

## Supplementary material

**Table S1:** Food items making the EAT-Lancet food groups

EAT-Lancet food group	Food items making group from the IHS2015/2016 dataset
All vegetables	Cabbage; Lettuce; Cucumber; potato leaves; cassava leaves; green leaves; bisap leaves; kren-kren; Carrot; tomato puree; fresh tomato; pumpkin; big red pepper; onion leaves; okra; garden eggs; onion; okra powder; bitter tomato; other vegetables
All fruits	Banana; Oranges; Mangoes; Lime; Apple; Paw-paw; watermelon; Pineapple; Grapes; Cabaa; Dates; Avocado; dahar
Unsaturated oils	Groundnut oil; vegetable oil; palm kernel oil
Beans, lentils and peas	green peas; dry beans;
Peanuts and tree nuts	Groundnut powder; peanut butter (roasted peanut paste); groundnuts-shelled; groundnuts-unshelled; Coconut; Cashew nuts
Wholegrains	Maize; maize flour
Potatoes and cassava	Irish potato; Sweet potato; cassava; Plantain; other roots, gari
Fish	Fresh bonga; smoked bonga; catfish; fresh grouper; fresh barracuda; dried couta; Oyster; dried fish; smoked fish; frozen fish; shrimps; snail fish; saul fish; Tilapia; crab; fried fish; canned fish; other fish
Palm oil	Palm oil
Added sugar	Sugar; honey
Refined grains*	Long grained rice; medium grained rice; small grained rice; Uncle Ben's rice; Basmati rice; Paddy rice, long grained, Millet; millet flour; Sorghum; Findi; sorghum flour; wheat flour; bread.
Beef and lamb	Beef; sheep; goat
Pork	Pork
Poultry	Poultry (imported); poultry (local); other poultry products
Dairy	Fresh milk; Sour milk; Evaporated milk; Powder milk; Cheese; Yoghurt
Eggs	Eggs

\*This group is dominated by rice and wheat (flour, bread).

### S1: Estimation of metric equivalents of household measures

Where household measures were reported for intake of specific food items without metric equivalents, we measured the average of three replicates of the specified household measure using an electronic kitchen scale accurate to 1g (Jonelle Electronic scale, model 3004).

### S2: Covariate measurement and cleaning

We assessed household wealth status using a combination of common household possessions and characteristics that are indicative of wealth in both urban and rural areas using Principal Component Analysis (PCA) [1, 2]. The items used in the PCA extraction included: number of livestock owned, type of dwelling, main material used for floor of dwelling, number of rooms in dwelling, type of cooking place, source of drinking water, source of lighting fuel, type of toilet, share in toilet use, main construction material used in external wall of dwelling, main material used for roofing and household possession of a set of 41 durable items (list of 41 items provided in Supplementary Table S2).

Using data on total remittances received by households from both local and foreign sources in the past 12 months, we calculated per capita amount of remittances by dividing by total household size.

Household dietary data were labelled as collected in the rainy season if reporting period fell between July and October, and in the dry season if reported between November and June.

Crop production diversity was computed as the sum of each household's production of a total of 14 different crops including staple crops, cash crops, vegetables, and fruits during the last 12 months.

Finally, total energy and other potentially interesting determinants of household food consumption, including sex of household head (male; female), ethnicity (Mandinka/Jahanka; Fula/Tubular/Lorobo; Wolof; Jola/Karoninka; Serahulleh; Other), education of household head (ever attended school; no schooling), household size (total number of people in household) and urbanisation status (urban; rural), were extracted from the dataset for use in the multivariable models.

List of household possessions included in wealth classification

<b>List of durable household items included in wealth classification</b>
Furniture (3 or 4 piece sofa set); Furniture (chairs); Furniture (table); Furniture (dining table); Bed; Mattress; Carpet; Sewing machine; Cooker (gas/electric); Stove (electric); Stove (gas); Stove (kerosene); Microwave; Refrigerator; Freezer; Air conditioner; Fan; Radio; Radio (cassette recorder); HI-FI (radio/CD/cassette); Video/DVD player; Television; Generator; Solar panel; Washing machine; Camera/video camera; Iron (electric); Iron (charcoal); Computer (Desktop); Laptop/tablet; Fixed line phone; Mobile phone set; Bicycle; Motorcycle; Car (personal); House (not one living in); Truck/lorry; Bus; Boat/canoe; and Animal-drawn cart.

### S3: Further details on scoring system used to derive the SHDI

The following food groups: potatoes and cassava, beef and lamb, pork, poultry, eggs, and dairy were scored different from Method 2 by deducting points from the score dependent on the percentage of the target amount that was consumed (i.e. 3 points for consumption within the recommended range, 2 points for consumption within 50-100% of the target, but only 1 point for consumption within 25-50% and 0 points for the least consumption <25% of target or more than the upper bound of the target; Table 1). Due to availability and different health implications for consumption of different forms of grains in this population, this food group was split into two groups with 50-50 expected intake: wholegrains and refined grains. We assigned higher scores for high intake of wholegrains (more healthy) to encourage greater intake in this population (i.e. 3 points for intake above the target, 2 points for intake within 50-100% of the target and only 1 point for intake within 25-50% of the target intake). But higher intake of refined grains (less healthy) were down-scored to discourage over consumption in this setting (i.e. 3 points for intake <25% of the target, 2 points for intake within 25-50% of the target, 1 point for intake within 50-100% of the target, and 0 points for intake above the target).

**Table S2:** Exclusion criteria used in data cleaning

<b>Criterion</b>	<b>Number excluded</b>
Per capita energy intake $\pm 2$ SDs from mean energy*	481
Total intake equal to zero or missing	87
Total excluded	568

\*Criteria used previously here: <https://doi.org/10.1017/S1368980017000416>

**Table S3:** Household characteristics and adherence to EAT-Lancet diet recommendations

	N (%)	Proportion of adherence to EAT-Lancet recommendations Mean (95% CI)
<b>Region/city</b>		
<b>National</b>	12713 (100)	21.1 (20.9-21.2)
<b>Banjul/Banjul</b>	705 (5.55)	23.5 (22.9-24.1)
<b>West Coast/Brikama</b>	2820 (22.18)	20.2 (19.9-20.5)
<b>Lower river/Mansakonko</b>	1752 (13.78)	21.1 (20.7-21.4)
<b>North Bank/Kerewan</b>	2230 (17.54)	22.5 (22.2-22.8)
<b>Central River/Janjanbureh</b>	3111 (24.47)	20.9 (20.7-21.2)
<b>Upper River/Basse</b>	2095 (16.48)	20.2 (19.8-20.5)
<b>Area of residence</b>		
Urban	3083 (24.25)	22.6 (22.3-22.9)
Rural	9630 (75.75)	20.6 (20.5-20.8)
<b>Household wealth</b>		
Poorest	2543 (20.00)	19.5 (19.2-19.8)
Poor	2543 (20.00)	20.3 (20.0-20.6)
Medium	2542 (20.00)	20.8 (20.5-21.1)
Wealthy	2543 (20.00)	21.7 (21.4-22.0)
Wealthiest	2542 (20.00)	23.2 (22.9-23.6)
<b>Household head</b>		
Male	10785 (84.83)	20.9 (20.8-21.1)
Female	1928 (15.17)	22.2 (21.8-22.5)
<b>Household head ever attended school</b>		
No	9677 (76.13)	20.7 (20.6-20.8)
Yes	3034 (23.87)	22.3 (22.0-22.6)
<b>Receipt of remittances (last 12 months)</b>		
No	7919 (62.29)	20.8 (20.7-21.0)
Yes	4794 (37.71)	21.6 (21.3-21.8)
<b>Season</b>		
Rainy	2901 (22.82)	20.5 (20.2-20.8)
Dry	9812 (77.18)	21.3 (21.1-21.4)

**Table S4:** Background characteristics of sampled households, energy, and food group consumption

EAT-Lancet food group	EAT-Lancet target intake (Possible range), g/day	Region Mean (95% CI)					
		Banjul	West coast	Lower river	North bank	Central river	Upper river
Total energy	2500 kcal/day	2235.5 (2158.5-2312.4)	2011.0 (1977.3-2044.7)	2610.7 (2550.1-2671.3)	2410.0 (2364.6-2455.5)	2912.9 (2862.4-2963.4)	2857.2 (2800.7-2913.6)
Vegetables	300 (200-600)	190.5 (179.4-201.7)	166.7 (161.9-171.6)	149.7 (144.0-155.4)	189.6 (183.0-196.2)	114.3 (110.2-118.5)	148.6 (142.8-154.4)
Fruits	200 (100-300)	101.0 (86.3-115.6)	52.6 (48.1-57.1)	57.0 (50.9-63.1)	64.2 (57.9-70.5)	42.2 (37.7-46.8)	38.5 (33.9-43.6)
Unsaturated oils	40 (20-80)	23.1 (21.5-24.7)	22.2 (21.6-22.9)	24.2 (23.2-25.1)	25.4 (24.6-26.2)	18.6 (18.0-19.3)	19.5 (18.6-20.4)
Beans, lentils, peas	75 (0-150)	2.7 (1.9-3.4)	4.3 (3.8-4.9)	9.8 (8.8-10.7)	6.2 (5.5-6.9)	13.9 (12.9-14.9)	9.9 (8.9-10.8)
Peanuts and tree nuts	50 (0-100)	12.0 (9.8-14.2)	10.1 (9.3-10.9)	13.2 (12.2-14.2)	10.7 (9.8-11.7)	32.7 (30.8-34.6)	26.9 (25.4-28.4)
Wholegrain	116 (0-232)	1.1 (0.3-1.9)	5.8 (4.4-7.2)	27.4 (23.2-31.7)	28.7 (25.4-32.0)	79.9 (74.3-85.4)	73.1 (65.9-80.2)
Potatoes and cassava	50 (0-100)	38.7 (35.6-41.8)	17.9 (16.7-19.2)	17.8 (16.7-19.1)	28.6 (27.0-30.2)	11.3 (10.3-12.3)	15.1 (13.8-16.3)
Fish	28 (0-100)	111.7 (104.3-119.2)	91.8 (89.1-94.6)	91.7 (88.1-95.3)	88.9 (86.0-91.8)	62.4 (60.3-64.4)	67.0 (64.5-69.5)
Palm oil	6.8 (0-6.8)	9.8 (9.1-10.6)	6.8 (6.5-7.1)	9.3 (8.9-9.8)	6.6 (6.3-6.9)	6.6 (6.3-7.0)	8.9 (8.5-9.3)
Added sugar	31 (0-31)	80.6 (75.0-86.2)	66.1 (64.1-68.1)	64.7 (62.4-67.0)	61.7 (59.9-63.6)	59.1 (57.4-60.8)	80.1 (77.5-82.7)
Refined grains	116 (0-232)	354.7 (332.0-359.4)	321.5 (315.1-327.9)	433.1 (420.8-445.4)	392.2 (383.0-401.5)	481.8 (470.8-492.8)	453.1 (440.8-465.4)
Beef and lamb	7 (0-14)	14.6 (12.7-16.6)	9.2 (8.3-10.1)	15.8 (14.3-17.3)	9.5 (8.6-10.5)	13.0 (11.9-14.0)	15.0 (13.4-16.5)
Poultry	29 (0-58)	24.0 (20.9-27.0)	10.8 (9.8-11.9)	16.6 (15.2-18.1)	15.5 (14.3-16.8)	10.9 (9.9-11.8)	5.4 (4.6-6.2)
Dairy	250 (0-500)	30.5 (26.0-35.1)	18.4 (16.5-20.3)	38.0 (34.8-41.1)	20.0 (18.1-21.9)	31.3 (28.9-33.7)	26.7 (23.3-30.1)
Eggs	13 (0-25)	5.2 (4.4-5.9)	1.3 (1.1-1.5)	1.0 (0.8-1.2)	1.4 (1.2-1.7)	0.6 (0.5-0.8)	1.1 (0.9-1.3)

Pork is excluded from table as consumption  $\leq 0.5$ g/day

**Table S5:** Distribution of food group consumption levels by household characteristics (1/2)

Food group consumption levels		Type of settlement		Season		Household head		Region					National	
		Mean (95% CI) n (%)		Mean (95% CI) n (%)		Mean (95% CI) n (%)		n (%)						
		Urban	Rural	Rainy	Dry	Male	Female	Banjul	West coast	Lower river	North bank	Central river	Upper river	
Vegetables	Lower than EAT-Lancet target	1777 (57.6)	7538 (78.3)	2187 (75.4)	7128 (72.6)	8164 (75.7)	1151 (59.7)	427 (60.6)	1993 (70.7)	1306 (74.5)	1448 (64.9)	2591 (83.3)	1550 (74.0)	9315 (73.3)
	Within EAT-Lancet target	1220 (39.6)	1997 (20.7)	671 (23.1)	2546 (25.9)	2507 (23.2)	710 (36.8)	265 (37.6)	795 (28.2)	434 (24.8)	714 (32.0)	491 (15.8)	518 (24.7)	3217 (25.3)
	Above EAT-Lancet target	86 (2.8)	95 (1.0)	43 (1.5)	138 (1.4)	114 (1.1)	67 (3.5)	13 (1.8)	32 (1.1)	12 (0.7)	68 (3.1)	29 (0.9)	27 (1.3)	181 (1.4)
Fruits	Lower than EAT-Lancet target	2417 (78.4)	8323 (86.4)	2689 (92.7)	8051 (82.1)	9153 (84.9)	1587 (82.3)	523 (74.2)	2345 (83.2)	1457 (83.2)	1817 (81.5)	2736 (87.9)	1862 (88.9)	10740 (84.5)
	Within EAT-Lancet target	425 (13.8)	919 (9.5)	186 (6.4)	1158 (11.8)	1135 (10.5)	209 (10.8)	109 (15.5)	334 (11.8)	203 (11.6)	278 (12.5)	265 (8.5)	155 (7.4)	1344 (10.6)
	Above EAT-Lancet target	241 (7.8)	388 (4.0)	26 (1.0)	603 (6.2)	497 (4.6)	132 (6.9)	73 (10.4)	141 (5.0)	92 (5.2)	135 (6.1)	110 (3.5)	78 (3.7)	629 (4.9)
Unsaturated oils	Lower than EAT-Lancet target	1554 (50.4)	5758 (59.8)	1652 (57.0)	5660 (57.7)	6408 (59.4)	904 (46.9)	342 (48.5)	1562 (55.4)	934 (53.3)	1050 (47.1)	2092 (67.2)	1332 (63.6)	7312 (57.5)
	Within EAT-Lancet target	1461 (47.4)	3732 (38.7)	1200 (41.4)	3993 (40.7)	4220 (39.1)	973 (50.5)	348 (49.4)	1224 (43.4)	779 (44.5)	1138 (51.0)	979 (31.5)	725 (34.6)	5193 (40.8)
	Above EAT-Lancet target	68 (2.2)	140 (1.5)	49 (1.7)	159 (1.6)	157 (1.5)	51 (2.6)	15 (2.1)	34 (1.2)	39 (2.2)	42 (1.9)	40 (1.3)	38 (1.8)	208 (1.6)
Beans, lentils and peas	Lower than EAT-Lancet target	3046 (98.8)	9367 (97.3)	2830 (97.6)	9583 (97.7)	10523 (97.6)	1890 (98.0)	703 (99.7)	2795 (99.1)	1724 (98.4)	2198 (98.6)	2964 (95.3)	2029 (96.8)	12413 (97.6)
	Within EAT-Lancet target	31 (1.0)	242 (2.5)	68 (2.3)	205 (2.1)	238 (2.2)	35 (1.8)	1 (0.1)	22 (0.8)	26 (1.5)	29 (1.3)	136 (4.4)	59 (2.8)	273 (2.2)
	Above EAT-Lancet target	6 (0.2)	21 (0.2)	3 (0.1)	24 (0.2)	24 (0.2)	3 (0.2)	1 (0.1)	3 (0.1)	2 (0.1)	3 (0.1)	11 (0.3)	7 (0.3)	27 (0.2)
Peanuts and tree nuts	Lower than EAT-Lancet target	2821 (91.5)	8527 (88.6)	2610 (90.0)	8738 (89.0)	9633 (89.3)	1715 (88.9)	651 (92.3)	2710 (96.10)	1647 (94.0)	2141 (89.3)	2512 (80.7)	1687 (80.5)	11348 (89.3)
	Within EAT-Lancet target	186 (6.0)	770 (8.0)	199 (6.9)	757 (7.7)	801 (7.4)	155 (8.0)	43 (6.1)	90 (3.2)	76 (4.3)	60 (2.7)	354 (11.4)	333 (15.9)	956 (7.5)
	Above EAT-Lancet target	76 (2.5)	333 (3.5)	92 (3.2)	317 (3.2)	351 (3.2)	58 (3.0)	11 (1.6)	20 (0.7)	29 (1.7)	29 (1.3)	245 (7.9)	75 (3.6)	409 (3.2)
Wholegrain	Lower than EAT-Lancet target	3029 (98.2)	8210 (85.2)	2485 (85.7)	8754 (89.2)	9382 (87.0)	1857 (96.3)	703 (99.7)	2777 (98.5)	1611 (91.3)	2035 (91.3)	2398 (77.1)	1715 (81.9)	11239 (88.4)
	Within EAT-Lancet target	28 (0.9)	619 (6.4)	179 (6.2)	468 (4.8)	611 (5.7)	36 (1.9)	2 (0.3)	29 (1.0)	76 (4.3)	120 (5.4)	288 (9.3)	132 (6.3)	647 (5.1)
	Above EAT-Lancet target	26 (0.8)	801 (8.3)	237 (8.2)	590 (6.0)	792 (7.3)	35 (1.8)	0 (0.0)	14 (0.5)	65 (3.7)	75 (3.4)	425 (13.7)	248 (11.8)	827 (6.5)
Potatoes and cassava	Lower than EAT-Lancet target	2340 (75.9)	8872 (92.1)	2571 (88.6)	8641 (88.1)	9611 (89.1)	1601 (83.0)	510 (72.3)	2516 (89.2)	1572 (89.7)	1811 (88.2)	2904 (93.4)	1899 (90.6)	11212 (88.2)
	Within EAT-Lancet target	491 (15.9)	567 (5.9)	222 (7.6)	836 (8.5)	838 (7.8)	220 (11.4)	133 (18.9)	204 (7.2)	144 (8.2)	298 (13.4)	134 (4.3)	145 (6.9)	1058 (8.3)
	Above EAT-Lancet target	252 (8.2)	191 (2.0)	108 (3.7)	335 (3.4)	336 (3.1)	107 (5.6)	62 (8.8)	100 (3.6)	36 (2.1)	121 (5.4)	73 (2.4)	51 (2.4)	443 (3.5)

Fish	Lower than EAT-Lancet target	605 (19.6)	2067 (21.5)	676 (23.3)	1996 (20.3)	2430 (22.5)	242 (12.5)	151 (21.4)	407 (14.4)	282 (16.1)	367 (16.5)	914 (29.4)	551 (26.3)	2672 (21.0)
	Within EAT-Lancet target	1354 (43.9)	5064 (52.6)	1411 (48.6)	5007 (51.0)	5559 (51.5)	859 (44.5)	230 (32.6)	1479 (52.4)	860 (49.1)	1107 (49.6)	1633 (52.5)	1109 (52.9)	6418 (50.5)
	Above EAT-Lancet target	1124 (36.5)	2499 (25.9)	814 (28.1)	2809 (28.6)	2796 (25.9)	827 (42.9)	324 (46.0)	934 (33.1)	610 (34.8)	756 (33.9)	564 (18.1)	435 (20.8)	3623 (28.5)
Palm oil	Lower than EAT-Lancet target	876 (28.4)	3718 (38.6)	1001 (34.5)	3593 (36.6)	4040 (37.5)	554 (28.7)	197 (27.9)	1056 (37.4)	505 (28.8)	753 (33.8)	1386 (44.5)	697 (33.3)	4594 (36.1)
	Within EAT-Lancet target	567 (18.4)	1969 (20.4)	591 (20.4)	1945 (19.8)	2223 (20.6)	313 (16.2)	83 (11.8)	657 (23.3)	312 (17.8)	607 (27.2)	569 (18.3)	308 (14.7)	2536 (19.9)
	Above EAT-Lancet target	1640 (53.2)	3943 (40.9)	1309 (45.1)	4274 (43.6)	4522 (41.9)	1061 (55.0)	425 (60.3)	1107 (39.3)	935 (53.4)	870 (39.0)	1156 (37.2)	1090 (52.0)	5583 (43.9)
Added sugar	Lower than EAT-Lancet target	250 (8.1)	889 (9.2)	277 (9.5)	862 (8.8)	959 (8.9)	180 (9.3)	73 (10.3)	236 (8.4)	192 (11.0)	169 (7.6)	298 (9.6)	171 (8.2)	1139 (9.0)
	Within EAT-Lancet target	312 (10.1)	1404 (14.6)	410 (14.1)	1306 (13.3)	1500 (13.9)	216 (11.2)	87 (12.3)	368 (13.0)	215 (12.3)	318 (14.3)	549 (17.6)	179 (8.5)	1716 (13.5)
	Above EAT-Lancet target	2521 (81.8)	7337 (76.2)	2214 (76.3)	7644 (77.9)	8326 (77.2)	1532 (79.5)	545 (77.3)	2216 (78.6)	1345 (76.8)	1743 (78.2)	2264 (72.8)	1745 (83.3)	9858 (77.5)
Refined grains	Lower than EAT-Lancet target	227 (7.4)	589 (6.1)	154 (5.3)	662 (6.7)	693 (6.4)	123 (6.4)	62 (8.8)	244 (8.6)	90 (5.1)	106 (4.7)	180 (5.8)	134 (6.4)	816 (6.4)
	Within EAT-Lancet target	586 (19.0)	1632 (16.9)	507 (17.5)	2218 (17.4)	1914 (17.7)	304 (15.8)	136 (19.3)	693 (24.6)	262 (14.9)	378 (16.9)	455 (14.6)	294 (14.0)	2218 (17.5)
	Above EAT-Lancet target	2270 (73.6)	7409 (76.9)	2240 (77.2)	7439 (75.8)	8178 (75.8)	1501 (77.8)	507 (71.9)	1883 (66.8)	1400 (79.9)	1746 (78.3)	2476 (79.6)	1667 (79.6)	9679 (76.1)
Beef and lamb	Lower than EAT-Lancet target	1993 (64.6)	7118 (73.9)	2091 (72.1)	7020 (71.6)	7707 (71.5)	1404 (72.8)	453 (64.3)	2203 (78.1)	1183 (67.5)	1622 (72.7)	2118 (68.1)	1532 (73.1)	9111 (71.7)
	Within EAT-Lancet target	69 (2.2)	226 (2.3)	68 (2.3)	227 (2.3)	273 (2.5)	22 (1.1)	10 (1.4)	52 (1.8)	15 (0.9)	67 (3.0)	126 (4.1)	25 (1.2)	295 (2.3)
	Above EAT-Lancet target	1021 (33.1)	2286 (23.7)	742 (25.6)	2565 (26.1)	2805 (26.0)	502 (26.0)	242 (34.3)	565 (20.0)	554 (31.6)	541 (24.3)	867 (27.9)	538 (25.7)	3307 (26.0)
Poultry	Lower than EAT-Lancet target	2416 (78.4)	8324 (86.4)	2443 (84.2)	8297 (84.6)	9209 (85.4)	1531 (79.4)	498 (70.6)	2458 (87.2)	1359 (77.6)	1798 (80.6)	2671 (85.9)	1956 (93.4)	10740 (84.5)
	Within EAT-Lancet target	360 (11.7)	793 (8.2)	278 (9.6)	875 (8.9)	954 (8.8)	199 (10.3)	128 (18.2)	206 (7.3)	222 (12.7)	269 (12.1)	243 (7.8)	85 (4.1)	1153 (9.1)
	Above EAT-Lancet target	307 (10.0)	514 (5.3)	180 (6.2)	640 (6.5)	622 (5.8)	198 (10.3)	79 (11.2)	156 (5.5)	171 (9.8)	163 (7.3)	197 (6.3)	54 (2.6)	820 (6.4)
Dairy	Lower than EAT-Lancet target	3055 (99.1)	9426 (97.9)	2847 (98.1)	9634 (98.2)	10579 (98.1)	1902 (98.6)	695 (98.6)	2796 (99.2)	1717 (98.0)	2209 (99.1)	3031 (97.4)	2033 (97.0)	12481 (98.2)
	Within EAT-Lancet target	21 (0.7)	180 (1.9)	48 (1.7)	153 (1.6)	178 (1.7)	23 (1.2)	6 (0.9)	19 (0.7)	34 (1.9)	21 (0.9)	72 (2.3)	49 (2.3)	201 (1.6)
	Above EAT-Lancet target	7 (0.2)	24 (0.2)	6 (0.2)	25 (0.2)	28 (0.3)	3 (0.2)	4 (0.6)	5 (0.2)	1 (0.1)	0 (0.0)	8 (0.3)	13 (0.6)	31 (0.2)
Eggs	Lower than EAT-Lancet target	2806 (91.0)	9463 (98.3)	2791 (96.2)	9478 (96.5)	10431 (96.7)	1838 (95.3)	600 (85.1)	2729 (96.8)	1705 (97.3)	2157 (96.7)	3059 (98.3)	2019 (96.4)	12269 (96.5)
	Within EAT-Lancet target	144 (4.7)	79 (0.8)	69 (2.4)	154 (1.6)	174 (1.6)	49 (2.5)	62 (8.8)	40 (1.4)	34 (1.9)	30 (1.4)	21 (0.7)	36 (1.7)	223 (1.8)
	Above EAT-Lancet target	133 (4.3)	88 (0.9)	41 (1.4)	180 (1.8)	180 (1.7)	41 (2.1)	43 (6.1)	51 (1.8)	13 (0.7)	43 (1.9)	31 (1.0)	40 (1.9)	221 (1.7)

Pork is excluded from table as consumption  $\leq 0.5\text{g/day}$ .

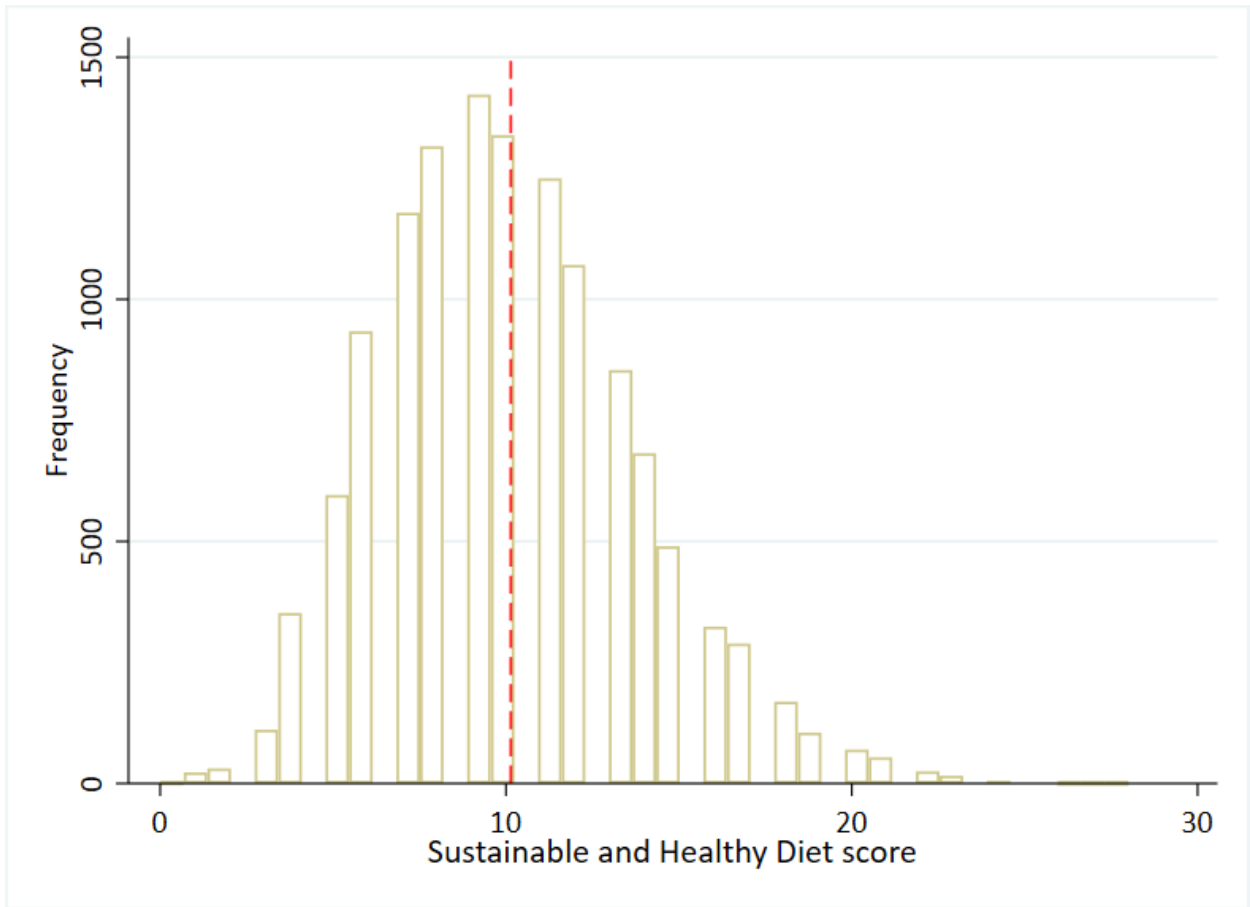
**Table S5:** Distribution of food group consumption levels by household characteristics (2/2)

Food group consumption levels		Household wealth quintile n (%)				
		Q1	Q2	Q3	Q4	Q5
Vegetables	Lower than EAT-Lancet target	2270 (89.3)	2026 (79.7)	1868 (73.5)	1676 (58.0)	1475 (58.0)
	Within EAT-Lancet target	261 (10.3)	492 (19.4)	646 (25.4)	816 (32.1)	1002 (39.4)
	Above EAT-Lancet target	12 (0.5)	25 (1.0)	28 (1.1)	51 (2.0)	65 (2.6)
Fruits	Lower than EAT-Lancet target	2339 (92.0)	2161 (85.0)	2152 (84.7)	2140 (84.2)	1948 (76.6)
	Within EAT-Lancet target	143 (5.6)	267 (10.5)	292 (11.5)	377 (14.8)	377 (14.8)
	Above EAT-Lancet target	61 (2.4)	115 (4.5)	98 (3.9)	217 (8.5)	217 (8.5)
Unsaturated oils	Lower than EAT-Lancet target	1748 (68.7)	1563 (61.5)	1448 (57.0)	1307 (51.4)	1246 (49.0)
	Within EAT-Lancet target	770 (30.3)	943 (37.1)	1056 (41.5)	1180 (46.4)	1244 (48.9)
	Above EAT-Lancet target	25 (1.0)	37 (1.4)	38 (1.5)	56 (2.2)	52 (2.1)
Beans, lentils and peas	Lower than EAT-Lancet target	2448 (96.3)	2477 (97.4)	2486 (98.0)	2492 (98.0)	2510 (98.7)
	Within EAT-Lancet target	87 (3.4)	60 (2.4)	54 (2.1)	45 (1.8)	27 (1.1)
	Above EAT-Lancet target	8 (0.3)	6 (0.2)	2 (0.1)	6 (0.2)	5 (0.2)
Peanuts and tree nuts	Lower than EAT-Lancet target	2163 (85.1)	2273 (89.4)	2265 (89.1)	2312 (90.9)	2335 (91.9)
	Within EAT-Lancet target	254 (10.0)	177 (7.0)	196 (7.7)	178 (7.0)	151 (5.9)
	Above EAT-Lancet target	126 (4.9)	93 (4.0)	81 (3.2)	53 (2.1)	56 (2.2)
Wholegrain	Lower than EAT-Lancet target	2016 (79.3)	2187 (86.0)	2255 (88.7)	2317 (91.1)	2464 (96.9)
	Within EAT-Lancet target	201 (7.9)	187 (7.3)	136 (5.6)	91 (3.6)	32 (1.3)
	Above EAT-Lancet target	326 (12.8)	169 (6.6)	151 (5.9)	135 (5.3)	46 (1.8)
Potatoes and cassava	Lower than EAT-Lancet target	2449 (96.3)	2362 (92.9)	2310 (90.9)	2180 (85.7)	1911 (75.2)
	Within EAT-Lancet target	68 (2.7)	139 (5.5)	169 (6.6)	271 (10.7)	411 (16.2)
	Above EAT-Lancet target	26 (1.0)	42 (1.6)	63 (2.5)	92 (3.6)	220 (8.6)
Fish	Lower than EAT-Lancet target	743 (29.2)	556 (21.9)	441 (17.3)	373 (14.7)	559 (22.0)

	Within EAT-Lancet target	1338 (52.6)	1397 (54.9)	1372 (54.0)	1308 (51.4)	1003 (39.5)
	Above EAT-Lancet target	462 (18.2)	590 (23.2)	729 (28.7)	862 (33.9)	980 (38.5)
Palm oil	Lower than EAT-Lancet target	1244 (48.9)	989 (38.9)	847 (33.3)	757 (29.8)	757 (29.8)
	Within EAT-Lancet target	474 (18.6)	540 (21.2)	580 (22.8)	532 (20.9)	410 (16.1)
	Above EAT-Lancet target	825 (32.4)	1014 (39.9)	1115 (43.9)	1254 (49.3)	1375 (54.1)
Added sugar	Lower than EAT-Lancet target	247 (9.7)	237 (9.3)	213 (8.4)	187 (7.4)	255 (10.0)
	Within EAT-Lancet target	441 (17.3)	424 (16.3)	350 (13.8)	278 (10.9)	233 (9.2)
	Above EAT-Lancet target	1855 (72.9)	1892 (74.4)	1979 (77.8)	2078 (81.7)	2054 (80.8)
Refined grains	Lower than EAT-Lancet target	144 (5.7)	165 (6.5)	137 (5.4)	143 (5.6)	227 (8.9)
	Within EAT-Lancet target	382 (15.0)	446 (17.5)	416 (16.4)	434 (17.1)	540 (21.2)
	Above EAT-Lancet target	2017 (79.3)	1932 (76.0)	1989 (78.2)	1966 (77.3)	1775 (69.8)
Beef and lamb	Lower than EAT-Lancet target	2088 (82.1)	1956 (76.9)	1834 (72.1)	1684 (66.2)	1549 (60.9)
	Within EAT-Lancet target	60 (2.4)	62 (2.4)	55 (2.2)	64 (2.5)	54 (2.1)
	Above EAT-Lancet target	395 (15.5)	525 (20.6)	653 (25.7)	795 (31.3)	939 (36.9)
Poultry	Lower than EAT-Lancet target	2270 (89.3)	2192 (86.2)	2204 (86.7)	2145 (84.5)	1929 (75.9)
	Within EAT-Lancet target	173 (6.8)	218 (8.6)	189 (7.4)	235 (9.2)	338 (13.3)
	Above EAT-Lancet target	100 (3.9)	133 (5.2)	149 (5.9)	163 (6.4)	275 (10.8)
Dairy	Lower than EAT-Lancet target	2470 (97.1)	2494 (98.1)	2504 (98.5)	2506 (98.6)	2507 (98.6)
	Within EAT-Lancet target	60 (2.4)	45 (1.8)	34 (1.3)	36 (1.4)	26 (1.0)
	Above EAT-Lancet target	13 (0.5)	4 (0.2)	4 (0.2)	1 (0.04)	9 (0.4)
Eggs	Lower than EAT-Lancet target	2526 (99.3)	2513 (98.8)	2505 (98.5)	2483 (97.6)	2242 (88.2)
	Within EAT-Lancet target	10 (0.4)	15 (0.6)	17 (0.7)	31 (1.2)	150 (5.9)
	Above EAT-Lancet target	7 (0.3)	15 (0.6)	20 (0.8)	29 (1.1)	150 (5.9)

Q1 and Q5 represent the lowest and highest quintiles respectively.





**Figure S1:** Distribution of the total SHDI scores [Red dashed line indicates the mean score of 10.14, rang of scores 0-28].

**Table S6:** Food group adhered to by households scoring 3 points for each food group

EAT-Lancet food group	Households adhering to the guideline by number food groups and type of food groups commonly included							
	1 food group		2 food groups		3 food groups		≥4 food groups	
	n (%) scoring 3 points	n (%) scoring 2 points	n (%) scoring 3 points	n (%) scoring 2 points	n (%) scoring 3 points	n (%) scoring 2 points	n (%) scoring 3 points	n (%) scoring 2 points
All vegetables	37 (0.8)	604 (13.8)	374 (9.1)	595 (14.4)	529 (24.3)	339 (33.8)	<b>683 (51.8)</b>	193 (14.6)
All fruits	30 (0.7)	302 (6.9)	294 (7.1)	281 (6.8)	340 (15.6)	184 (8.4)	400 (30.3)	106 (8.0)
Unsaturated oils	28 (0.6)	1354 (30.9)	348 (8.4)	1342 (32.6)	<b>544 (25.0)</b>	663 (30.5)	<b>720 (54.6)</b>	273 (20.7)
Beans, lentils and peas	17 (0.4)	157 (3.6)	47 (1.1)	196 (4.7)	84 (3.9)	133 (6.1)	133 (10.1)	102 (7.7)
Peanuts and tree nuts	93 (2.1)	508 (11.6)	420 (10.2)	488 (11.8)	446 (20.5)	222 (10.2)	399 (30.2)	107 (8.1)
Wholegrain	46 (1.1)	225 (5.1)	277 (6.7)	220 (5.3)	276 (12.7)	109 (5.0)	228 (17.3)	38 (2.9)
Potatoes and cassava	23 (0.5)	619 (14.2)	336 (8.1)	592 (14.4)	486 (22.3)	287 (13.2)	<b>652 (49.4)</b>	134 (10.2)
Fish	<b>3346 (76.5)</b>	502 (11.5)	<b>3524 (85.5)</b>	240 (5.8)	<b>1942 (89.2)</b>	65 (3.0)	<b>1227 (93.0)</b>	23 (1.7)
Palm oil	599 (13.7)	420 (9.6)	<b>1656 (40.2)</b>	155 (3.8)	<b>988 (45.4)</b>	43 (2.0)	<b>587 (44.5)</b>	9 (0.7)
Added sugar	44 (1.0)	242 (5.5)	209 (5.1)	170 (4.1)	195 (9.0)	51 (2.3)	160 (12.1)	14 (1.1)
Refined grains	18 (0.4)	181 (4.1)	115 (2.8)	136 (3.3)	113 (5.2)	85 (3.9)	90 (6.8)	38 (2.9)
Beef and lamb	34 (0.8)	4 (0.1)	126 (3.1)	8 (0.2)	96 (4.4)	2 (0.1)	39 (3.0)	2 (0.2)
Poultry	51 (1.2)	494 (11.3)	418 (10.1)	369 (9.0)	365 (16.8)	157 (7.2)	319 (24.2)	65 (4.9)
Dairy	8 (0.2)	130 (3.0)	51 (1.2)	163 (3.9)	64 (2.9)	111 (5.1)	78 (5.9)	101 (7.7)
Eggs	2 (0.1)	92 (2.1)	50 (1.2)	96 (2.3)	63 (2.9)	2 (3.5)	108 (8.2)	73 (5.5)
Pork	0 (0.0)	0 (0.0)	1 (0.02)	0 (0.0)	0 (0)	0 (0.0)	0(0)	0 (0.0)
Total	4376 (100)	4376 (100)	4123 (100)	4123 (100)	2177 (100)	2177 (100)	1319 (100)	1319 (100)

Bolded numbers show the most likely food groups in each category of households.

## References

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