  | *Refined rice* | 7 (5.6-9.3) | 10.1 (8.4-12.9) | 132 (106-175) | 272 (226-346) |
|  | *Refined wheat* | 0.7 (0.6-0.9) | 1.6 (1.4-2.1) | 13 (11-17) | 44 (37-55) |
|  | Processed meats | 14.8 (5.2-34.3) | 13.1 (4.7-31.3) | 278 (99-651) | 353 (125-830) |
|  | Unprocessed red meats | 6.7 (4.6-11) | 10.1 (7.2-14.7) | 125 (87-208) | 271 (195-392) |
|  | Yogurt | 11.5 (10.4-12.7) | 12 (10.7-13.2) | 217 (193-242) | 322 (288-353) |
|  | Sugar-sweetened beverages | 5.9 (3.6-9.9) | 9.2 (5.7-14.7) | 111 (68-187) | 245 (153-395) |
|  | Potatoes | 0.7 (0.4-1.4) | 2 (1.1-4.3) | 14 (8-27) | 55 (31-116) |
|  | Fruit | 2.8 (2.6-3) | 3.2 (2.9-3.4) | 52 (48-56) | 84 (78-92) |
|  | Nuts and seeds | 0.7 (0.4-1) | 0.8 (0.5-1.2) | 14 (8-19) | 22 (15-31) |
|  | Non-starchy vegetables | 1.2 (1.1-1.4) | 1.5 (1.3-1.6) | 23 (21-26) | 39 (35-44) |
|  | Fruit juice | 0.1 (0.1-0.1) | 0.1 (0.1-0.2) | 1 (1-2) | 3 (2-4) |
| Malta | Suboptimal diet | 80.8 (74.7-86.8) | 81.5 (74.7-87.6) | 3122 (2868-3369) | 4606 (4233-4977) |
|  | Whole grains | 23.3 (17.8-28.2) | 15.1 (10.4-20.7) | 902 (690-1093) | 855 (591-1169) |
|  | Refined grains (total) | 33.1 (20.2-38.2) | 32.7 (19.7-37.1) | 1286 (781-1468) | 1857 (1114-2094) |
|  | *Refined rice* | 1.8 (1-2.3) | 2.4 (1.3-3.1) | 71 (40-89) | 136 (74-174) |
|  | *Refined wheat* | 31.9 (19.4-36.8) | 31.1 (18.7-35.2) | 1238 (749-1418) | 1764 (1051-1997) |
|  | Processed meats | 38 (25.7-54.5) | 43.4 (29.2-60) | 1474 (981-2099) | 2450 (1665-3412) |
|  | Unprocessed red meats | 30.5 (22.1-40.6) | 24.7 (17.2-34.4) | 1176 (849-1561) | 1394 (963-1947) |
|  | Yogurt | 7.7 (5.7-9.5) | 7.5 (5.5-9.3) | 298 (222-372) | 424 (314-526) |
|  | Sugar-sweetened beverages | 12 (8.7-17) | 18.4 (13.8-24.8) | 463 (335-655) | 1045 (781-1410) |
|  | Potatoes | 2.9 (1.6-5.7) | 2.8 (1.6-5.3) | 111 (62-220) | 159 (91-303) |
|  | Fruit | 1.9 (1.7-2.2) | 2.1 (1.8-2.4) | 75 (64-85) | 120 (103-135) |
|  | Nuts and seeds | 0.9 (0.7-1.1) | 1 (0.8-1.2) | 36 (28-43) | 56 (43-67) |
|  | Non-starchy vegetables | 1.2 (1.1-1.4) | 1.4 (1.3-1.5) | 47 (43-52) | 78 (70-87) |
|  | Fruit juice | 0.3 (0.2-0.4) | 0.4 (0.3-0.5) | 13 (9-17) | 20 (15-28) |
| Marshall Islands | Suboptimal diet | 75 (67.7-81.4) | 77.7 (70.5-84.1) | 3902 (3512-4260) | 8897 (7988-9634) |
|  | Whole grains | 40.2 (34.7-43.3) | 40.8 (34.5-44.2) | 2091 (1807-2277) | 4656 (3944-5099) |
|  | Refined grains (total) | 36.9 (23.4-50.5) | 41.7 (26.7-56.7) | 1921 (1207-2627) | 4759 (3046-6414) |
|  | *Refined rice* | 36.9 (23.4-50.5) | 41.7 (26.7-56.7) | 1921 (1207-2627) | 4759 (3046-6414) |
|  | *Refined wheat* | 0 (0-0) | 0 (0-0) | 0 (0-0) | 0 (0-0) |
|  | Processed meats | 12.6 (6-26) | 13.2 (6.2-25.2) | 655 (316-1353) | 1502 (721-2896) |
|  | Unprocessed red meats | 23.3 (16.8-30.7) | 16.3 (10.7-23.3) | 1216 (873-1613) | 1861 (1234-2647) |
|  | Yogurt | 14 (12.9-15.1) | 14.2 (12.8-15.7) | 731 (667-795) | 1629 (1475-1787) |
|  | Sugar-sweetened beverages | 5.5 (3.6-9.1) | 14.1 (9.9-20.1) | 285 (183-471) | 1612 (1117-2335) |
|  | Potatoes | 0.2 (0.1-0.5) | 1.5 (0.8-3.3) | 13 (6-26) | 173 (86-376) |
|  | Fruit | 3.1 (2.8-3.3) | 3.2 (2.9-3.5) | 160 (145-175) | 364 (325-408) |
|  | Nuts and seeds | 1.3 (1.2-1.4) | 1.4 (1.2-1.6) | 68 (60-75) | 162 (142-181) |
|  | Non-starchy vegetables | 0.9 (0.6-1.1) | 1 (0.7-1.2) | 45 (33-56) | 112 (83-144) |
|  | Fruit juice | 0 (0-0.1) | 0.1 (0-0.1) | 2 (1-4) | 6 (4-10) |
| Mauritania | Suboptimal diet | 72 (62.2-83.6) | 79.3 (69.2-88.9) | 1123 (969-1302) | 1383 (1214-1556) |
|  | Whole grains | 31.9 (26-35.8) | 29.8 (22.9-34.9) | 496 (400-561) | 520 (402-609) |
|  | Refined grains (total) | 21.5 (15.9-28.1) | 21.8 (16.2-28.7) | 335 (248-434) | 378 (282-498) |
|  | *Refined rice* | 12.9 (9.3-17.4) | 10.7 (7.8-14.6) | 201 (146-269) | 187 (136-255) |
|  | *Refined wheat* | 10.4 (7.6-14.1) | 12.8 (9.3-17.2) | 162 (117-218) | 222 (163-300) |
|  | Processed meats | 33.5 (12.5-61.2) | 38.6 (14.9-67.5) | 520 (194-950) | 668 (261-1167) |
|  | Unprocessed red meats | 11.8 (8.6-16) | 8.6 (5.8-13.2) | 185 (132-250) | 150 (100-229) |
|  | Yogurt | 10.6 (9-11.6) | 10.8 (9.3-12.2) | 164 (142-182) | 188 (163-212) |
|  | Sugar-sweetened beverages | 12.4 (7.9-18.1) | 31.2 (21.8-43.4) | 193 (122-283) | 545 (381-758) |
|  | Potatoes | 0.3 (0.2-0.6) | 1.8 (1-3.5) | 5 (3-10) | 32 (18-61) |
|  | Fruit | 3.3 (3.2-3.4) | 3.6 (3.4-3.8) | 51 (49-54) | 63 (59-67) |
|  | Nuts and seeds | 1.2 (1-1.2) | 1.3 (1.2-1.4) | 18 (16-19) | 22 (20-24) |
|  | Non-starchy vegetables | 1.4 (1.3-1.5) | 0.5 (0.3-0.7) | 22 (20-24) | 9 (6-12) |
|  | Fruit juice | 0.1 (0.1-0.2) | 0.1 (0.1-0.2) | 2 (1-3) | 2 (1-3) |
| Mauritius | Suboptimal diet | 89.2 (85.5-92.6) | 85.2 (79.9-89.9) | 3823 (3631-4006) | 8914 (8293-9479) |
|  | Whole grains | 33 (25.9-37.8) | 18.6 (11.1-26.5) | 1412 (1108-1624) | 1957 (1157-2770) |
|  | Refined grains (total) | 20.6 (15.4-26) | 12.8 (9.1-17.3) | 884 (661-1107) | 1341 (963-1811) |
|  | *Refined rice* | 13.7 (10.1-17.7) | 5.2 (3.6-7.4) | 588 (432-756) | 542 (380-778) |
|  | *Refined wheat* | 8.4 (6.2-11) | 8.2 (5.7-11.3) | 362 (267-478) | 851 (602-1184) |
|  | Processed meats | 28.6 (19.7-39) | 39.9 (29.1-50.9) | 1221 (842-1673) | 4161 (3053-5323) |
|  | Unprocessed red meats | 19.5 (8.1-38.7) | 18.6 (7.5-37.6) | 846 (347-1669) | 1950 (795-3942) |
|  | Yogurt | 11.5 (10.1-12.6) | 10.3 (8.6-11.7) | 490 (431-542) | 1076 (903-1222) |
|  | Sugar-sweetened beverages | 64 (55.7-71.4) | 51.8 (42.2-61.2) | 2746 (2396-3078) | 5416 (4414-6444) |
|  | Potatoes | 3.1 (1.7-5.9) | 3.8 (2.1-7.4) | 132 (74-253) | 394 (217-758) |
|  | Fruit | 3 (2.8-3.2) | 3.2 (3-3.4) | 129 (120-137) | 333 (309-356) |
|  | Nuts and seeds | 1.2 (1-1.3) | 1.1 (0.9-1.2) | 50 (43-55) | 111 (93-128) |
|  | Non-starchy vegetables | 0.8 (0.7-1) | 0.9 (0.8-1.1) | 36 (30-42) | 96 (81-114) |
|  | Fruit juice | 0.1 (0.1-0.2) | 0.1 (0.1-0.2) | 6 (4-10) | 10 (6-17) |
| Mexico | Suboptimal diet | 78.2 (75.6-80.6) | 79.1 (76.7-81.8) | 4348 (4173-4523) | 6013 (5759-6273) |
|  | Whole grains | 39.4 (38.1-40.5) | 40.4 (38.9-41.7) | 2190 (2100-2282) | 3066 (2926-3204) |
|  | Refined grains (total) | 4.1 (3.6-5.2) | 8.2 (7.1-9.9) | 229 (202-290) | 618 (541-753) |
|  | *Refined rice* | 0.7 (0.6-0.8) | 2.2 (1.9-2.9) | 38 (33-46) | 164 (144-223) |
|  | *Refined wheat* | 3.5 (3.1-4.4) | 6.1 (5.3-7.5) | 193 (170-248) | 461 (404-583) |
|  | Processed meats | 30.4 (24.6-36.3) | 25.9 (20.7-33.5) | 1690 (1367-2017) | 1971 (1576-2499) |
|  | Unprocessed red meats | 11.2 (9.2-14.4) | 18.7 (16-23.2) | 623 (510-805) | 1421 (1211-1758) |
|  | Yogurt | 11.8 (11.1-12.5) | 12.1 (11.2-13) | 653 (610-698) | 919 (852-985) |
|  | Sugar-sweetened beverages | 30.4 (26.8-34.3) | 30.9 (27-35.9) | 1691 (1483-1915) | 2344 (2037-2721) |
|  | Potatoes | 1 (0.9-1.1) | 1.4 (1.2-1.7) | 54 (48-62) | 107 (93-127) |
|  | Fruit | 2.8 (2.6-2.9) | 2.3 (2.2-2.5) | 154 (146-164) | 178 (163-194) |
|  | Nuts and seeds | 1.3 (1.2-1.3) | 1.4 (1.3-1.5) | 70 (66-75) | 103 (95-112) |
|  | Non-starchy vegetables | 1.4 (1.3-1.5) | 0.8 (0.7-0.9) | 76 (71-81) | 62 (55-70) |
|  | Fruit juice | 0 (0-0.1) | 0.1 (0-0.1) | 2 (2-3) | 4 (3-5) |
| Moldova | Suboptimal diet | 91.7 (85.9-95.4) | 86 (79-92) | 2283 (2121-2406) | 2614 (2388-2808) |
|  | Whole grains | 27.7 (20.6-33.7) | 22.1 (15-29.4) | 689 (510-846) | 669 (457-898) |
|  | Refined grains (total) | 1.1 (0.7-1.7) | 13.7 (9.6-19.6) | 27 (18-43) | 417 (293-594) |
|  | *Refined rice* | 0 (0-0) | 1.8 (1.2-2.8) | 0 (0-0) | 55 (37-88) |
|  | *Refined wheat* | 1.1 (0.7-1.7) | 12.2 (8.5-17.6) | 27 (18-43) | 371 (261-532) |
|  | Processed meats | 58.3 (42.5-71.7) | 62.2 (47.6-75.3) | 1452 (1056-1801) | 1892 (1458-2271) |
|  | Unprocessed red meats | 62 (42.7-74.3) | 37.9 (22-58.1) | 1549 (1065-1868) | 1156 (666-1763) |
|  | Yogurt | 7.9 (5.4-9.8) | 7.3 (5-9.3) | 196 (135-242) | 221 (152-282) |
|  | Sugar-sweetened beverages | 6.1 (4.1-9.4) | 2.5 (1.6-4.4) | 151 (102-232) | 75 (49-134) |
|  | Potatoes | 10.2 (6.5-16.3) | 6.3 (3.9-10.9) | 255 (161-406) | 192 (118-334) |
|  | Fruit | 3.1 (2.3-3.5) | 3 (2-3.6) | 76 (58-88) | 91 (60-111) |
|  | Nuts and seeds | 0.8 (0.7-1) | 1 (0.9-1.2) | 20 (16-24) | 31 (26-36) |
|  | Non-starchy vegetables | 1.4 (0.8-1.8) | 1.5 (0.9-2) | 35 (21-44) | 47 (26-60) |
|  | Fruit juice | 0.2 (0.1-0.3) | 0.2 (0.1-0.3) | 4 (2-6) | 5 (3-8) |
| Mongolia | Suboptimal diet | 92.4 (87.3-96.1) | 96.4 (93.3-98) | 811 (761-850) | 1624 (1562-1680) |
|  | Whole grains | 16.9 (10.7-24.8) | 13.4 (7.5-21) | 148 (92-218) | 225 (129-356) |
|  | Refined grains (total) | 23.1 (16.9-30.9) | 24 (17.4-32.3) | 203 (148-270) | 405 (293-548) |
|  | *Refined rice* | 3.3 (2.3-4.8) | 3.7 (2.6-5.7) | 29 (20-42) | 63 (44-96) |
|  | *Refined wheat* | 20.8 (15-27.8) | 21.3 (15.4-28.9) | 182 (132-243) | 360 (259-491) |
|  | Processed meats | 67.3 (47.8-82.6) | 87.3 (77.2-92.6) | 592 (420-723) | 1472 (1311-1554) |
|  | Unprocessed red meats | 50.9 (43.7-58.5) | 36.7 (29.7-44.9) | 447 (382-518) | 619 (496-755) |
|  | Yogurt | 8.7 (6-10.6) | 8.3 (5.7-10.5) | 76 (52-93) | 139 (97-175) |
|  | Sugar-sweetened beverages | 14.8 (10.1-20.6) | 12.7 (8.5-18.4) | 130 (88-182) | 214 (145-312) |
|  | Potatoes | 5.7 (3.4-9.9) | 15 (9.6-23.2) | 50 (30-87) | 252 (160-394) |
|  | Fruit | 3.4 (3.2-3.6) | 3.8 (3.6-4) | 30 (28-32) | 64 (60-69) |
|  | Nuts and seeds | 1.5 (1.4-1.5) | 1.5 (1.3-1.6) | 13 (12-14) | 25 (23-27) |
|  | Non-starchy vegetables | 0.6 (0.5-0.8) | 0.7 (0.5-0.9) | 6 (4-7) | 12 (9-16) |
|  | Fruit juice | 0.3 (0.2-0.6) | 0.2 (0.1-0.4) | 3 (2-5) | 4 (2-7) |
| Montenegro | Suboptimal diet | 80.5 (72.5-88.7) | 92.9 (86.5-96.9) | 2865 (2572-3165) | 5274 (4917-5569) |
|  | Whole grains | 28 (20.5-33.7) | 2.9 (1.8-4.4) | 990 (732-1202) | 167 (100-254) |
|  | Refined grains (total) | 15.6 (9.6-24.9) | 11.1 (8-16) | 557 (340-882) | 632 (454-912) |
|  | *Refined rice* | 15.6 (9.6-24.9) | 0.4 (0.3-0.6) | 557 (340-882) | 23 (16-35) |
|  | *Refined wheat* | 0 (0-0) | 10.8 (7.7-15.6) | 0 (0-0) | 612 (439-884) |
|  | Processed meats | 44.1 (27.2-65.3) | 65.3 (41.6-84.3) | 1574 (948-2359) | 3710 (2365-4802) |
|  | Unprocessed red meats | 33 (21-48.7) | 62.6 (46.9-72.2) | 1176 (752-1727) | 3548 (2641-4134) |
|  | Yogurt | 6.6 (4.4-8.5) | 5.9 (3.8-8) | 235 (155-303) | 334 (214-454) |
|  | Sugar-sweetened beverages | 4.1 (1.6-9) | 6.4 (2.6-13.8) | 144 (58-315) | 365 (146-787) |
|  | Potatoes | 11.3 (7-18) | 25.4 (17.6-33.3) | 405 (251-646) | 1440 (987-1909) |
|  | Fruit | 3 (2.5-3.3) | 1.1 (0.4-2.1) | 106 (89-119) | 62 (22-122) |
|  | Nuts and seeds | 1.1 (0.9-1.2) | 1 (0.7-1.2) | 38 (31-44) | 57 (42-70) |
|  | Non-starchy vegetables | 1 (0.4-1.4) | 1 (0.4-1.5) | 36 (15-50) | 59 (22-87) |
|  | Fruit juice | 0.1 (0-0.3) | 0.1 (0-0.2) | 3 (1-9) | 5 (2-13) |
| Morocco | Suboptimal diet | 68.4 (59.8-77.1) | 81.2 (73.1-87.8) | 1680 (1470-1900) | 4258 (3839-4607) |
|  | Whole grains | 30.8 (21.7-37.2) | 30.5 (21.5-37.2) | 758 (537-919) | 1603 (1119-1955) |
|  | Refined grains (total) | 29.4 (19.2-41.3) | 47.6 (35.4-58.3) | 723 (472-1016) | 2504 (1862-3047) |
|  | *Refined rice* | 0.5 (0.3-0.8) | 1.9 (1.3-2.8) | 12 (7-19) | 101 (67-143) |
|  | *Refined wheat* | 29.1 (19-40.9) | 46.7 (34.7-57.4) | 716 (467-1007) | 2457 (1823-2997) |
|  | Processed meats | 18.2 (8.3-34.1) | 29.6 (15.2-49.9) | 447 (203-830) | 1565 (799-2592) |
|  | Unprocessed red meats | 7 (2.9-15.3) | 9.4 (4.1-19.7) | 171 (72-373) | 496 (216-1032) |
|  | Yogurt | 8.3 (4.8-10.8) | 7.5 (3.9-10.4) | 205 (117-266) | 396 (205-545) |
|  | Sugar-sweetened beverages | 14.8 (10.4-22.2) | 17.1 (11.8-24.7) | 365 (253-544) | 901 (614-1314) |
|  | Potatoes | 2.4 (1.4-4.8) | 4.7 (2.6-9.4) | 60 (33-117) | 249 (136-489) |
|  | Fruit | 3.1 (2.9-3.3) | 2.9 (2.6-3.2) | 76 (70-81) | 152 (134-169) |
|  | Nuts and seeds | 1.1 (1-1.3) | 0.9 (0.7-1.1) | 28 (24-31) | 48 (38-59) |
|  | Non-starchy vegetables | 0.8 (0.6-1) | 0.9 (0.7-1.1) | 20 (16-24) | 46 (35-57) |
|  | Fruit juice | 0.1 (0.1-0.2) | 0.1 (0.1-0.2) | 3 (2-6) | 7 (4-13) |
| Mozambique | Suboptimal diet | 47.7 (43.1-51.8) | 59.3 (54.4-65.9) | 931 (833-1023) | 1364 (1240-1517) |
|  | Whole grains | 32.4 (27-35.9) | 34.2 (28.5-37.8) | 631 (518-706) | 787 (651-880) |
|  | Refined grains (total) | 6.5 (5-8.7) | 16.4 (13.2-20.3) | 128 (100-171) | 379 (306-471) |
|  | *Refined rice* | 4.2 (3.2-5.8) | 12.9 (10.3-16.2) | 82 (64-113) | 297 (239-374) |
|  | *Refined wheat* | 2.4 (1.9-3.4) | 4 (3.2-5.7) | 47 (37-67) | 93 (75-130) |
|  | Processed meats | 2 (0.6-7.1) | 6.8 (2.2-18.7) | 39 (11-141) | 157 (49-437) |
|  | Unprocessed red meats | 1.3 (0.7-3.6) | 9.4 (6.5-14.1) | 24 (15-70) | 215 (148-321) |
|  | Yogurt | 12.1 (11.3-13.1) | 13 (11.8-14.2) | 237 (217-259) | 300 (275-328) |
|  | Sugar-sweetened beverages | 5.4 (3-9.7) | 11 (6.3-18.5) | 107 (59-186) | 252 (145-429) |
|  | Potatoes | 0.2 (0.1-0.4) | 0.9 (0.5-1.6) | 4 (3-8) | 20 (12-37) |
|  | Fruit | 2.4 (2.2-2.6) | 2.8 (2.6-3.1) | 47 (42-51) | 65 (58-71) |
|  | Nuts and seeds | 0.8 (0.7-1) | 1 (0.8-1.1) | 16 (13-20) | 22 (18-26) |
|  | Non-starchy vegetables | 0.9 (0.8-1.1) | 1.1 (1-1.3) | 18 (16-21) | 26 (23-30) |
|  | Fruit juice | 0 (0-0.1) | 0.1 (0-0.1) | 1 (1-1) | 1 (1-2) |
| Myanmar | Suboptimal diet | 57.3 (50.2-64.2) | 78.6 (72.4-84.5) | 1800 (1574-2030) | 3873 (3540-4169) |
|  | Whole grains | 35.8 (30.9-38.8) | 30.8 (24.4-35.5) | 1122 (974-1236) | 1522 (1198-1759) |
|  | Refined grains (total) | 31.2 (20.9-41.9) | 30.1 (21-40.6) | 980 (657-1306) | 1484 (1033-2001) |
|  | *Refined rice* | 31 (20.7-41.6) | 28.5 (19.8-38.8) | 972 (651-1296) | 1406 (974-1910) |
|  | *Refined wheat* | 0.4 (0.3-0.6) | 2.5 (1.6-3.9) | 13 (8-19) | 122 (78-192) |
|  | Processed meats | 3.8 (1.1-11.5) | 25.4 (13.6-41.3) | 121 (34-367) | 1257 (684-2054) |
|  | Unprocessed red meats | 1.1 (0.5-3.4) | 34 (25.9-41.9) | 36 (17-108) | 1671 (1277-2072) |
|  | Yogurt | 12.5 (11.5-13.3) | 12.3 (11.2-13.4) | 393 (362-422) | 606 (557-656) |
|  | Sugar-sweetened beverages | 1.4 (0.9-2.8) | 8.8 (6.2-12.7) | 43 (28-89) | 432 (307-624) |
|  | Potatoes | 0.2 (0.1-0.3) | 0.6 (0.3-1.3) | 5 (3-11) | 31 (16-64) |
|  | Fruit | 2.8 (2.6-3) | 3.1 (2.9-3.3) | 89 (82-95) | 152 (141-165) |
|  | Nuts and seeds | 1.3 (1.2-1.4) | 1.2 (1-1.3) | 40 (37-43) | 58 (50-65) |
|  | Non-starchy vegetables | 1.3 (1.1-1.4) | 0.9 (0.7-1) | 40 (36-43) | 43 (36-50) |
|  | Fruit juice | 0 (0-0.1) | 0 (0-0.1) | 1 (1-2) | 2 (1-3) |
| Namibia | Suboptimal diet | 74 (66.4-82.7) | 71.3 (64.8-78.5) | 2149 (1927-2412) | 2360 (2136-2616) |
|  | Whole grains | 19 (11.8-26.6) | 23.1 (15.3-29.9) | 553 (342-770) | 767 (503-995) |
|  | Refined grains (total) | 13.4 (10.1-17.6) | 14.8 (12-18) | 391 (293-507) | 490 (397-596) |
|  | *Refined rice* | 0 (0-0) | 4.1 (3.3-5.3) | 0 (0-0) | 137 (110-176) |
|  | *Refined wheat* | 13.4 (10.1-17.6) | 11.1 (8.9-13.6) | 391 (293-507) | 367 (297-449) |
|  | Processed meats | 17.6 (5.6-40.8) | 9.3 (3.1-23.5) | 514 (165-1187) | 308 (102-773) |
|  | Unprocessed red meats | 17.4 (13.9-21.7) | 11.2 (8.7-14.7) | 505 (404-634) | 371 (286-488) |
|  | Yogurt | 11.3 (10.2-12.2) | 11.5 (10.3-12.6) | 329 (294-356) | 381 (342-414) |
|  | Sugar-sweetened beverages | 40.8 (30.1-53.5) | 41.4 (30.1-53.9) | 1186 (875-1558) | 1368 (993-1789) |
|  | Potatoes | 0 (0-0) | 3.3 (1.9-6.2) | 0 (0-0) | 110 (63-206) |
|  | Fruit | 2.6 (2.4-2.7) | 1.2 (1-1.4) | 75 (70-80) | 39 (33-46) |
|  | Nuts and seeds | 1 (0.9-1.1) | 1.1 (0.9-1.3) | 29 (25-33) | 36 (31-42) |
|  | Non-starchy vegetables | 0.9 (0.8-0.9) | 1.1 (0.9-1.2) | 25 (22-27) | 35 (31-38) |
|  | Fruit juice | 0.1 (0.1-0.1) | 0.1 (0.1-0.1) | 2 (1-4) | 3 (2-5) |
| Nepal | Suboptimal diet | 61.6 (56.9-66.8) | 66.5 (61.1-71.5) | 1217 (1122-1318) | 2495 (2293-2705) |
|  | Whole grains | 22.8 (11.6-33.7) | 21.3 (10.3-32.6) | 450 (233-676) | 802 (389-1233) |
|  | Refined grains (total) | 41 (35.8-47.8) | 40.2 (34.9-45.9) | 814 (715-936) | 1510 (1313-1716) |
|  | *Refined rice* | 36 (31.2-42.5) | 32.9 (28.2-37.9) | 714 (624-832) | 1234 (1062-1422) |
|  | *Refined wheat* | 7.9 (6.7-10) | 11 (9.4-13.6) | 156 (133-197) | 413 (352-511) |
|  | Processed meats | 0.8 (0.2-5.5) | 0.9 (0.2-5.5) | 16 (4-107) | 33 (7-204) |
|  | Unprocessed red meats | 3.5 (2.4-7.8) | 4.2 (2.9-7.5) | 70 (47-155) | 158 (108-287) |
|  | Yogurt | 13.3 (12.4-14.4) | 13.4 (12.4-14.5) | 264 (242-287) | 502 (464-539) |
|  | Sugar-sweetened beverages | 1.3 (0.6-3.1) | 6.6 (3.4-12.1) | 26 (12-62) | 249 (129-462) |
|  | Potatoes | 1.8 (0.9-4.3) | 10.6 (5-20.4) | 36 (18-84) | 397 (184-761) |
|  | Fruit | 3.9 (3.7-4.1) | 4 (3.8-4.2) | 77 (72-82) | 151 (141-160) |
|  | Nuts and seeds | 1.4 (1.3-1.5) | 1.3 (1-1.5) | 28 (25-30) | 47 (37-55) |
|  | Non-starchy vegetables | 0.7 (0.6-0.8) | 0.8 (0.7-0.9) | 13 (11-16) | 29 (25-34) |
|  | Fruit juice | 0 (0-0) | 0 (0-0) | 0 (0-0) | 0 (0-0) |
| Netherlands | Suboptimal diet | 62.4 (58.6-66.6) | 60.1 (55.4-65.5) | 1526 (1428-1636) | 1977 (1815-2162) |
|  | Whole grains | 10.9 (8.8-13.4) | 9.6 (6.9-12.8) | 266 (214-326) | 313 (226-422) |
|  | Refined grains (total) | 6.6 (5.7-8) | 9.1 (7.8-11.1) | 161 (139-196) | 299 (258-366) |
|  | *Refined rice* | 0.6 (0.5-0.7) | 1 (0.9-1.2) | 14 (12-16) | 32 (28-40) |
|  | *Refined wheat* | 6 (5.2-7.4) | 8.2 (7-10.1) | 147 (128-180) | 269 (232-330) |
|  | Processed meats | 28.8 (23.4-35.7) | 29.6 (22.9-38.5) | 703 (572-870) | 974 (751-1268) |
|  | Unprocessed red meats | 15.4 (13-19) | 18.2 (15.7-22.9) | 375 (317-463) | 597 (514-766) |
|  | Yogurt | 2.3 (1.7-3.3) | 2.2 (1.4-3.3) | 57 (41-80) | 73 (47-107) |
|  | Sugar-sweetened beverages | 11.9 (10.1-14.9) | 9.6 (8.2-13) | 290 (245-364) | 315 (264-427) |
|  | Potatoes | 12.9 (11.3-16) | 3.3 (2.9-4.3) | 313 (274-391) | 107 (96-144) |
|  | Fruit | 2.2 (2.1-2.4) | 2.5 (2.3-2.7) | 55 (51-59) | 82 (75-89) |
|  | Nuts and seeds | 1.1 (1-1.1) | 1.1 (1-1.2) | 26 (24-28) | 36 (33-40) |
|  | Non-starchy vegetables | 1 (1-1.1) | 1.2 (1.1-1.3) | 26 (23-28) | 39 (35-43) |
|  | Fruit juice | 0.2 (0.2-0.2) | 0.2 (0.2-0.3) | 5 (4-6) | 8 (7-9) |
| New Zealand | Suboptimal diet | 69.8 (64.1-75.6) | 68.6 (63.5-73.7) | 1296 (1186-1412) | 2012 (1854-2175) |
|  | Whole grains | 14.6 (4.1-26.6) | 14.1 (3.8-25.1) | 272 (75-487) | 412 (111-738) |
|  | Refined grains (total) | 4.6 (3.3-6.6) | 9.1 (6.5-12.8) | 85 (60-124) | 266 (191-375) |
|  | *Refined rice* | 0.5 (0.4-0.8) | 1.9 (1.3-2.8) | 9 (7-15) | 54 (38-82) |
|  | *Refined wheat* | 4.1 (2.9-6) | 7.4 (5.3-10.5) | 76 (54-112) | 217 (155-308) |
|  | Processed meats | 36.9 (29.2-45.6) | 38.1 (30.8-46.8) | 687 (544-843) | 1111 (901-1359) |
|  | Unprocessed red meats | 27.2 (22.9-32.1) | 20.6 (17-24.9) | 505 (424-599) | 602 (496-733) |
|  | Yogurt | 7.7 (5.7-9.4) | 7.3 (5.4-8.9) | 143 (104-174) | 214 (159-262) |
|  | Sugar-sweetened beverages | 3.9 (3-6.2) | 5.6 (4.3-7.9) | 71 (54-114) | 164 (126-228) |
|  | Potatoes | 8.2 (5.6-12.6) | 8 (5.4-11.8) | 151 (104-235) | 232 (158-347) |
|  | Fruit | 1.7 (1.3-2) | 1.8 (1.5-2.2) | 31 (25-37) | 53 (43-64) |
|  | Nuts and seeds | 1.2 (1.1-1.3) | 1.2 (1.1-1.3) | 22 (20-24) | 35 (32-38) |
|  | Non-starchy vegetables | 1 (0.8-1.1) | 1 (0.9-1.2) | 18 (15-21) | 31 (25-35) |
|  | Fruit juice | 0.2 (0.1-0.3) | 0.2 (0.1-0.3) | 3 (2-5) | 6 (4-10) |
| Nicaragua | Suboptimal diet | 76.6 (70.1-83.4) | 85 (78.9-90.4) | 2322 (2115-2545) | 4260 (3950-4574) |
|  | Whole grains | 32.7 (24.7-37.5) | 29.6 (20.9-36.2) | 991 (752-1140) | 1479 (1056-1831) |
|  | Refined grains (total) | 12.4 (8.6-17) | 18.5 (13-25.6) | 376 (259-515) | 926 (650-1276) |
|  | *Refined rice* | 9.6 (6.5-13.3) | 14 (9.7-19.5) | 291 (197-401) | 702 (487-981) |
|  | *Refined wheat* | 3.3 (2.2-4.9) | 5.5 (3.7-8.1) | 99 (65-148) | 277 (188-411) |
|  | Processed meats | 31.6 (17.1-50.2) | 49.5 (31.8-68.1) | 960 (519-1535) | 2487 (1604-3360) |
|  | Unprocessed red meats | 29.4 (22.5-38) | 15.5 (10.6-22.6) | 890 (676-1160) | 777 (535-1134) |
|  | Yogurt | 12.2 (11.1-13.1) | 12.5 (11.1-13.7) | 371 (334-401) | 627 (561-682) |
|  | Sugar-sweetened beverages | 13 (9.3-18.1) | 36.4 (29-45.3) | 396 (283-548) | 1827 (1446-2266) |
|  | Potatoes | 1.4 (0.7-2.8) | 1.8 (0.9-3.5) | 43 (23-86) | 88 (48-173) |
|  | Fruit | 2.6 (2.3-2.8) | 2.4 (2.1-2.8) | 78 (70-87) | 122 (104-139) |
|  | Nuts and seeds | 1 (0.9-1.2) | 1.2 (1.1-1.4) | 32 (27-36) | 62 (53-70) |
|  | Non-starchy vegetables | 1.2 (1.1-1.4) | 0.5 (0.4-0.7) | 38 (33-42) | 27 (18-37) |
|  | Fruit juice | 0.2 (0.1-0.3) | 0.2 (0.1-0.3) | 5 (3-8) | 9 (5-15) |
| Niger | Suboptimal diet | 46.6 (39.4-59.1) | 64.8 (57.6-72.3) | 426 (359-543) | 1072 (949-1203) |
|  | Whole grains | 19.4 (11.7-27.1) | 22.8 (14.6-30.2) | 178 (107-250) | 379 (240-504) |
|  | Refined grains (total) | 12.9 (9.9-16.8) | 32.5 (26.4-39.1) | 117 (90-152) | 539 (440-649) |
|  | *Refined rice* | 9.2 (7-12.2) | 30.3 (24.5-36.6) | 83 (64-111) | 502 (408-609) |
|  | *Refined wheat* | 4.1 (3.1-5.8) | 3.2 (2.5-4.2) | 37 (29-52) | 53 (42-70) |
|  | Processed meats | 10 (2.9-30.6) | 4.9 (1.3-19.1) | 91 (26-278) | 82 (21-318) |
|  | Unprocessed red meats | 2.7 (1.6-6.3) | 1 (0.6-3.6) | 25 (15-57) | 17 (10-60) |
|  | Yogurt | 10.5 (8.8-11.8) | 11 (9.4-12.4) | 95 (80-108) | 183 (155-205) |
|  | Sugar-sweetened beverages | 6.2 (3.8-11) | 0 (0-0) | 57 (35-101) | 0 (0-0) |
|  | Potatoes | 0.2 (0.1-0.5) | 23.3 (14.5-33.2) | 2 (1-4) | 386 (239-548) |
|  | Fruit | 2.8 (2.6-3.1) | 3.2 (3-3.5) | 26 (24-28) | 54 (50-59) |
|  | Nuts and seeds | 1.3 (1.2-1.4) | 0.9 (0.7-1.1) | 12 (11-13) | 15 (11-18) |
|  | Non-starchy vegetables | 1.2 (1-1.3) | 1.4 (1.2-1.5) | 11 (10-12) | 23 (20-26) |
|  | Fruit juice | 0.1 (0.1-0.1) | 0.1 (0-0.1) | 1 (0-1) | 1 (1-2) |
| Nigeria | Suboptimal diet | 49.9 (42.8-62.1) | 58.5 (52.8-65.6) | 798 (683-995) | 1123 (1008-1268) |
|  | Whole grains | 19 (11.6-26.2) | 21.7 (13.7-29.3) | 304 (184-421) | 417 (263-559) |
|  | Refined grains (total) | 13.5 (10.6-17.1) | 13 (10.7-16.3) | 215 (171-275) | 250 (207-311) |
|  | *Refined rice* | 12.6 (9.9-16) | 9.3 (7.6-12) | 201 (160-258) | 179 (148-227) |
|  | *Refined wheat* | 1 (0.8-1.3) | 4.1 (3.3-5.3) | 16 (13-21) | 78 (64-104) |
|  | Processed meats | 12.7 (3.8-33.6) | 7.8 (2.4-21.2) | 203 (61-532) | 150 (47-405) |
|  | Unprocessed red meats | 9.2 (6.9-13) | 9.4 (7-13.4) | 146 (110-207) | 180 (133-255) |
|  | Yogurt | 11.5 (10.4-12.3) | 12.2 (11.1-13.2) | 183 (166-199) | 233 (214-253) |
|  | Sugar-sweetened beverages | 1.7 (1-3.4) | 16.7 (11.4-24.1) | 27 (16-54) | 321 (216-458) |
|  | Potatoes | 0.1 (0-0.1) | 3.7 (2.1-7.6) | 1 (1-2) | 71 (39-145) |
|  | Fruit | 3.2 (3-3.3) | 3.8 (3.6-3.9) | 51 (48-54) | 72 (68-77) |
|  | Nuts and seeds | 1.2 (1.1-1.3) | 1 (0.8-1.2) | 20 (18-21) | 20 (16-23) |
|  | Non-starchy vegetables | 1.2 (1.1-1.3) | 1.5 (1.4-1.6) | 20 (18-21) | 28 (26-31) |
|  | Fruit juice | 0 (0-0) | 0 (0-0.1) | 0 (0-1) | 1 (0-1) |
| Norway | Suboptimal diet | 64.9 (59-72.3) | 75.1 (69.3-82) | 1979 (1782-2212) | 2943 (2681-3215) |
|  | Whole grains | 10 (7.3-13.1) | 25.3 (22.7-27.8) | 305 (223-404) | 991 (886-1097) |
|  | Refined grains (total) | 0.6 (0.3-1) | 1.6 (1-2.7) | 18 (11-30) | 62 (38-104) |
|  | *Refined rice* | 0 (0-0.1) | 0.1 (0.1-0.2) | 1 (1-2) | 5 (3-9) |
|  | *Refined wheat* | 0.5 (0.3-0.9) | 1.4 (0.9-2.4) | 17 (10-28) | 56 (35-95) |
|  | Processed meats | 30.2 (19.6-44) | 35 (23.2-51.8) | 923 (597-1347) | 1372 (907-2023) |
|  | Unprocessed red meats | 27.7 (23.3-32.8) | 34.3 (29-40.7) | 847 (707-1001) | 1343 (1126-1600) |
|  | Yogurt | 7.5 (5.6-9.1) | 7.6 (5.5-9.4) | 229 (169-279) | 297 (216-366) |
|  | Sugar-sweetened beverages | 7.2 (5.7-10.2) | 6.9 (5.6-10) | 219 (172-312) | 270 (220-395) |
|  | Potatoes | 4.5 (3.8-6.2) | 3.1 (2.7-4.5) | 137 (116-191) | 122 (104-174) |
|  | Fruit | 2.5 (2.4-2.7) | 2.8 (2.6-3.1) | 77 (71-83) | 111 (102-121) |
|  | Nuts and seeds | 1.1 (1-1.2) | 1.2 (1.1-1.3) | 34 (32-37) | 45 (41-50) |
|  | Non-starchy vegetables | 1.3 (1.2-1.4) | 1.1 (0.9-1.2) | 40 (37-44) | 42 (37-48) |
|  | Fruit juice | 0.1 (0.1-0.1) | 0.1 (0.1-0.1) | 2 (2-3) | 3 (2-5) |
| Oman | Suboptimal diet | 67.8 (59.5-75.9) | 80.3 (72.1-87.5) | 2126 (1875-2383) | 3258 (2926-3564) |
|  | Whole grains | 35.5 (28.1-40.4) | 30.9 (21.4-38.1) | 1115 (880-1281) | 1253 (865-1560) |
|  | Refined grains (total) | 26.1 (16.8-37.6) | 28.3 (18.5-40.3) | 821 (535-1190) | 1149 (755-1640) |
|  | *Refined rice* | 16.3 (10.3-24.5) | 18.9 (12-28.2) | 513 (326-775) | 772 (490-1141) |
|  | *Refined wheat* | 12.4 (7.8-19) | 12.3 (7.7-18.8) | 391 (242-600) | 501 (313-762) |
|  | Processed meats | 20.4 (8.8-38.8) | 36.9 (19.7-57.3) | 645 (276-1221) | 1503 (808-2354) |
|  | Unprocessed red meats | 10.4 (6.3-16.5) | 17.9 (11.6-26.4) | 327 (196-523) | 725 (471-1084) |
|  | Yogurt | 8.7 (6-11) | 8.2 (5.3-10.8) | 274 (188-348) | 333 (215-439) |
|  | Sugar-sweetened beverages | 6.9 (4.3-11.3) | 17.4 (11.4-26.5) | 218 (135-359) | 708 (453-1071) |
|  | Potatoes | 3.7 (2-7.1) | 8 (4.4-14.9) | 117 (64-221) | 322 (180-609) |
|  | Fruit | 2.8 (2.2-3.1) | 2.8 (2.2-3.4) | 87 (71-100) | 116 (89-138) |
|  | Nuts and seeds | 1.5 (1.4-1.6) | 1 (0.7-1.2) | 46 (42-50) | 40 (29-50) |
|  | Non-starchy vegetables | 0.9 (0.6-1.2) | 1.1 (0.8-1.4) | 29 (20-37) | 45 (31-58) |
|  | Fruit juice | 0.1 (0.1-0.2) | 0.1 (0.1-0.2) | 4 (2-7) | 5 (3-10) |
| Pakistan | Suboptimal diet | 75.1 (69.7-80.8) | 74.1 (68.4-80.9) | 1896 (1757-2045) | 2868 (2638-3121) |
|  | Whole grains | 28.4 (17.4-37.1) | 18 (8.3-29.8) | 717 (435-933) | 689 (320-1151) |
|  | Refined grains (total) | 44.8 (38-53) | 41.4 (34.7-48.8) | 1129 (963-1331) | 1600 (1341-1893) |
|  | *Refined rice* | 10.1 (8.1-13) | 9.4 (7.6-12.1) | 255 (206-327) | 364 (291-469) |
|  | *Refined wheat* | 38.6 (32.4-46.2) | 35.4 (29.4-42) | 976 (824-1163) | 1367 (1135-1632) |
|  | Processed meats | 7.4 (1.5-26) | 8.9 (1.8-28.7) | 188 (39-648) | 343 (71-1105) |
|  | Unprocessed red meats | 10.1 (7.7-13.9) | 12.2 (9.5-16.3) | 255 (196-354) | 473 (366-634) |
|  | Yogurt | 13.2 (12.3-14) | 13.6 (12.5-14.8) | 333 (309-358) | 524 (487-565) |
|  | Sugar-sweetened beverages | 18.7 (11-28.4) | 17.4 (10.5-26.5) | 473 (280-722) | 674 (403-1014) |
|  | Potatoes | 1.3 (0.6-3.2) | 5.3 (2.4-11.2) | 32 (16-79) | 205 (94-439) |
|  | Fruit | 3.6 (3.4-3.8) | 4.1 (4-4.4) | 90 (85-96) | 160 (151-170) |
|  | Nuts and seeds | 1.2 (1-1.4) | 1.4 (1.1-1.6) | 31 (25-35) | 53 (44-60) |
|  | Non-starchy vegetables | 1.4 (1.3-1.5) | 1.7 (1.5-1.8) | 36 (33-39) | 64 (59-70) |
|  | Fruit juice | 0 (0-0) | 0 (0-0) | 0 (0-0) | 0 (0-0) |
| Palestine | Suboptimal diet | 69.2 (61.5-77) | 75.9 (67.4-83.6) | 2170 (1924-2434) | 4443 (3938-4887) |
|  | Whole grains | 33.9 (26.1-38.6) | 34.6 (26.5-39.4) | 1066 (817-1220) | 2024 (1559-2325) |
|  | Refined grains (total) | 26.5 (16.1-38.9) | 31.5 (19.7-43.8) | 831 (511-1225) | 1842 (1154-2550) |
|  | *Refined rice* | 26.5 (16.1-38.9) | 31.5 (19.7-43.8) | 831 (511-1225) | 1842 (1154-2550) |
|  | *Refined wheat* | 0 (0-0) | 0 (0-0) | 0 (0-0) | 0 (0-0) |
|  | Processed meats | 19.7 (9-37) | 25.8 (11.2-45.1) | 617 (284-1145) | 1511 (642-2639) |
|  | Unprocessed red meats | 13.7 (8.7-20.2) | 14.9 (9.3-22.3) | 430 (275-641) | 868 (551-1305) |
|  | Yogurt | 7.8 (5.3-9.9) | 7.8 (5.2-10.2) | 244 (164-310) | 456 (302-594) |
|  | Sugar-sweetened beverages | 11.3 (7.6-16.6) | 15.3 (10.4-21.9) | 354 (240-522) | 894 (608-1286) |
|  | Potatoes | 3.3 (1.8-5.9) | 5.8 (3.2-10.3) | 104 (57-186) | 340 (187-604) |
|  | Fruit | 2.6 (2-3) | 2.7 (2-3.3) | 80 (63-94) | 159 (118-194) |
|  | Nuts and seeds | 1.1 (0.9-1.2) | 0.9 (0.6-1.1) | 35 (30-39) | 50 (38-63) |
|  | Non-starchy vegetables | 0.8 (0.5-1.2) | 1 (0.6-1.4) | 26 (16-36) | 58 (36-80) |
|  | Fruit juice | 0.1 (0.1-0.2) | 0.1 (0.1-0.3) | 4 (2-7) | 8 (4-15) |
| Panama | Suboptimal diet | 82.7 (76.8-88.8) | 87.6 (83.1-92) | 2694 (2498-2900) | 4830 (4549-5116) |
|  | Whole grains | 29.1 (21.6-34.5) | 27.5 (19.2-33.9) | 945 (705-1123) | 1511 (1048-1863) |
|  | Refined grains (total) | 16.8 (11.6-22.7) | 23.5 (17.1-31.1) | 545 (380-732) | 1295 (942-1715) |
|  | *Refined rice* | 12.7 (8.6-17.4) | 18.3 (13.2-24.7) | 411 (281-560) | 1007 (729-1361) |
|  | *Refined wheat* | 5 (3.3-7) | 6.8 (4.8-9.5) | 163 (108-228) | 376 (266-523) |
|  | Processed meats | 40.8 (23.5-60.7) | 46.4 (29.9-64) | 1332 (763-1960) | 2554 (1647-3554) |
|  | Unprocessed red meats | 27 (20.5-34.5) | 28.8 (21.7-36.6) | 880 (665-1129) | 1583 (1193-2011) |
|  | Yogurt | 11.3 (10-12.2) | 11.5 (10.1-12.7) | 367 (325-399) | 633 (556-696) |
|  | Sugar-sweetened beverages | 31 (24.9-38.2) | 38.6 (31.4-47.1) | 1011 (808-1247) | 2125 (1717-2605) |
|  | Potatoes | 0.4 (0.2-0.7) | 2.7 (1.4-5.3) | 12 (7-22) | 150 (79-291) |
|  | Fruit | 2.4 (2.1-2.6) | 2.7 (2.4-3) | 78 (69-85) | 147 (131-164) |
|  | Nuts and seeds | 1.3 (1.2-1.4) | 0.9 (0.8-1.1) | 43 (40-46) | 52 (43-61) |
|  | Non-starchy vegetables | 1.4 (1.2-1.5) | 1.2 (1-1.4) | 45 (41-49) | 65 (55-75) |
|  | Fruit juice | 0.1 (0.1-0.2) | 0.2 (0.1-0.3) | 5 (3-8) | 9 (5-15) |
| Papua New Guinea | Suboptimal diet | 72.1 (65-79.5) | 82.2 (76.3-86.8) | 2877 (2579-3187) | 6140 (5667-6592) |
|  | Whole grains | 39.7 (34.4-42.9) | 12.8 (6.3-21.3) | 1581 (1354-1738) | 954 (479-1595) |
|  | Refined grains (total) | 35.4 (22.4-50) | 22.1 (14-32.3) | 1419 (900-1992) | 1651 (1044-2426) |
|  | *Refined rice* | 35.4 (22.4-50) | 13.6 (8.3-20.7) | 1419 (900-1992) | 1014 (623-1548) |
|  | *Refined wheat* | 0 (0-0) | 10.4 (6.3-16.4) | 0 (0-0) | 776 (475-1220) |
|  | Processed meats | 10.2 (4.4-22.5) | 6.3 (1.6-19.4) | 408 (174-899) | 471 (116-1461) |
|  | Unprocessed red meats | 19.2 (12.9-27.1) | 65.9 (57.2-72.7) | 765 (514-1081) | 4920 (4228-5483) |
|  | Yogurt | 14 (12.8-15.1) | 14.4 (13-15.8) | 558 (507-613) | 1075 (974-1173) |
|  | Sugar-sweetened beverages | 4.2 (2.7-8.5) | 0 (0-0) | 167 (107-338) | 0 (0-0) |
|  | Potatoes | 0.2 (0.1-0.4) | 0.1 (0-0.1) | 8 (4-17) | 5 (3-10) |
|  | Fruit | 3.6 (3.3-3.9) | 4.9 (4.6-5.2) | 144 (132-156) | 366 (342-394) |
|  | Nuts and seeds | 1.3 (1.2-1.5) | 1.7 (1.5-1.8) | 53 (48-60) | 126 (115-139) |
|  | Non-starchy vegetables | 1.6 (1.4-1.8) | 1.8 (1.6-2) | 63 (55-70) | 137 (121-154) |
|  | Fruit juice | 0 (0-0.1) | 0.2 (0.1-0.4) | 1 (1-2) | 14 (6-32) |
| Paraguay | Suboptimal diet | 82.8 (76.3-89.2) | 85.4 (80.7-90.4) | 1823 (1675-1968) | 3254 (3050-3452) |
|  | Whole grains | 32.5 (25.9-36.7) | 27.6 (19.5-33.7) | 716 (567-813) | 1052 (745-1285) |
|  | Refined grains (total) | 32.4 (24.5-40.1) | 12.3 (8.4-17) | 713 (543-883) | 468 (317-645) |
|  | *Refined rice* | 16 (11.6-20.5) | 2.2 (1.5-3.5) | 352 (257-450) | 85 (56-134) |
|  | *Refined wheat* | 20.6 (15.1-26.1) | 10.3 (7-14.5) | 452 (335-572) | 394 (266-549) |
|  | Processed meats | 37.1 (19.4-59.7) | 32.1 (16.4-51) | 816 (423-1313) | 1220 (629-1950) |
|  | Unprocessed red meats | 28.2 (21-36.5) | 46.2 (36.8-55.2) | 621 (464-801) | 1756 (1399-2119) |
|  | Yogurt | 12.1 (11.2-12.9) | 12.2 (11-13.2) | 266 (244-284) | 463 (420-498) |
|  | Sugar-sweetened beverages | 17.7 (13.1-23.4) | 28.1 (21.4-36.3) | 388 (286-515) | 1069 (815-1390) |
|  | Potatoes | 0.1 (0.1-0.2) | 6.7 (3.6-12.1) | 2 (1-5) | 254 (134-463) |
|  | Fruit | 1.9 (1.6-2.1) | 3 (2.8-3.3) | 41 (35-47) | 116 (106-125) |
|  | Nuts and seeds | 1.1 (1-1.2) | 1.2 (1-1.3) | 24 (21-27) | 44 (38-50) |
|  | Non-starchy vegetables | 1.5 (1.4-1.6) | 1.8 (1.6-1.9) | 32 (30-35) | 67 (63-72) |
|  | Fruit juice | 0.1 (0.1-0.2) | 0.2 (0.1-0.3) | 3 (2-4) | 6 (4-10) |
| Peru | Suboptimal diet | 78.3 (73.1-84.1) | 82 (77-87.3) | 1224 (1134-1318) | 2359 (2202-2522) |
|  | Whole grains | 25.7 (18.2-32.2) | 25.9 (17.7-32.3) | 402 (286-503) | 743 (512-932) |
|  | Refined grains (total) | 20 (17.2-23.3) | 20 (17.1-23.5) | 312 (269-363) | 574 (494-674) |
|  | *Refined rice* | 13.6 (11.6-16.1) | 13.2 (11.2-15.8) | 213 (182-250) | 380 (324-457) |
|  | *Refined wheat* | 7.4 (6.3-8.9) | 7.7 (6.6-9.5) | 116 (99-138) | 223 (191-274) |
|  | Processed meats | 30.7 (16.7-47.6) | 33.5 (18.8-51.7) | 481 (261-747) | 967 (542-1488) |
|  | Unprocessed red meats | 29.8 (26-34.3) | 39.6 (35.5-44.4) | 466 (405-539) | 1140 (1020-1272) |
|  | Yogurt | 11.9 (11.2-12.6) | 12.1 (11.2-13) | 186 (174-198) | 348 (325-371) |
|  | Sugar-sweetened beverages | 21 (14.6-29.8) | 20.4 (14.2-29.5) | 328 (228-468) | 586 (406-857) |
|  | Potatoes | 1.1 (0.6-2.4) | 1.5 (0.8-3.3) | 17 (9-37) | 43 (22-95) |
|  | Fruit | 2.9 (2.8-3.1) | 1.5 (1.2-1.7) | 46 (43-48) | 42 (35-49) |
|  | Nuts and seeds | 1.3 (1.2-1.3) | 1.1 (1-1.3) | 20 (18-21) | 32 (27-37) |
|  | Non-starchy vegetables | 1.3 (1.2-1.4) | 1.5 (1.4-1.6) | 20 (19-22) | 44 (40-48) |
|  | Fruit juice | 0.1 (0.1-0.1) | 0.1 (0.1-0.1) | 2 (1-2) | 3 (2-3) |
| Philippines | Suboptimal diet | 55.8 (52.9-58.8) | 66.4 (63.4-69.6) | 1376 (1302-1454) | 2264 (2160-2376) |
|  | Whole grains | 16.2 (12.2-20.5) | 16.4 (12.3-20.6) | 401 (300-505) | 562 (416-705) |
|  | Refined grains (total) | 19 (16.8-21.5) | 24.9 (22.3-28.1) | 468 (415-527) | 849 (761-959) |
|  | *Refined rice* | 17.3 (15.3-19.6) | 22.3 (19.9-25.2) | 426 (376-482) | 761 (682-863) |
|  | *Refined wheat* | 2 (1.8-2.7) | 3.3 (2.9-4) | 50 (44-67) | 114 (101-138) |
|  | Processed meats | 12.2 (9.4-15.8) | 27.3 (22.4-32.6) | 301 (233-386) | 931 (761-1106) |
|  | Unprocessed red meats | 7.6 (6-10.1) | 8.1 (6.4-10.6) | 187 (147-249) | 276 (219-364) |
|  | Yogurt | 12.4 (11.8-13) | 12.7 (12-13.4) | 307 (291-323) | 433 (410-457) |
|  | Sugar-sweetened beverages | 11.1 (9.1-13.6) | 9.9 (8.1-12.5) | 274 (224-335) | 337 (274-426) |
|  | Potatoes | 0.1 (0.1-0.1) | 0.2 (0.2-0.3) | 2 (1-3) | 7 (5-9) |
|  | Fruit | 2.5 (2.4-2.7) | 3.2 (3-3.3) | 63 (59-66) | 107 (102-113) |
|  | Nuts and seeds | 1.3 (1.2-1.3) | 1.5 (1.4-1.5) | 32 (30-33) | 49 (46-53) |
|  | Non-starchy vegetables | 1.2 (1.1-1.3) | 1.4 (1.3-1.5) | 30 (28-32) | 47 (44-51) |
|  | Fruit juice | 0.1 (0-0.1) | 0.1 (0.1-0.1) | 1 (1-2) | 2 (2-3) |
| Poland | Suboptimal diet | 88.5 (86.2-90.6) | 89 (87-91.2) | 3003 (2900-3108) | 4185 (4069-4316) |
|  | Whole grains | 31.8 (29.9-33.7) | 31.5 (29.6-33.3) | 1078 (1008-1158) | 1482 (1380-1573) |
|  | Refined grains (total) | 21 (18-24.4) | 22.4 (19.7-26) | 712 (617-825) | 1050 (927-1218) |
|  | *Refined rice* | 0.5 (0.4-0.6) | 0.7 (0.6-0.8) | 17 (15-21) | 31 (27-38) |
|  | *Refined wheat* | 20.6 (17.7-23.9) | 21.9 (19.2-25.4) | 699 (605-810) | 1026 (905-1190) |
|  | Processed meats | 54.3 (46.2-62.2) | 65.3 (59.7-71.3) | 1848 (1574-2098) | 3069 (2820-3341) |
|  | Unprocessed red meats | 35.9 (32.5-40.2) | 28.1 (25.2-32) | 1220 (1094-1378) | 1320 (1189-1517) |
|  | Yogurt | 9.1 (8.3-9.9) | 8.8 (7.9-9.7) | 309 (278-339) | 415 (375-453) |
|  | Sugar-sweetened beverages | 4.9 (4-7.3) | 4.7 (3.9-7) | 167 (135-245) | 222 (182-327) |
|  | Potatoes | 27 (24.1-30.9) | 18 (15.9-21.3) | 917 (820-1053) | 846 (740-1003) |
|  | Fruit | 1.6 (1.4-1.8) | 1.3 (1.1-1.5) | 55 (49-61) | 61 (52-70) |
|  | Nuts and seeds | 1.4 (1.3-1.5) | 1.3 (1.2-1.4) | 46 (43-50) | 62 (57-66) |
|  | Non-starchy vegetables | 0.7 (0.6-0.8) | 0.8 (0.7-0.9) | 25 (22-28) | 38 (33-42) |
|  | Fruit juice | 0.2 (0.2-0.3) | 0.2 (0.2-0.2) | 8 (6-9) | 9 (7-10) |
| Portugal | Suboptimal diet | 67.5 (65.2-70.3) | 68.3 (65.5-71.7) | 2634 (2508-2771) | 4274 (4070-4502) |
|  | Whole grains | 26.9 (25.3-28.5) | 26.4 (24.9-28.2) | 1048 (978-1117) | 1655 (1547-1778) |
|  | Refined grains (total) | 12.9 (11.4-14.9) | 12.8 (11.4-14.8) | 502 (447-576) | 798 (715-932) |
|  | *Refined rice* | 3.1 (2.7-3.8) | 2.9 (2.5-3.5) | 121 (107-150) | 180 (159-219) |
|  | *Refined wheat* | 10.1 (8.9-11.6) | 10.2 (9-11.8) | 392 (349-454) | 634 (568-739) |
|  | Processed meats | 10.1 (7.2-14.8) | 22.3 (17.8-29.1) | 394 (282-579) | 1394 (1113-1819) |
|  | Unprocessed red meats | 21.5 (18.8-25.3) | 26.4 (23.3-30.5) | 838 (728-993) | 1651 (1447-1899) |
|  | Yogurt | 6.2 (5.4-7) | 5.9 (5.1-6.8) | 242 (208-274) | 368 (320-421) |
|  | Sugar-sweetened beverages | 8.1 (7-10.7) | 8.9 (7.5-11.8) | 317 (272-415) | 555 (469-743) |
|  | Potatoes | 23.4 (20.7-27.3) | 9 (8-11.4) | 909 (804-1070) | 561 (500-707) |
|  | Fruit | 2.2 (2-2.3) | 0.3 (0.3-0.5) | 86 (78-92) | 22 (16-30) |
|  | Nuts and seeds | 1.2 (1.1-1.2) | 1.2 (1.1-1.3) | 46 (42-49) | 75 (69-81) |
|  | Non-starchy vegetables | 0.8 (0.7-0.9) | 0.9 (0.8-1) | 31 (27-34) | 56 (50-62) |
|  | Fruit juice | 0 (0-0) | 0 (0-0) | 1 (1-1) | 2 (2-2) |
| Qatar | Suboptimal diet | 75.3 (66-84.2) | 80 (71.4-88.2) | 3161 (2767-3536) | 7793 (6881-8614) |
|  | Whole grains | 35.8 (27.2-40.7) | 36.5 (27.4-41.9) | 1498 (1126-1741) | 3557 (2583-4124) |
|  | Refined grains (total) | 28.2 (16.3-42.4) | 32.2 (18.9-46.3) | 1178 (692-1784) | 3121 (1862-4517) |
|  | *Refined rice* | 28.2 (16.3-42.4) | 32.2 (18.9-46.3) | 1178 (692-1784) | 3121 (1862-4517) |
|  | *Refined wheat* | 0 (0-0) | 0 (0-0) | 0 (0-0) | 0 (0-0) |
|  | Processed meats | 24.8 (10.5-47.2) | 31.4 (13.9-55.3) | 1030 (445-1990) | 3072 (1344-5380) |
|  | Unprocessed red meats | 14.5 (8.7-23.1) | 14.2 (8.2-24.3) | 605 (368-978) | 1380 (789-2419) |
|  | Yogurt | 8.2 (5.4-10.8) | 8.3 (5-11.2) | 344 (225-457) | 803 (485-1083) |
|  | Sugar-sweetened beverages | 19.2 (12.8-29.3) | 22 (14.4-33.7) | 803 (530-1225) | 2146 (1426-3313) |
|  | Potatoes | 3 (1.7-6.3) | 4.9 (2.5-10.3) | 126 (71-258) | 479 (251-1012) |
|  | Fruit | 2.7 (2-3.1) | 2.9 (2.1-3.5) | 111 (85-133) | 279 (202-343) |
|  | Nuts and seeds | 1.2 (1-1.4) | 0.9 (0.7-1.2) | 49 (41-58) | 91 (63-120) |
|  | Non-starchy vegetables | 0.9 (0.5-1.3) | 1.1 (0.6-1.5) | 38 (21-53) | 104 (59-146) |
|  | Fruit juice | 0.1 (0.1-0.2) | 0.1 (0.1-0.3) | 5 (3-10) | 14 (7-29) |
| Romania | Suboptimal diet | 95.3 (93.3-97.1) | 88.5 (85.5-90.9) | 2142 (2073-2212) | 2864 (2755-2976) |
|  | Whole grains | 38.8 (37.5-40.2) | 38.6 (37.1-39.9) | 873 (830-916) | 1250 (1189-1306) |
|  | Refined grains (total) | 30.6 (25.3-36.5) | 29.9 (25-35.5) | 689 (574-820) | 966 (814-1153) |
|  | *Refined rice* | 2 (1.6-2.7) | 1.3 (1.1-1.7) | 45 (36-60) | 42 (34-56) |
|  | *Refined wheat* | 29.2 (24.2-34.9) | 29 (24.2-34.5) | 658 (547-785) | 936 (787-1120) |
|  | Processed meats | 74.3 (64.9-83.4) | 57.3 (48.7-65.1) | 1672 (1462-1865) | 1856 (1589-2113) |
|  | Unprocessed red meats | 54.3 (48.5-61) | 28 (23.3-33.3) | 1223 (1087-1374) | 903 (752-1079) |
|  | Yogurt | 7.1 (5.7-8.4) | 6.8 (5.4-8.3) | 160 (128-189) | 221 (174-266) |
|  | Sugar-sweetened beverages | 12.6 (10.1-15.8) | 12.1 (9.6-15.6) | 284 (227-354) | 394 (310-509) |
|  | Potatoes | 6.2 (5.2-7.9) | 14 (11.8-16.9) | 139 (116-179) | 451 (380-551) |
|  | Fruit | 1.5 (1.2-1.8) | 1.7 (1.3-2) | 34 (28-42) | 54 (42-65) |
|  | Nuts and seeds | 1.2 (1.1-1.2) | 1 (0.9-1.2) | 26 (24-28) | 33 (29-37) |
|  | Non-starchy vegetables | 0.1 (0.1-0.2) | 0.1 (0.1-0.2) | 3 (2-4) | 4 (2-6) |
|  | Fruit juice | 0 (0-0.1) | 0 (0-0.1) | 1 (1-1) | 1 (1-2) |
| Russia | Suboptimal diet | 88 (83.8-91.1) | 88.7 (84.7-92.3) | 1474 (1390-1548) | 2221 (2099-2335) |
|  | Whole grains | 7.4 (4.8-11) | 9.7 (6.3-13.5) | 124 (79-185) | 244 (159-336) |
|  | Refined grains (total) | 7.3 (4.6-11.9) | 4.9 (3-8) | 123 (76-200) | 122 (77-200) |
|  | *Refined rice* | 0.7 (0.4-1.3) | 0.3 (0.2-0.5) | 12 (8-21) | 8 (5-13) |
|  | *Refined wheat* | 6.6 (4.2-10.8) | 4.6 (2.8-7.5) | 111 (69-182) | 115 (72-188) |
|  | Processed meats | 45.5 (34.1-57.3) | 57.9 (47-68.8) | 763 (577-950) | 1453 (1183-1724) |
|  | Unprocessed red meats | 67.3 (60.2-72.9) | 59.6 (51.6-67.3) | 1128 (995-1229) | 1493 (1274-1697) |
|  | Yogurt | 6.5 (4.3-8.6) | 6.1 (3.9-8.1) | 109 (72-144) | 153 (99-203) |
|  | Sugar-sweetened beverages | 4 (3.1-6.6) | 8.3 (6.3-11.4) | 67 (51-111) | 207 (158-285) |
|  | Potatoes | 9.9 (8-12.9) | 8.6 (6.9-11.3) | 167 (134-216) | 215 (170-284) |
|  | Fruit | 2.9 (2.7-3.1) | 2.9 (2.7-3.1) | 49 (45-52) | 73 (67-79) |
|  | Nuts and seeds | 1.2 (1.1-1.3) | 0.9 (0.7-1) | 20 (18-22) | 22 (19-26) |
|  | Non-starchy vegetables | 1.2 (1.1-1.3) | 0.7 (0.6-0.9) | 20 (18-22) | 18 (15-22) |
|  | Fruit juice | 0.2 (0.1-0.2) | 0.1 (0.1-0.2) | 3 (2-4) | 4 (2-6) |
| Rwanda | Suboptimal diet | 40.9 (35.9-46.9) | 85.9 (82-88.6) | 787 (690-903) | 1809 (1708-1902) |
|  | Whole grains | 22 (13.7-29.9) | 30.5 (23.3-36) | 423 (261-574) | 645 (488-765) |
|  | Refined grains (total) | 12.4 (9.7-16.2) | 12 (9.7-15.1) | 237 (186-307) | 253 (206-318) |
|  | *Refined rice* | 5.9 (4.6-8.4) | 7 (5.7-9.3) | 114 (88-164) | 149 (120-195) |
|  | *Refined wheat* | 6.8 (5.3-9.4) | 5.3 (4.2-6.9) | 130 (101-181) | 111 (90-147) |
|  | Processed meats | 1.6 (0.5-6.3) | 2.2 (0.6-8.1) | 32 (9-122) | 46 (13-172) |
|  | Unprocessed red meats | 0.6 (0.4-3.6) | 1.5 (0.9-4.1) | 12 (7-68) | 31 (18-86) |
|  | Yogurt | 12.9 (11.8-13.9) | 13 (11.8-14.1) | 246 (224-269) | 274 (251-295) |
|  | Sugar-sweetened beverages | 4.7 (2.6-9.3) | 73.9 (67.5-78.3) | 90 (50-180) | 1555 (1407-1667) |
|  | Potatoes | 0.5 (0.3-1) | 4.4 (2.4-8.9) | 10 (6-20) | 93 (51-186) |
|  | Fruit | 2.2 (2-2.5) | 2.5 (2.3-2.8) | 43 (38-48) | 53 (47-59) |
|  | Nuts and seeds | 1.2 (1.1-1.3) | 1.1 (0.9-1.3) | 23 (20-26) | 24 (20-27) |
|  | Non-starchy vegetables | 0.2 (0.1-0.3) | 0.3 (0.2-0.4) | 4 (3-6) | 6 (4-9) |
|  | Fruit juice | 0.1 (0-0.1) | 0.1 (0.1-0.1) | 1 (1-2) | 2 (1-3) |
| Saint Lucia | Suboptimal diet | 67.1 (62.5-72) | 67 (61.5-73.1) | 3880 (3581-4184) | 5693 (5228-6250) |
|  | Whole grains | 34.2 (28.1-37.8) | 23.3 (14.7-30.4) | 1972 (1625-2196) | 1973 (1237-2587) |
|  | Refined grains (total) | 9.3 (6.2-13.2) | 12.1 (8.4-18) | 535 (358-756) | 1031 (707-1516) |
|  | *Refined rice* | 0.8 (0.6-1.4) | 1.6 (1.1-2.7) | 49 (32-81) | 140 (94-228) |
|  | *Refined wheat* | 8.5 (5.7-12.2) | 10.7 (7.4-16) | 491 (328-698) | 910 (622-1346) |
|  | Processed meats | 7.3 (3.1-16) | 11.2 (5-23.3) | 423 (180-912) | 947 (433-2002) |
|  | Unprocessed red meats | 10.7 (7.1-15.4) | 14.8 (10.4-21.3) | 618 (411-886) | 1260 (881-1821) |
|  | Yogurt | 11.4 (10.1-12.4) | 11.9 (10.5-13.1) | 659 (580-721) | 1008 (894-1104) |
|  | Sugar-sweetened beverages | 28.2 (22.2-36.1) | 27.8 (21.5-35.6) | 1636 (1294-2079) | 2364 (1838-3028) |
|  | Potatoes | 0.9 (0.5-1.7) | 1.7 (0.9-3.2) | 50 (27-97) | 142 (75-268) |
|  | Fruit | 2.1 (1.4-2.6) | 3.3 (2.8-3.7) | 119 (81-149) | 280 (238-314) |
|  | Nuts and seeds | 1.3 (1.2-1.4) | 1.5 (1.3-1.6) | 74 (69-80) | 123 (113-134) |
|  | Non-starchy vegetables | 1.4 (1.2-1.6) | 1.6 (1.3-1.8) | 83 (71-94) | 135 (111-156) |
|  | Fruit juice | 0.1 (0.1-0.2) | 0.1 (0.1-0.2) | 6 (3-10) | 11 (7-19) |
| Saint Vincent and the Grenadines | Suboptimal diet | 61.4 (56-67.6) | 88.2 (84.6-91.4) | 3273 (2969-3603) | 7442 (7082-7802) |
|  | Whole grains | 13.9 (8-21.5) | 32.1 (25.2-37) | 743 (427-1148) | 2709 (2113-3120) |
|  | Refined grains (total) | 11.8 (8.2-16.4) | 15.4 (10.9-21.4) | 624 (435-867) | 1294 (916-1800) |
|  | *Refined rice* | 5.9 (4-8.5) | 5.3 (3.6-7.7) | 311 (213-447) | 446 (306-651) |
|  | *Refined wheat* | 6.4 (4.4-9.2) | 10.9 (7.6-15.3) | 342 (235-490) | 916 (634-1291) |
|  | Processed meats | 11.6 (5.6-23) | 21.8 (11.9-39.1) | 619 (296-1219) | 1845 (994-3271) |
|  | Unprocessed red meats | 11.7 (8.2-16.5) | 22.2 (16.1-29.7) | 622 (431-880) | 1879 (1349-2516) |
|  | Yogurt | 11.3 (10.1-12.1) | 11.7 (10.3-12.9) | 599 (536-650) | 989 (879-1081) |
|  | Sugar-sweetened beverages | 26.1 (20.5-32.8) | 65.3 (57.9-71.4) | 1386 (1088-1749) | 5496 (4857-6056) |
|  | Potatoes | 0.8 (0.4-1.6) | 1.4 (0.7-2.5) | 44 (23-85) | 115 (61-215) |
|  | Fruit | 3 (2.7-3.3) | 2.4 (1.7-3) | 160 (141-175) | 205 (139-253) |
|  | Nuts and seeds | 1.3 (1.2-1.4) | 1.2 (1-1.3) | 70 (66-75) | 99 (84-111) |
|  | Non-starchy vegetables | 1.6 (1.5-1.8) | 1.5 (1.2-1.7) | 87 (78-94) | 126 (99-147) |
|  | Fruit juice | 0.1 (0.1-0.2) | 0.1 (0.1-0.2) | 7 (4-12) | 11 (6-18) |
| Samoa | Suboptimal diet | 69 (61-76.3) | 73.5 (68.4-79.6) | 3182 (2811-3524) | 6093 (5650-6612) |
|  | Whole grains | 5.9 (3.3-10.7) | 39.2 (34.3-42.2) | 273 (150-496) | 3247 (2826-3532) |
|  | Refined grains (total) | 34.3 (23.3-45.5) | 19.3 (11.7-28.7) | 1589 (1066-2103) | 1602 (967-2352) |
|  | *Refined rice* | 18.8 (12.1-26.3) | 3.5 (2-5.8) | 867 (556-1219) | 293 (165-484) |
|  | *Refined wheat* | 20.5 (13.3-28.6) | 16.6 (9.9-24.9) | 948 (613-1335) | 1377 (824-2042) |
|  | Processed meats | 10.1 (4.7-20.5) | 18.2 (9.4-32.3) | 466 (213-959) | 1504 (778-2680) |
|  | Unprocessed red meats | 27.2 (20.3-35.1) | 12.8 (8.4-18.3) | 1256 (936-1631) | 1063 (702-1542) |
|  | Yogurt | 13.2 (12.4-14.1) | 13.5 (12.3-14.7) | 612 (567-656) | 1122 (1029-1211) |
|  | Sugar-sweetened beverages | 8.9 (5.7-14) | 25.7 (17.2-36.2) | 413 (261-651) | 2135 (1445-2995) |
|  | Potatoes | 0.7 (0.3-1.4) | 1.2 (0.6-2.7) | 30 (16-66) | 99 (51-229) |
|  | Fruit | 2.6 (2.1-2.9) | 2.6 (2.1-3.1) | 118 (99-134) | 220 (174-255) |
|  | Nuts and seeds | 1.3 (1.2-1.4) | 0.8 (0.6-1) | 61 (56-66) | 67 (52-84) |
|  | Non-starchy vegetables | 0.1 (0.1-0.3) | 0.2 (0.1-0.3) | 6 (3-12) | 14 (7-27) |
|  | Fruit juice | 0 (0-0.1) | 0 (0-0.1) | 1 (1-2) | 3 (2-5) |
| Sao Tome and Principe | Suboptimal diet | 49.9 (43.3-59.7) | 67.3 (59.9-77.7) | 1140 (984-1364) | 2028 (1807-2351) |
|  | Whole grains | 22.3 (14.8-29) | 31.9 (24.9-37) | 509 (332-664) | 955 (744-1116) |
|  | Refined grains (total) | 17.4 (13.5-22.1) | 23.2 (18.3-28.8) | 398 (308-506) | 697 (553-859) |
|  | *Refined rice* | 8.6 (6.6-11.3) | 12.7 (9.8-16.2) | 197 (150-256) | 383 (297-485) |
|  | *Refined wheat* | 9.6 (7.4-12.5) | 12.1 (9.4-15.4) | 220 (168-284) | 364 (284-459) |
|  | Processed meats | 10.3 (3.2-25.6) | 22.7 (9.2-45.3) | 233 (73-586) | 687 (275-1360) |
|  | Unprocessed red meats | 0.6 (0.3-2.4) | 2.6 (1.5-5.7) | 14 (7-54) | 78 (45-165) |
|  | Yogurt | 8.9 (6.8-10.4) | 9.9 (8-11.7) | 203 (154-237) | 298 (241-346) |
|  | Sugar-sweetened beverages | 9.4 (6.2-13.9) | 16.7 (11.1-24.3) | 214 (140-318) | 502 (330-729) |
|  | Potatoes | 0.2 (0.1-0.4) | 2.7 (1.4-5.2) | 4 (2-8) | 80 (43-156) |
|  | Fruit | 2.9 (2.7-3.1) | 2.5 (2.1-2.8) | 66 (61-71) | 75 (63-85) |
|  | Nuts and seeds | 1.2 (1.1-1.3) | 1.1 (0.9-1.3) | 27 (24-29) | 33 (27-39) |
|  | Non-starchy vegetables | 1.7 (1.5-1.8) | 2 (1.9-2.2) | 38 (36-41) | 62 (56-67) |
|  | Fruit juice | 0.1 (0-0.1) | 0.1 (0-0.1) | 1 (1-2) | 2 (1-4) |
| Saudi Arabia | Suboptimal diet | 82.6 (74.1-89.9) | 89.3 (81.1-94.7) | 2724 (2406-2987) | 6032 (5499-6493) |
|  | Whole grains | 35.4 (27.8-40.6) | 32.7 (23.6-39.7) | 1168 (913-1344) | 2212 (1595-2699) |
|  | Refined grains (total) | 18.4 (11.9-27.9) | 32.5 (21.6-44.1) | 607 (395-918) | 2198 (1460-3008) |
|  | *Refined rice* | 5.1 (3.1-8.5) | 17.2 (10.8-24.5) | 168 (105-280) | 1157 (733-1669) |
|  | *Refined wheat* | 14.3 (9-22.4) | 19.6 (12.5-27.8) | 471 (302-727) | 1324 (843-1880) |
|  | Processed meats | 53.9 (33.3-73.4) | 62.5 (38.1-81.3) | 1779 (1086-2424) | 4232 (2583-5484) |
|  | Unprocessed red meats | 18.6 (12.3-26.7) | 14.4 (9-21.6) | 615 (403-877) | 979 (612-1470) |
|  | Yogurt | 8.2 (5.4-10.5) | 8 (5.3-10.7) | 269 (178-346) | 546 (363-726) |
|  | Sugar-sweetened beverages | 15.2 (10.5-22.3) | 23.4 (16.4-33.2) | 505 (352-738) | 1589 (1111-2248) |
|  | Potatoes | 1.9 (1.1-3.8) | 9.7 (5.4-16.8) | 64 (35-122) | 654 (361-1137) |
|  | Fruit | 2.8 (2.6-3.1) | 2.5 (2.1-2.9) | 94 (84-104) | 172 (144-201) |
|  | Nuts and seeds | 1.3 (1.2-1.4) | 0.8 (0.6-1.1) | 43 (39-48) | 57 (42-74) |
|  | Non-starchy vegetables | 0.6 (0.4-0.8) | 1.2 (0.9-1.5) | 20 (13-27) | 83 (63-100) |
|  | Fruit juice | 0.1 (0.1-0.2) | 0.1 (0.1-0.3) | 4 (2-8) | 9 (5-18) |
| Senegal | Suboptimal diet | 66.9 (58-78.2) | 76.4 (68.4-84.3) | 1691 (1454-1971) | 2680 (2396-2971) |
|  | Whole grains | 16.9 (9.6-24.6) | 18.8 (10.7-26.7) | 426 (243-628) | 663 (374-950) |
|  | Refined grains (total) | 13.5 (11.1-16.7) | 13.6 (11.2-16.6) | 342 (283-420) | 477 (394-584) |
|  | *Refined rice* | 11.3 (9.3-14.2) | 10.7 (8.8-13.3) | 286 (236-355) | 375 (310-468) |
|  | *Refined wheat* | 2.5 (2-3.3) | 3.2 (2.7-4.1) | 62 (52-85) | 113 (93-144) |
|  | Processed meats | 25.2 (10.7-48.8) | 22.9 (9.2-45.8) | 640 (270-1224) | 808 (324-1584) |
|  | Unprocessed red meats | 2.6 (1.8-5.6) | 2.8 (1.8-6) | 66 (44-141) | 97 (63-209) |
|  | Yogurt | 10.8 (9.3-12) | 11.2 (9.7-12.5) | 273 (233-307) | 393 (343-436) |
|  | Sugar-sweetened beverages | 29.6 (20.8-39.3) | 48.4 (38.1-59.3) | 745 (528-994) | 1700 (1320-2091) |
|  | Potatoes | 0.8 (0.4-1.6) | 2.6 (1.4-4.9) | 21 (11-41) | 93 (50-175) |
|  | Fruit | 3 (2.9-3.2) | 3.5 (3.3-3.7) | 77 (71-82) | 123 (115-132) |
|  | Nuts and seeds | 0.9 (0.7-1) | 1.1 (0.9-1.3) | 22 (17-27) | 39 (33-45) |
|  | Non-starchy vegetables | 1.4 (1.3-1.5) | 1.7 (1.5-1.8) | 35 (32-38) | 58 (53-63) |
|  | Fruit juice | 0.1 (0-0.1) | 0.1 (0-0.1) | 2 (1-2) | 3 (2-4) |
| Serbia | Suboptimal diet | 88 (81.1-93.3) | 79.8 (69.8-88.7) | 3485 (3206-3714) | 4527 (3975-5028) |
|  | Whole grains | 27.7 (19.8-33.5) | 2.8 (1.8-4.2) | 1097 (795-1332) | 157 (102-236) |
|  | Refined grains (total) | 40.2 (20.4-52.9) | 34.5 (18.9-57.5) | 1590 (809-2088) | 1950 (1058-3261) |
|  | *Refined rice* | 40.2 (20.4-52.9) | 0.6 (0.3-1.3) | 1590 (809-2088) | 33 (16-75) |
|  | *Refined wheat* | 0 (0-0) | 34.1 (18.7-57) | 0 (0-0) | 1928 (1045-3232) |
|  | Processed meats | 42.4 (25.7-63) | 40.4 (24.2-60.6) | 1682 (1024-2492) | 2284 (1366-3450) |
|  | Unprocessed red meats | 35.8 (25.3-49.7) | 28.6 (19.9-40.6) | 1416 (998-1964) | 1622 (1125-2319) |
|  | Yogurt | 6.5 (4.4-8.4) | 6.9 (4.6-8.9) | 258 (176-334) | 392 (261-500) |
|  | Sugar-sweetened beverages | 4.9 (2.4-10.2) | 3.2 (1.5-6.9) | 195 (95-398) | 179 (86-393) |
|  | Potatoes | 23.4 (12.6-38.7) | 11.9 (6.4-22.3) | 926 (493-1525) | 673 (364-1257) |
|  | Fruit | 2 (1.3-2.6) | 2.2 (1.4-2.8) | 79 (51-102) | 124 (77-160) |
|  | Nuts and seeds | 1.3 (1.2-1.4) | 1.3 (1-1.4) | 50 (46-55) | 71 (59-79) |
|  | Non-starchy vegetables | 0.3 (0.1-0.8) | 0.1 (0-0.1) | 14 (4-32) | 3 (2-5) |
|  | Fruit juice | 0.2 (0.1-0.4) | 0.2 (0.1-0.4) | 7 (3-18) | 10 (4-24) |
| Seychelles | Suboptimal diet | 62.4 (58.1-66.9) | 68.2 (63.5-72.8) | 2211 (2036-2378) | 5840 (5429-6284) |
|  | Whole grains | 26.2 (17.3-33.3) | 27.5 (18.6-34.8) | 932 (615-1184) | 2361 (1578-3007) |
|  | Refined grains (total) | 14.8 (12.1-18) | 15.6 (13-19.6) | 525 (428-640) | 1335 (1108-1674) |
|  | *Refined rice* | 14.8 (12.1-18) | 15.6 (13-19.6) | 525 (428-640) | 1335 (1108-1674) |
|  | *Refined wheat* | 0 (0-0) | 0 (0-0) | 0 (0-0) | 0 (0-0) |
|  | Processed meats | 11.1 (7.2-16.5) | 16.1 (11-23.2) | 390 (255-580) | 1372 (945-2006) |
|  | Unprocessed red meats | 6.7 (4.9-10) | 6.7 (4.9-10.9) | 236 (173-357) | 577 (416-939) |
|  | Yogurt | 11.1 (9.9-12) | 11.6 (10.2-13.1) | 393 (350-431) | 998 (878-1110) |
|  | Sugar-sweetened beverages | 25.4 (20.6-31.3) | 28.1 (22.6-35.1) | 894 (726-1116) | 2403 (1926-3018) |
|  | Potatoes | 2.1 (1.8-3) | 5.5 (4.4-7.7) | 75 (62-108) | 469 (377-658) |
|  | Fruit | 2.2 (2-2.4) | 2.8 (2.6-3.1) | 79 (71-87) | 242 (219-266) |
|  | Nuts and seeds | 1.1 (1-1.2) | 1.1 (0.9-1.3) | 40 (35-44) | 93 (75-107) |
|  | Non-starchy vegetables | 0.6 (0.4-0.7) | 0.7 (0.5-0.9) | 20 (15-25) | 59 (45-74) |
|  | Fruit juice | 0 (0-0) | 0 (0-0.1) | 1 (1-2) | 3 (2-5) |
| Sierra Leone | Suboptimal diet | 63.5 (51.5-77.2) | 80 (68.7-90.2) | 635 (513-779) | 1408 (1202-1577) |
|  | Whole grains | 25 (17.8-30.9) | 20.2 (12.2-27.9) | 250 (178-308) | 355 (215-493) |
|  | Refined grains (total) | 12 (9.6-15.2) | 12 (9.8-14.7) | 120 (95-152) | 211 (173-262) |
|  | *Refined rice* | 11.5 (9.2-14.6) | 11.4 (9.2-14) | 115 (91-146) | 200 (163-247) |
|  | *Refined wheat* | 0.5 (0.4-0.7) | 0.8 (0.6-1) | 6 (4-7) | 13 (11-17) |
|  | Processed meats | 34.9 (14.9-60.6) | 54.7 (30.3-76.5) | 347 (151-596) | 963 (532-1346) |
|  | Unprocessed red meats | 3.9 (2.5-6.7) | 4.2 (2.7-7.4) | 39 (25-67) | 73 (47-132) |
|  | Yogurt | 11.2 (10.2-11.9) | 12.4 (11.4-13.5) | 112 (101-121) | 218 (201-235) |
|  | Sugar-sweetened beverages | 8 (5.1-12) | 27.1 (18.7-36.9) | 80 (51-120) | 477 (324-645) |
|  | Potatoes | 0.8 (0.4-1.6) | 1.7 (0.8-3.6) | 8 (4-16) | 30 (15-64) |
|  | Fruit | 2.3 (2.2-2.5) | 2.9 (2.7-3.1) | 23 (22-25) | 51 (47-55) |
|  | Nuts and seeds | 1.1 (1-1.2) | 1.3 (1.2-1.4) | 11 (10-12) | 23 (20-25) |
|  | Non-starchy vegetables | 1 (0.9-1.1) | 1.3 (1.1-1.4) | 10 (9-11) | 22 (20-24) |
|  | Fruit juice | 0 (0-0) | 0 (0-0) | 0 (0-0) | 1 (0-1) |
| Singapore | Suboptimal diet | 71.9 (64.4-78.7) | 74.6 (67.6-80.7) | 2764 (2456-3047) | 3017 (2734-3289) |
|  | Whole grains | 40.3 (35.7-43.1) | 38.8 (34.2-41.6) | 1548 (1353-1678) | 1567 (1370-1715) |
|  | Refined grains (total) | 39 (25-53.1) | 35.8 (22.3-50.2) | 1499 (962-2046) | 1441 (899-2038) |
|  | *Refined rice* | 39 (25-53.1) | 35.8 (22.3-50.2) | 1499 (962-2046) | 1441 (899-2038) |
|  | *Refined wheat* | 0 (0-0) | 0 (0-0) | 0 (0-0) | 0 (0-0) |
|  | Processed meats | 10.3 (6.6-17.3) | 15.3 (10.4-23.5) | 394 (255-665) | 616 (418-941) |
|  | Unprocessed red meats | 9 (6.3-15) | 18.7 (14.7-24.5) | 346 (245-582) | 758 (598-990) |
|  | Yogurt | 13.3 (11.8-14.6) | 12.5 (11-14) | 510 (452-563) | 508 (448-562) |
|  | Sugar-sweetened beverages | 10.4 (7.8-15.6) | 9.9 (7.5-15) | 399 (296-600) | 401 (301-604) |
|  | Potatoes | 0.8 (0.4-1.6) | 1 (0.5-2.2) | 29 (15-59) | 40 (21-88) |
|  | Fruit | 2.6 (2.3-2.9) | 2.8 (2.4-3.1) | 100 (87-113) | 113 (98-128) |
|  | Nuts and seeds | 1.3 (1.2-1.5) | 1.4 (1.2-1.5) | 51 (46-57) | 55 (50-62) |
|  | Non-starchy vegetables | 1.1 (0.9-1.3) | 1.2 (1-1.4) | 42 (34-50) | 49 (41-58) |
|  | Fruit juice | 0 (0-0.1) | 0 (0-0.1) | 2 (1-3) | 2 (1-3) |
| Slovakia | Suboptimal diet | 73.1 (68-78.4) | 81 (76-85.9) | 2065 (1911-2215) | 3109 (2912-3303) |
|  | Whole grains | 17.6 (14.4-20.8) | 19 (15.5-22.3) | 494 (406-592) | 730 (594-857) |
|  | Refined grains (total) | 7.3 (5.4-9.9) | 7.1 (5.3-9.7) | 207 (155-277) | 274 (204-370) |
|  | *Refined rice* | 0.8 (0.6-1.3) | 0.4 (0.3-0.5) | 24 (18-35) | 14 (11-19) |
|  | *Refined wheat* | 6.5 (4.8-8.8) | 6.8 (5-9.2) | 184 (138-247) | 261 (194-352) |
|  | Processed meats | 38.9 (29.3-49.4) | 61.6 (52.2-71.4) | 1095 (829-1390) | 2363 (2016-2730) |
|  | Unprocessed red meats | 22 (17-27.6) | 12.9 (9.3-17.4) | 624 (474-779) | 497 (360-671) |
|  | Yogurt | 8.8 (7.2-10.1) | 8.6 (6.8-10) | 248 (203-289) | 329 (262-386) |
|  | Sugar-sweetened beverages | 8.5 (6.7-11.4) | 11.8 (9.3-15.6) | 240 (187-324) | 453 (357-597) |
|  | Potatoes | 12.5 (10.2-15.5) | 6.5 (5.5-8.7) | 354 (288-441) | 251 (210-335) |
|  | Fruit | 3 (2.8-3.2) | 3.2 (3-3.3) | 85 (79-91) | 121 (113-129) |
|  | Nuts and seeds | 1.2 (1.1-1.3) | 1.3 (1.2-1.4) | 34 (32-37) | 50 (46-54) |
|  | Non-starchy vegetables | 1.3 (1.1-1.4) | 1.4 (1.3-1.5) | 35 (32-39) | 54 (50-59) |
|  | Fruit juice | 0.1 (0.1-0.2) | 0.1 (0.1-0.2) | 3 (2-5) | 4 (3-6) |
| Slovenia | Suboptimal diet | 65.3 (58.1-73.6) | 77.2 (69.6-84.7) | 2106 (1860-2362) | 3091 (2782-3389) |
|  | Whole grains | 19.5 (12.8-26.2) | 22 (15-28.3) | 624 (412-844) | 877 (596-1135) |
|  | Refined grains (total) | 11.6 (8-16.4) | 15.9 (11.2-22.2) | 373 (256-521) | 638 (448-894) |
|  | *Refined rice* | 0.6 (0.4-1) | 1.1 (0.7-1.7) | 20 (14-31) | 43 (30-68) |
|  | *Refined wheat* | 11 (7.6-15.6) | 15 (10.5-21.2) | 355 (244-498) | 603 (423-850) |
|  | Processed meats | 26.8 (15.9-40.6) | 45.4 (29.8-61.2) | 862 (510-1306) | 1815 (1206-2479) |
|  | Unprocessed red meats | 18.6 (12-28.7) | 21.2 (14.1-32.1) | 595 (385-925) | 847 (562-1292) |
|  | Yogurt | 6.1 (4-8.1) | 5.8 (3.6-7.9) | 196 (128-262) | 231 (146-318) |
|  | Sugar-sweetened beverages | 6.5 (4.8-9.6) | 9.4 (7-12.8) | 210 (155-311) | 377 (281-511) |
|  | Potatoes | 9.7 (6-16.2) | 9.7 (6.1-15.8) | 314 (193-520) | 387 (243-627) |
|  | Fruit | 2.8 (2.6-3) | 3.1 (2.9-3.4) | 90 (83-97) | 126 (117-135) |
|  | Nuts and seeds | 1.1 (1-1.3) | 1.1 (0.8-1.2) | 37 (32-41) | 43 (34-50) |
|  | Non-starchy vegetables | 1.1 (1-1.3) | 1.3 (1.1-1.4) | 37 (33-41) | 51 (46-57) |
|  | Fruit juice | 0.3 (0.2-0.7) | 0.3 (0.1-0.6) | 10 (5-23) | 12 (5-26) |
| Solomon Islands | Suboptimal diet | 74.3 (67.1-81.7) | 80.2 (73.4-85.7) | 3138 (2829-3468) | 5797 (5325-6217) |
|  | Whole grains | 29.2 (20.7-35.8) | 40.4 (34.9-43.5) | 1230 (866-1516) | 2922 (2503-3174) |
|  | Refined grains (total) | 25.4 (16.5-35.8) | 33.4 (22.8-45.5) | 1072 (699-1499) | 2425 (1646-3270) |
|  | *Refined rice* | 23.1 (14.9-32.7) | 29.1 (19.5-40.2) | 971 (632-1371) | 2108 (1418-2895) |
|  | *Refined wheat* | 3.4 (2.1-5.3) | 7 (4.3-10.3) | 142 (90-222) | 504 (310-744) |
|  | Processed meats | 21.2 (8.3-41.1) | 22.7 (10.9-41.3) | 890 (362-1725) | 1644 (795-2981) |
|  | Unprocessed red meats | 20.3 (14.2-27.6) | 23.4 (16.9-31.1) | 858 (597-1167) | 1694 (1212-2256) |
|  | Yogurt | 13.8 (12.8-14.8) | 14.2 (13-15.5) | 584 (539-630) | 1028 (952-1109) |
|  | Sugar-sweetened beverages | 18.8 (12.2-27) | 16.2 (10.3-24.2) | 794 (518-1151) | 1168 (745-1762) |
|  | Potatoes | 0.3 (0.1-0.7) | 1.8 (0.9-4.3) | 13 (6-28) | 134 (65-314) |
|  | Fruit | 3.6 (3.4-3.9) | 4 (3.7-4.3) | 153 (140-164) | 291 (267-316) |
|  | Nuts and seeds | 1.4 (1.3-1.5) | 1.6 (1.5-1.7) | 59 (54-65) | 116 (107-127) |
|  | Non-starchy vegetables | 0.9 (0.5-1.1) | 1 (0.6-1.3) | 36 (22-48) | 71 (43-95) |
|  | Fruit juice | 0 (0-0.1) | 0.1 (0-0.1) | 2 (1-4) | 4 (2-7) |
| South Africa | Suboptimal diet | 82.9 (79.9-85.7) | 84.9 (82-87.8) | 2395 (2285-2496) | 3844 (3682-4006) |
|  | Whole grains | 13.2 (9-17.5) | 14.8 (10-19.2) | 381 (260-509) | 672 (451-874) |
|  | Refined grains (total) | 12.1 (9.7-15.5) | 17.4 (13.8-22) | 349 (278-447) | 788 (633-1006) |
|  | *Refined rice* | 2.7 (2.1-3.8) | 6.2 (4.8-8.2) | 78 (61-109) | 280 (221-372) |
|  | *Refined wheat* | 9.6 (7.6-12.4) | 11.9 (9.4-15.1) | 277 (221-358) | 538 (430-691) |
|  | Processed meats | 18.5 (13-25.9) | 20.2 (13.5-29.3) | 533 (374-751) | 912 (616-1325) |
|  | Unprocessed red meats | 52.6 (47.7-57.2) | 56 (50.9-61) | 1515 (1376-1658) | 2532 (2295-2775) |
|  | Yogurt | 10.5 (9.1-11.7) | 10.4 (8.8-11.9) | 304 (261-340) | 470 (395-536) |
|  | Sugar-sweetened beverages | 33.5 (28.1-40.6) | 28.8 (23.5-35.9) | 970 (813-1179) | 1303 (1060-1628) |
|  | Potatoes | 3.2 (1.8-5.9) | 4.3 (2.4-8) | 92 (52-170) | 193 (110-367) |
|  | Fruit | 2.9 (2.8-3) | 3.8 (3.7-4) | 83 (79-88) | 174 (164-185) |
|  | Nuts and seeds | 1.3 (1.2-1.4) | 1.4 (1.4-1.6) | 38 (36-40) | 66 (61-71) |
|  | Non-starchy vegetables | 1 (1-1.2) | 1.2 (1.1-1.4) | 30 (28-33) | 56 (51-62) |
|  | Fruit juice | 0 (0-0) | 0 (0-0) | 0 (0-0) | 1 (0-1) |
| South Korea | Suboptimal diet | 64.2 (61.7-67.1) | 61.2 (59-63.9) | 1734 (1652-1822) | 2693 (2577-2830) |
|  | Whole grains | 35 (33.6-36.6) | 32.6 (31.2-34) | 945 (893-1001) | 1433 (1360-1523) |
|  | Refined grains (total) | 33.5 (30.4-37.2) | 31.1 (28.1-34.6) | 903 (823-1004) | 1364 (1236-1508) |
|  | *Refined rice* | 27.9 (25.2-31.3) | 24.6 (22.2-28) | 752 (684-847) | 1082 (978-1216) |
|  | *Refined wheat* | 7.8 (7-9.7) | 8.5 (7.7-10.5) | 209 (188-262) | 376 (338-461) |
|  | Processed meats | 2.8 (2-6.1) | 1.2 (1-2.9) | 77 (54-163) | 53 (46-127) |
|  | Unprocessed red meats | 13.2 (10.6-17.9) | 14.5 (12.2-19) | 357 (286-486) | 636 (537-840) |
|  | Yogurt | 12.1 (11.3-13) | 10.7 (9.8-11.7) | 327 (301-355) | 469 (433-508) |
|  | Sugar-sweetened beverages | 3.5 (3-6.5) | 2.9 (2.5-5.4) | 95 (80-173) | 128 (110-239) |
|  | Potatoes | 0.9 (0.8-1) | 1 (0.9-1.1) | 24 (21-27) | 43 (39-50) |
|  | Fruit | 3.2 (3-3.4) | 2.9 (2.7-3) | 86 (81-92) | 127 (119-135) |
|  | Nuts and seeds | 1.3 (1.2-1.4) | 1.3 (1.2-1.4) | 36 (33-39) | 57 (52-62) |
|  | Non-starchy vegetables | 1.1 (1-1.2) | 1.2 (1.1-1.2) | 30 (28-33) | 51 (47-55) |
|  | Fruit juice | 0 (0-0) | 0 (0-0) | 1 (1-1) | 1 (1-2) |
| Spain | Suboptimal diet | 74.4 (68.7-80.8) | 76.4 (70.2-83.8) | 3034 (2802-3304) | 3853 (3508-4222) |
|  | Whole grains | 29.2 (26.2-31.8) | 29.5 (26.3-32.3) | 1197 (1069-1311) | 1490 (1322-1645) |
|  | Refined grains (total) | 8.3 (5.8-11.8) | 11.8 (8.5-16.5) | 339 (236-480) | 595 (430-824) |
|  | *Refined rice* | 1 (0.7-1.5) | 2 (1.4-3) | 43 (29-63) | 103 (72-149) |
|  | *Refined wheat* | 7.3 (5.1-10.4) | 10 (7.1-14.1) | 300 (209-428) | 505 (363-710) |
|  | Processed meats | 29.1 (18.5-45.1) | 40 (26.9-57.2) | 1187 (759-1816) | 2014 (1367-2886) |
|  | Unprocessed red meats | 22.8 (14.9-33.6) | 23 (14.4-32.4) | 931 (607-1378) | 1162 (717-1651) |
|  | Yogurt | 8.1 (6.2-9.5) | 8.2 (6.2-9.8) | 329 (252-392) | 414 (314-492) |
|  | Sugar-sweetened beverages | 7.2 (5.7-10.3) | 10.6 (8.3-14.3) | 293 (233-419) | 534 (419-722) |
|  | Potatoes | 18.1 (14.3-23.6) | 6.2 (4.9-9.1) | 740 (584-975) | 315 (248-463) |
|  | Fruit | 2.2 (2-2.4) | 3.2 (3-3.4) | 91 (83-99) | 160 (149-171) |
|  | Nuts and seeds | 0.9 (0.8-1) | 1 (0.8-1.1) | 37 (32-41) | 49 (43-55) |
|  | Non-starchy vegetables | 1.1 (1-1.2) | 1.3 (1.2-1.5) | 46 (43-51) | 68 (62-74) |
|  | Fruit juice | 0.1 (0-0.1) | 0.1 (0-0.2) | 3 (1-6) | 5 (2-10) |
| Sri Lanka | Suboptimal diet | 73.7 (67-81.6) | 74.1 (67.1-82.3) | 2397 (2173-2652) | 6687 (6037-7361) |
|  | Whole grains | 25 (21-28.2) | 24.5 (20.3-27.9) | 811 (686-921) | 2207 (1824-2530) |
|  | Refined grains (total) | 41.6 (28.2-57.9) | 43.7 (29.5-60.2) | 1352 (920-1884) | 3945 (2683-5382) |
|  | *Refined rice* | 35.8 (23.9-51) | 38.6 (25.6-54.2) | 1166 (780-1661) | 3474 (2325-4840) |
|  | *Refined wheat* | 9.1 (5.7-14.6) | 8.6 (5.4-13.5) | 298 (185-473) | 776 (485-1214) |
|  | Processed meats | 8.3 (4.7-14) | 7.5 (4.2-14.3) | 271 (151-455) | 680 (374-1292) |
|  | Unprocessed red meats | 24.5 (20.7-29) | 15.4 (12.5-19) | 799 (673-951) | 1382 (1121-1720) |
|  | Yogurt | 11.2 (10.2-12.1) | 11 (10-12) | 364 (331-395) | 992 (905-1079) |
|  | Sugar-sweetened beverages | 10.9 (7.8-15.1) | 19.2 (14.4-25.2) | 355 (254-490) | 1719 (1293-2262) |
|  | Potatoes | 0.2 (0.1-0.4) | 0.9 (0.5-1.6) | 7 (4-13) | 77 (46-142) |
|  | Fruit | 2.8 (2.6-2.9) | 3 (2.9-3.2) | 91 (85-96) | 273 (255-290) |
|  | Nuts and seeds | 1.3 (1.2-1.4) | 1 (0.7-1.2) | 42 (39-44) | 88 (65-107) |
|  | Non-starchy vegetables | 0.6 (0.5-0.7) | 0.7 (0.6-0.8) | 20 (17-23) | 67 (57-77) |
|  | Fruit juice | 0 (0-0) | 0 (0-0) | 0 (0-1) | 1 (0-2) |
| Sudan | Suboptimal diet | 64.4 (57.9-71.2) | 69.4 (61.7-78) | 1603 (1431-1780) | 3163 (2813-3563) |
|  | Whole grains | 28.9 (19.4-35.8) | 30.1 (20.4-37.1) | 720 (484-895) | 1378 (921-1696) |
|  | Refined grains (total) | 18.5 (13.2-25.6) | 20 (14.3-27.4) | 461 (329-641) | 912 (653-1262) |
|  | *Refined rice* | 18.5 (13.2-25.6) | 20 (14.3-27.4) | 461 (329-641) | 912 (653-1262) |
|  | *Refined wheat* | 0 (0-0) | 0 (0-0) | 0 (0-0) | 0 (0-0) |
|  | Processed meats | 6.1 (1.9-16.5) | 11.8 (3.1-34.4) | 151 (47-408) | 541 (138-1564) |
|  | Unprocessed red meats | 8.7 (5.9-12.5) | 7 (4.8-11.1) | 216 (149-313) | 319 (217-509) |
|  | Yogurt | 12.6 (11.5-13.6) | 13.1 (11.8-14.4) | 313 (283-341) | 598 (540-649) |
|  | Sugar-sweetened beverages | 25.1 (16.3-36.1) | 26.4 (16.9-38.6) | 622 (404-899) | 1214 (775-1767) |
|  | Potatoes | 1.2 (0.7-2.3) | 5.3 (3-9.9) | 29 (17-57) | 241 (137-456) |
|  | Fruit | 2.8 (2.4-3.2) | 3.3 (2.8-3.7) | 71 (59-80) | 151 (126-173) |
|  | Nuts and seeds | 1.2 (1.1-1.3) | 1 (0.8-1.2) | 30 (27-34) | 46 (38-56) |
|  | Non-starchy vegetables | 1.1 (0.7-1.4) | 1.3 (0.9-1.6) | 27 (19-34) | 59 (41-74) |
|  | Fruit juice | 0.2 (0.1-0.3) | 0.2 (0.1-0.3) | 4 (3-6) | 9 (6-14) |
| Suriname | Suboptimal diet | 80.2 (74.4-86.6) | 85.5 (80.2-90.6) | 3249 (3010-3518) | 7006 (6536-7478) |
|  | Whole grains | 36.6 (30.9-39.9) | 26.1 (17.1-33.1) | 1477 (1244-1626) | 2147 (1396-2737) |
|  | Refined grains (total) | 26 (18.8-33.9) | 20.9 (15-28.2) | 1052 (766-1372) | 1707 (1230-2307) |
|  | *Refined rice* | 20.9 (15-27.5) | 15.4 (10.9-21.2) | 844 (608-1117) | 1264 (893-1740) |
|  | *Refined wheat* | 7 (4.9-9.8) | 6.8 (4.7-9.7) | 282 (197-390) | 560 (386-793) |
|  | Processed meats | 36.8 (22.2-55.6) | 45.1 (29.5-62.7) | 1493 (906-2256) | 3727 (2456-5160) |
|  | Unprocessed red meats | 16.6 (11.8-22.7) | 28.2 (21.2-36.7) | 676 (474-925) | 2314 (1752-3034) |
|  | Yogurt | 12.1 (10.8-13.1) | 12.1 (10.9-13.4) | 491 (436-536) | 998 (896-1089) |
|  | Sugar-sweetened beverages | 23 (16-33.1) | 31.7 (22.5-44.1) | 930 (657-1320) | 2611 (1847-3607) |
|  | Potatoes | 0.7 (0.4-1.2) | 2.5 (1.3-5) | 27 (14-50) | 208 (107-421) |
|  | Fruit | 3.2 (2.8-3.4) | 3 (2.4-3.5) | 129 (114-141) | 249 (199-287) |
|  | Nuts and seeds | 1.2 (1-1.3) | 1 (0.8-1.1) | 47 (41-52) | 79 (63-94) |
|  | Non-starchy vegetables | 0.8 (0.4-1.1) | 0.9 (0.5-1.3) | 31 (16-44) | 77 (41-107) |
|  | Fruit juice | 0.2 (0.1-0.3) | 0.2 (0.1-0.3) | 6 (4-11) | 14 (8-24) |
| Swaziland | Suboptimal diet | 63.8 (55.5-75.7) | 72.1 (67.5-77.8) | 1762 (1523-2084) | 3240 (3015-3491) |
|  | Whole grains | 20.5 (12.7-27.9) | 42 (40.7-43.4) | 564 (346-776) | 1882 (1795-1970) |
|  | Refined grains (total) | 9.2 (7.4-11.5) | 23.9 (16.8-33.3) | 253 (205-320) | 1078 (751-1492) |
|  | *Refined rice* | 2.7 (2.2-3.7) | 23.9 (16.8-33.3) | 75 (60-104) | 1078 (751-1492) |
|  | *Refined wheat* | 6.6 (5.3-8.5) | 0 (0-0) | 182 (146-234) | 0 (0-0) |
|  | Processed meats | 13.6 (2.9-41) | 3.3 (1-9.8) | 375 (80-1119) | 150 (47-440) |
|  | Unprocessed red meats | 8.4 (5.9-12.2) | 8.8 (6.2-12.6) | 231 (165-335) | 396 (278-565) |
|  | Yogurt | 11.3 (9.9-12.3) | 11.3 (9.9-12.5) | 310 (272-343) | 508 (443-555) |
|  | Sugar-sweetened beverages | 26.7 (18.9-36.4) | 32.2 (23.5-43.7) | 736 (515-1004) | 1444 (1047-1964) |
|  | Potatoes | 5 (2.8-9.4) | 3.8 (2.2-7.3) | 137 (76-262) | 169 (98-328) |
|  | Fruit | 2.6 (2.4-2.8) | 3 (2.8-3.2) | 71 (66-76) | 134 (123-145) |
|  | Nuts and seeds | 1.3 (1.2-1.4) | 1.1 (0.9-1.2) | 35 (33-38) | 49 (42-55) |
|  | Non-starchy vegetables | 0.9 (0.8-1) | 0.9 (0.8-1.1) | 25 (23-28) | 42 (34-51) |
|  | Fruit juice | 0.1 (0.1-0.1) | 0.1 (0.1-0.2) | 2 (2-4) | 5 (3-7) |
| Sweden | Suboptimal diet | 68.7 (65.2-72.6) | 75.4 (71.8-79.3) | 1794 (1685-1908) | 2932 (2761-3109) |
|  | Whole grains | 24 (21.4-26.3) | 27.5 (25.3-29.7) | 627 (552-694) | 1069 (969-1163) |
|  | Refined grains (total) | 1.8 (1.1-2.9) | 2.8 (1.7-4.7) | 46 (29-76) | 110 (67-181) |
|  | *Refined rice* | 0.2 (0.1-0.4) | 0.3 (0.2-0.5) | 6 (4-10) | 12 (8-21) |
|  | *Refined wheat* | 1.5 (1-2.6) | 2.5 (1.6-4.1) | 40 (25-67) | 97 (60-161) |
|  | Processed meats | 27.8 (21.9-34.9) | 39.7 (32.5-47.7) | 725 (569-912) | 1542 (1263-1866) |
|  | Unprocessed red meats | 27.3 (24.1-31.4) | 28.4 (25.4-33.6) | 715 (627-823) | 1103 (979-1303) |
|  | Yogurt | 4.5 (3.4-5.4) | 4.3 (3.3-5.6) | 116 (91-142) | 169 (128-214) |
|  | Sugar-sweetened beverages | 7.6 (6.4-10.2) | 7.5 (6.3-10.5) | 197 (166-270) | 291 (244-412) |
|  | Potatoes | 6.2 (5.4-8.2) | 6.1 (5.4-8.5) | 162 (142-215) | 238 (209-333) |
|  | Fruit | 2.2 (2.1-2.4) | 2.5 (2.2-2.7) | 59 (54-63) | 95 (87-104) |
|  | Nuts and seeds | 1.1 (1-1.2) | 1.1 (1-1.2) | 29 (27-32) | 42 (38-46) |
|  | Non-starchy vegetables | 1.3 (1.2-1.4) | 1 (0.9-1.1) | 33 (31-36) | 37 (33-42) |
|  | Fruit juice | 0.2 (0.2-0.3) | 0.3 (0.2-0.3) | 6 (5-8) | 11 (9-13) |
| Switzerland | Suboptimal diet | 67.2 (62.6-72.2) | 65.2 (60.3-70.3) | 2002 (1870-2157) | 2631 (2430-2844) |
|  | Whole grains | 19.4 (15.9-22.9) | 20.6 (16.4-24.1) | 580 (475-684) | 832 (663-969) |
|  | Refined grains (total) | 11 (8.3-14.6) | 8.8 (6.7-11.9) | 327 (246-438) | 355 (268-485) |
|  | *Refined rice* | 1 (0.7-1.4) | 0.4 (0.3-0.6) | 29 (22-42) | 18 (13-25) |
|  | *Refined wheat* | 10.1 (7.6-13.4) | 8.4 (6.4-11.4) | 300 (225-404) | 339 (256-461) |
|  | Processed meats | 25.3 (19.1-33.1) | 27.9 (20.9-36.1) | 753 (572-973) | 1123 (843-1457) |
|  | Unprocessed red meats | 28.9 (22-37.1) | 19.8 (14.2-26.5) | 858 (650-1104) | 800 (573-1069) |
|  | Yogurt | 6.1 (4.7-7.5) | 6 (4.7-7.6) | 182 (139-225) | 244 (189-305) |
|  | Sugar-sweetened beverages | 8.9 (7.2-11.8) | 10.3 (8.3-13.6) | 265 (212-351) | 418 (337-549) |
|  | Potatoes | 4.6 (3.7-6.5) | 4.5 (3.6-6.1) | 138 (109-195) | 182 (145-244) |
|  | Fruit | 1.7 (1.4-2) | 2.2 (1.9-2.5) | 50 (43-58) | 89 (77-101) |
|  | Nuts and seeds | 1 (0.9-1.1) | 1.1 (0.9-1.2) | 30 (26-33) | 43 (38-49) |
|  | Non-starchy vegetables | 1.1 (1-1.2) | 1.3 (1.1-1.4) | 33 (29-36) | 51 (45-57) |
|  | Fruit juice | 0.1 (0.1-0.2) | 0.2 (0.1-0.2) | 4 (3-6) | 8 (6-10) |
| Syria | Suboptimal diet | 68.3 (61.1-76.1) | 72.3 (64-80) | 2043 (1828-2289) | 3481 (3082-3861) |
|  | Whole grains | 35.1 (27.1-39.7) | 33.9 (26-38.6) | 1050 (815-1193) | 1629 (1245-1862) |
|  | Refined grains (total) | 27.4 (16.4-41.1) | 30.3 (18.6-43.3) | 822 (495-1234) | 1461 (896-2087) |
|  | *Refined rice* | 27.4 (16.4-41.1) | 30.3 (18.6-43.3) | 822 (495-1234) | 1461 (896-2087) |
|  | *Refined wheat* | 0 (0-0) | 0 (0-0) | 0 (0-0) | 0 (0-0) |
|  | Processed meats | 15.6 (6.9-29.5) | 21.4 (9.4-39.7) | 467 (207-887) | 1025 (452-1943) |
|  | Unprocessed red meats | 14.1 (8.7-20.5) | 13.2 (8.4-20.5) | 420 (258-617) | 639 (404-989) |
|  | Yogurt | 8.2 (5.5-10.4) | 7.8 (5.3-10.1) | 247 (166-313) | 377 (254-482) |
|  | Sugar-sweetened beverages | 9.8 (7-13.8) | 11.6 (8.4-16.2) | 294 (207-414) | 556 (404-782) |
|  | Potatoes | 3.9 (2.1-6.8) | 6 (3.4-10.9) | 116 (63-205) | 290 (160-532) |
|  | Fruit | 2.7 (2.3-3) | 2.7 (2.2-3.2) | 81 (68-91) | 132 (107-154) |
|  | Nuts and seeds | 1.2 (1-1.3) | 0.9 (0.7-1.1) | 34 (29-39) | 41 (32-52) |
|  | Non-starchy vegetables | 1 (0.8-1.3) | 1.1 (0.8-1.4) | 31 (23-38) | 54 (39-66) |
|  | Fruit juice | 0.1 (0.1-0.2) | 0.1 (0.1-0.2) | 3 (2-6) | 6 (3-12) |
| Taiwan | Suboptimal diet | 76 (71.5-80.8) | 71.5 (67-75.9) | 2196 (2048-2327) | 3247 (3047-3466) |
|  | Whole grains | 38.7 (37.4-39.8) | 32.1 (30.2-33.8) | 1116 (1068-1163) | 1457 (1366-1541) |
|  | Refined grains (total) | 32.8 (23-43.4) | 25.6 (17-35.4) | 948 (658-1250) | 1161 (777-1617) |
|  | *Refined rice* | 25.9 (17.8-35.1) | 17.4 (11.3-24.8) | 746 (509-1008) | 791 (515-1134) |
|  | *Refined wheat* | 10.5 (6.8-14.9) | 10.7 (6.8-15.9) | 304 (196-427) | 488 (309-718) |
|  | Processed meats | 13.5 (9-19.9) | 13.9 (10.4-19.4) | 388 (261-565) | 634 (467-882) |
|  | Unprocessed red meats | 23.5 (19.6-27.7) | 25.1 (21.2-29.5) | 677 (565-804) | 1135 (962-1341) |
|  | Yogurt | 12.4 (11.5-13.2) | 11.7 (10.6-12.7) | 358 (331-382) | 531 (483-575) |
|  | Sugar-sweetened beverages | 18.3 (14.6-23.1) | 13.4 (10.6-17.4) | 527 (419-658) | 608 (479-799) |
|  | Potatoes | 0.2 (0.1-0.4) | 1.3 (0.7-2.7) | 6 (3-12) | 60 (31-122) |
|  | Fruit | 2.3 (2-2.6) | 2.4 (2-2.7) | 67 (57-75) | 109 (91-125) |
|  | Nuts and seeds | 1.2 (1.1-1.3) | 1.2 (1.2-1.3) | 35 (33-37) | 56 (52-61) |
|  | Non-starchy vegetables | 0.4 (0.3-0.6) | 0.4 (0.2-0.6) | 13 (8-19) | 17 (10-26) |
|  | Fruit juice | 0 (0-0) | 0 (0-0) | 1 (1-1) | 1 (1-2) |
| Tajikistan | Suboptimal diet | 89.2 (82.3-94.2) | 91.4 (84.9-95.8) | 1506 (1390-1591) | 3827 (3552-4043) |
|  | Whole grains | 16.4 (10-24.4) | 25.4 (17.5-32.6) | 276 (170-418) | 1061 (736-1366) |
|  | Refined grains (total) | 16.2 (12-21.2) | 22.2 (16.8-28.6) | 272 (205-357) | 933 (703-1204) |
|  | *Refined rice* | 1.1 (0.8-1.6) | 2.8 (2-4) | 19 (14-28) | 118 (86-171) |
|  | *Refined wheat* | 15.2 (11.2-20) | 20 (15-25.8) | 255 (192-336) | 838 (628-1089) |
|  | Processed meats | 77.9 (65.4-88) | 73.3 (54.1-86.9) | 1317 (1098-1475) | 3066 (2272-3633) |
|  | Unprocessed red meats | 13.9 (9.4-19.4) | 25.5 (19.4-32.6) | 236 (157-328) | 1066 (815-1377) |
|  | Yogurt | 8.1 (5.6-10.1) | 7.9 (5.7-10) | 138 (95-173) | 335 (236-421) |
|  | Sugar-sweetened beverages | 4.2 (2.5-7.4) | 14.9 (10.4-21.1) | 71 (43-128) | 626 (434-891) |
|  | Potatoes | 9 (5.4-15.3) | 11.5 (7.1-18.3) | 153 (90-256) | 480 (292-778) |
|  | Fruit | 3 (2.6-3.3) | 3.1 (2.7-3.5) | 51 (44-56) | 131 (112-147) |
|  | Nuts and seeds | 1.2 (1.1-1.3) | 1.4 (1.2-1.5) | 20 (18-23) | 58 (52-65) |
|  | Non-starchy vegetables | 1.7 (1.5-1.9) | 1.9 (1.7-2.1) | 29 (25-32) | 79 (70-89) |
|  | Fruit juice | 0.1 (0.1-0.1) | 0.1 (0.1-0.1) | 2 (1-2) | 4 (3-6) |
| Tanzania | Suboptimal diet | 49.5 (44.9-54.4) | 64.1 (59.1-69.8) | 647 (587-713) | 1307 (1207-1426) |
|  | Whole grains | 3.2 (2-5.1) | 4.9 (3-7.5) | 42 (26-66) | 99 (60-153) |
|  | Refined grains (total) | 22.9 (19-27.8) | 22.6 (19-26.5) | 300 (248-363) | 459 (388-540) |
|  | *Refined rice* | 20.1 (16.6-24.6) | 17.3 (14.4-20.7) | 263 (217-320) | 353 (296-420) |
|  | *Refined wheat* | 3.5 (2.9-4.8) | 6.3 (5.2-8.1) | 46 (37-63) | 128 (108-163) |
|  | Processed meats | 3.3 (0.9-10.1) | 4.9 (1.4-13.6) | 43 (12-132) | 99 (29-278) |
|  | Unprocessed red meats | 14.1 (10.8-18.1) | 14.1 (10.9-18.3) | 183 (142-238) | 287 (223-372) |
|  | Yogurt | 11.7 (10.8-12.5) | 12.7 (11.6-13.7) | 153 (140-165) | 258 (236-279) |
|  | Sugar-sweetened beverages | 1.7 (1-3.2) | 27 (19.8-35.9) | 22 (13-42) | 551 (398-728) |
|  | Potatoes | 2.1 (1.2-4.1) | 2.5 (1.4-4.7) | 28 (16-53) | 51 (29-96) |
|  | Fruit | 2.8 (2.6-2.9) | 3.3 (3.1-3.5) | 36 (34-39) | 68 (63-73) |
|  | Nuts and seeds | 1.2 (1.1-1.3) | 0.9 (0.7-1.1) | 16 (15-17) | 19 (15-22) |
|  | Non-starchy vegetables | 0.7 (0.6-0.8) | 0.9 (0.7-1) | 9 (8-10) | 18 (15-21) |
|  | Fruit juice | 0.1 (0-0.1) | 0.1 (0.1-0.1) | 1 (1-1) | 2 (1-3) |
| Thailand | Suboptimal diet | 64.8 (58.1-71.9) | 65.9 (58.9-72.9) | 1550 (1386-1732) | 2937 (2623-3250) |
|  | Whole grains | 38.4 (35-40.5) | 31.9 (26.2-35.7) | 916 (832-975) | 1423 (1162-1600) |
|  | Refined grains (total) | 31.1 (21.1-42.1) | 27.5 (18.4-37.4) | 746 (505-1002) | 1225 (823-1671) |
|  | *Refined rice* | 30.7 (20.7-41.6) | 26.2 (17.5-35.8) | 735 (497-989) | 1170 (782-1601) |
|  | *Refined wheat* | 0.8 (0.5-1.2) | 1.9 (1.2-2.9) | 18 (11-28) | 84 (53-128) |
|  | Processed meats | 8.3 (3.6-17.6) | 7.9 (3.6-16.4) | 200 (84-417) | 352 (160-737) |
|  | Unprocessed red meats | 12.4 (7.1-19.7) | 12.6 (7.1-20) | 296 (169-475) | 563 (319-889) |
|  | Yogurt | 12.7 (11.8-13.5) | 12 (11-12.9) | 302 (280-324) | 536 (495-573) |
|  | Sugar-sweetened beverages | 2.8 (1.3-6) | 13.6 (7.1-25.8) | 66 (31-142) | 608 (316-1148) |
|  | Potatoes | 0.1 (0-0.1) | 0.7 (0.3-1.4) | 2 (1-3) | 30 (15-60) |
|  | Fruit | 2.8 (2.5-3.1) | 2.9 (2.5-3.2) | 67 (59-74) | 127 (109-142) |
|  | Nuts and seeds | 1.2 (1.1-1.3) | 1.3 (1.2-1.4) | 29 (27-32) | 59 (54-64) |
|  | Non-starchy vegetables | 0.8 (0.5-1.1) | 0.9 (0.6-1.2) | 20 (13-26) | 41 (26-53) |
|  | Fruit juice | 0 (0-0) | 0 (0-0) | 1 (0-1) | 1 (1-2) |
| The Bahamas | Suboptimal diet | 87.7 (82.5-91.7) | 72.1 (64.7-79.8) | 3274 (3063-3493) | 4248 (3816-4736) |
|  | Whole grains | 25.4 (16.4-32.3) | 27.4 (18.4-33.9) | 951 (606-1222) | 1615 (1083-2005) |
|  | Refined grains (total) | 20 (14.4-26.8) | 17.5 (11.9-24.2) | 748 (536-1000) | 1031 (703-1429) |
|  | *Refined rice* | 10.3 (7.2-14.6) | 9.6 (6.4-13.9) | 385 (269-540) | 564 (377-818) |
|  | *Refined wheat* | 11.2 (7.9-15.7) | 9.1 (6.1-13.1) | 421 (294-586) | 531 (357-774) |
|  | Processed meats | 21.5 (11.2-36.4) | 23.4 (11.7-42) | 804 (419-1376) | 1378 (698-2496) |
|  | Unprocessed red meats | 35.2 (26.6-44.6) | 18.9 (13.3-26.1) | 1318 (989-1669) | 1118 (783-1542) |
|  | Yogurt | 11.7 (10.3-12.8) | 11.5 (9.8-12.9) | 438 (384-485) | 677 (578-751) |
|  | Sugar-sweetened beverages | 56.7 (42.9-68.9) | 21 (13.8-30.3) | 2119 (1594-2603) | 1238 (810-1779) |
|  | Potatoes | 1 (0.5-1.9) | 1 (0.5-1.8) | 38 (20-72) | 58 (31-109) |
|  | Fruit | 3 (2.6-3.3) | 3.2 (2.7-3.6) | 113 (97-125) | 189 (157-215) |
|  | Nuts and seeds | 1.3 (1.2-1.4) | 1.1 (0.9-1.2) | 48 (44-52) | 63 (51-74) |
|  | Non-starchy vegetables | 1.3 (1-1.5) | 1.5 (1.2-1.7) | 48 (37-57) | 88 (68-103) |
|  | Fruit juice | 0.1 (0.1-0.2) | 0.1 (0.1-0.2) | 5 (3-9) | 7 (4-13) |
| The Gambia | Suboptimal diet | 78.7 (71.1-85.6) | 68.1 (56.9-80.4) | 1077 (961-1187) | 1611 (1342-1915) |
|  | Whole grains | 26.3 (17.9-32.1) | 20.9 (12.9-28.5) | 359 (245-442) | 491 (300-677) |
|  | Refined grains (total) | 12.6 (9.9-16.2) | 11.3 (8.8-14.6) | 173 (134-223) | 268 (209-347) |
|  | *Refined rice* | 11.2 (8.8-14.7) | 8.3 (6.4-10.9) | 154 (120-201) | 196 (152-257) |
|  | *Refined wheat* | 1.5 (1.2-2) | 3.3 (2.5-4.5) | 21 (16-28) | 77 (60-109) |
|  | Processed meats | 23.8 (10.3-45.4) | 34.2 (15.5-58.3) | 326 (140-623) | 809 (364-1375) |
|  | Unprocessed red meats | 5.2 (3.1-8.5) | 2.4 (1.4-5.9) | 71 (43-116) | 56 (33-138) |
|  | Yogurt | 12.6 (11.7-13.4) | 12.9 (11.7-14.1) | 173 (159-186) | 304 (281-330) |
|  | Sugar-sweetened beverages | 51.3 (39.7-61.9) | 20.7 (13.7-29.4) | 702 (542-847) | 487 (322-697) |
|  | Potatoes | 0.2 (0.1-0.4) | 0.4 (0.2-0.7) | 3 (2-6) | 8 (5-16) |
|  | Fruit | 3.6 (3.4-3.7) | 3.8 (3.6-4.1) | 49 (46-52) | 90 (83-97) |
|  | Nuts and seeds | 0.9 (0.7-1) | 1 (0.8-1.2) | 12 (10-14) | 23 (18-28) |
|  | Non-starchy vegetables | 1.5 (1.4-1.7) | 1.9 (1.7-2) | 21 (19-23) | 44 (40-48) |
|  | Fruit juice | 0.1 (0-0.1) | 0.1 (0.1-0.1) | 1 (1-2) | 2 (1-3) |
| Timor-Leste | Suboptimal diet | 60.1 (55.4-65.4) | 73.4 (68-79.1) | 961 (887-1053) | 2812 (2600-3033) |
|  | Whole grains | 35.3 (29.4-39.1) | 31.6 (25.4-35.9) | 563 (469-629) | 1206 (967-1379) |
|  | Refined grains (total) | 18.1 (15.1-22.2) | 18.8 (15.7-22.6) | 289 (243-352) | 719 (599-856) |
|  | *Refined rice* | 17 (14.2-20.9) | 17.1 (14.2-20.6) | 272 (228-332) | 653 (542-779) |
|  | *Refined wheat* | 1.2 (1-1.6) | 2.1 (1.7-2.7) | 20 (16-26) | 79 (65-106) |
|  | Processed meats | 9.3 (4-19.7) | 17.4 (8.9-32.2) | 149 (65-316) | 665 (341-1225) |
|  | Unprocessed red meats | 11 (8.6-14.6) | 6 (4.4-8.9) | 176 (136-234) | 231 (167-340) |
|  | Yogurt | 13.6 (12.9-14.3) | 12.8 (12.1-13.6) | 217 (204-230) | 491 (466-518) |
|  | Sugar-sweetened beverages | 1.9 (1.1-4) | 34.8 (27.5-42.7) | 30 (18-64) | 1329 (1049-1643) |
|  | Potatoes | 4.8 (2.5-9.9) | 3.6 (1.8-7.4) | 78 (40-159) | 138 (70-288) |
|  | Fruit | 3.3 (3.1-3.5) | 3.5 (3.3-3.7) | 53 (50-56) | 135 (127-143) |
|  | Nuts and seeds | 1.4 (1.3-1.5) | 1.3 (1.2-1.4) | 22 (21-24) | 51 (46-55) |
|  | Non-starchy vegetables | 1 (0.9-1.1) | 1.1 (0.9-1.2) | 16 (14-18) | 41 (36-47) |
|  | Fruit juice | 0 (0-0.1) | 0.1 (0-0.1) | 1 (0-1) | 2 (1-3) |
| Togo | Suboptimal diet | 57 (47.4-69.8) | 85.1 (79.9-90.7) | 634 (524-783) | 1683 (1571-1798) |
|  | Whole grains | 23.2 (15.7-30.5) | 21.1 (13.5-28.6) | 258 (174-338) | 417 (264-569) |
|  | Refined grains (total) | 5.6 (4.1-7.5) | 11.5 (8.7-14.8) | 62 (46-83) | 228 (173-293) |
|  | *Refined rice* | 3 (2.2-4.2) | 8.4 (6.3-10.9) | 33 (25-47) | 165 (125-216) |
|  | *Refined wheat* | 2.6 (1.9-3.8) | 3.4 (2.6-4.6) | 29 (22-41) | 67 (51-92) |
|  | Processed meats | 21.1 (7.5-43.7) | 24.2 (9-47.3) | 234 (83-490) | 480 (177-946) |
|  | Unprocessed red meats | 7.5 (5.2-10.9) | 5.8 (3.9-8.8) | 84 (57-120) | 115 (76-177) |
|  | Yogurt | 12.3 (11.5-13) | 12.6 (11.6-13.6) | 137 (126-145) | 249 (231-266) |
|  | Sugar-sweetened beverages | 7 (4.5-10.9) | 66.5 (57.9-72.4) | 77 (49-123) | 1312 (1141-1441) |
|  | Potatoes | 1 (0.5-2) | 2.7 (1.4-5.4) | 11 (6-23) | 54 (28-106) |
|  | Fruit | 3 (2.8-3.2) | 3.5 (3.3-3.8) | 33 (31-36) | 70 (64-75) |
|  | Nuts and seeds | 0.9 (0.7-1) | 1.1 (0.9-1.2) | 10 (8-12) | 21 (18-24) |
|  | Non-starchy vegetables | 0.8 (0.6-1) | 1.1 (0.8-1.3) | 9 (6-11) | 21 (17-25) |
|  | Fruit juice | 0 (0-0) | 0 (0-0.1) | 0 (0-1) | 1 (0-1) |
| Tonga | Suboptimal diet | 70 (62.8-76.8) | 76.6 (69.8-83.1) | 3320 (2978-3661) | 5746 (5181-6251) |
|  | Whole grains | 36.9 (31.5-40.1) | 38.1 (32.4-41.3) | 1745 (1475-1926) | 2848 (2423-3121) |
|  | Refined grains (total) | 33.4 (20.9-46.6) | 38.9 (25.8-53.5) | 1585 (992-2212) | 2924 (1937-3986) |
|  | *Refined rice* | 33.4 (20.9-46.6) | 38.9 (25.8-53.5) | 1585 (992-2212) | 2924 (1937-3986) |
|  | *Refined wheat* | 0 (0-0) | 0 (0-0) | 0 (0-0) | 0 (0-0) |
|  | Processed meats | 9.6 (4.1-20) | 11.1 (4.8-22.4) | 456 (198-956) | 834 (358-1664) |
|  | Unprocessed red meats | 18.8 (13.2-26.1) | 14.2 (9.5-20.8) | 894 (621-1235) | 1063 (713-1556) |
|  | Yogurt | 12.9 (11.8-14) | 13.3 (12-14.6) | 612 (555-670) | 1001 (912-1088) |
|  | Sugar-sweetened beverages | 6.1 (3.8-10.3) | 20.3 (13.7-29.7) | 292 (179-489) | 1519 (1033-2231) |
|  | Potatoes | 0.2 (0.1-0.5) | 1.5 (0.7-3.2) | 11 (6-22) | 115 (56-240) |
|  | Fruit | 2.6 (2.3-2.9) | 2.7 (2.3-3.1) | 124 (106-139) | 203 (168-234) |
|  | Nuts and seeds | 1.2 (1.1-1.3) | 1.3 (1.2-1.5) | 57 (50-64) | 100 (89-112) |
|  | Non-starchy vegetables | 1 (0.8-1.2) | 1.2 (1-1.4) | 48 (39-57) | 89 (73-105) |
|  | Fruit juice | 0 (0-0.1) | 0 (0-0.1) | 2 (1-3) | 3 (2-5) |
| Trinidad and Tobago | Suboptimal diet | 79.7 (74.4-85.2) | 83.1 (76.6-89.1) | 5200 (4823-5619) | 7575 (6982-8232) |
|  | Whole grains | 38.9 (36.4-41) | 27.7 (21.1-33) | 2543 (2346-2718) | 2533 (1917-3031) |
|  | Refined grains (total) | 31.5 (25.5-38.2) | 10 (8-12.7) | 2049 (1660-2498) | 912 (731-1158) |
|  | *Refined rice* | 14.1 (11.1-18) | 2.2 (1.7-2.9) | 924 (725-1169) | 200 (159-265) |
|  | *Refined wheat* | 20.2 (16-25.2) | 7.9 (6.4-10.2) | 1317 (1046-1630) | 725 (581-931) |
|  | Processed meats | 24.7 (12.7-41) | 39.3 (23.1-58.8) | 1615 (828-2659) | 3587 (2094-5366) |
|  | Unprocessed red meats | 11.6 (7.4-18) | 25 (18.1-33.4) | 759 (489-1167) | 2274 (1643-3033) |
|  | Yogurt | 11.8 (10.4-12.9) | 11.5 (9.9-12.8) | 769 (678-848) | 1049 (916-1162) |
|  | Sugar-sweetened beverages | 30.2 (21.2-40.4) | 34.7 (25.2-47.4) | 1972 (1377-2640) | 3167 (2328-4320) |
|  | Potatoes | 1.4 (0.7-2.7) | 4 (2.1-7.6) | 92 (49-174) | 361 (196-694) |
|  | Fruit | 3 (2.8-3.2) | 3.4 (3.2-3.6) | 197 (182-211) | 308 (284-330) |
|  | Nuts and seeds | 1.3 (1.2-1.4) | 1 (0.7-1.2) | 87 (80-95) | 90 (65-114) |
|  | Non-starchy vegetables | 1.6 (1.4-1.7) | 1.6 (1.5-1.8) | 104 (95-112) | 147 (135-162) |
|  | Fruit juice | 0.2 (0.1-0.3) | 0.1 (0.1-0.3) | 10 (6-18) | 14 (8-24) |
| Tunisia | Suboptimal diet | 64.8 (60.6-70.7) | 69 (64.4-74.3) | 2011 (1855-2199) | 4541 (4194-4940) |
|  | Whole grains | 41.2 (39.7-42.5) | 41.2 (39.6-42.6) | 1276 (1211-1338) | 2712 (2560-2850) |
|  | Refined grains (total) | 19.9 (12.5-31.1) | 20.1 (12.8-31.2) | 613 (384-952) | 1321 (840-2049) |
|  | *Refined rice* | 0.2 (0.1-0.3) | 0.2 (0.1-0.4) | 6 (3-10) | 16 (10-27) |
|  | *Refined wheat* | 19.7 (12.4-30.9) | 19.9 (12.7-31) | 608 (381-946) | 1308 (832-2032) |
|  | Processed meats | 0.8 (0.4-2.1) | 1 (0.5-3.2) | 26 (13-64) | 64 (31-208) |
|  | Unprocessed red meats | 14.9 (8.5-25.1) | 14.5 (7.7-24.1) | 464 (263-782) | 948 (510-1597) |
|  | Yogurt | 9.1 (6.5-11) | 8.6 (5.9-10.6) | 282 (204-341) | 565 (389-699) |
|  | Sugar-sweetened beverages | 14 (10-20.1) | 22.6 (16-31.7) | 433 (308-624) | 1486 (1051-2089) |
|  | Potatoes | 4.8 (3-7.8) | 7.2 (4.6-11.4) | 147 (93-242) | 472 (304-754) |
|  | Fruit | 3.1 (2.9-3.3) | 3.5 (3.3-3.7) | 95 (89-102) | 229 (213-247) |
|  | Nuts and seeds | 1.1 (1-1.2) | 1.1 (1-1.3) | 33 (29-37) | 73 (64-84) |
|  | Non-starchy vegetables | 1.2 (1.1-1.3) | 0.7 (0.5-0.9) | 38 (34-41) | 46 (35-57) |
|  | Fruit juice | 0.1 (0.1-0.2) | 0.1 (0.1-0.3) | 4 (2-7) | 9 (5-17) |
| Turkey | Suboptimal diet | 62.8 (58.9-67.1) | 63 (59.1-68.4) | 1876 (1760-2011) | 2915 (2708-3182) |
|  | Whole grains | 40.5 (39-41.9) | 40.1 (38.5-41.5) | 1214 (1159-1268) | 1852 (1761-1947) |
|  | Refined grains (total) | 12.2 (6.5-22.3) | 16.5 (8.9-29) | 365 (194-662) | 760 (413-1340) |
|  | *Refined rice* | 0.7 (0.4-1.4) | 2.1 (1.1-4.1) | 21 (11-42) | 95 (49-189) |
|  | *Refined wheat* | 11.6 (6.2-21.2) | 14.7 (7.9-26.2) | 346 (185-630) | 679 (368-1216) |
|  | Processed meats | 5.5 (3.1-9.7) | 6.2 (3.3-12) | 165 (91-290) | 287 (153-558) |
|  | Unprocessed red meats | 16.4 (10.7-24.1) | 19 (12.3-27.7) | 489 (319-723) | 879 (568-1285) |
|  | Yogurt | 3.6 (1.6-6.4) | 3.5 (1.5-6.3) | 107 (47-192) | 159 (70-293) |
|  | Sugar-sweetened beverages | 11.1 (8-15.1) | 9.9 (7-13.8) | 333 (238-454) | 454 (323-633) |
|  | Potatoes | 4.1 (2-8.3) | 1.9 (1-4) | 124 (61-247) | 90 (45-184) |
|  | Fruit | 2.9 (2.7-3) | 3.2 (3-3.4) | 85 (80-91) | 147 (136-158) |
|  | Nuts and seeds | 0.9 (0.7-1.1) | 0.9 (0.7-1.1) | 27 (22-32) | 42 (34-51) |
|  | Non-starchy vegetables | 1.2 (1.1-1.4) | 1.3 (1.2-1.5) | 37 (34-40) | 62 (57-69) |
|  | Fruit juice | 0.1 (0.1-0.3) | 0.2 (0.1-0.3) | 4 (2-8) | 7 (4-14) |
| Turkmenistan | Suboptimal diet | 92.5 (87.4-96.1) | 88.6 (81.8-93.8) | 1527 (1436-1603) | 2597 (2391-2764) |
|  | Whole grains | 39 (33.8-41.9) | 11.5 (6.4-18.3) | 643 (556-700) | 336 (184-535) |
|  | Refined grains (total) | 12.7 (9-17.8) | 18.3 (12.9-24.8) | 210 (149-293) | 532 (382-734) |
|  | *Refined rice* | 1.3 (0.9-2) | 2.7 (1.8-4.1) | 21 (15-33) | 79 (54-121) |
|  | *Refined wheat* | 11.6 (8.3-16.4) | 16.1 (11.4-22.1) | 192 (135-268) | 470 (335-652) |
|  | Processed meats | 63.2 (42.7-80.4) | 67.4 (49.7-82.2) | 1039 (705-1315) | 1977 (1457-2388) |
|  | Unprocessed red meats | 21.9 (16.5-28.2) | 37.7 (30.6-45.7) | 361 (269-463) | 1105 (897-1336) |
|  | Yogurt | 8 (5.4-10) | 8.6 (5.9-10.8) | 132 (89-165) | 251 (173-312) |
|  | Sugar-sweetened beverages | 47.8 (38.9-57.1) | 2.2 (1.3-4.5) | 785 (642-942) | 65 (38-130) |
|  | Potatoes | 7 (4.2-11.6) | 12 (7.6-18.5) | 115 (70-194) | 351 (220-545) |
|  | Fruit | 3.7 (3.5-3.9) | 3.6 (3.3-3.8) | 60 (56-64) | 105 (97-113) |
|  | Nuts and seeds | 1.4 (1.3-1.5) | 1.6 (1.5-1.7) | 22 (20-24) | 46 (43-50) |
|  | Non-starchy vegetables | 1.5 (1.4-1.7) | 1.4 (1.2-1.6) | 25 (23-28) | 40 (34-47) |
|  | Fruit juice | 0.2 (0.1-0.4) | 0.2 (0.1-0.4) | 3 (2-6) | 6 (4-10) |
| Uganda | Suboptimal diet | 44.5 (41-48.4) | 68.3 (62.3-74.8) | 845 (774-920) | 1632 (1489-1801) |
|  | Whole grains | 28.3 (22.1-32.4) | 29.8 (23.3-34.3) | 535 (419-618) | 710 (556-823) |
|  | Refined grains (total) | 16.1 (12.2-20.4) | 16.6 (13.7-20.1) | 306 (234-387) | 396 (328-476) |
|  | *Refined rice* | 13.1 (9.9-16.7) | 8.5 (7-10.8) | 249 (189-319) | 203 (167-258) |
|  | *Refined wheat* | 3.4 (2.6-4.7) | 8.8 (7.2-10.9) | 65 (50-88) | 209 (173-262) |
|  | Processed meats | 1.1 (0.3-4.5) | 6.8 (2-19) | 20 (6-86) | 162 (49-451) |
|  | Unprocessed red meats | 2.3 (1.5-5.3) | 4.9 (3.3-8.3) | 44 (29-101) | 117 (78-198) |
|  | Yogurt | 12.6 (11.6-13.5) | 13.5 (12.4-14.7) | 238 (219-258) | 322 (299-348) |
|  | Sugar-sweetened beverages | 0.7 (0.4-1.5) | 35.9 (26.9-46.9) | 12 (8-29) | 857 (646-1122) |
|  | Potatoes | 1.2 (0.7-2.4) | 0.3 (0.2-0.5) | 23 (13-45) | 7 (4-13) |
|  | Fruit | 3 (2.8-3.2) | 3.6 (3.4-3.8) | 57 (52-61) | 86 (80-91) |
|  | Nuts and seeds | 0.9 (0.7-1.1) | 1.1 (1-1.3) | 17 (14-21) | 27 (23-32) |
|  | Non-starchy vegetables | 1.1 (1-1.3) | 1.4 (1.3-1.5) | 22 (20-24) | 33 (30-36) |
|  | Fruit juice | 0 (0-0.1) | 0.1 (0.1-0.1) | 1 (1-1) | 2 (1-3) |
| Ukraine | Suboptimal diet | 86.8 (79.6-92.3) | 79.8 (71.7-86.3) | 1613 (1465-1732) | 1914 (1711-2082) |
|  | Whole grains | 24 (16.9-31.1) | 20.6 (13.8-28.1) | 446 (319-579) | 497 (335-679) |
|  | Refined grains (total) | 11.6 (8.5-16) | 14.9 (11-19.8) | 214 (157-295) | 358 (264-478) |
|  | *Refined rice* | 0.2 (0.2-0.3) | 0.7 (0.5-1) | 4 (3-5) | 17 (13-25) |
|  | *Refined wheat* | 11.4 (8.3-15.7) | 14.3 (10.6-19.1) | 211 (154-290) | 343 (252-458) |
|  | Processed meats | 57.2 (41.2-71.5) | 52.8 (38.5-67) | 1063 (773-1326) | 1269 (927-1611) |
|  | Unprocessed red meats | 40.2 (24.1-60.1) | 16.7 (8.1-29.8) | 745 (450-1119) | 405 (194-722) |
|  | Yogurt | 7 (4.6-8.9) | 6.8 (4.4-9.1) | 129 (85-167) | 164 (105-216) |
|  | Sugar-sweetened beverages | 8.3 (6.1-12) | 5.7 (4.1-8.7) | 154 (113-223) | 138 (97-213) |
|  | Potatoes | 13.2 (8.2-20.3) | 16.1 (10.1-23.9) | 246 (152-377) | 386 (238-577) |
|  | Fruit | 2.9 (2.7-3.1) | 3 (2.8-3.3) | 53 (49-58) | 73 (66-79) |
|  | Nuts and seeds | 1.3 (1.2-1.4) | 1.1 (0.9-1.2) | 24 (22-26) | 26 (21-30) |
|  | Non-starchy vegetables | 0.7 (0.6-0.8) | 0.8 (0.6-1) | 13 (11-16) | 19 (15-23) |
|  | Fruit juice | 0.2 (0.1-0.3) | 0.2 (0.1-0.3) | 3 (2-6) | 4 (3-8) |
| United Arab Emirates | Suboptimal diet | 91.2 (84.7-95.8) | 80.4 (69.4-89.4) | 3205 (2953-3428) | 5922 (5150-6651) |
|  | Whole grains | 22 (12.7-31.7) | 28 (17.3-36.8) | 777 (440-1119) | 2057 (1279-2732) |
|  | Refined grains (total) | 20.2 (12.3-31.4) | 28.2 (18-41.5) | 713 (430-1098) | 2077 (1330-3037) |
|  | *Refined rice* | 11.1 (6.5-18) | 16.1 (10-25.3) | 391 (227-636) | 1193 (735-1861) |
|  | *Refined wheat* | 10.8 (6.3-17.5) | 15.2 (9.3-23.8) | 380 (221-623) | 1122 (688-1754) |
|  | Processed meats | 59.1 (35.2-78.9) | 41.1 (17.9-67.7) | 2077 (1249-2777) | 3032 (1346-4991) |
|  | Unprocessed red meats | 43.1 (30.9-54.8) | 10.4 (6.2-19.2) | 1515 (1095-1950) | 769 (456-1421) |
|  | Yogurt | 8 (5.2-10.5) | 8.3 (5.2-11) | 282 (179-373) | 614 (388-806) |
|  | Sugar-sweetened beverages | 18.1 (12.2-27.6) | 12.6 (8-22) | 636 (425-974) | 937 (585-1626) |
|  | Potatoes | 23.1 (13.9-33) | 15.4 (8.5-27) | 809 (491-1165) | 1147 (621-2008) |
|  | Fruit | 2.3 (2-2.6) | 3 (2.7-3.3) | 83 (71-94) | 222 (194-251) |
|  | Nuts and seeds | 1 (0.8-1.2) | 0.8 (0.5-1) | 36 (28-44) | 57 (39-79) |
|  | Non-starchy vegetables | 1 (0.8-1.2) | 1.4 (1.2-1.6) | 34 (28-40) | 103 (87-119) |
|  | Fruit juice | 0.1 (0.1-0.2) | 0.1 (0.1-0.3) | 4 (2-7) | 10 (5-20) |
| United Kingdom | Suboptimal diet | 75.4 (71.8-79.1) | 78 (74.1-82) | 2390 (2261-2533) | 4300 (4060-4554) |
|  | Whole grains | 21.3 (18.5-24) | 21.1 (18-24) | 675 (583-769) | 1159 (990-1337) |
|  | Refined grains (total) | 7 (4.9-9.4) | 13 (9.3-17.6) | 220 (156-299) | 719 (512-975) |
|  | *Refined rice* | 0.4 (0.3-0.6) | 1.3 (0.9-1.9) | 13 (9-18) | 71 (50-106) |
|  | *Refined wheat* | 6.6 (4.6-8.9) | 11.9 (8.4-16.2) | 208 (147-283) | 656 (466-888) |
|  | Processed meats | 36.8 (30-44) | 44.3 (36.6-53) | 1164 (951-1400) | 2444 (2035-2921) |
|  | Unprocessed red meats | 18.1 (15.2-22.7) | 18.4 (15.3-23.2) | 574 (481-729) | 1015 (837-1292) |
|  | Yogurt | 8.1 (6.1-9.7) | 8.4 (6.1-10.1) | 256 (193-309) | 463 (338-559) |
|  | Sugar-sweetened beverages | 14.5 (12.2-18.6) | 17 (14.3-21.6) | 458 (387-595) | 937 (791-1193) |
|  | Potatoes | 18.9 (15.9-23.6) | 11.4 (9.4-15) | 601 (500-748) | 627 (512-831) |
|  | Fruit | 2.4 (2.2-2.5) | 2.9 (2.7-3.1) | 75 (70-81) | 161 (150-174) |
|  | Nuts and seeds | 1 (0.9-1.1) | 1.1 (1-1.2) | 32 (29-35) | 62 (56-68) |
|  | Non-starchy vegetables | 1 (0.9-1.1) | 1.3 (1.2-1.4) | 32 (29-36) | 71 (64-78) |
|  | Fruit juice | 0.2 (0.1-0.2) | 0.2 (0.1-0.2) | 5 (4-6) | 10 (8-13) |
| United States | Suboptimal diet | 76.6 (73.7-80) | 73.4 (70.1-77.6) | 2778 (2645-2930) | 4488 (4264-4781) |
|  | Whole grains | 33.3 (31.5-35) | 31.5 (29.7-33.3) | 1208 (1134-1284) | 1923 (1801-2045) |
|  | Refined grains (total) | 10.7 (9.6-13.4) | 10 (8.8-12) | 391 (351-481) | 609 (542-738) |
|  | *Refined rice* | 1.6 (1.4-2.1) | 1.5 (1.3-1.8) | 58 (52-78) | 92 (82-109) |
|  | *Refined wheat* | 9.3 (8.3-11.6) | 8.6 (7.6-10.4) | 338 (303-416) | 524 (466-636) |
|  | Processed meats | 31.6 (25.3-40.7) | 33.4 (26.5-43.3) | 1150 (922-1477) | 2032 (1623-2654) |
|  | Unprocessed red meats | 19.7 (16.9-25.2) | 14.6 (12.4-21) | 717 (611-917) | 890 (756-1283) |
|  | Yogurt | 11.9 (10.9-12.9) | 11.3 (10.2-12.3) | 433 (394-472) | 687 (625-749) |
|  | Sugar-sweetened beverages | 20.8 (18.1-26.1) | 16.4 (14.1-21.5) | 757 (655-946) | 999 (862-1309) |
|  | Potatoes | 3 (2.7-4) | 2.6 (2.3-3.4) | 107 (96-145) | 158 (142-205) |
|  | Fruit | 2.7 (2.6-2.9) | 2.9 (2.7-3.1) | 99 (93-106) | 178 (164-192) |
|  | Nuts and seeds | 1.2 (1.1-1.3) | 0.9 (0.8-1) | 42 (39-46) | 54 (47-62) |
|  | Non-starchy vegetables | 1 (1-1.2) | 1.1 (1-1.2) | 38 (35-41) | 69 (63-76) |
|  | Fruit juice | 0.4 (0.3-0.4) | 0.4 (0.4-0.5) | 13 (11-15) | 25 (21-28) |
| Uruguay | Suboptimal diet | 81.9 (76.4-87.4) | 85.1 (79.2-90.6) | 1095 (1012-1182) | 2557 (2364-2733) |
|  | Whole grains | 24 (15.8-30) | 25.2 (16.9-31.9) | 320 (212-404) | 758 (504-959) |
|  | Refined grains (total) | 18.7 (13.3-26.2) | 22.7 (16.4-31.1) | 251 (177-353) | 686 (493-938) |
|  | *Refined rice* | 3.6 (2.5-5.7) | 4.8 (3.3-7.4) | 48 (33-75) | 144 (99-221) |
|  | *Refined wheat* | 15.8 (11.2-22.4) | 19.2 (13.7-26.6) | 212 (149-300) | 577 (409-803) |
|  | Processed meats | 31.4 (17.2-49.9) | 44.9 (27.9-62.8) | 420 (232-671) | 1355 (835-1856) |
|  | Unprocessed red meats | 39.3 (29.5-48.2) | 26.4 (18.9-34.8) | 525 (393-645) | 796 (574-1044) |
|  | Yogurt | 10.2 (8.8-11.2) | 10.6 (9.1-12) | 136 (118-150) | 320 (271-359) |
|  | Sugar-sweetened beverages | 24.4 (17-34.7) | 32.5 (22.9-44.1) | 327 (225-465) | 975 (688-1332) |
|  | Potatoes | 3.2 (1.7-6.1) | 2.2 (1.1-4.7) | 43 (23-81) | 65 (34-142) |
|  | Fruit | 2.4 (2.2-2.5) | 2.9 (2.7-3.1) | 32 (29-34) | 87 (80-95) |
|  | Nuts and seeds | 1 (0.9-1.1) | 0.8 (0.6-0.9) | 13 (11-15) | 23 (17-29) |
|  | Non-starchy vegetables | 1.5 (1.4-1.7) | 1 (0.9-1.2) | 20 (19-22) | 31 (27-35) |
|  | Fruit juice | 0.1 (0.1-0.3) | 0.2 (0.1-0.3) | 2 (1-3) | 5 (3-9) |
| Uzbekistan | Suboptimal diet | 85 (78.4-90.8) | 90.5 (85.9-94.2) | 1257 (1157-1355) | 3559 (3349-3747) |
|  | Whole grains | 18 (11.2-25.9) | 24.1 (16.4-31.4) | 266 (165-383) | 950 (645-1229) |
|  | Refined grains (total) | 29.9 (23.2-38.4) | 21.4 (16.2-28.1) | 444 (343-565) | 843 (643-1105) |
|  | *Refined rice* | 4.4 (3.2-6.3) | 1.2 (0.9-1.9) | 65 (47-92) | 48 (36-74) |
|  | *Refined wheat* | 26.7 (20.6-34.6) | 20.4 (15.4-26.9) | 397 (306-510) | 804 (612-1056) |
|  | Processed meats | 53.3 (36-70.3) | 54.4 (36.3-71.8) | 788 (536-1039) | 2145 (1421-2806) |
|  | Unprocessed red meats | 21.3 (16.5-27.8) | 44.2 (36.5-52.6) | 317 (240-413) | 1746 (1424-2071) |
|  | Yogurt | 6.7 (4.1-9) | 6.8 (4.3-9.1) | 99 (59-134) | 269 (169-362) |
|  | Sugar-sweetened beverages | 19 (13.6-26.7) | 11.4 (7.8-16.8) | 281 (200-397) | 447 (304-661) |
|  | Potatoes | 8 (4.9-13.6) | 28.7 (20.1-37.2) | 118 (73-201) | 1133 (791-1474) |
|  | Fruit | 3 (2.7-3.3) | 3.3 (2.9-3.6) | 45 (40-50) | 129 (114-141) |
|  | Nuts and seeds | 1.4 (1.3-1.5) | 1.4 (1.3-1.6) | 21 (19-23) | 56 (51-62) |
|  | Non-starchy vegetables | 1.1 (0.9-1.3) | 0.6 (0.4-0.8) | 16 (13-19) | 23 (17-31) |
|  | Fruit juice | 0.1 (0.1-0.1) | 0.1 (0-0.1) | 1 (1-2) | 3 (2-5) |
| Vanuatu | Suboptimal diet | 68 (63-74) | 68.7 (63.4-74.5) | 2657 (2452-2889) | 4711 (4330-5113) |
|  | Whole grains | 40 (35.7-42.5) | 34 (26.8-39) | 1558 (1382-1674) | 2325 (1825-2669) |
|  | Refined grains (total) | 21.4 (13.8-30.6) | 23.9 (15.8-33.9) | 832 (532-1195) | 1636 (1078-2331) |
|  | *Refined rice* | 17.1 (10.7-24.9) | 16.2 (10.6-24.1) | 662 (416-973) | 1114 (729-1660) |
|  | *Refined wheat* | 5.7 (3.4-8.8) | 9.8 (6.1-15) | 221 (133-341) | 669 (425-1018) |
|  | Processed meats | 12.9 (5.5-25.8) | 7.4 (3-15.7) | 501 (215-993) | 508 (207-1079) |
|  | Unprocessed red meats | 20 (14-26.6) | 21.5 (15.2-28.4) | 773 (543-1034) | 1467 (1033-1937) |
|  | Yogurt | 13.6 (12.5-14.6) | 13.9 (12.8-15) | 530 (484-572) | 953 (882-1021) |
|  | Sugar-sweetened beverages | 5.7 (3.3-10.3) | 10.3 (6.3-15.9) | 221 (130-398) | 704 (433-1084) |
|  | Potatoes | 0 (0-0) | 2.1 (1.1-4.4) | 0 (0-1) | 146 (76-302) |
|  | Fruit | 3.6 (3.4-3.8) | 4.1 (3.9-4.4) | 140 (130-149) | 284 (267-303) |
|  | Nuts and seeds | 1.2 (1-1.3) | 1.4 (1.2-1.5) | 46 (40-52) | 94 (82-104) |
|  | Non-starchy vegetables | 1.6 (1.4-1.8) | 1.9 (1.7-2.1) | 62 (55-69) | 128 (114-142) |
|  | Fruit juice | 0 (0-0.1) | 0 (0-0.1) | 1 (1-2) | 3 (2-6) |
| Venezuela | Suboptimal diet | 82.4 (75.6-89.3) | 78.3 (71.5-84.8) | 2655 (2424-2916) | 4385 (3993-4771) |
|  | Whole grains | 28.7 (20.3-34.7) | 28.9 (19.7-35.3) | 927 (653-1124) | 1615 (1110-1976) |
|  | Refined grains (total) | 13.7 (9.5-19.5) | 25.7 (18.2-33.9) | 443 (309-627) | 1436 (1025-1893) |
|  | *Refined rice* | 4.8 (3.3-7.2) | 17.2 (11.8-23.5) | 155 (106-230) | 963 (666-1320) |
|  | *Refined wheat* | 9.5 (6.5-13.8) | 10.9 (7.4-15.1) | 307 (212-442) | 610 (417-849) |
|  | Processed meats | 45.2 (27.1-65.9) | 36.1 (20.8-54.3) | 1453 (884-2127) | 2023 (1162-3030) |
|  | Unprocessed red meats | 23.6 (16.5-31.1) | 17.1 (11.8-24.8) | 757 (530-1006) | 960 (656-1381) |
|  | Yogurt | 11.6 (10.1-12.7) | 11.5 (10-13) | 372 (325-413) | 645 (560-721) |
|  | Sugar-sweetened beverages | 29 (22.1-37.2) | 18.1 (12.8-24.5) | 931 (714-1202) | 1012 (715-1380) |
|  | Potatoes | 0.5 (0.3-1) | 2.7 (1.4-5.3) | 17 (9-33) | 151 (79-295) |
|  | Fruit | 2.3 (1.7-2.8) | 3 (2.3-3.4) | 73 (55-90) | 165 (131-193) |
|  | Nuts and seeds | 1.3 (1.2-1.4) | 1.5 (1.3-1.6) | 43 (39-47) | 82 (73-92) |
|  | Non-starchy vegetables | 1.7 (1.6-1.9) | 1.6 (1.3-1.9) | 56 (51-62) | 92 (73-108) |
|  | Fruit juice | 0.1 (0.1-0.2) | 0.2 (0.1-0.3) | 4 (2-7) | 9 (5-16) |
| Vietnam | Suboptimal diet | 59.6 (54.1-65.8) | 61.3 (55.2-67.9) | 1230 (1114-1365) | 2421 (2174-2672) |
|  | Whole grains | 34.1 (29.2-37.1) | 28.8 (22.4-33.6) | 704 (600-775) | 1139 (873-1336) |
|  | Refined grains (total) | 25.4 (17.7-35.3) | 23.7 (16.7-33.2) | 528 (367-724) | 939 (658-1310) |
|  | *Refined rice* | 25.2 (17.5-35) | 22.8 (16.1-32.1) | 522 (363-717) | 903 (631-1262) |
|  | *Refined wheat* | 0.3 (0.2-0.5) | 1.2 (0.8-1.9) | 7 (5-11) | 48 (32-74) |
|  | Processed meats | 0.9 (0.3-2.9) | 6.7 (2.8-14.3) | 18 (7-61) | 262 (109-566) |
|  | Unprocessed red meats | 15.8 (9.8-22.9) | 18 (12-25.9) | 326 (203-477) | 713 (472-1026) |
|  | Yogurt | 12 (11.2-12.7) | 12.1 (11.2-13) | 248 (230-265) | 477 (441-509) |
|  | Sugar-sweetened beverages | 3.8 (2.6-6.1) | 4.6 (3.3-6.9) | 79 (54-125) | 181 (132-275) |
|  | Potatoes | 0.9 (0.5-1.8) | 0.7 (0.4-1.5) | 19 (10-38) | 28 (14-60) |
|  | Fruit | 2.8 (2.6-2.9) | 3 (2.8-3.2) | 57 (53-61) | 119 (110-128) |
|  | Nuts and seeds | 1.3 (1.2-1.4) | 0.8 (0.6-1) | 27 (25-29) | 31 (24-38) |
|  | Non-starchy vegetables | 0.7 (0.6-0.8) | 0.9 (0.7-1) | 15 (12-17) | 34 (28-39) |
|  | Fruit juice | 0 (0-0) | 0 (0-0) | 1 (0-1) | 1 (1-2) |
| Yemen | Suboptimal diet | 74.1 (66.7-82.6) | 82.2 (74.2-89.9) | 1615 (1452-1818) | 2599 (2340-2854) |
|  | Whole grains | 37 (30.6-41) | 32.1 (22.7-38.4) | 805 (662-902) | 1013 (717-1222) |
|  | Refined grains (total) | 14.9 (11.5-19.5) | 24.4 (19.4-30) | 324 (253-419) | 772 (611-942) |
|  | *Refined rice* | 2.8 (2.2-4) | 7.6 (5.9-10.1) | 61 (47-89) | 241 (186-318) |
|  | *Refined wheat* | 12.4 (9.6-16.4) | 18.2 (14.3-22.5) | 269 (210-355) | 575 (451-707) |
|  | Processed meats | 13.2 (5.1-30.8) | 26.6 (11.9-49.6) | 290 (112-667) | 840 (370-1579) |
|  | Unprocessed red meats | 5.9 (3.7-11.3) | 8 (5.3-12.6) | 128 (82-250) | 252 (167-399) |
|  | Yogurt | 11.9 (10.7-13.1) | 12 (10.7-13.4) | 259 (233-289) | 379 (340-420) |
|  | Sugar-sweetened beverages | 34 (20.4-52.3) | 43.4 (27.1-62) | 746 (441-1148) | 1370 (855-1967) |
|  | Potatoes | 7.4 (4-14.4) | 6.3 (3.4-11.7) | 162 (86-310) | 198 (107-366) |
|  | Fruit | 3.8 (3.6-4) | 3.9 (3.7-4.2) | 83 (76-89) | 123 (115-134) |
|  | Nuts and seeds | 1.2 (1.1-1.4) | 1.3 (1.2-1.5) | 27 (24-30) | 42 (37-47) |
|  | Non-starchy vegetables | 1.6 (1.4-1.8) | 1.8 (1.7-2) | 34 (31-38) | 58 (52-65) |
|  | Fruit juice | 0.1 (0.1-0.1) | 0.1 (0.1-0.2) | 2 (1-3) | 4 (3-5) |
| Zambia | Suboptimal diet | 75.7 (69.6-82.4) | 69.7 (64.1-77.3) | 1386 (1268-1509) | 1662 (1523-1848) |
|  | Whole grains | 18.6 (11.6-26.1) | 23.4 (15.6-30.8) | 340 (215-480) | 560 (374-736) |
|  | Refined grains (total) | 18.9 (15.9-22.6) | 18.9 (16.1-22.2) | 346 (293-412) | 449 (386-532) |
|  | *Refined rice* | 4.9 (4.1-6.2) | 5.3 (4.4-6.7) | 90 (75-113) | 127 (106-160) |
|  | *Refined wheat* | 14.7 (12.3-17.7) | 14.3 (12.1-17) | 269 (227-323) | 342 (292-407) |
|  | Processed meats | 15.4 (5.7-35.4) | 15.8 (5.6-37.2) | 281 (104-639) | 379 (135-892) |
|  | Unprocessed red meats | 16.1 (13-20.1) | 22.1 (18.3-26.9) | 295 (236-368) | 527 (435-643) |
|  | Yogurt | 12.4 (11.5-13.1) | 13.1 (12.1-14.2) | 226 (209-241) | 312 (291-335) |
|  | Sugar-sweetened beverages | 43 (33.3-53.1) | 17.9 (12.2-24.8) | 787 (613-971) | 426 (294-595) |
|  | Potatoes | 0.5 (0.3-1.1) | 2 (1.1-3.9) | 10 (5-20) | 49 (27-94) |
|  | Fruit | 2.7 (2.5-2.8) | 3.7 (3.5-3.9) | 49 (45-52) | 88 (83-93) |
|  | Nuts and seeds | 1.2 (1.1-1.3) | 0.9 (0.7-1.1) | 22 (20-24) | 21 (17-26) |
|  | Non-starchy vegetables | 0.3 (0.2-0.4) | 0.7 (0.6-0.8) | 6 (5-7) | 17 (14-20) |
|  | Fruit juice | 0.1 (0.1-0.1) | 0.1 (0.1-0.2) | 1 (1-2) | 3 (2-4) |
| Zimbabwe | Suboptimal diet | 51.1 (46-57.7) | 65.9 (59.7-72.9) | 1154 (1031-1306) | 2648 (2378-2925) |
|  | Whole grains | 4 (2.4-6.5) | 4.2 (2.5-6.8) | 89 (53-146) | 170 (102-276) |
|  | Refined grains (total) | 14.4 (12.1-17.4) | 14.9 (12.8-17.6) | 326 (273-393) | 595 (510-706) |
|  | *Refined rice* | 1.2 (1-1.5) | 4.7 (4-6) | 27 (22-35) | 189 (159-240) |
|  | *Refined wheat* | 13.4 (11.2-16.2) | 10.7 (9.1-12.7) | 302 (253-366) | 426 (363-512) |
|  | Processed meats | 6.3 (2-16) | 9.4 (3.5-22.4) | 142 (45-363) | 377 (139-896) |
|  | Unprocessed red meats | 12.9 (10-16.6) | 13.1 (10.2-16.6) | 292 (224-375) | 528 (409-664) |
|  | Yogurt | 10.2 (8.7-11.4) | 11 (9.6-12.2) | 230 (198-260) | 440 (381-486) |
|  | Sugar-sweetened beverages | 13.5 (9-19.3) | 34.5 (25.3-44.4) | 305 (202-434) | 1379 (1016-1782) |
|  | Potatoes | 2.5 (1.2-5.6) | 3.8 (1.8-8.6) | 56 (28-127) | 153 (73-341) |
|  | Fruit | 2.7 (2.5-2.8) | 3.2 (3-3.4) | 61 (57-65) | 127 (120-136) |
|  | Nuts and seeds | 1 (0.8-1.1) | 1.3 (1.2-1.4) | 22 (19-24) | 52 (48-57) |
|  | Non-starchy vegetables | 0.9 (0.8-1) | 1.2 (1-1.3) | 21 (19-23) | 46 (42-51) |
|  | Fruit juice | 0.1 (0.1-0.2) | 0.2 (0.1-0.2) | 3 (2-4) | 1. (4-9) |

\* Represents the estimated proportional and absolute burden per 1M population of T2D incidence due to suboptimal intake of 11 dietary factors jointly: insufficient intake of whole grains, yogurt, fruit, nuts and seeds, and non-starchy vegetables; and excess intake of refined rice and wheat, processed meats, unprocessed red meat, sugar-sweetened beverages, potatoes, and fruit juice. The burden due to suboptimal diet was estimated using proportional multiplication, assuming that half the benefit of whole grains intake is mediated through replacement of refined rice and wheat intake. We did not truncate any estimates. Estimates with high proportional attributable burdens (e.g., over 90% total) should be interpreted cautiously.

† Proportional and absolute burden per 1M population of T2D for each risk factor (direct and BMI-mediated effects jointly, where relevant) individually. Refined rice and refined wheat modelled and reported separately, and their joint effects reported as refined grains (total).

‡ The absolute burden per 1 million population was calculated by dividing the absolute number of diet-attributable cases by the country population in that year and multiplying by 1 million.

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