

Appendix A: Full Data Set

Year	High income countries including HIC in Asia	Country label	Country Name	Gender (1, Male 0)	Fruits, grams per day	Non-starchy vegetables, grams per day	Beans and legumes, grams per day	Nuts and seeds, grams per day	Unprocessed red meats, grams per day	Sugar-sweetened beverages, grams per day	Fruit juices, grams per day	Total protein, grams per day	Calcium, milligrams per day	Potassium, milligrams per day	Total milk, grams per day	Cause of death, Stroke, per 100k	Cause of death, Diabetes, per 100k	Cause of death, Cancer, per 100k
1900	HIC	AUS	Australia	1	159.31151	150.49599	15.93858	3.104485	65.64636	110.9397	49.182272	85.91626	749.1923	2747.9321	170.5217	110.468653	35.1406475	223.934147
1900	HIC	AUS	Australia	0	140.26208	133.63774	18.12535	3.922573	106.43897	156.96426	43.88655	67.65154	737.9421	2810.1514	116.54063	114.62929749	14.62929749	47.2628984
1900	HIC	AUT	Austria	1	142.14287	133.45335	9.1065178	4.0949373	120.93442	93.00768	59.885756	67.651545	773.94214	2810.1514	116.54063	114.62929749	322.310079	41.2628984
1900	HIC	AUT	Austria	0	116.12826	116.27825	9.5277596	4.8677866	128.04625	124.30359	94.00706	66.964198	668.9634	2632.2078	116.54063	114.62929749	372.753027	47.2628984
1900	HIC	BEL	Belgium	1	154.4259	148.2363	4.978188	3.005275	67.97845	166.9567	60.563244	96.647198	802.00458	4208.9834	94.57963	96.647198	186.987954	53.88087076
1900	HIC	BEL	Belgium	0	129.57444	131.63817	5.350366	3.3793744	82.3862	202.14958	54.336405	100.58056	710.7358	4136.7983	94.57963	96.647198	126.857193	32.1825654
1900	Asia	BRN	Brunei Darussalam	1	92.657444	166.19374	7.8884026	4.907109	18.684093	182.913	6.8887312	480.82251	1742.6666	27.901379	182.9137	68.0344883	141.381549	62.03043863
1900	Asia	BRN	Brunei Darussalam	0	161.006587	156.10403	7.1396027	4.196927	18.684093	182.913	6.8887312	480.82251	1742.6666	27.901379	182.9137	68.0344883	141.381549	62.03043863
1900	Asia	BRN	Brunei Darussalam	1	85.16647	155.00371	7.245619	4.241494	17.236399	218.08769	6.240077	73.263397	90.12367	1167.7388	184.5454	116.7735	11.8380785	49.454592
2000	HIC	CAN	Canada	1	153.15549	145.87479	9.503398	6.948436	162.8036	93.726578	83.01172	82.10084	126.0512	126.0512	126.0512	126.0512	126.0512	126.0512
2000	HIC	CAN	Canada	0	128.9592	145.87479	9.503398	6.948436	162.8036	93.726578	83.01172	82.10084	126.0512	126.0512	126.0512	126.0512	126.0512	126.0512
2000	HIC	CYP	Cyprus	1	178.5879	201.16304	55.986224	6.892023	103.44737	45.305317	48.944899	86.84816	762.0523	2571.2527	143.09808	106.467399	156.622631	114.6473208
2000	HIC	CYP	Cyprus	0	148.5894	201.16304	55.986224	6.892023	103.44737	45.305317	48.944899	86.84816	762.0523	2571.2527	143.09808	106.467399	156.622631	114.6473208

2000	HIC	DNK	Denmark	137.13255	120,50188	23.589337	2,2778005	65.019284	60.344112	41.848892	75.572739	972.22675	3106.6472	136.37762	153.839604	44.0762789	387.839504
2000	HIC	DNK	Denmark	24.7187169	24.79274	2.9329669	73.917098	83.519646	80.541759	84.32366	81.432366	116.671915	3127.2288	134.5658	117.6167915	21.5637492	407.837188
2000	HIC	FIN	Finland	134.33607	119.38059	6.267871	2.3450027	48.904675	49.391602	54.931602	84.82306	1153.1167	2597.1672	282.24388	164.7821965	27.9371505	289.1480043
2000	HIC	FIN	Finland	108.85964	104.61882	6.7462226	2.8723212	64.033481	73.66939	48.379942	91.411972	1078.4874	2614.2807	281.04684	104.8933223	17.98903166	289.2044723
2000	HIC	FRA	France, Monaco	118.25168	190.27286	14.073345	2.7509942	39.73937	71.635826	72.92398	63.55532	2665.0383	139.11356	770.36526	113.983422	44.0769527	146.0795927
2000	HIC	FRA	France, Monaco	177.52371	177.52371	15.152725	3.1817625	52.02327	96.419083	19.991577	96.334861	319.11694	44.52743083	86.3722745	86.3722745	11.12656527	141.12656527
2000	HIC	DEU	Germany	220.32356	212.42178	8.8275176	2.4232904	68.646631	73.848671	73.848671	73.848671	1055.379	354.91058	80.627731	35.1301282	148.7096735	62.3029212
2000	HIC	DEU	Germany	166.96088	184.18611	9.7788439	2.978061	65.095708	64.88991	64.88991	76.16631	980.2008	3464.1055	95.878686	392.8281366	47.1470206	42.20718067
2000	HIC	GRC	Greece	156.4447	151.25363	21.689394	5.5026691	79.43827	84.935327	84.935327	93.43542	4343.5977	92.874718	434.5977	284.8665702	46.2942339	46.2942339
2000	HIC	GRC	Greece	133.30076	136.40349	22.941969	6.0053439	61.954359	68.016288	68.016288	88.254366	911.91309	198.43184	90.2207253	212.0555871	149.4056765	149.4056765
2000	HIC	ISL	Iceland	109.7618	87.140586	4.9891565	0.04862828	51.500578	101.55502	58.080736	96.95876	1067.0776	2630.057	286.12466	249.216502	100.344482	17.10824451
2000	HIC	ISL	Iceland	88.898891	77.162382	5.3503151	0.54659313	58.505409	128.7452	51.694589	101.88218	966.1734	2656.4941	282.05591	266.186741	74.7621097	18.20004482
2000	HIC	ISL	Iceland	100.32801	148.22032	25.93013	1.4295818	34.537096	41.88539	96.73845	867.16271	3570.8689	867.16271	3570.8689	86.6181251	116.271072	32.24011579
2000	HIC	IRL	Ireland	86.293165	134.64777	27.765666	1.9067897	39.877517	42.54305	37.217283	864.12744	3599.5757	163.0832	3323.605	103.382588	66.9834226	38.689562
2000	HIC	ITA	Italy	224.26158	157.35268	17.542098	0.80710828	55.446383	48.016333	47.877642	76.409225	863.86823	293.18443	111.4497	295.15463127	66.99741539	166.1990228
2000	HIC	ITA	Italy	202.23233	140.53669	18.414306	2.960279	61.954359	68.016288	68.016288	84.63366	102.46165	144.139211	53.108779	45.1439211	53.108779	124.9103243
2000	Asia	JPN	Japan	144.44579	248.51274	7.1121567	2.5652769	45.46479	68.936671	22.246952	63.896416	596.8275	2800.3015	102.46165	123.317889	34.28639873	242.023162
2000	Asia	JPN	Japan	108.77936	227.93589	62.133842	2.662079	47.888767	117.36184	21.21431	65.807991	487.07666	2793.9989	90.745361	120.820886	34.80215103	366.7464149
2000	HIC	LUX	Luxembourg	129.33229	125.97251	17.085117	2.1237295	71.252324	110.22777	58.635342	73.81179	909.70813	3284.7324	96.780073	167.708604	46.22501492	280.0531312
2000	HIC	LUX	Luxembourg	110.11986	113.09777	18.276754	2.4385239	84.541412	144.0789	62.739829	79.435426	850.7381	3323.605	103.382588	66.9834226	38.689562	38.689562
2000	HIC	MLT	Malta	146.15157	112.23044	17.326529	8.2437486	94.16416	140.01285	96.557259	85.555729	1128.4799	3145.4209	199.0292	123.1392167	63.15901238	219.130212
2000	HIC	MLT	Malta	124.51641	96.590006	18.673586	9.3423347	101.62215	178.52522	77.943062	90.78775	1020.1349	3145.1826	196.89159	92.78423219	51.4539371	287.575776
2000	HIC	NLD	Netherlands	159.44373	159.89532	34.633197	14.912876	72.877235	172.9338	173.78986	74.755547	986.89828	3156.4744	137.97008	144.2128509	58.5138802	285.127351
2000	HIC	NLD	Netherlands	138.13588	144.12082	38.728763	17.00531	73.505771	201.24881	156.80229	76.03735	914.78188	3105.1768	133.83802	92.338823	61.1110492	372.0084657
2000	HIC	NZL	New Zealand	272.54832	161.52966	58.157494	1.1429581	66.782341	55.41723	45.151615	83.190598	734.82012	3092.8438	141.80777	25.1164328	113.5167618	38.32462781
2000	HIC	NZL	New Zealand	57.22464	1.686906	55.88926	6.8785918	63.856518	40.474728	89.483795	548.38914	3129.2424	132.28484	309.834808	73.5460772	48.2586909	48.2586909
2000	HIC	NOR	Norway, Sweden and Jan Mayen	101.08414	101.9965	2.3652024	2.2702041	73.690475	76.856012	34.817141	76.796295	830.44098	2723.8248	141.87833	35.4707371	308.584378	172.1672789
2000	HIC	NOR	Norway, Sweden and Jan Mayen	82.17232	80.800136	2.533752	3.58912515	75.74008	120.3085	31.057367	82.547157	786.13049	2756.42212	138.77723	37.98024242	380.360296	124.9136271
2000	HIC	PRT	Portugal	148.01425	146.73445	36.844479	3.5647559	80.372085	96.530771	83.940388	75.123535	870.0451	3373.3485	130.37528	297.2252061	81.9623745	246.8317014
2000	HIC	PRT	Portugal	126.9782	123.95859	38.788881	4.0271107	89.300606	127.38526	73.27083	80.59671	786.82837	3401.1138	728.9493	286.2725691	87.9427775	383.5930024
2000	Asia	KOR	Republic of Korea	154.0006	141.60341	50.313366	0.8478181	49.239862	27.0531	16.598808	73.043137	485.42023	3067.917	96.019836	115.043328	46.14891571	150.484131
2000	Asia	KOR	Republic of Korea	138.4635	45.157766	0.6232206	0.8242936	52.846009	42.220142	16.54518	72.97057	472.8604	2886.0389	80.429169	11.6816382	45.71771566	253.770251
2000	Asia	SGP	Singapore	208.34708	153.89455	36.890083	1.9432501	18.432501	88.92166	78.198732	61.288156	507.45408	3767.1082	55.05342	54.2114719	18.782525	23.85931515
2000	Asia	SGP	Singapore	175.72309	145.01447	32.782055	2.8801457	20.244188	11.94642	7.868474	61.398516	454.15404	3646.7913	50.029236	54.07222184	153.4988351	18.83098866
2000	HIC	ESP	Spain	124.14893	119.46732	26.234034	7.7423864	58.541115	99.91937	23.242201	76.334908	876.79346	3212.552	162.52575	145.5771882	68.5470726	213.133585
2000	HIC	ESP	Spain	109.99393	107.32229	27.774131	8.1681039	65.371016	129.17416	60.321178	82.012744	793.0094	3237.252	160.3012	107.6731346	51.20899341	347.89892802
2000	HIC	SWE	Sweden	137.94271	132.68839	9.95713531	2.3461249	71.74667	70.98266	65.2903108	77.73558	888.84308	2883.3821	286.53012	27.3365738	73.79199129	40.0780654
2000	HIC	SWE	Sweden	106.86545	114.81633	11.18232	2.8436533	88.73056	93.24137	58.46157	82.49395	855.9372	2807.4971	291.52789	83.3433632	141.78909361	141.78909361
2000	HIC	CHE	Switzerland, Liechtenstein	144.81905	134.86236	4.8277645	4.9496937	59.565728	98.249628	81.637741	66.665718	101.60036	274.9114	126.89216	76.81386308	33.2866763	334.4711534
2000	HIC	CHE	Switzerland, Liechtenstein	119.48265	119.8255	5.106532	5.2020954	65.887309	92.99628	61.637741	72.780597	62.584869	956.10532	276.80156	124.74404	113.4857190	229.421551
2000	HIC	GBR	United Kingdom	130.88039	130.3051	34.933378	4.3975399	36.46835	153.40457	36.51432	68.51886	887.56932	353.6196	174.33863	172.0274009	26.04074814	345.795347
2000	HIC	GBR	United Kingdom	126.9782	122.87392	36.513992	4.960004	40.10592	165.81911	32.68461	71.61267	631.48212	3786.4441	165.7897	103.978277	25.0041566	384.2641162
2000	HIC	USA	USA, Puerto Rico and US Virgin Islands	90.856201	132.38176	18.14149	3.7186779	38.5211	264.21091	89.280065	81.013123	82.65347	2295.9187	149.42509	60.046045	65.6642882	27.70765239
2000	HIC	USA	Puerto Rico and US Virgin Islands	81.8899	122.19653	21.3805296	4.318914	47.594606	31.033064	60.98855	68.052626	84.81353	810.6133	82.65347	2295.9187	149.42509	60.046045
2000	HIC	AUS	Australia	138.82275	120.8653	22.1348	4.0053764	87.142466	189.54788	35.590611	85.37022	80.04629	2919.1914	135.2876	189.75912	43.89239013	44.7795162
2000	HIC	AUS	Australia	156.75848	130.10384	19.378607	3.7870929	52.536079	175.26044	6.2996862	68.82337	501.81952	1889.7913	24.463322	41.2571941	77.20867321	135.074975
2000	HIC	AUT	Austria	112.29446	103.89571	6.510344	4.0931454	109.6609	124.8713	45.179657	79.2789	785.47571	2882.7881	121.96072	97.86507779	41.2571941	77.20867321
2000	HIC	AUT	Austria	117.65232	117.65232	6.2903548	3.8689049	87.939395	96.44988	96.44988	63.52792	777.58779	3084.0129	82.082893	345.868396	62.3389778	60.7347708
2000	HIC	BEL	Belgium	109.80388	116.84689	3.6786447	3.6386821	75.590275	204.43196	46.350525	96.541626	743.1217	4321.1167	72.912041	123.8819467	56.0108199	60.7346284
2000	HIC	BEL	Belgium	129.45807	130.76671	3.4093521	3.0592546	70.939591	180.17274	51.887321	94.739606	848.38361	4386.5562	41.52136745	42.71756104	41.52136745	42.71756104
2000	Asia	BRN	Brunei Darussalam	87.387346	148.27086	7.0795889	4.808982	14.934725	216.3896	6.098847	60.98847	460.83289	1844.086	24.25843	43.89239013	44.7795162	44.7795162
2000	Asia	BRN	Brunei Darussalam	99.91453	156.21239	7.7868539	4.7250242	14.58899	175.26044	6.2996862	68.82337	501.81952	1889.7913	24.463322	41.2571941	77.20867321	135.074975
2000	HIC	CAN	Canada	138.70021	138.70021	7.016655	7.2725006	58.401786	156.87065	80.823923	77.2052	848.0806	3270.7629	143.8976	61.7841577	46.7586794	289.4348051
2000	HIC	CAN	Canada	153.05886	158.34947	6.8501712	6.3131089	47.51103									

2010	Asia	JPN	Japan	0	108,221,889	216,114,207	56,899,57	2,160,171	43,360,737	112,183,79	20,323,427	64,751,068	498,417,45	2196,3184	83,622,955	287,395,9425	120,186,683
2010	Asia	JPN	Japan	1	143,603,27	235,293,92	65,309,76	2,668,536	41,110,466	86,407,616	21,316,603	66,536,833	611,73915	2579,1563	97,622,421	451,709,969	116,236,822
2010	HIC	LUX	Luxembourg	0	101,718,02	116,292,93	11,524,868	2,492,48	74,674,973	146,056,89	48,702,018	80,890,205	875,37512	3526,5974	75,436,661	277,973,2169	47,245,69132
2010	HIC	LUX	Luxembourg	1	118,397,26	116,833,45	10,722,98	2,165,998	68,696,35	113,100,76	54,232,204	75,007,036	934,833,92	3495,3875	76,579,956	74,647,7113	34,5361,2412
2010	HIC	MLT	Malta	0	115,671,61	92,907,947	16,529,844	8,740,933	81,793,488	162,776,58	70,833,983	90,194,046	1040,6005	3166,5212	167,79279	213,254,6304	56,68927162
2010	HIC	MLT	Malta	1	135,764,19	105,426,61	15,414,662	7,7017,1871	81,192,978	143,241,55	78,829,424	84,887,886	1149,2172	3124,4683	170,75182	302,331483	61,84273236
2010	HIC	NLD	Netherlands	0	136,018,02	142,038,74	37,880,039	15,986,328	77,129,761	200,50316	146,564,47	81,430,672	942,927,61	3246,446	120,34307	102,8218649	52,30481608
2010	HIC	NLD	Netherlands	1	156,006,77	151,864,58	32,883,998	14,011,3341	70,872,177	173,452,76	162,71309	80,071,655	1019,72716	3286,1702	123,86318	65,2408,678	338,603,2818
2010	HIC	NZL	New Zealand	0	203,082,35	131,366,8	42,712,076	2,054,279	49,662,956	67,405,683	36,405117	562,577,03	3199,4807	114,38547	256,0282459	93,372,65516	472,006,0599
2010	HIC	NZL	New Zealand	1	258,201,81	150,470,93	43,421,248	1,494,336	59,617,767	58,422,77	40,63941	89,208183	742,83801	3173,8241	121,48473	307,104,625	62,77019779
2010	HIC	NOR	Norway, Sweden and Jan Mayen	0	63,008,415	0,34205,885	0,34205,885	2,652,2877	68,039,482	105,28139	28,291484	63,93605	609,51969	2971,2676	117,7865	39,68462718	121,5892768
2010	HIC	NOR	Norway, Sweden and Jan Mayen	1	111,070714	94,128,227	0,87635136	2,2352,827	62,921833	76,75162	31,722685	78,052193	654,83472	2935,4724	120,30702	39,60920066	81,88829,65
2010	HIC	PRT	Portugal	0	123,60711	123,20934	33,584516	3,473,988	78,956413	130,75531	7,1638064	79,993911	815,50995	3407,3677	112,09917	200,4731894	95,58113
2010	HIC	PRT	Portugal	1	143,55954	137,78847	31,838121	3,048,998	70,986,842	100,89745	7,978941	74,800534	888,02987	3377,074	112,81473	421,1945336	169,7289755
2010	Asia	KOR	Republic of Korea	0	108,867,99	124,996	36,686,375	0,67077,637	40,552727	40,239349	14,344,538	70,160065	483,87954	2889,1116	61,867715	84,7638,878	44,743,97008
2010	Asia	KOR	Republic of Korea	1	142,813,92	127,79362	40,311871	0,6935,8639	37,71653	25,65185	14,353333	70,206511	517,81421	3037,8237	73,182802	77,7454,6894	46,53110849
2010	Asia	SGP	Singapore	0	151,5537	131,38411	22,817411	3,963,2862	23,393072	114,15385	6,3682329	86,29061	475,16336	2647,4302	33,107646	39,2394,6677	123,5867514
2010	Asia	SGP	Singapore	1	179,78038	139,31749	25,481451	3,8612894	22,458,994	91,421913	6,3724475	85,890518	531,50629	2721,43833	36,169983	30,69054172	134,7186318
2010	HIC	ESP	Spain	0	101,53709	102,00794	22,848114	8,5801945	63,706253	126,88962	19,332083	82,319885	816,98817	3113,8892	138,64375	64,58832,97	218,3745179
2010	HIC	ESP	Spain	1	114,5821	113,21651	21,594639	7,4984307	56,473423	98,242876	21,484127	76,447865	903,48273	3083,8258	141,09637	76,3397,073	388,0210923
2010	HIC	SWE	Sweden	0	108,98652	107,61472	8,1307516	3,0309141	75,007378	96,403137	54,22554	84,408211	874,81073	3127,8467	256,15945	144,824,449	46,535,65259
2010	HIC	SWE	Sweden	1	140,0365	124,12965	7,2556591	2,4810267	59,311497	73,538139	60,30545	79,60983	908,10563	3223,2559	101,1650923	101,1650923	343,5133018
2010	HIC	CHE	Switzerland, Liechtenstein	0	121,26773	113,881	3,424,9525	5,0352001	56,546917	117,40124	69,720734	70,828619	994,0755	2761,8665	112,59245	57,8529,9391	41,4948,656
2010	HIC	CHE	Switzerland, Liechtenstein	1	146,25237	127,88982	3,234,8995	4,4145565	51,507477	93,042747	78,235161	66,861388	1056,3242	2726,6533	114,49075	67,9867,9534	53,813,09671
2010	HIC	GBR	United Kingdom	0	106,79031	118,46258	39,104225	5,2621541	35,330257	172,55777	32,57494	70,890526	862,84344	3770,0779	158,39336	12,15022718	25,40311796
2010	HIC	GBR	United Kingdom	1	128,05817	134,04891	37,272766	4,4814557	44,816341	143,84138	36,3451	67,68653	920,23492	3533,7256	165,34646	80,91800163	373,987593
2010	HIC	USA	Puerto Rico and US Virgin Islands	0	77,611382	131,26357	18,074144	4,4758754	44,166772	308,32169	76,652865	86,656317	829,84277	2880,5049	145,44727	265,239306	83,24789107
2010	HIC	USA	USA, Puerto Rico and US Virgin Islands	1	85,610626	126,75691	14,936326	3,8523872	35,393395	262,2859	84,853745	81,422737	645,14313	22841,5598	135,78913	301,8841784	67,2077277