

Supplementary Table 1. Food groupings of food items

Food groups	Food items
Grains	Dark bread (Sangak, Barbari, Taftoon), White bread (Lavash , baguette), toasted bread, , noodles, pasta, rice, cooked barely, bulgur
Legumes	All kind of legumes including beans, peas, lima beans, lentils, soy
Dairy products	Milk, yoghurt, cheese (both low and high fat),chocolate milk, doogh (yoghurt drink), cream, kashk, ice cream
Total meats	Beef, lamb, poultry, fish, organ meat
Fruits	All fresh fruits, dried fruits
Vegetables	Cruciferous vegetables, tomatoes , carrots, cucumbers, eggplants, corn, garlic, turnips, squash, mushrooms, onions, pumpkin, celery, green peas, green beans, green paper, spinach, lettuce, mixed vegetables, shallot
Nuts	Peanuts, almonds, walnuts, pistachios, hazelnuts, roasted seeds
Fast foods	Pizza, processed meats, hamburger, French fries
Salty snacks	Potato chips, puffs, crackers
Sweets /confectionaries	Sugar, cube sugar, honey, chocolates, candies and nabat, traditional sweets(gaz, noghle, souhan, halva), Biscuits, cakes, cookies
Oils/fats	Vegetable oils, Hydrogenated vegetable fat, animal fats, Butter, margarine
Tea /coffee	Tea, coffee
Fruit juices	Apple juice, orange juice, other fruit juices
Sugar-sweetened Beverages	Fruit drinks, carbonated soft drinks
Red-meat	Beef, lamb
Fish	Canned tuna fish , other fish
Poultry	Chicken
Organ meats	Organ meats of chicken, lamb and beef
Processed meats	Processed meats
Apples /pears	Apples and pears
Melons	Different kinds of melons
Citrus	Oranges, grapefruits, mandarins and limes
Berries	Cherry, strawberries, kiwifruit, mulberry, grapes
Stone fruits	Nectarines, apricots, peaches and plums
Potatoes	Boiled and fried potato
Allium vegetables	Onions, garlic, shallot
Cruciferous vegetables	Cabbage, cauliflower, Brussels sprouts and broccoli
Other vegetables	Tomatoes , carrots, cucumbers, eggplants, corn, turnips, squash, mushrooms, pumpkin, celery, green peas, green beans, green paper
Vegetable oils	Different kind of vegetable oils
Vegetable fats	Hydrogenated vegetable fat and margarine
Animal fats	Animal fats and butter

Supplementary Table 2. Food group intakes of participants according to the baseline body mass index status ^a

Food groups, g/day	Normal weight at baseline	Overweight/obese at baseline	p-values ^b
Grains	393 (289-523)	345 (261-477)	0.001
Legumes	18.6 (9.0-32.3)	19.5 (9.1-34.1)	0.781
Dairy products	222 (104-315)	229 (100-320)	0.997
Total Meats	23.7 (12.3-38.4)	21.4 (11.7-37.7)	0.258
Fruits	207 (122-340)	233 (137-387)	0.016
Vegetables	296 (202-420)	320 (226-459)	0.005
Nuts	6.3 (2.9-12.8)	7.1 (3.4-14.3)	0.058
Fast foods	35.6 (22.5-56.6)	37.5 (23.6-54.4)	0.482
Salty snacks	24.5 (14.6-43.1)	26.5 (16.0-48.0)	0.137
Sweets/confectionary	51.5 (35.0-76.1)	48.2 (30.6-68.3)	0.004
Oils/ fats	131 (72-236)	140 (79-255)	0.032
Tea/ coffee	4.6 (0.6-251.0)	2.1 (0.5-142.0)	0.015
Fruit juices	58.4 (30.7-101.0)	74.0 (35.9-131.0)	<0.001
Sugar-sweetened beverages	31.1 (15.4-60.5)	30.4 (15.0-61.9)	0.835

^a Data are presented as median (percentile 25-percentile 75).

^b Estimated using Mann-Whitney U Test.