Supplemental Materials

Median calorie content and percentages (total, plant and/or animal) of INCA1-3 food categories based on the French Ciqual food database (accessed on the 12th of March 2021).

Supplemental Table S1. INCA1 (1998-1999)

INCA food groups	Number of foods (Ciqual database)	kcal/100 g (median)	Number of food recipes	% anima calories	% plant calories
Breads and rusks	38	285		0	100
Breakfast cereals	54	388		0	100
Pasta	10	149		0	100
Rice and semolina	10	142		0	100
Viennoiseries	23	369	3	49	51
Sweet biscuits	7	471	3	25	75
Pastries	9	269	3	47	53
Milks	15	47		100	0
Ultra fresh dairy	46	89	3	72	28
Cheeses	119	327		100	0
Eggs and derivates	8	144		100	0
Butters	10	730		100	0
Meats	75	182		100	0
Poultry and game	27	189		100	0
Delicatessen	157	275		100	0
Fishes	63	125		100	0
Vegetables (except potatoes)	129	30		0	100
Potatoes and their derivatives	35	125		0	100
Legumes	7	116		0	100
Fruits	44	54		0	100
Sugars and derivatives	6	358		0	100
Waters	0	0		0	0
Fruit juices and sodas	34	46		0	100
Alcoholic beverages	22	182		0	100
Coffee	8	7		0	100
Tea and hot drinks	8	3		0	100
Pizzas, quiches and savory pies	32	241	3	60	40
Sandwiches	29	255	3	61	39
Soups	46	34	3	30	70
Mixed dishes	145	141	6	62	38
Entremets	62	141	3	52	48
Compotes and cooked fruits	9	66		0	100

Supplemental Table S2. INCA2 (2006-2007)

INCA food groups	Number of food recipes	% animal calories	% plant calories
Breads and rusks		0	100
Breakfast cereals		0	100
Pasta		0	100
Rice and durum or cracked wheat		0	100
Other cereals		0	100
Viennoiseries	3	49	51
Sweet or savory biscuits and bars	5	32	68
Pastries and cakes	5	42	58
Milks		100	0
Ultra fresh dairy		100	0
Cheeses		100	0
Eggs and derivates		100	0
Butters		100	0
Oils		0	100
Margarines		0	100
Other fats		100	0
Meats		100	0
Poultry and game		100	0
Offal		100	0
Delicatessen		100	0
Fishes		100	0
Crustaceans and molluscs		100	0
Vegetables (except potatoes)		0	100
Potatoes and their derivatives		0	100
Legumes		0	100
Fruits		0	100
Nuts and seeds		0	100
Ice creams and frozen desserts	3	76	24
Chocolate	3	18	82
Sugars and derivatives		0	100
Waters		0	0
Soft/fresh drinks without alcohol		0	100
Alcoholic beverages		0	100
Coffee		0	100
Other hot beverages		0	100
Pizzas, quiches and savory pastries	3	60	40
Sandwiches, snacks	3	61	39

Soups and broths	3	30	70
Mixed dishes	6	62	38
Entremets, dessert creams and gelled milks	4	52	48
Compotes and cooked fruits		0	100
Condiments and sauces	4	1	99
Foods intended for a specific food (including infant foods)	13	61	39

Supplemental Table S3. INCA3 (2014-2015)

INCA food groups	Number of food recipes	% animal calories	% plant calories
Refined bread and dry breadmaking		0	100
Wholegrain bread and dry breadmaking		0	100
Breakfast cereals and cereal bars		0	100
Refined pasta, rice, wheat and other cereals		0	100
Wholegrain pasta, rice, wheat and other cereals		0	100
Viennese pastries, pastries, cakes and sweet biscuits	9	41	60
Milks		100	0
Ultra fresh dairy		100	0
Cheeses		100	0
Entremets and dessert creams	3	52	48
Ice creams, frozen desserts and sorbets	4	76	24
Animal fat		100	0
Plant fats		0	100
Eggs and derivates		100	0
Meats		100	0
Poultry		100	0
Delicatessen		100	0
Fishes		100	0
Crustaceans and molluscs		100	0
Offal		100	0
Vegetables (except potatoes)		0	100
Legumes		0	100
Potatoes and other tubers		0	100
Fresh and dried fruits		0	100
Compotes and fruits in syrup		0	100
Nuts and seeds		0	100
Confectionery and chocolate	4	20	80
Sugars and derivatives		0	100
Tap water		0	0

Packaged water		0	0
Soft drinks without alcohol		0	100
Fruit juices and sodas		0	100
Alcoholic beverages		0	100
Hot beverages		0	100
Soups and broths	3	30	70
Meat dishes	3	38	62
Fish dishes	3	38	62
Vegetable-based dishes		0	100
Dishes made with potatoes, cereals or legumes		0	100
Sandwiches, pizzas, pies, pastries and crackers	7	63	37
Condiments, herbs, spices and sauces	4	1	99
Substitutes for animal products made from soybeans and other plants		0	100
Prepared meals and infant desserts	13	61	39
Infant milks and beverages	2	54	46

NB: the percentage of plant and animal calories of mixed/combined INCA food categories are based on most consumed French food dishes (accessed on internet on the 12th of March 2021: https://www.marmiton.org/)