Supplementary Material

# Supplementary Tables Captions

**Supplementary Table 1.** Carbon footprints of individual foods and their food groups. This table displays the carbon footprint of different foods and the means of their groups. It also provides serving size, carbon footprint per serving, and the sources used.

**Supplementary Table 2.** Association between food groups and various health outcomes. This table provides information used in calculating the Health Index Score (HIS), including relative risk (RR) for all-cause mortality and morbidity outcomes and the sources used.

**Supplementary Table 3.** This table presents associations between ingredients of concern in certain food groups that lack relative risk (RR) data and their related health outcomes. These food groups include Ready-to-eat cereals, Pastries & Desserts, Savory snacks, Dressings & Sauces, and Candy & Sugar.

# Supplementary Tables

**Supplementary Table 1.** Carbon footprints of individual foods and their food groups. This table displays the carbon footprint of different foods and the means of their groups. It also provides serving size, carbon footprint per serving, and the sources used.

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Food Group** | **Foods** | **Kg CO2 eq/kg****product** | **Serving size** | **Mean g CO2** | **Food group** **g CO2** | **R** |
| Fruits | Fruits (field grown)1 | 0.50 (0.1-1.8)a | 140 g | **70** | 91 | L |
| Citrus fruit2 | 0.4 (0.0-0.7)b | 140 g | 56 |
| Bananas2 | 0.9 (0.6-1.3)b | 140 g | 126 |
| Apples2 | 0.4 (0.3-0.6)b | 140 g | 56 |
| Berries, grapes2 | 1.5 (0.6-2.9)b | 140 g | 210 |
| Vegetables | Vegetables (field grown)1 | 0.5 (0.04-2.5)a | 85 g | **43** | 60 | L |
| Tomatoes2 | 2.1 (0.4-12.6)b | 85 g | 179 |
| Onions & leeks2 | 0.5 (0.3-0.8)b | 85 g | 43 |
| Brassicas2 | 0.5 (0.2-1.2)b | 85 g | 43 |
| Other vegetables2 | 0.5 (0.2-1.1)b | 85 g | 43 |
| Potatoes | Bulbs, roots, and tubers1 | 0.2 (0.04-0.6)a | 110 g | **22** | 51 | L |
| Potatoes2 | 0.5 (0.1-0.7)b | 110 g | 55 |
| Cassava2 | 1.3 (0.3-2.2)b | 110 g | 143 |
| Root vegetables2 | 0.4 (0.2-0.6)b | 110 g | 44 |
| Beans & Peas | Legumes and pulses1 | 0.7 (0.15-2.5)a | 90 g | **63** | 95 | L |
| Pulses2 | 1.8 (0.9-4.0)b | 90 g | 162 |
| Peas2 | 1.0 (0.5-1.9)b | 90 g | 90 |
| Nuts & Seeds | Tree nuts combined1 | 1.4 (0.43-3.8)a | 30 g | 42 | 69 | L |
| Groundnuts2 | 3.2 (1.4-6.2)b | 30 g | 96 |
| Whole grains | Cereals1 | 0.5 (0.1-1.4)a | ~50 g | **25** | 72 | L |
| Rice2 | 2.7 (0.6-5.7)e | ~50 g | 135 |
| Rice2 | 4.5 (1.2-10.3)e | ~50 g | 225 |
| Wheat & rye2 | 1.6 (0.7-3.1)b | ~50 g | 80 |
| Cornmeal2 | 1.7 (0.7-3.5)b | ~50 g | 85 |
| Barley2 | 1.2 (0.6-1.8)b | ~50 g | 60 |
| Oatmeal2 | 2.5 (0.8-4.3)b | ~50 g | 125 |
| Refined grains | White bread3 | 2.3d | 50 g | 115 | 59 | L |
| White rolls3 | 1.2d | 50 g | 60 |
| White bread3 | 1.4d | 50 g | 70 |
| Cornbread3 | 1.4d | ~50 g | 70 |
| White pasta3 | 0.4d,e | ~50 g | 20 |
| White rice3 | 0.4d,e | ~50 g | 20 |
| Ready-to-eat cereals | Breakfast cereal4 | 2.6d | 50 g | 132 | 130 | M |
| Pastries & Desserts | Cakes and pastry5 | 3.3d | 80 g | 266 | 157 | M |
| Sweet rolls and brioches5 | 0.6d | 55 g | 33 |
| Gingerbread cake6 | 1.2 (1.2-1.6)a | 80 g | 96 |
| Small cookies6 | 2.4 (0.87-5)a | 30 g | 72 |
| Large cookies6 | 2.8 (1.12-5.38)a | 30 g | 84 |
| Croissants6 | 3.6 (3.1-4.3)a | 55 g | 198 |
| Pastries6 | 2.8 (1.1-5.4)a | 125 g | 350 |
| Savory snacks | Salty snacks6 | 2.8 (1.0-7.1)a | 30 g | 84 | 50 | L |
| Crackers6 | 1.3 (1-2.7)a | 30 g | **39** |
| Chips, snacks6 | 1.2d | 30 g | 36 |
| Fish | Farmed all7 | 6.5 (5.7-7.5)c | 85 g | 553 | 663 | H |
| Wild all7  | 9.1 (5.9-13.3)c | 85 g | 774 |
| Shellfish | Prawns/shrimp1 | 14.9 (5.3-4)a | 85 g | 1267 | 1256 | H |
| Lobster1  | 21.7 (7.6-28.3)a | 85 g | 1845 |
| Shrimp farmed7  | 9.4 (8.8-10.1)c | 85 g | 799 |
| Shrimp wild7 | 12 (9.7-14.3)c | 85 g | 1020 |
| Lobster wild7 | 19.4 (16.1-23.1)c | 85 g | 1649 |
| Poultry | Poultry2 | 9.9 (4.0-20.8)a | 85 g | **842** | 636 | H |
| Chicken1 | 4.1 (1.1-10.0)a | 85 g | 349 |
| Turkey1 | 6.0 (3.3-8.5)a | 85 g | 510 |
| Processed meats | Processed meat6 | 19.8 (4.4-79.2)a | 55 g | 1089 | 828 | H |
| Cold cuts6 | 10.3 (4.4-23.8)a | 55 g | 567 |
| Beef | Beef: world average1 | 28.7 (10.7-109)a | 85 g | 2440 | 3895 | H |
| Lamb: world average1 | 27.9 (10.1-56.7)a | 85 g | 2372 |
| Bovine meat (beef herd) 2 | 99.5 (37.6-269.2)a | 85 g | 8458 |
| Bovine meat (dairy herd) 2 | 33.3 (14.9-56.7)a | 85 g | 2831 |
| Lamb & mutton2 | 39.7 (23.7-60.2)a | 85 g | 3375 |
| Pork | Pork1 | 5.9 (3.2-11.9)a | 85 g | 502 | 774 | H |
| Pig meat2 | 12.3 (6.9-23.8)a | 85 g | 1046 |
| Eggs | Eggs2 | 4.7 (2.9-8.5)b | 50 g | 235 | 235 | M |
| Dairy products | Milk1 | 1.4 (0.5-7.5)a | 240 mL | 336 | 483 | H |
| Yogurt1 | 1.4 (1.2-2)a | 170 g | **238** |
| Cheese1 | 8.9 (5.3-16.3)a | 55 g | 490 |
| Milk2 | 3.2 (1.5-7.0)a | 240 mL | 768 |
| Cheese2 | 23.9 (10.2-58.8)a | 55 g | 1315 |
| Dairy substitutes | Almond, coconut milk1 | 0.42 (0.39-0.44)a | 240 mL | 101 | 156 | M |
| Soy milk1 | 0.9 (0.7-1.4)a | 240 mL | 216 |
| Meat substitutes | Tofu8 | 1.0 (0.9-1.1)b | 85 g | **85** | 129 | M |
| Plant protein burger9 | 2.5 (0.9-3.7)a | 85 g | 213 |
| Plant protein sausages9 | 2.5 (1.3-4.2)a | 85 g | 213 |
| Plant protein nuggets9 | 2.1 (1.2-3.4)a | 85 g | 179 |
| Plant protein cold cuts9 | 2.0 (1.7-2.3)a | 55 g | 110 |
| Plant protein ground9 | 1.8 (1.3-2.4)a | 85 g | 153 |
| Vegetable oils | Cooking oils and fats6 | 2.4 (1.9-2.9)a | 14 g | **34** | 54 | L |
| Soybean oil2 | 6.3 (2.2-18.8)a | 14 g | 88 |
| Palm oil2 | 7.3 (2.8-13.1)a | 14 g | 102 |
| Sunflower oil2 | 3.6 (2.2-4.9)a | 14 g | 50 |
| Canola oil2 | 3.8 (2.2-7.2)a | 14 g | 53 |
| Olive oil2 | 5.4 (2.1-10.8)a | 14 g | 76 |
| Margarine | Margarine10 | 1.4 (1.1-1.7)a | 14 g | 20 | 20 | L |
| Butter | Butter1 | 11.5 (3.7-25)a | 14 g | 161 | 161 | M |
| Dressings & Sauces | Tomato sauce3 | 0.9d | 60 g | 54 | 40 | L |
| Catsup/ketchup3 | 0.5d | 15 g | 8 |
| Thousand Island dressing3 | 1.9d | 30 g | 57 |
| Ranch dressing3 | 2.5d | 30 g | 75 |
| Italian dressing3 | 1.2d | 30 g | 36 |
| Low-calorie dressing3 | 1.3d | 30 g | 39 |
| Regular mayonnaise3 | 3.1d | 15 g | 47 |
| Low-calorie mayonnaise3 | 0.30d | 15 g | 5 |
| Candy & Sugars | Chocolate and chocolate products5 | 3.1c,d | 30 g | 93 | 64 | L |
|  | Sugars, honey, syrups5 | 0.9c,d | 21 g | 19 |  |  |
|  | Non-chocolate candy5 | 2.5c.d | 30 g | 75 |  |  |
|  | Chocolate6 | 3.2 (2-4)a | 30 g | 96 |  |  |
|  | Candy | 0.8 (0.6-4.73)a | 30 g | 24 |  |  |
|  | Sugar and sweets11 | 2.5d | 30 g | 75 |  |  |
| Fruit & Vegetable juices | Fruit juices11 | 0.6d | 240 mL | 144 | 204 | M |
|  | Fruit juices6 | 1.1 (0.3-4.7)a | 240 mL | 264 |  |  |
| Coffee & Tea | Coffee and tea11 | 0.4d | 360 mL | 144 | 144 | M |
| Sodas | Soft drinks11 | 0.5d | 360 mL | 180 | 156 | M |
|  | Soft drinks6 | 0.5 (0.2-2.8)a | 360 mL | 180 |  |  |
|  | Soft drinks12 | 0.3 (0.2-0.6)a | 360 mL | 108 |  |  |
| Alcoholic drinks | Alcoholic drinks11 | 1.1d | 191 mL | **209** | 217 | M |
|  | Liqueur6 | 1.9 (1.6-2.6)a | 43 g | 82 |  |  |
|  | Bee6 | 0.8 (0.7-0.9)a | 360 mL | 288 |  |  |
|  | Wine2 | 1.8 (0.7-4.7)a | ~170 mL | 306 |  |  |
| Water | Tap water13 | 0.001d | 360 mL | 0.4 | 29 | L |
|  | Bottled water13 | 0.16d | 360 mL | 58 |  |  |

CO2-eq = Kg of Carbon dioxide equivalents per Kg of product

R = Rating: L=low, M=medium, H=high

a = Mean (Min-Max)

b = 5-95 percentile

c = Median

d = Data for min and max/confidence interval not reported.

e = To account for expansion in cooking, CO2-eq per serving is divided by 5.26 for dry rice and 2.42 for dry pasta.

f = The serving size used differs from the RACC recommended value and was adjusted for consistency with comparison foods.

**Bold numbers** = Bold items are based on large meta-analysis databases for a food group rather than individual foods and are considered the group representative. Therefore, they are given a larger weight relative to the individual items of the group. This is accomplished by first averaging the individual items and then taking the average of that and the representative group values.

**Supplementary Table 2**. Association between food groups and various health outcomes. This table provides information used in calculating the Health Index Score (HIS), including relative risk (RR) for all-cause mortality and morbidity outcomes and the sources used.

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Food group** | **Study design** | **Consumption level** | **Health result** | **RR** | **CI low** | **CI high** | **HIS** | **R** |
| Fruits | Meta | 160 g/day | ACM14 | **0.91** | 0.89 | 0.93 | 0.93 | F |
| 100 g/day | CHD15 | 0.94 | 0.9 | 0.97 |
| CRC14 | 0.97 | 0.95 | 0.99 |
| T2DM16 | 0.99 | 0.97 | 1 |
| Stroke15 | 0.9 | 0.84 | 0.97 |
| Vegetables | Meta | 80 g/day | ACM14 | **0.94** | 0.93 | 0.96 | 0.95 | F |
| 100 g/day | CHD15 | 0.97 | 0.96 | 0.99 |
| CRC14 | 0.97 | 0.96 | 0.98 |
| T2D16 | 0.98 | 0.95 | 1.01 |
| Stroke15 | 0.92 | 0.86 | 0.98 |
| Potatoes | Meta | 150 g/day | ACM17 | **0.88** | 0.69 | 1.12 | 0.97 | N |
| CHD14 | 1.03 | 0.96 | 1.09 |
| CRC14 | 1.05 | 0.92 | 1.2 |
| T2DM14 | 1.18 | 1.1 | 1.27 |
| Stroke14 | 0.98 | 0.93 | 1.03 |
| Beans & peas | Meta | 100 g/day | ACM14 | **0.9** | 0.85 | 0.96 | 0.88 | F |
| 50 g/day | CHD15 | 0.96 | 0.92 | 1.01 |
| CRC14 | 0.99 | 0.92 | 1.06 |
| T2DM17 | 0.52 | 0.16 | 1.76 |
| Stroke15 | 1.00 | 0.88 | 1.13 |
| Nuts & Seeds | Meta | 28 g/day | ACM18 | **0.78** | 0.72 | 0.84 | 0.77 | F |
| CHD18 | 0.71 | 0.63 | 0.8 |
| Cancer18 | 0.85 | 0.76 | 0.94 |
| T2DM18 | 0.61 | 0.43 | 0.88 |
| Stroke18 | 0.93 | 0.83 | 1.05 |
| Whole grains | Meta | 30 g/day\* | ACM14 | **0.83** | 0.77 | 0.90 | 0.79 | F |
| CHD18 | 0.81 | 0.75 | 0.87 |
| Cancer18 | 0.85 | 0.8 | 0.91 |
| T2DM18 | 0.49 | 0.23 | 1.05 |
| Stroke18 | 0.88 | 0.75 | 1.03 |
| Refined grains | Meta | 30 g/day | ACM14 | **0.99** | 0.97 | 1.01 | 0.99 | N |
| CHD15 | 1.01 | 0.99 | 1.04 |
| T2DM16 | 0.98 | 0.96 | 1.01 |
| Stroke14 | 1.00 | 0.98 | 1.01 |
| Fish | Meta | 100 g/day | ACM14 | **0.93** | 0.88 | 0.98 | 0.92 | F |
| 100 g/day | CHD15 | 0.88 | 0.79 | 0.99 |
| 100 g/day | CRC14 | 0.93 | 0.85 | 1.01 |
| H-L | T2DM19 | 0.96 | 0.85 | 1.1 |
| 100 g/day | Stroke15 | 0.86 | 0.75 | 0.99 |
| Shellfish | Cohort | Rarely vs. >1/wk | CHD20 | 0.98 | 0.82 | 1.18 | 1.06 | N |
| Cohort (W)a | 0 vs. >0.6 g/day | CRC21 | 1.30 | 1.00 | 1.60 |
| Meta | H-L | T2DM19 | 0.95 | 0.88 | 1.1 |
| Systematic Review | Consumers vs. non | Stroke22 | 0.99 | 0.73 | 1.37 |
| Poultry | Meta | H-L  | ACM23 | **0.94** | 0.9 | 0.97 | 0.97 | N |
| 100 g/day   | CHD17 | 1.00 | 0.87 | 1.15 |
| CRC17 | 0.78 | 0.62 | 0.94 |
| T2DM17 | 1.06 | 0.81 | 1.35 |
| Stroke24 | 0.92 | 0.82 | 1.03 |
| Processed meats | Meta | 60 g/day | ACM14 | **1.2** | 1.17 | 1.23 | 1.22 | U |
| 50 g/day | CHD15 | 1.27 | 1.09 | 1.49 |
| CRC14 | 1.17 | 1.10 | 1.23 |
| T2DM25 | 1.32 | 1.19 | 1.48 |
| Stroke15 | 1.17 | 1.02 | 1.34 |
| Red meat (Beef and Pork)b | Meta | 85 g/day | ACM14 | **1.16** | 1.14 | 1.18 | 1.15 | U |
| 100 g/day | CHD15 | 1.15 | 1.08 | 1.23 |
| CRC26 | 1.12 | 1.06 | 1.19 |
| T2DM25 | 1.13 | 1.03 | 1.23 |
| Stroke15 | 1.12 | 1.06 | 1.17 |
| Dairy products | Meta | 200 g/day | ACM14 | **0.98** | 0.93 | 1.03 | 0.96 | N |
| CHD15 | 0.99 | 0.96 | 1.02 |
| CRC14 | 0.93 | 0.91 | 0.94 |
| T2DM18 | 0.87 | 0.72 | 1.04 |
| Stroke15 | 0.98 | 0.96 | 1.00 |
| Dairy substitutes | Meta | High in soy products | ACM27 | **0.96** | 0.9 | 1.02 | 0.96 | N |
| CVD27 | 0.95 | 0.82 | 1.10 |
| Cancer27 | 0.98 | 0.92 | 1.05 |
| Vegetable oils | Meta | 10 g/day olive oil | ACM17 | **0.92** | 0.86 | 0.99 | 0.96 | N |
| CHD14 | 0.94 | 0.86 | 1.03 |
| T2DM17 | 0.91 | 0.87 | 0.95 |
| Stroke17 | 0.90 | 0.86 | 0.95 |
| Vegetable oils | Prospective Analysis | 8 g/day corn oil | ACM28 | **0.99** | 0.97 | 1.02 |
| CVD+T2DM28 | 0.99 | 0.95 | 1.03 |
| 8 g/day canola oil | ACM28 | **0.98** | 0.96 | 1.00 |
| CVD+T2DM28 | 0.98 | 0.94 | 1.02 |
| Eggs | Meta | 55 g/day | ACM14 | **1.07** | 1.01 | 1.15 | 1.07 | N |
|  |  | 50 g/day | CHD15 | 1.00 | 0.95 | 1.06 |  |  |
|  |  |  | CRC14 | 1.18 | 0.89 | 1.56 |  |  |
|  |  |  | T2DM17 | 1.07 | 0.91 | 1.23 |  |  |
|  |  |  | Stroke15 | 0.99 | 0.93 | 1.05 |  |  |
| Butter | Meta | 14 g/day  | ACM29 | **1.01** | 1.00 | 1.03 | 1.03 | N |
|  |  |  | CVD29 | 1.00 | 0.98 | 1.02 |  |  |
|  |  |  | CHD29 | 0.99 | 0.96 | 1.03 |  |  |
|  |  |  | Stroke29 | 1.01 | 0.98 | 1.03 |  |  |
|  |  |  | T2DM20 | 0.96 | 0.93 | 0.99 |  |  |
| Margarine | Prospective Analysis | 14 g/day | ACM30 | **1.04** | 1.03 | 1.05 | 1.05 | N |
|  |  |  | CVD+T2DM29 | 1.06 | 1.05 | 1.08 |  |  |
| Fruit & Vegetable juices | Prospective Analysis | 250 mL/day | ACM31 | **0.89** | 0.81 | 0.97 | 0.97 | N |
|  | Meta |  | T2DM32 | 1.05 | 0.99 | 1.11 |  |  |
| Coffee & Tea | Meta | 3 to 4 coffees /day | ACM33 | **0.83** | 0.79 | 0.88 | 0.84 | F |
|  |  |  | CVD33 | 0.85 | 0.80 | 0.90 |  |  |
|  |  | High vs. low  | Cancer33 | 0.82 | 0.74 | 0.89 |  |  |
|  |  | ≥5 cups of green tea /day | ACM34 (men) | **0.9** | 0.87 | 0.94 |  |  |
|  |  |  | ACM34 (women) | **0.82** | 0.74 | 0.9 |  |  |
| Sodas | Meta | 225 g/day | ACM14 | **1.07** | 1.01 | 1.14 | 1.11 | U |
|  |  |  | CHD17 | 1.17 | 1.11 | 1.23 |  |  |
|  |  |  | CRC17 | 1.09 | 0.97 | 1.22 |  |  |
|  |  |  | Stroke17 | 1.07 | 1.02 | 1.12 |  |  |
|  |  |  | T2DM32 | 1.27 | 1.10 | 1.46 |  |  |

Meta= Meta-Analysis

RR= Relative risk; HIS= Health Index Score; R= Rating

N= Neutral; F= Favorable; U=Unfavorabe

CI low= Lower confidence interval; CI high= Higher confidence interval

ACM= All-cause mortality; CVD= Cardiovascular disease; T2DM= Type 2 diabetes mellitus

CHD= Coronary heart disease; CRC= Colorectal cancer

H-L= Highest vs. Lowest

**Bold numbers** = Bold items are based on large meta-analysis databases for a food group rather than individual foods and are considered the group representative. Therefore, they are given a larger weight relative to the individual items of the group. This is accomplished by first averaging the individual items and then taking the average of that and the representative group values.

a= Cohort for women

b= Although we distinguish between beef and pork for environmental impact, meta-analysis sources report RR for red meat as one category

**Supplementary Table** **3.** This table presents associations between ingredients of concern in certain food groups that lack relative risk (RR) data and their related health outcomes. These foods include Ready-to-eat cereals, Pastries & Desserts, Savory Snacks, Dressings & Sauces, and Candy & Sugar

|  |  |  |  |
| --- | --- | --- | --- |
| **Ingredient of Concern** | **Study Design** | **Health outcome** | **Main results** |
| Added sugar | Review35 | Obesity | Detrimental association |
| Meta-analysis36 | 0.22 kg weight gain per year |
| Meta-analysis37 | T2DM | RR: 1.25 (1.10 to 1.42) |
| Metabolic Syndrome | RR: 1.20 (1.02 to 1.42) |
| Review38 | CVD. T2DM | Detrimental association |
| Dyslipidemia, insulin resistance, fatty liver | Direct relationship |
| Sodium | Meta-analysis39 | Stroke | RR: 1.24 (1.08 to 1.43) |
| Stroke mortality | RR: 1.63 (1.27 to 2.10) |
| CHD mortality | RR: 1.32 (1.13 to 1.53) |
| Trans fats | Meta-analysis40 | ACM | RR: 1.34 (1.16 to 1.56) |
| CHD mortality | RR: 1.28 (1.09 to 1.50) |
| Ischemic stroke | RR: 1.07 (0.88 to 1.28) |
| T2DM | RR: 1.10 (0.95 to 1.27) |

RR= Relative risk at 95% confidence interval

a= RR and weight gain for added sugar is from 1 additional 12-oz sugar-sweetened per day

ACM= All-cause mortality; CVD= Cardiovascular disease; T2DM= Type 2 diabetes mellitus

CHD= Coronary heart disease

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