Supplementary appendix

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

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Figure S1. Whole grain consumption among men and women aged 20 years or older in 187 countries.  
Figure S2. Fruit consumption among men and women aged 20 years or older in 187 countries.  
Figure S3. Fruit juice consumption among men and women aged 20 years or older in 187 countries.  
Figure S4. Vegetable consumption among men and women aged 20 years or older in 187 countries.  
Figure S5. Fish consumption among men and women aged 20 years or older in 187 countries.  
Figure S6. Consumption of nuts and seeds among men and women aged 20 years or older in 187 countries.  
Figure S7. Consumption of beans and legumes among men and women aged 20 years or older in 187 countries.  
Figure S8. Milk consumption among men and women aged 20 years or older in 187 countries.  
Figure S9. Dietary fibre consumption among men and women aged 20 years or older in 187 countries.  
Figure S10. Polyunsaturated fat consumption among men and women aged 20 years or older in 187 countries.  
Figure S11. Consumption of seafood omega-3 fatty acids among men and women aged 20 years or older in 187 countries.  
Figure S12. Consumption of plant omega-3 fatty acids among men and women aged 20 years or older in 187 countries.  
Figure S13. Calcium consumption among men and women aged 20 years or older in 187 countries.  
Figure S14. Sugar sweetened beverage consumption among men and women aged 20 years or older in 187 countries.  
Figure S15. Unprocessed red meat consumption among men and women aged 20 years or older in 187 countries.  
Figure S16. Processed meat consumption among men and women aged 20 years or older in 187 countries.  
Figure S17. Saturated fat consumption among men and women aged 20 years or older in 187 countries.  
Figure S18. Consumption of trans fatty acids among men and women aged 20 years or older in 187 countries.  
Figure S19. Dietary cholesterol consumption among men and women aged 20 years or older in 187 countries.  
Figure S20. Sodium consumption among men and women aged 20 years or older in 187 countries.  
Figure S21. Dietary patterns based on consumption of more healthful foods and nutrients among men and women aged 20 years or older in 187 countries.  
Figure S22. Dietary patterns based on consumption of lesser unhealthful foods and nutrients among men and women aged 20 years or older in 187 countries.  
Figure S23. Global dietary patterns of 187 countries in 21 world regions.  
Figure S24. Dietary patterns in 1990 and change from 1990 to 2010 among men and women by demographics and world regions.  
Figure S25. Dietary patterns in 1990 among men and women in 187 countries.  
Figure S26. Changes in dietary patterns from 1990 to 2010 among men and women in 187 countries.

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Whole grain consumption among men

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

World, by ages
Viet Nam
Micronesia (Fed States of)
Nepal
Jordan
Peru
Panama
Tajikistan
Sri Lanka
Armenia
Belize
Colombia
Syrian Arab Republic
Zambia
Tonga
Cyper
Costa Rica
Taiwan
Iran (Islamic Republic of)
Uzbekistan
Chile
Sudan
Jamaica
Georgia
Honduras
Mongolia
Republic of Moldova
Azerbaijan
Mexico
United Arab Emirates
Latvia
Bulgaria
Estonia
Montenegro
Comoros
Belarus
Kyrgyzstan
Ukraine
Russian Federation
Equatorial Guinea
Kazakhstan
Libya
Malawi
Bhutan
Venezuela (Bolivarian Republic of)
Lithuania
Serbia
Samoa
Senegal
Haiti
Solomon Islands
Slovakia
Bosnia and Herzegovina
Congo
India
Slovenia
Ghana
Argentina
Democratic Republic of the Congo
Romania
Poland
Gabon
El Salvador
Czech Republic
Madagascar
Brazil
Yemen
Republic of Korea
Benin
St Lucia
Saint Vincent and the Grenadines
Uganda
Spain
Italy
Kuwait
China
Kuwait
Uruguay
Brunel Darussalam
Egypt
Paraguay
Singapore
Japan
Turkmenistan
Cuba
Bangladesh
Pakistan
TFYR Macedonia
Turkey
Croatia
Albania
Hungary

World, overall
Seychelles
Malaysia
Chad
Indonesia
Mauritius
Mal
Portugal
Guinea
Cambodia
Botswana
Namibia
Sao Tome and Principe
Cameroun
Cape Verde
Ethiopia
Lesotho
Guinea-Bissau
Zimbabwe
Timor Leste
Sierra Leone
Burkina Faso
Barbados
Germany
Sweden
Saint Vincent and the Grenadines
Saint Lucia
Benin
Republic of Korea
Yemen
Brazil
Madagascar
Czech Republic
El Salvador
Gabon
Poland
Romania
Democratic Republic of the Congo
Argentina
Ghana
Slovenia
India
Congo
Kenya
Bahrain
Djibouti
Switzerland
United Kingdom
Denmark
Australia
Central African Republic
Grenada
Gabon
United Arab Emirates
New Zealand
Finland
Andorra
Angola
Oman
Iraq
Bahrain
Malta
Portugal
Guyana
Trinidad and Tobago
Algeria
Luxembourg
Ireland
Austria
Morocco
Saudi Arabia
Greece
Suriname
Dominican Republic
Libyan Arab Jamahiriya
Qatar
Côte d’Ivoire
Bahrain
Tunisia
Dominica
Vanuatu
Canada
Fiji
Lebanon
Togo
Nigeria
United States of America
Israel
Thailand
Burundi
Papua New Guinea
Dem People’s Republic of Korea
United Republic of Tanzania
Bolivia
Guatemala
Maldives
Cape Verde
Samoa
Serbia
Lithuania
Venezuela (Bolivarian Republic of)
Bhutan
Malawi
Bhutan
Venezuela (Bolivarian Republic of)
Lithuania
Serbia
Samoa
Senegal
Haiti
Solomon Islands
Slovakia
Bosnia and Herzegovina
Congo
India
Slovenia
Ghana
Argentina
Democratic Republic of the Congo
Romania
Poland
Gabon
El Salvador
Czech Republic
Madagascar
Brazil
Yemen
Republic of Korea
Benin
St Lucia
Saint Vincent and the Grenadines
Uganda
Spain
Italy
Kuwait
China
Kuwait
Uruguay
Brunel Darussalam
Egypt
Paraguay
Singapore
Japan
Turkmenistan
Cuba
Bangladesh
Pakistan
TFYR Macedonia
Turkey
Croatia
Albania
Hungary

Age groups:
- 20-29 years
- 30-39 years
- 40-49 years
- 50-59 years
- 60-69 years
- 70-79 years
- 80+ years

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

Age groups:
- 20-29 years
- 30-39 years
- 40-49 years
- 50-59 years
- 60-69 years
- 70-79 years
- 80+ years
Figure S3. Fruit juice consumption among men and women aged 20 years or older in 187 countries. Countries are ordered by the mean consumption levels among men and women with 20-29 years of age, from the lowest at the bottom-left to the highest at the top-right. Error bars for each country represent a lower side of 95% uncertainty interval (UI) for the lowest estimate and an upper side of 95% UI for the highest estimate. The dashed vertical line represents mean of the theoretical minimal risk exposure distribution for fruit juice consumption.
Figure S4. Vegetable consumption among men and women aged 20 years or older in 187 countries.
Countries are ordered by the mean consumption levels among men and women with 20-29 years of age, from the lowest at the bottom-left to the highest at the top-right. Error bars for each country represent a lower side of 95% uncertainty interval (UI) for the lowest estimate and an upper side of 95% UI for the highest estimate. The dashed vertical line represents mean of the theoretical minimal risk exposure distribution for vegetable consumption.
Vegetable consumption among women

Age groups:
- 20-29 years
- 30-39 years
- 40-49 years
- 50-59 years
- 60-69 years
- 70-79 years
- 80+ years
Figure S5. Fish consumption among men and women aged 20 years or older in 187 countries. Countries are ordered by the mean consumption levels among men and women with 20-29 years of age, from the lowest at the bottom-left to the highest at the top-right. Error bars for each country represent a lower side of 95% uncertainty interval (UI) for the lowest estimate and an upper side of 95% UI for the highest estimate. The dashed vertical line represents mean of the theoretical minimal risk exposure distribution for fish consumption.
Fish consumption among women

Age groups:
- 20-29 years
- 30-39 years
- 40-49 years
- 50-59 years
- 60-69 years
- 70-79 years
- 80+ years

- World, by ages
- Dominican Republic
- Democratic Republic of the Congo
- Egypt
- Malawi
- Iran (Islamic Republic of)
- Lithuania
- Ethiopia
- Somalia
- Algeria
- Croatia
- Tunisia
- Estonia
- United Arab Emirates
- Kenya
- Austria
- Kuwait
- Ireland
- Belarus
- Haiti
- Niger
- Morocco
- Republic of Moldova
- Central African Republic
- Libyan Arab Jamahiriya
- Burkina Faso
- Saudi Arabia
- Uruguay
- United States of America
- Bahrain
- Yemen
- Georgia
- Qatar
- Czech Republic
- Mozambique
- Montenegro
- Canada
- Turkey
- Burundi
- Oman
- Jordan
- Ecuador
- India
- Iraq
- Germany
- Poland
- Argentina
- Bhutan
- Rwanda
- Turkey
- Slovenia
- Afghanistan
- Slovakia
- Serbia
- Sudan
- Bulgaria
- Kazakhstan
- Bosnia and Herzegovina
- Hungary
- Romania
- Panama
- Togo
- Tonga
- Togo
- Chad
- Malawi
- United Arab Emirates
- Venezuela (Bolivarian Republic of)
- Pakistan
- Netherlands
- Guinea-Bissau
- Kyrgyzstan
- Albania
- Nepal
- Armenia
- Eritrea
- Bolivia
- Namibia
- Australia
- Bangladesh
- Syrian Arab Republic
- Swaziland
- Mexico
- Lebanon
- South Africa
- Colombia
- Costa Rica
- Tajikistan
- El Salvador
- Lesotho
- Timor-Leste
- Botswana
- Uzbekistan
- Occupied Palestinian Territory
- Nicaragua
- Mongolia
- Honduras
- Guatemala
- Zimbabwe

- World, overall
- Japan
- Maldives
- Republic of Korea
- Brunei Darussalam
- Spain
- Portugal
- Samoa
- Kiribati
- Iceland
- Ghana
- Norway
- Denmark
- Tonga
- Solomon Islands
- Senegal
- Antigua and Barbuda
- Marshall Islands
- Micronesia (Fed States of)
- Vanuatu
- Sierra Leone
- Gambia
- Saint Lucia
- Sao Tome and Principe
- Comoros
- Seychelles
- Grenada
- Fiji
- Singapore
- Papua New Guinea
- Guyana
- Barbados
- Paraguay
- Jamaica
- Brazil
- Malaysia
- Chile
- Mauritania
- Côte d'Ivoire
- Cameroon
- Gabon
- Bahamas
- Philippines
- Thailand
- Cape Verde
- Dominica
- Cambodia
- Sri Lanka
- Congo
- Suriname
- Malta
- China
- Guinea
- Uganda
- Italy
- Myanmar
- France
- Singapore
- Netherlands
- Indonesia
- Viet Nam
- Peru
- United Kingdom
- Russian Federation
- Taiwan
- Switzerland
- Andorra
- Benin
- Chad
- Mali
- Lao People's Democratic Republic
- New Zealand
- Luxembourg
- Nigeria
- Trinidad and Tobago
- Equatorial Guinea
- Angola
- Madagascar
- Mauritius
- United Republic of Tanzania
- Zambia
- Greece
- Latvia
- Australia
- Liberia
- Dem People's Republic of Korea
- Cyprus
- Switzerland
- Belgium
- Israel
- Cuba
- Bangladesh
- Ukraine
Consumption of nuts and seeds among men

Figure S6. Consumption of nuts and seeds among men and women aged 20 years or older in 187 countries. Countries are ordered by the mean consumption levels among men and women with 20-29 years of age, from the lowest at the bottom-left to the highest at the top-right. Error bars for each country represent a lower side of 95% uncertainty interval (UI) for the lowest estimate and an upper side of 95% UI for the highest estimate. The dashed vertical line represents mean of the theoretical minimal risk exposure distribution for consumption of nuts and seeds.
Consumption of nuts and seeds among women
Figure S7. Consumption of beans and legumes among men and women aged 20 years or older in 187 countries. Countries are ordered by the mean consumption levels among men with 20-29 years of age, from the lowest at the bottom-left to the highest at the top-right. Error bars represent a lower side of 95% uncertainty interval (UI) for the lowest estimate and an upper side of 95% UI for the highest estimate in each country. The dashed vertical line represents mean of the theoretical minimal risk exposure distribution for consumption of beans and legumes.
Consumption of beans and legumes among women

Age groups:
- 20-29 years
- 30-39 years
- 40-49 years
- 50-59 years
- 60-69 years
- 70-79 years
- 80+ years

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

Age groups:
- 20-29 years
- 30-39 years
- 40-49 years
- 50-59 years
- 60-69 years
- 70-79 years
- 80+ years

Milk, servings/day

World, by ages
Uzbekistan
Skvokia
Congo
Ukraine
New Zealand
Italy
TFYR Macedonia
Argentina
France
Oman
Turkmenistan
Japan
Uruguay
Georgia
Peru
Pakistan
Austria
Armenia
Barbados
Djibouti
Niger
Brazil
Iraq
Azerbaijan
Turkey
Lesotho
Czech Republic
Chad
Senegal
Gambia
Taijistan
Chile
Sao Tome and Principe
Tonga
Belgium
Paraguay
Suriname
Haiti
Afghanistan
Fij
Bolivia
Yemen
Singapore
Lebanon
Myanmar
Madagascar
India
Republic of Korea
Vanuatu
Thailand
Morocco
Nepal
Guinea-Bissau
Marshall Islands
Burkina Faso
Cameroun
Hungary
Samoa
Bhutan
United Republic of Tanzania
Micronesia (Fed States of)
Guinea
Uganda
Timor-Leste
Ethiopia
Rwanda
Eritrea
Benin
Malaysia
Somalia
Comoros
Viet Nam
Cote d'Ivoire
Nigeria
Togo
Solomon Islands
Sierra Leone
Papua New Guinea
Cambodia
Tawain
Ghana
Lao People's Democratic Republic
Democratic Republic of the Congo
Zambia
Bangladesh
Ketibati
Liberia
Burundi
Mozambique
Malawi
China
Indonesia
Democratic People's Republic of Korea

World, overall
Sweden
Iceland
Costa Rica
Finland
Bosnia and Herzegovina
Sri Lanka
Panama
Botswana
Jamaica
Honduras
Antigua and Barbuda
El Salvador
Gabon
Mexico
Montenegro
Mauritania
Mali
Albania
Norway
Algeria
Sudan
Dominica
Colombia
Nicaragua
Spain
Bhutan
Samoa
Hungary
Cameroon
Burkina Faso
Armenia
Austria
Pakistan
Peru
Georgia
Uruguay
Japan
Turkmenistan
Oman
France
Argentina
TFYR Macedonia
Italy
New Zealand
Ukraine
Bulgaria
Kyrgyzstan
Saudi Arabia
Kenya
Ghana
Serbia
Bosnia and Herzegovina
Russia
United Kingdom
Western Sahara
Oman
Ireland
Greece
Angola
Australia
Gambia
Senegal
Chad
Czech Republic
Lesotho
Turkey
Azerbaijan
Malaysia
Belgium
Namibia
Estonia
Cape Verde
Ireland
Venezuela (Bolivarian Republic of)
Grenada
Switzerland
Romania
Saint Lucia
Swaziland
Mauritius
Portugal
Ireland
Tajikistan
Gambia
Saint Vincent and the Grenadines
Occupied Palestinian Territory
Dominican Republic
Saint Vincent and the Grenadines
Iran (Islamic Republic of)
Israel
Egypt
Zimbabwe

Age groups:
- 20-29 years
- 30-39 years
- 40-49 years
- 50-59 years
- 60-69 years
- 70-79 years
- 80+ years

Milk servings/day
Dietary Fibre consumption among men

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

Age groups:
- 20-29 years
- 30-39 years
- 40-49 years
- 50-59 years
- 60-69 years
- 70-79 years
- 80+ years

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

Age groups:
- 20-29 years
- 30-39 years
- 40-49 years
- 50-59 years
- 60-69 years
- 70-79 years
- 80+ years

Polyunsaturated fat, % energy

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

Seafood omega-3 fatty acids, mg/day

Age groups:
- 20-29 years
- 30-39 years
- 40-49 years
- 50-59 years
- 60-69 years
- 70-79 years
- 80+ years
Figure S12. Consumption of plant omega-3 fatty acids among men and women aged 20 years or older in 187 countries. Countries are ordered by the mean consumption levels among men and women with 20-29 years of age, from the lowest at the bottom-left to the highest at the top-right. Error bars for each country represent a lower side of 95% uncertainty interval (UI) for the lowest estimate and an upper side of 95% UI for the highest estimate. The dashed vertical line represents mean of the theoretical minimal risk exposure distribution for consumption of plant omega-3 fatty acids.
Consumption of plant omega-3 fatty acids among women

Age groups:
- 20-29 years
- 30-39 years
- 40-49 years
- 50-59 years
- 60-69 years
- 70-79 years
- 80+ years

Plant omega-3 fatty acids, mg/day
Figure S13. Calcium consumption among men and women aged 20 years or older in 187 countries. Countries are ordered by the mean consumption levels among men and women with 20-29 years of age, from the lowest at the bottom-left to the highest at the top-right. Error bars for each country represent a lower side of 95% uncertainty interval (UI) for the lowest estimate and an upper side of 95% UI for the highest estimate. The dashed vertical line represents mean of the theoretical minimal risk exposure distribution for calcium consumption.
Calcium consumption among women

Age groups:
- 20-29 years
- 30-39 years
- 40-49 years
- 50-59 years
- 60-69 years
- 70-79 years
- 80+ years

Calcium, mg/day

World, by ages
- Iraq
- Serbia
- Romania
- Cape Verde
- Czech Republic
- Egypt
- Japan
- TFVR Macedonia
- Bolivia
- Gabon
- Bulgaria
- Afghanistan
- Myanmar
- Sudan
- Republic of Korea
- Yemen
- Slovakian
- Hungary
- Brazil
- Morocco
- Argentina
- Colombia
- Uruguay
- Singapore
- Timor-Leste
- Iran (Islamic Republic of)
- Botswana
- Paraguay
- Pakistan
- Poland
- Mali
- Fiji
- Tonga
- Equatorial Guinea
- Malaysia
- Central African Republic
- Angola
- Kenya
- Niger
- Namibia
- Chile
- Chad
- Congo
- Viet Nam
- Senegal
- Burkina Faso
- Gambia
- Sao Tome and Principe
- Marshall Islands
- Swaziland
- Vanuatu
- India
- Djibouti
- Cambodia
- Samoa
- Micronesia (Fed. States of)
- Lao People’s Democratic Republic
- South Africa
- Thailand
- Guinea-Bissau
- Cameroon
- Indonesia
- Guinea
- Zimbabwe
- Bhutan
- Madagascar
- Solomon Islands
- Benin
- Papua New Guinea
- United Republic of Tanzania
- Nepal
- Lesotho
- Uganda
- Kiribati
- Côte d’Ivoire
- Nigeria
- Togo
- Ethiopia
- Rwanda
- Sierra Leone
- Eritrea
- Ghana
- Dem. People’s Republic of Korea
- Comoros
- Liberia
- Somalia
- Zambia
- Bangladesh
- Democratic Republic of the Congo
- Burundi
- China
- Mozambique
- Malawi

World, overall
- Finland
- Iceland
- Jamaica
- Greece
- Germany
- Mexico
- Denmark
- Netherlands
- Luxembourg
- Sweden
- Switzerland
- Ireland
- Antigua and Barbuda
- Cyprus
- France
- Andorra
- Malta
- Dominica
- United States of America
- Portugal
- Spain
- United Kingdom
- Philippines
- Grenada
- Saint Lucia
- Canada
- Norway
- Trinidad and Tobago
- Latvia
- Bahamas
- Belize
- Lithuania
- Guyana
- Slovenia
- Italy
- Saint Vincent and the Grenadines
- Dominican Republic
- Austria
- Cuba
- Republic of Moldova
- Costa Rica
- Belgium
- Russian Federation
- Ukraine
- Honduras
- Lebanon
- Panama
- Australia
- Belarus
- El Salvador
- Kazakhstan
- Mauritius
- Nicaragua
- Kyrgyzstan
- Seychelles
- Venezuela (Bolivarian Republic of)
- Suriname
- Ecuador
- Montenegro
- Haiti
- Maldives
- Mongolia
- Uzbekistan
- Syrian Arab Republic
- Armenia
- Georgia
- Algeria
- Estonia
- United Arab Emirates
- Bahrain
- Barbados
- Albania
- Israel
- Turkey
- Qatar
- Kuwait
- Turkmenistan
- Jordan
- New Zealand
- Tunisia
- Saudi Arabia
- Guatemala
- Libyan Arab Jamahiriya
- Occupied Palestinian Territory
- Azerbaijan
- Peru
- Brunei Darussalam
- Taiwan
- Croatia
- Oman
- São Tomé and Principe
- Mauritania
- Bosnia and Herzegovina
- Tajikistan

Calcium, mg/day

0 300 600 900 1200 1500

Age groups:
- 20-29 years
- 30-39 years
- 40-49 years
- 50-59 years
- 60-69 years
- 70-79 years
- 80+ years

World, overall
- Finland
- Iceland
- Jamaica
- Greece
- Germany
- Mexico
- Denmark
- Netherlands
- Luxembourg
- Sweden
- Switzerland
- Ireland
- Antigua and Barbuda
- Cyprus
- France
- Andorra
- Malta
- Dominica
- United States of America
- Portugal
- Spain
- United Kingdom
- Philippines
- Grenada
- Saint Lucia
- Canada
- Norway
- Trinidad and Tobago
- Latvia
- Bahamas
- Belize
- Lithuania
- Guyana
- Slovenia
- Italy
- Saint Vincent and the Grenadines
- Dominican Republic
- Austria
- Cuba
- Republic of Moldova
- Costa Rica
- Belgium
- Russian Federation
- Ukraine
- Honduras
- Lebanon
- Panama
- Australia
- Belarus
- El Salvador
- Kazakhstan
- Mauritius
- Nicaragua
- Kyrgyzstan
- Seychelles
- Venezuela (Bolivarian Republic of)
- Suriname
- Ecuador
- Montenegro
- Haiti
- Maldives
- Mongolia
- Uzbekistan
- Syrian Arab Republic
- Armenia
- Georgia
- Algeria
- Estonia
- United Arab Emirates
- Bahrain
- Barbados
- Albania
- Israel
- Turkey
- Qatar
- Kuwait
- Turkmenistan
- Jordan
- New Zealand
- Tunisia
- Saudi Arabia
- Guatemala
- Libyan Arab Jamahiriya
- Occupied Palestinian Territory
- Azerbaijan
- Peru
- Brunei Darussalam
- Taiwan
- Croatia
- Oman
- São Tomé and Principe
- Mauritania
- Bosnia and Herzegovina
- Tajikistan
Sugar sweetened beverage consumption among men

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

Age groups:
- 20-29 years
- 30-39 years
- 40-49 years
- 50-59 years
- 60-69 years
- 70-79 years
- 80+ years

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

Age groups:
- 20-29 years
- 30-39 years
- 40-49 years
- 50-59 years
- 60-69 years
- 70-79 years
- 80+ years

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

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

Age groups:
- 20-29 years
- 30-39 years
- 40-49 years
- 50-59 years
- 60-69 years
- 70-79 years
- 80+ years
Figure S18. Consumption of trans fatty acids among men and women aged 20 years or older in 187 countries.

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

Figure S19. Dietary cholesterol consumption among men and women aged 20 years or older in 187 countries.

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

Age groups:
- 20-29 years
- 30-39 years
- 40-49 years
- 50-59 years
- 60-69 years
- 70-79 years
- 80+ years

Dietary cholesterol, mg/day

World, by ages
- Angola
- Vanuatu
- Gabon
- Bahrain
- Mongolia
- Finland
- Ireland
- Kiribati
- Thailand
- Central African Republic
- Iraq
- Singapore
- Tunisia
- Libyan Arab Jamahiriya
- Slovenia
- Mexico
- Mauritius
- Mauritania
- Bulgaria
- Uzbekistan
- Egypt
- Honduras
- Cyprus
- Sudan
- Burkina Faso
- Kenya
- Zambia
- Yemen
- Sweden
- Myanmar
- Senegal
- Montenegro
- Netherlands
- Nigeria
- Occupied Palestinian Territory
- Viet Nam
- Bosnia and Herzegovina
- Luxembourg
- Venezuela
- Brazil
- Philippines
- Jordan
- Afghanistan
- China
- Djibouti
- Greece
- Suriname
- Niger
- Kyrgyzstan
- Nicaragua
- Guatemala
- Benin
- Ethiopia
- Solomon Islands
- Gambia
- Guyana
- Congo
- United Republic of Tanzania
- Madagascar
- Sri Lanka
- Papua New Guinea
- Lao People’s Democratic Republic
- Dem People’s Republic of Korea
- Lesotho
- Lebanon
- Guinea-Bissau
- Haiti
- Guinea
- Cambodia
- Uganda
- Togo
- Liberia
- Mozambique
- Sao Tome and Principe
- Malawi
- Chad
- Cameroon
- Sierra Leone
- Democratic Republic of the Congo
- Mali
- Eritrea
- Timor-Leste
- Somalia
- Ghana
- Côte d’Ivoire
- Comoros
- Tajikistan
- Burundi
- Pakistan
- Rwanda
- India
- Bhutan
- Nepal
- Bangladesh

World, overall
- Romania
- Algeria
- Latvia
- Belarus
- Paraguay
- Lithuania
- Japan
- Denmark
- Bahamas
- Hungary
- Slovakia
- Austria
- Russian Federation
- Cape Verde
- Ukraine
- Antigua and Barbuda
- Belize
- Spain
- Grenada
- Belgium
- Tonga
- Saint Lucia
- Poland
- FYR Macedonia
- Serbia
- Italy
- Taiwan
- Iceland
- France
- Republic of Moldova
- Ecuador
- Croatia
- Trinidad and Tobago
- Czech Republic
- Samoa
- United Arab Emirates
- Armenia
- Malta
- Fiji
- United States of America
- Botswana
- Iran (Islamic Republic of)
- Brazil
- Qatar
- Syrian Arab Republic
- Dominican Republic
- Kuwait
- Bolivia
- Zimbabwe
- Australia
- Germany
- Portugal
- Estonia
- Brunei Darussalam
- Kazakhstan
- Switzerland
- Seychelles
- Marshall Islands
- Barbados
- Republic of Korea
- Uruguay
- Canada
- Andorra
- Jamaica
- Namibia
- Azerbaijan
- Argentina
- Turkmenistan
- New Zealand
- Israel
- Chile
- El Salvador
- Georgia
- Turkey
- United Kingdom
- Cuba
- Micronesia (Fed States of)
- Panama
- Morocco
- South Africa
- Somalia
- Oman
- Malaysia
- Peru
- Swaziland
- Albania
- Maldives
- Norway
- Saudi Arabia
- Saint Vincent and the Grenadines
- Equatorial Guinea
- Dominica
- Costa Rica
- Indonesia
Figure S20. Sodium consumption among men and women aged 20 years or older in 187 countries. Countries are ordered by the mean consumption levels among men and women with 20-29 years of age, from the lowest at the bottom-left to the highest at the top-right. Error bars for each country represent a lower side of 95% uncertainty interval (UI) for the lowest estimate and an upper side of 95% UI for the highest estimate. The dashed vertical line represents mean of the theoretical minimal risk exposure distribution for sodium consumption.
Figure S21. Dietary patterns based on consumption of more healthful foods and nutrients among men and women aged 20 years or older in 187 countries. Countries are ordered by the scores of the group of 20-29 years of age, from the lowest at the bottom-left to the highest at the top-right. Error bars represent a lower side of 95% uncertainty interval (UI) for the lowest estimate and an upper side of 95% UI for the highest estimate. The dashed vertical line represents mean of the theoretical minimal risk exposure distribution for sodium consumption.
Dietary patterns on fewer unhealthful foods/nutrients, men

Figure S22. Dietary patterns based on consumption of lesser unhealthful foods and nutrients among men and women aged 20 years or older in 187 countries. Countries are ordered by scores of the subgroups of 20-29 years of age, from the lowest at the bottom-left to the highest at the top-right. Error bars for each country represent a lower side of 95% uncertainty interval (UI) for the lowest estimate and an upper side of 95% UI for the highest estimate. The dashed vertical line represents mean of the theoretical minimal risk exposure distribution for sodium consumption.
Dietary patterns on fewer unhealthful foods/nutrients, women
Figure S23. Global dietary patterns of 187 countries in 21 world regions. Two diet quality measures of each country are displayed. Two dots from each country are connected with a grey line. Blue represents diet quality based on greater consumption of 10 healthful foods/nutrients. Orange represents diet quality based on lesser consumption of 7 unhealthful foods/nutrients. The possible score is from 0 (the worst quality) to 100 (the best quality). SS, Sub-Saharan; U.S., United States.
Figure S24. Dietary patterns in 1990 and change from 1990 to 2010 among men and women by demographics and world regions. Top) Diet scores based on more healthful items (left) and fewer unhealthful items (right) in 1990. Bottom) Changes in the two diet scores from 1990 to 2010. More healthful items (n=10) included fruits, vegetables, beans and legumes, nuts and seeds, whole grains, milk, polyunsaturated fatty acids, fish, plant omega-3 PUFA, and fibre. Unhealthful items (n=7) included unprocessed red meats, processed meats, sugar-sweetened beverages, saturated fat, trans fat, dietary cholesterol, and sodium. Values represent change in degrees of adherence to each dietary pattern scaled to be 0 (least healthful) to 100 (most healthful) in each year. Abbreviation: SS, Sub-Saharan.
Figure S25. Dietary patterns in 1990 among men and women in 187 countries. A. Dietary pattern based on higher consumption of fruits, vegetables, beans and legumes, nuts and seeds, whole grains, milk, polyunsaturated fatty acids (PUFA), fish, plant omega-3 PUFA, and Fibre. B. Dietary pattern based on fewer consumption of unprocessed red meats, processed meats, sugar-sweetened beverages, saturated fat, trans fat, dietary cholesterol, and sodium. Values represent degrees of adherence to each dietary pattern, ranging from 0 (least healthful) to 100 (most healthful). The countries are ordered by scores among adults aged 20-29 years.
Figure S26. Changes in dietary patterns from 1990 to 2010 among men and women in 187 countries. A. Changes in dietary pattern based on higher consumption of fruits, vegetables, beans and legumes, nuts and seeds, whole grains, milk, polyunsaturated fatty acids (PUFA), fish, plant omega-3 PUFA, and fibre. B. Changes in dietary pattern based on fewer consumption of unprocessed red meats, processed meats, sugar-sweetened beverages, saturated fat, trans fat, dietary cholesterol, and sodium. Each change (Red= worsening; green= improvement) was calculated by subtracting a country mean score in 2010 from that in 1990; each score represented degrees of adherence to each dietary pattern ranging from 0 (least healthful) to 100 (most healthful).
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