

Supplementary Material

Table 1 : List of foods and drinks recorded for the different meals during the day

Meal	Food/drink
Breakfast	Hot drink
	Carbohydrates
	Dairy product
	Fruit in season
Lunch	Aperitif/snacks
	Starter
	Proteins
	Vegetables
	Carbohydrates
	Pulse veg
	Dairy product
	Cheese
	Dessert
	Hot drink
	Cold drink
	Treat
	Hot drink
	Cold drink
Snack	Carbohydrates
	Dairy product
	Fruit in season
	Aperitif
	Snacks
Dinner	Starter
	Proteins
	Vegetables
	Carbohydrates
	Pulse veg
	Dairy product
	Cheese
	Dessert
	Hot drink
	Cold drink
	Number of glasses of wine
	Sugar
	Treat

Table 2 : List of variables recorded for refrigerator contents

Variables	Milk; yoghurt; soured cream; cheese; tomato sauce; mayonnaise; mustard; eggs; cold meats; raw meat; raw fish; poultry; uncooked fruit; raw vegetables; desserts; pie pastry; jam; margarine; butter; water; soda; fruit juice; wine; beer.
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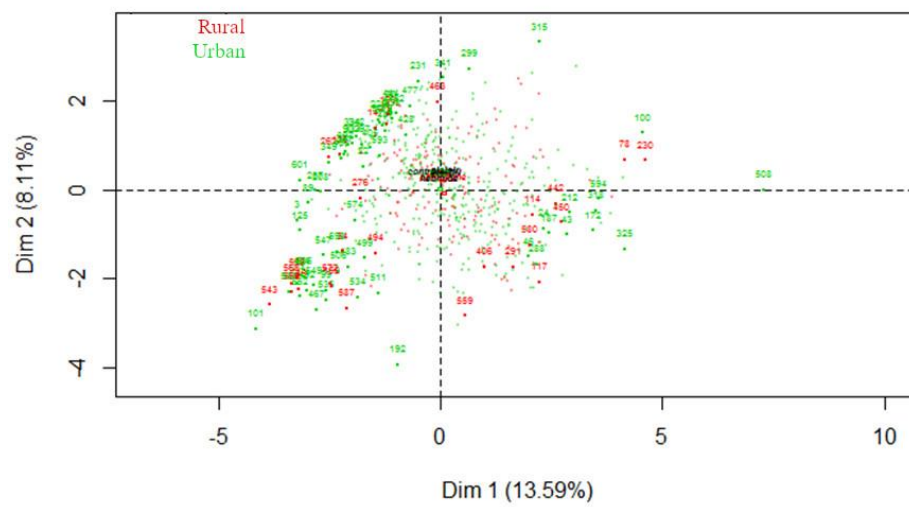


Figure 2: Description of individuals according to whether they live in urban or rural areas

