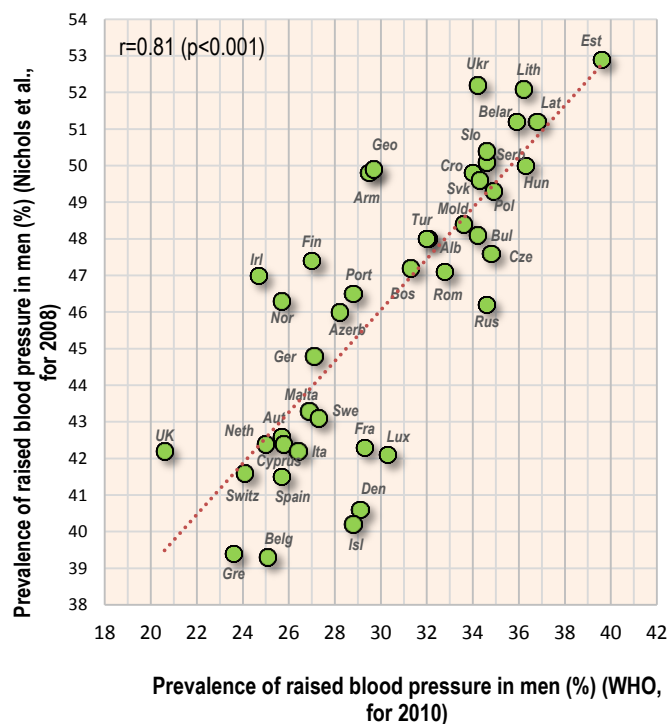
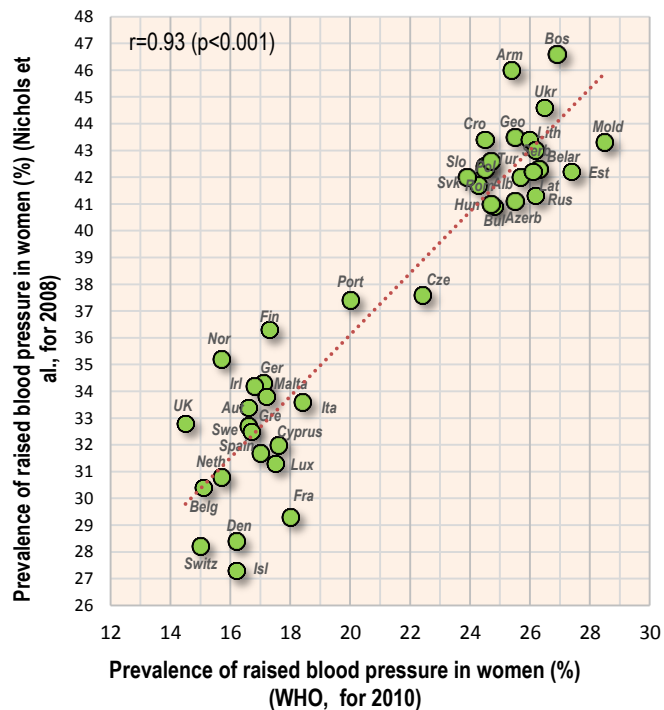


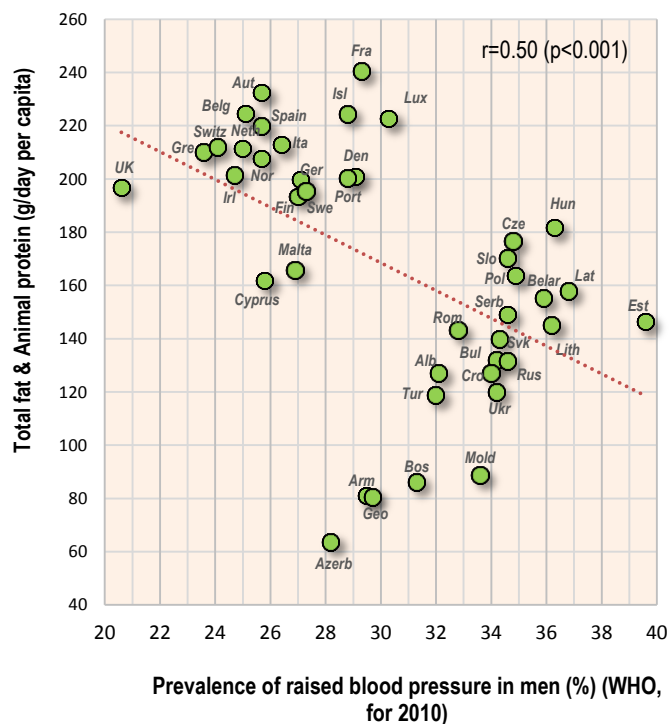
Supplementary tables and figures



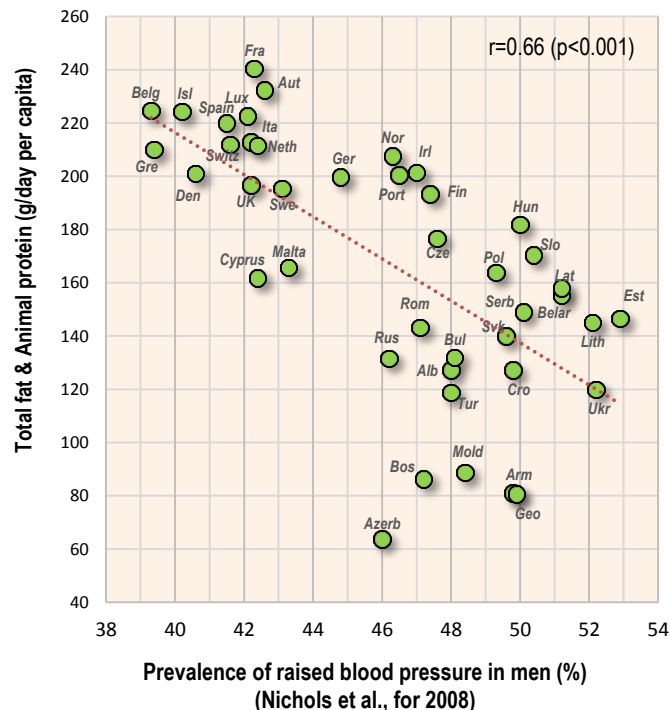
Supplementary Fig. S1. Correlation between the prevalence of men's raised pressure (%) by WHO (for 2010) and by Nichols et al. (for 2008, including people using blood pressure medications).



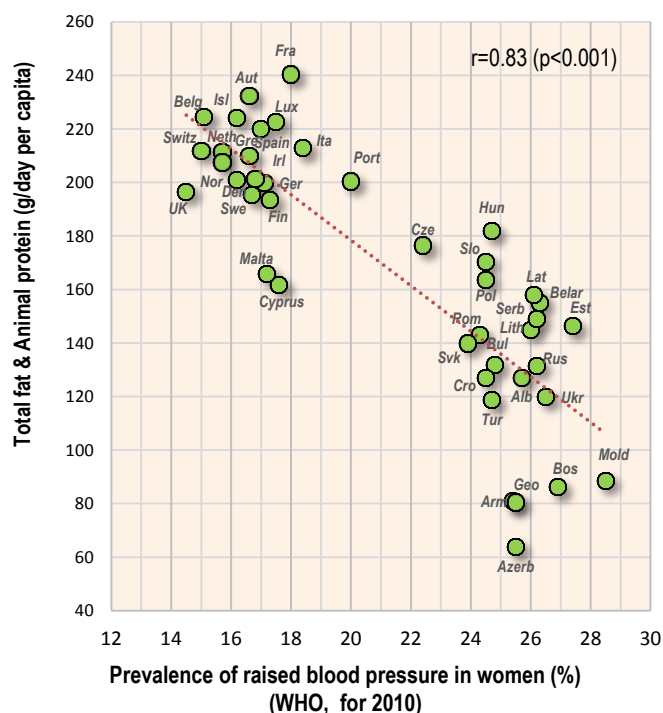
Supplementary Fig S2. Correlation between the prevalence of women's raised pressure by WHO (for 2010) and by Nichols et al. (for 2008, including people using blood pressure medications)



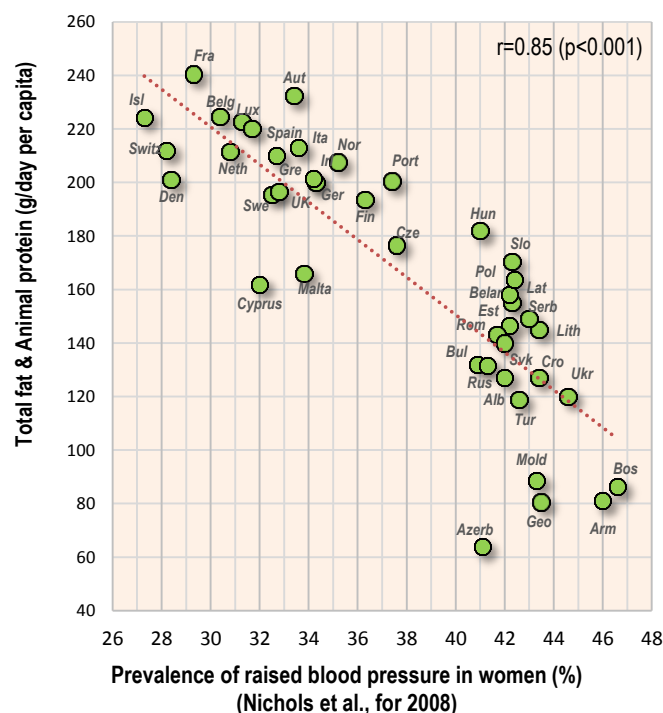
Supplementary Fig. S3. Correlation between the prevalence of men's raised pressure (%) by WHO (for 2010, **excluding people using medications**) and the mean consumption of total fat & animal protein (g/day per capita; FAOSTAT, 1993-2011).



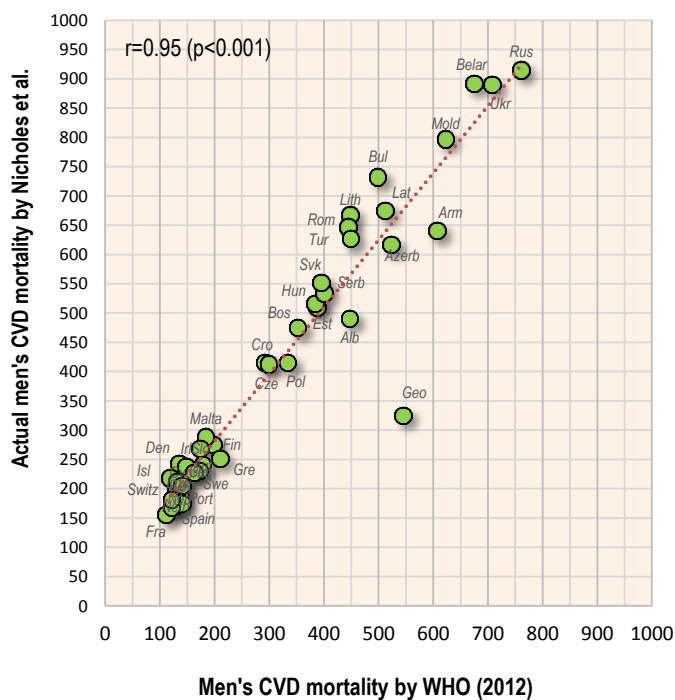
Supplementary Fig S4. Correlation between the prevalence of men's raised pressure by Nichols et al. (for 2008, **including people using medications**) and the mean consumption of total fat & animal protein (g/day per capita; FAOSTAT, 1993-2011).



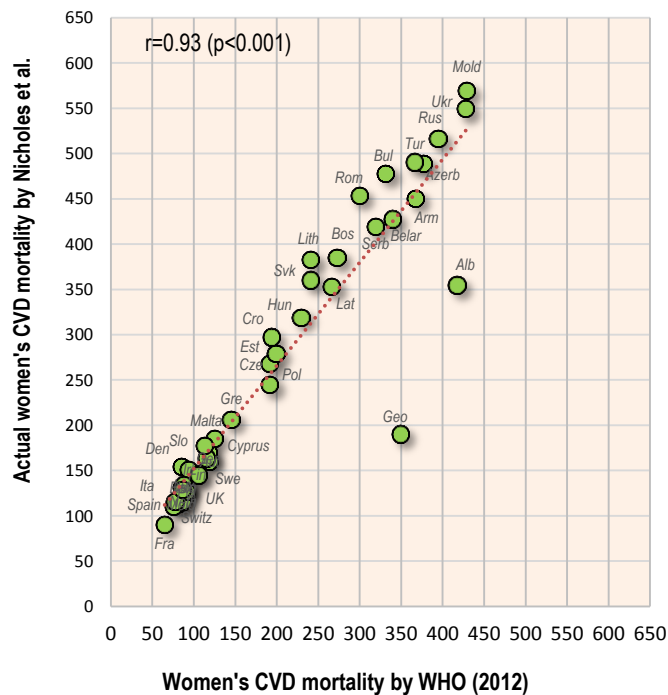
Supplementary Fig. S5. Correlation between the prevalence of women's raised pressure (%) by WHO (for 2010, **excluding people using medications**) and the mean consumption of total fat & animal protein (g/day per capita; FAOSTAT, 1993-2011).



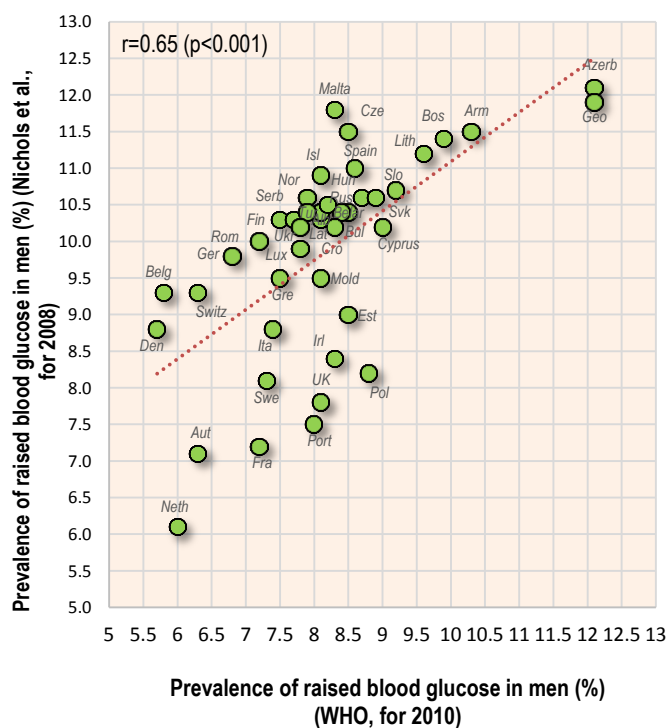
Supplementary Fig S6. Correlation between the prevalence of women's raised pressure by Nichols et al. (for 2008, **including people using medications**) and the mean consumption of total fat & animal protein (g/day per capita; FAOSTAT, 1993-2011).



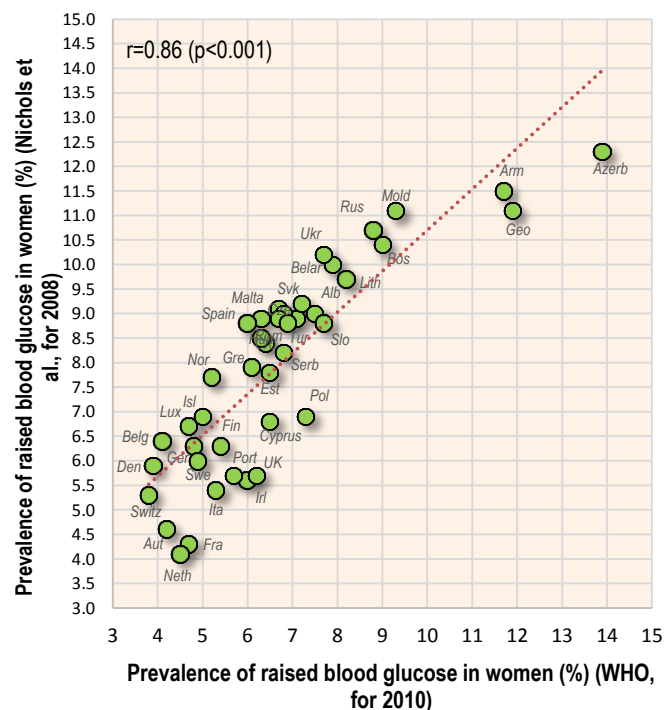
Supplementary Fig. S7. Correlation between men's CVD mortality by WHO (2012) and the actual men's CVD mortality in by Nichols et al. in 42 European countries (per 100,000 population).



Supplementary Fig S9. Correlation between women's CVD mortality by WHO (2012) and the actual women's CVD mortality in by Nichols et al. in 42 European countries (per 100,000 population).



Supplementary Fig. S10. Correlation between the prevalence of men's raised glucose (%) by WHO (for 2010) and by Nichols et al. (for 2008) in 42 European countries.



Supplementary Fig. S11. Correlation between the prevalence of women's raised glucose by WHO (for 2010) and by Nichols et al. (for 2008) in 42 European countries.

Raised blood pressure

Supplementary Table S1. Relationship between raised blood pressure and the examined variables (total sample of 158 countries).

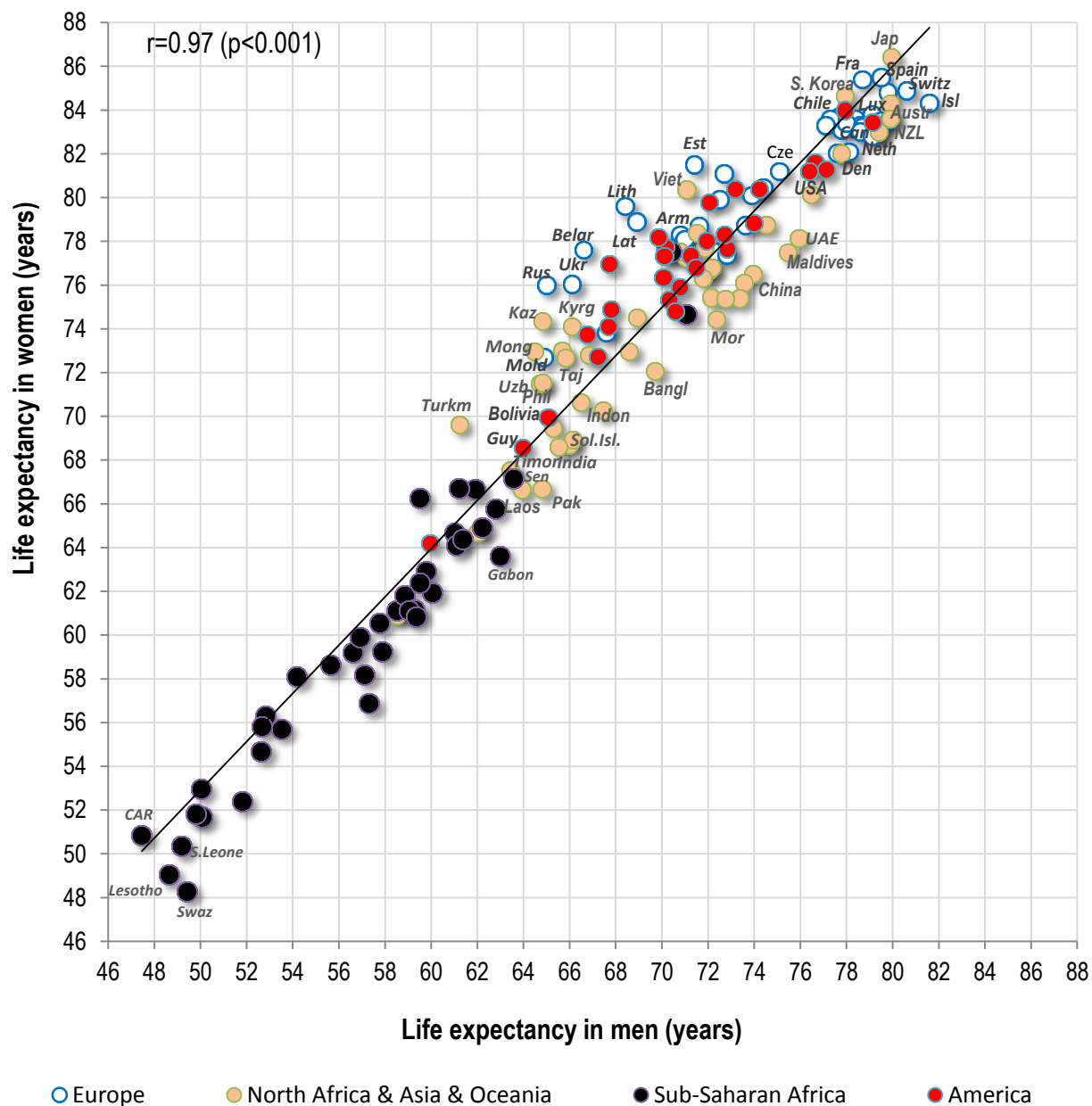
Raised blood pressure (Men)			Raised blood pressure (Women)		
Positive correlates	Mean	Correlation & p-values	Positive correlates	Mean	Correlation & p-values
CVD MORTALITY	308.0	0.42 (p<0.001)	% CC energy & % SRC energy	42.6	0.69 (p<0.001)
Sunflower oil	5.2	0.29 (p=0.013)	CVD MORTALITY	241.7	0.69 (p<0.001)
Starchy roots total	201.0	0.20 (p=0.010)	% Plant food energy	79.8	0.64 (p<0.001)
% SRC energy	6.2	0.18 (p=0.023)	% CA energy	64.1	0.62 (p<0.001)
Potatoes	98.7	0.16 (p=0.039)	% CC energy	36.4	0.50 (p<0.001)
Offals	7.6	0.16 (p=0.041)	% SRC energy	6.2	0.35 (p<0.001)
Milk	169.0	0.15 (p=0.053)	Legumes (excl. Soybeans)	16.0	0.28 (p<0.001)
% Alcoholic beverages energy	168.9	0.15 (p=0.06)	RAISED BLOOD GLUCOSE (%)	8.8	0.28 (p<0.001)
Distilled beverages	7.7	0.12 (p=0.14)	Maize	60.2	0.27 (p<0.001)
% CC energy & % SRC energy	42.6	0.11 (p=0.16)	Cereals total	373.7	0.26 (p<0.001)
Negative correlates	Mean	Correlation & p-values	Negative correlates	Mean	Correlation & p-values
LIFE EXPECTANCY	68.2	-0.39 (p<0.001)	LIFE EXPECTANCY	73.0	-0.79 (p<0.001)
Oranges & mandarins	38.9	-0.33 (p<0.001)	RAISED CHOLESTEROL (%)	40.5	-0.73 (p<0.001)
Fruits total	204.9	-0.32 (p<0.001)	Animal protein	32.8	-0.71 (p<0.001)
Rice	79.7	-0.31 (p<0.001)	HEALTH EXPENDITURE	1254.9	-0.71 (p<0.001)
Poultry	38.4	-0.28 (p<0.001)	Animal fat & Animal protein	68.6	-0.70 (p<0.001)
Oilcrops	16.5	-0.28 (p<0.001)	Total fat & Animal protein	111.3	-0.70 (p<0.001)
HEALTH EXPENDITURE	1254.9	-0.27 (p<0.001)	Meat total	117.7	-0.70 (p<0.001)
Fish & seafood	43.2	-0.27 (p<0.001)	Meat protein	14.9	-0.67 (p<0.001)
Tree nuts	5.2	-0.24 (p=0.002)	Animal fat	35.9	-0.67 (p<0.001)
Ref. sugar & sweeteners total	80.1	-0.21 (p=0.006)	Total fat & Total protein	154.4	-0.66 (p<0.001)

Supplementary Table S2. Relationship between raised blood pressure and the examined variables (the world outside Europe, 116 countries).

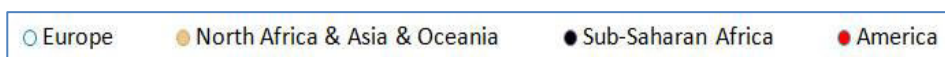
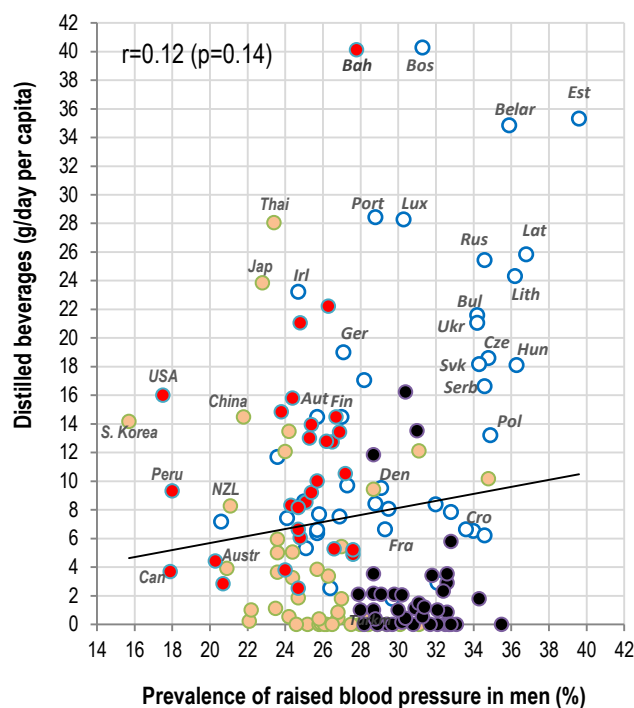
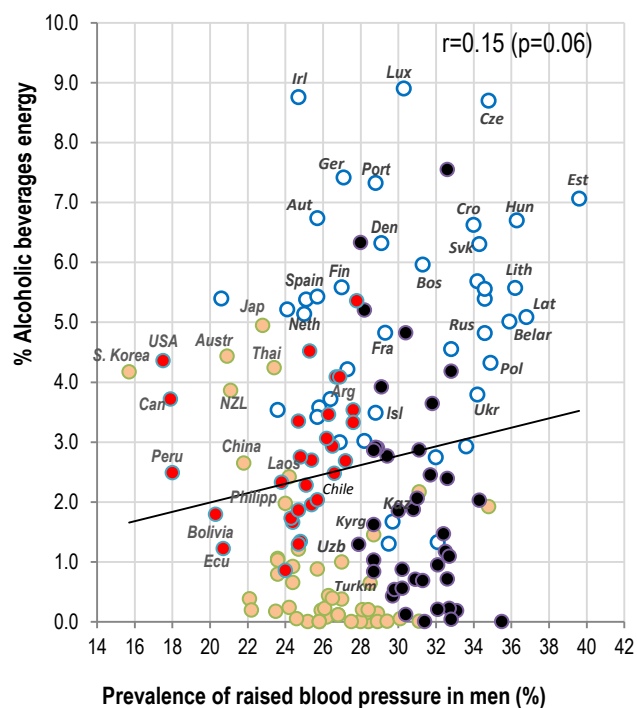
Raised blood pressure (Men)			Raised blood pressure (Women)		
Positive correlates	Mean	Correlation & p-values	Positive correlates	Mean	Correlation & p-values
% CC energy & % SRC energy	46.7	0.33 (p<0.001)	% CC energy & % SRC energy	11.6	0.62 (p<0.001)
CVD MORTALITY	305.5	0.30 (p<0.001)	% Plant food energy	8.2	0.62 (p<0.001)
% Plant food energy	84.4	0.30 (p<0.001)	CVD MORTALITY	114.0	0.61 (p<0.001)
% SRC energy	7.0	0.28 (p=0.004)	% CA energy	6.8	0.50 (p<0.001)
Mutton & goat meat	9.9	0.23 (p=0.015)	% CC energy	11.5	0.36 (p<0.001)
% CA energy	67.1	0.21 (p=0.021)	% SRC energy	9.2	0.34 (p<0.001)
Starchy roots total	196.4	0.21 (p=0.027)	Fermented beverages	68.6	0.25 (p=0.006)
Fermented beverages	22.0	0.20 (p=0.032)	Starchy roots	215.7	0.25 (p=0.007)
% CC energy	39.7	0.12 (p=0.21)	Legumes (excl. Soybeans)	14.3	0.22 (p=0.019)
Legumes (excl. Soybeans)	19.2	0.12 (p=0.21)	Maize	87.5	0.19 (p=0.040)
Negative correlates	Mean	Correlation & p-values	Negative correlates	Mean	Correlation & p-values
LIFE EXPECTANCY	65.9	-0.65 (p<0.001)	LIFE EXPECTANCY	70.2	-0.80 (p<0.001)
Eggs total	12.6	-0.52 (p<0.001)	RAISED CHOLESTEROL (%)	36.0	-0.72 (p<0.001)
Pork	14.8	-0.51 (p<0.001)	Eggs total	12.6	-0.70 (p<0.001)
HEALTH EXPENDITURE	767.0	-0.50 (p<0.001)	Animal fat & Animal protein	50.6	-0.68 (p<0.001)
RAISED CHOLESTEROL (%)	32.7	-0.47 (p<0.001)	Animal protein	25.5	-0.68 (p<0.001)
Coffee	3.2	-0.45 (p<0.001)	Animal fat	25.1	-0.65 (p<0.001)
Ref. sugar & sweeteners total	71.2	-0.44 (p<0.001)	Meat total	93.3	-0.65 (p<0.001)
Beer	43.9	-0.39 (p<0.001)	Pork	14.8	-0.64 (p<0.001)
Poultry	36.3	-0.38 (p<0.001)	Ref. sugar & sweeteners total	71.2	-0.64 (p<0.001)
Apples	13.4	-0.37 (p<0.001)	Total fat & Animal protein	91.1	-0.64 (p<0.001)

Level of significance:

Positive correlates		Negative correlates	
p≥0.001	p<0.001	p≥0.001	p<0.001

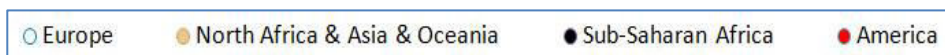
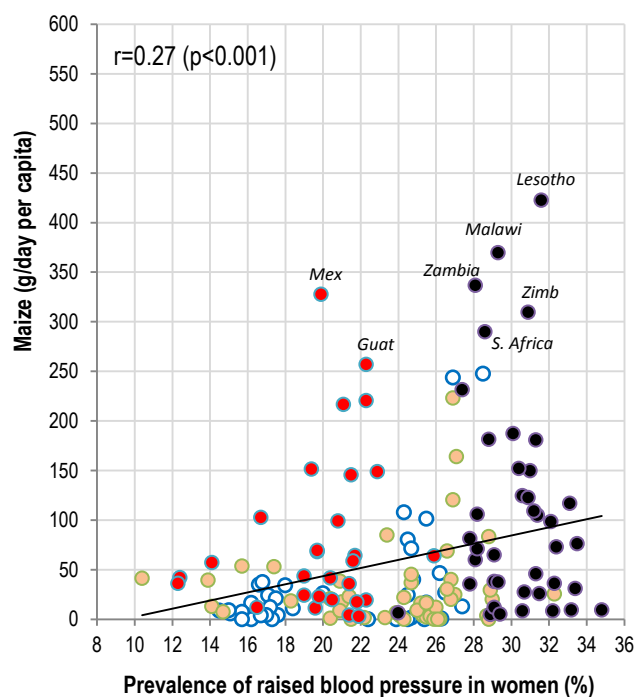
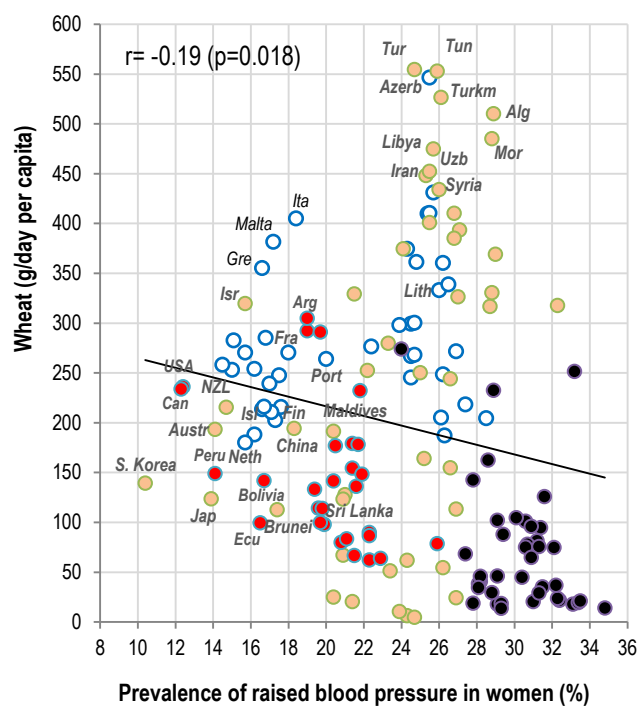


Supplementary Fig. S12. Relationship between life expectancy in men and women (WHO, 2012).



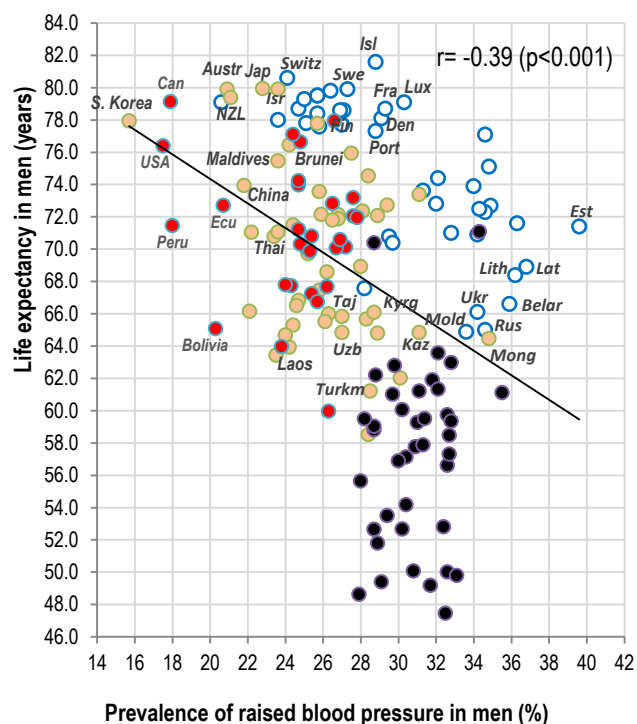
Supplementary Fig. S12. Relationship between the prevalence of men's raised blood pressure (%; WHO, 2010) and the mean proportion of energy from alcoholic beverages (%; FAOSTAT, 1993-2011).

Supplementary Fig. S13. Relationship between the prevalence of men's raised blood pressure (%; WHO, 2010) and the mean consumption of distilled beverages (g/day per capita; FAOSTAT, 1993-2011).

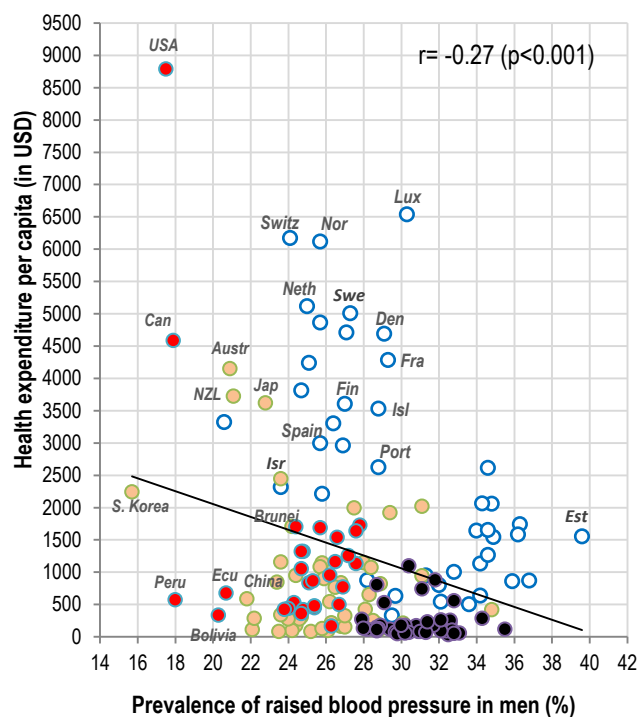


Supplementary Fig. S15. Relationship between the prevalence of women's raised blood pressure (%; WHO, 2010) and the mean consumption of wheat (g/day per capita; FAOSTAT, 1993-2011).

Supplementary Fig. S16. Relationship between the prevalence of women's raised blood pressure (%; WHO, 2010) and the mean consumption of maize (g/day per capita; FAOSTAT, 1993-2011).



Supplementary Fig. S17. Relationship between the prevalence of men's raised blood pressure (%; WHO, 2010) and men's life expectancy (World Bank, 2012).



Supplementary Fig. S18. Relationship between the prevalence of men's raised blood pressure (%; WHO, 2010) and health expenditure per capita for 2012 (in USD).

Raised cholesterol

Supplementary Table S3. Relationship between raised cholesterol and the examined variables (total sample of 158 countries).

Raised cholesterol (Men)			Raised cholesterol (Women)		
Positive correlates	Mean	Correlation & p-values	Positive correlates	Mean	Correlation & p-values
Animal fat & Animal protein	68.6	0.89 (p<0.001)	Animal fat & Animal protein	68.6	0.85 (p<0.001)
Animal protein	32.8	0.88 (p<0.001)	Animal protein	32.8	0.85 (p<0.001)
Animal fat	35.9	0.87 (p<0.001)	Total fat & Animal protein	111.3	0.84 (p<0.001)
Total fat & Animal protein	111.3	0.87 (p<0.001)	<i>LIFE EXPECTANCY</i>	73.0	0.83 (p<0.001)
Total fat & Total protein	154.4	0.86 (p<0.001)	Total fat & Total protein	154.4	0.83 (p<0.001)
Total fat	78.6	0.84 (p<0.001)	Animal fat	35.9	0.83 (p<0.001)
Meat total	117.7	0.82 (p<0.001)	Total protein	75.8	0.80 (p<0.001)
Total protein	75.8	0.82 (p<0.001)	Meat total	117.7	0.80 (p<0.001)
Meat protein	14.9	0.81 (p<0.001)	Total fat	78.6	0.80 (p<0.001)
<i>LIFE EXPECTANCY</i>	68.2	0.80 (p<0.001)	Eggs total	17.1	0.79 (p<0.001)

Negative correlates	Mean	Correlation & p-values	Negative correlates	Mean	Correlation & p-values
% Plant food energy	79.8	-0.84 (p<0.001)	% Plant food energy	79.8	-0.80 (p<0.001)
% CC energy & % SRC energy	42.6	-0.79 (p<0.001)	% CC energy & % SRC energy	42.6	-0.79 (p<0.001)
% CA energy	64.1	-0.79 (p<0.001)	% CA energy	64.1	-0.75 (p<0.001)
% CC energy	36.4	-0.59 (p<0.001)	<i>RAISED BLOOD PRESSURE (%)</i>	24.0	-0.73 (p<0.001)
Legumes (excl. Soybeans)	16.0	-0.41 (p<0.001)	% CC energy	36.4	-0.57 (p<0.001)
Legumes (incl. Soybeans)	17.2	-0.40 (p<0.001)	<i>CVD MORTALITY</i>	241.7	-0.52 (p<0.001)
% SRC energy	6.2	-0.39 (p<0.001)	% SRC energy	6.2	-0.42 (p<0.001)
Maize	60.2	-0.36 (p<0.001)	Legumes (excl. Soybeans)	16.0	-0.39 (p<0.001)
Rice	79.7	-0.30 (p<0.001)	Legumes (incl. Soybeans)	17.2	-0.38 (p<0.001)
Fermented beverages	16.9	-0.29 (p<0.001)	Maize	60.2	-0.35 (p<0.001)

Supplementary Table S4. Relationship between raised cholesterol and the examined variables (the world outside Europe, 116 countries).

Raised cholesterol (Men)			Raised cholesterol (Women)		
Positive correlates	Mean	Correlation & p-values	Positive correlates	Mean	Correlation & p-values
Animal fat & Animal protein	50.6	0.78 (p<0.001)	<i>LIFE EXPECTANCY</i>	70.2	0.78 (p<0.001)
Animal protein	25.5	0.78 (p<0.001)	Animal protein	25.5	0.77 (p<0.001)
Total fat & Animal protein	91.1	0.76 (p<0.001)	Animal fat & Animal protein	50.6	0.76 (p<0.001)
<i>LIFE EXPECTANCY</i>	65.9	0.75 (p<0.001)	Total fat & Animal protein	91.1	0.74 (p<0.001)
Animal fat	25.1	0.74 (p<0.001)	Total fat & Total protein	134.2	0.73 (p<0.001)
Total fat & Total protein	134.2	0.74 (p<0.001)	Eggs total	12.6	0.73 (p<0.001)
Meat total	93.3	0.73 (p<0.001)	Poultry	36.3	0.72 (p<0.001)
Meat protein	12.1	0.72 (p<0.001)	Meat total	93.3	0.72 (p<0.001)
Eggs total	12.6	0.71 (p<0.001)	Animal fat	25.1	0.71 (p<0.001)
<i>OBESITY (%)</i>	10.6	0.71 (p<0.001)	Total protein	68.6	0.71 (p<0.001)

Negative correlates	Mean	Correlation & p-values	Negative correlates	Mean	Correlation & p-values
% Plant food energy	84.4	-0.67 (p<0.001)	<i>RAISED BLOOD PRESSURE (%)</i>	25.0	-0.72 (p<0.001)
% CC energy & % SRC energy	46.7	-0.65 (p<0.001)	% CC energy & % SRC energy	46.7	-0.68 (p<0.001)
% CA energy	67.1	-0.61 (p<0.001)	% Plant food energy	84.4	-0.64 (p<0.001)
<i>RAISED BLOOD PRESSURE (%)</i>	27.3	-0.47 (p<0.001)	% CA energy	67.1	-0.59 (p<0.001)
% SRC energy	7.0	-0.41 (p<0.001)	<i>CVD MORTALITY</i>	256.1	-0.45 (p<0.001)
Starchy roots total	196.4	-0.34 (p<0.001)	% SRC energy	7.0	-0.43 (p<0.001)
% CC energy	39.7	-0.33 (p<0.001)	Starchy roots	196.4	-0.35 (p<0.001)
Fermented beverages	22.0	-0.30 (p=0.001)	% CC energy	39.7	-0.34 (p<0.001)
Maize	70.8	-0.26 (p=0.006)	Fermented beverages	22.0	-0.32 (p<0.001)
Legumes (excl. Soybeans)	19.2	-0.26 (p=0.007)	Legumes (excl. Soybeans)	19.2	-0.25 (p=0.007)

Level of significance:

Positive correlates		Negative correlates	
p≥0.001	p<0.001	p≥0.001	p<0.001

CVD mortality

Supplementary Table S5. Relationship between CVD mortality and the examined variables (total sample of 158 countries).

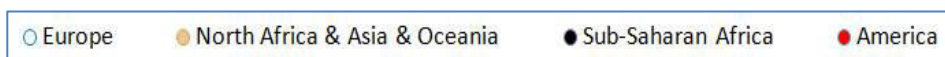
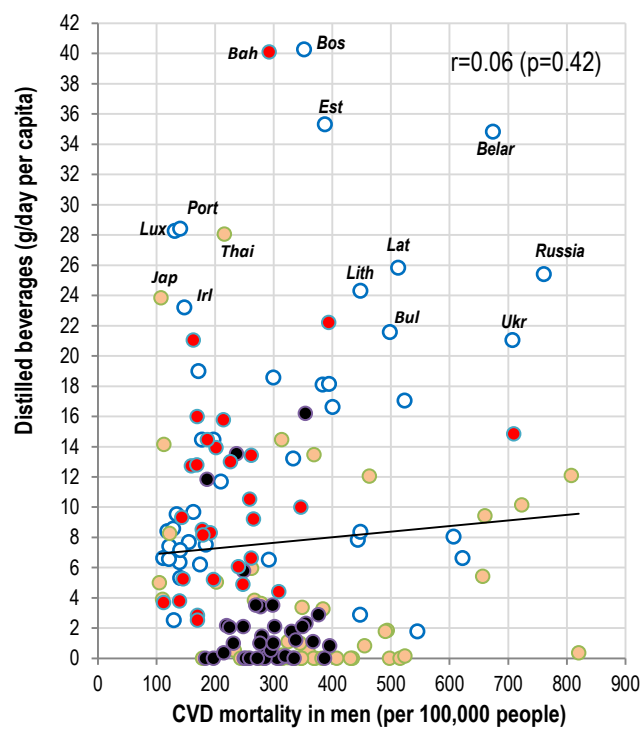
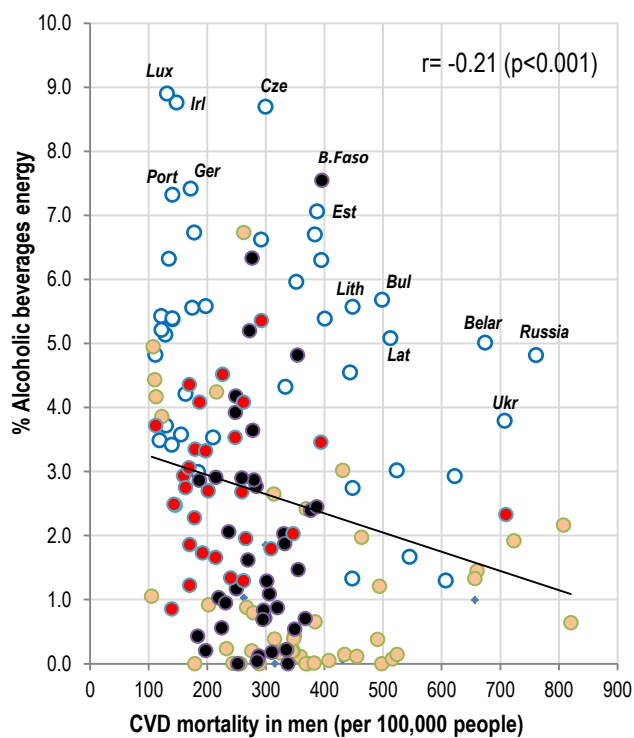
CVD mortality (Men)			CVD mortality (Women)		
Positive correlates	Mean	Correlation (p-values)	Positive correlates	Mean	Correlation (p-values)
Cereals total	373.7	0.42 (p<0.001)	RAISED BLOOD PRESSURE (%)	24.0	0.69 (p<0.001)
RAISED BLOOD PRESSURE (%)	28.1	0.42 (p<0.001)	% CC energy & % SRC energy	42.6	0.58 (p<0.001)
Wheat	197.0	0.37 (p<0.001)	% CC energy	36.4	0.51 (p<0.001)
% CC energy	36.4	0.35 (p<0.001)	% CA energy	64.1	0.47 (p<0.001)
% CC energy & % SRC energy	42.6	0.34 (p<0.001)	% Plant food energy	79.8	0.45 (p<0.001)
RAISED BLOOD GLUCOSE (%)	9.1	0.30 (p<0.001)	Cereals total	373.7	0.41 (p<0.001)
% CA energy	64.1	0.26 (p=0.001)	RAISED BLOOD GLUCOSE (%)	8.8	0.36 (p<0.001)
Plant protein	43.0	0.25 (p=0.002)	Plant protein	43.0	0.25 (p=0.001)
Sunflower oil	5.2	0.24 (p=0.002)	% SRC energy	6.2	0.16 (p=0.040)
Milk	169.0	0.21 (p=0.009)	Wheat	197.0	0.16 (p=0.049)
Negative correlates	Mean	Correlation (p-values)	Negative correlates	Mean	Correlation (p-values)
HEALTH EXPENDITURE	1254.9	-0.43 (p<0.001)	HEALTH EXPENDITURE	1254.9	-0.59 (p<0.001)
Oranges & mandarins	38.9	-0.41 (p<0.001)	Coffee	5.6	-0.55 (p<0.001)
Coffee	5.6	-0.40 (p<0.001)	Total fat & Animal protein	111.3	-0.54 (p<0.001)
Fruits total	204.9	-0.38 (p<0.001)	LIFE EXPECTANCY	73.0	-0.54 (p<0.001)
Cheese	11.5	-0.35 (p<0.001)	Meat total	117.7	-0.53 (p<0.001)
LIFE EXPECTANCY	68.2	-0.33 (p<0.001)	Total fat	78.6	-0.53 (p<0.001)
Plant fat	42.7	-0.32 (p<0.001)	Oranges & Mandarins	38.9	-0.53 (p<0.001)
Beer	77.6	-0.31 (p<0.001)	Ref. sugar & sweeteners total	80.1	-0.53 (p<0.001)
Alcoholic beverages total	118.8	-0.31 (p<0.001)	Animal protein	32.8	-0.53 (p<0.001)
Total fat	78.6	-0.30 (p<0.001)	Cheese	11.5	-0.53 (p<0.001)

Supplementary Table S6. Relationship between CVD mortality and the examined variables (the world outside Europe, 116 countries).

CVD mortality (Men)			CVD mortality (Women)		
Positive correlates	Mean	Correlation (p-values)	Positive correlates	Mean	Correlation (p-values)
Wheat	164.4	0.44 (p<0.001)	RAISED BLOOD PRESSURE (%)	25.0	0.61 (p<0.001)
Cereals total	377.6	0.37 (p<0.001)	% CC energy & % SRC energy	46.7	0.50 (p<0.001)
Mutton & Goat meat	9.9	0.34 (p<0.001)	% CC energy	39.7	0.39 (p<0.001)
RAISED BLOOD GLUCOSE (%)	9.4	0.31 (p<0.001)	% Plant food energy	84.4	0.35 (p<0.001)
% CC energy	39.7	0.31 (p<0.001)	Cereals total	377.6	0.33 (p<0.001)
RAISED BLOOD PRESSURE (%)	27.3	0.30 (p=0.001)	% CA energy	67.1	0.29 (p=0.001)
% CC energy & % SRC energy	46.7	0.29 (p=0.002)	Mutton & Goat meat	9.9	0.23 (p=0.008)
Grapes	9.1	0.25 (p=0.006)	Wheat	164.4	0.23 (p=0.015)
Plant protein	43.1	0.22 (p=0.016)	Plant protein	43.1	0.22 (p=0.017)
Milk	134.1	0.20 (p=0.027)	RAISED BLOOD GLUCOSE (%)	9.6	0.19 (p=0.020)
Negative correlates	Mean	Correlation (p-values)	Negative correlates	Mean	Correlation (p-values)
Beer	43.9	-0.38 (p<0.001)	Ref. sugar & sweeteners total	71.2	-0.52 (p<0.001)
Coffee	3.2	-0.36 (p<0.001)	LIFE EXPECTANCY	70.2	-0.51 (p<0.001)
HEALTH EXPENDITURE	767.0	-0.32 (p<0.001)	Beer	43.9	-0.50 (p<0.001)
Pork	14.8	-0.30 (p<0.001)	Eggs total	12.6	-0.48 (p<0.001)
Ref. sugar & sweeteners total	71.2	-0.30 (p=0.001)	Poultry	36.3	-0.47 (p<0.001)
Poultry	36.3	-0.29 (p=0.001)	Coffee	3.2	-0.47 (p<0.001)
Fruits total	192.2	-0.29 (p=0.001)	Refined sugar	59.4	-0.46 (p<0.001)
Eggs total	12.6	-0.29 (p=0.001)	Pork	14.8	-0.45 (p<0.001)
Alcoholic beverages total	76.2	-0.29 (p=0.002)	HEALTH EXPENDITURE	767.0	-0.45 (p<0.001)
Cheese	5.1	-0.27 (p=0.004)	RAISED CHOLESTEROL (%)	36.0	-0.45 (p<0.001)

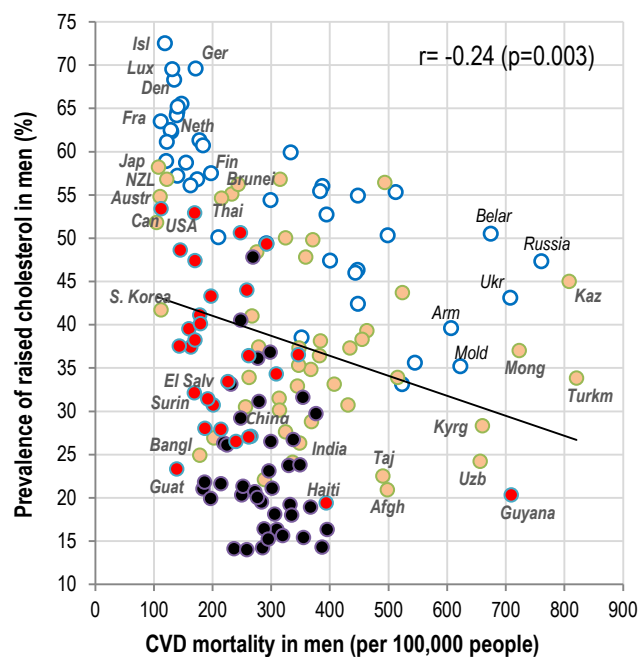
Level of significance:

Positive correlates		Negative correlates	
p≥0.001	p<0.001	p≥0.001	p<0.001

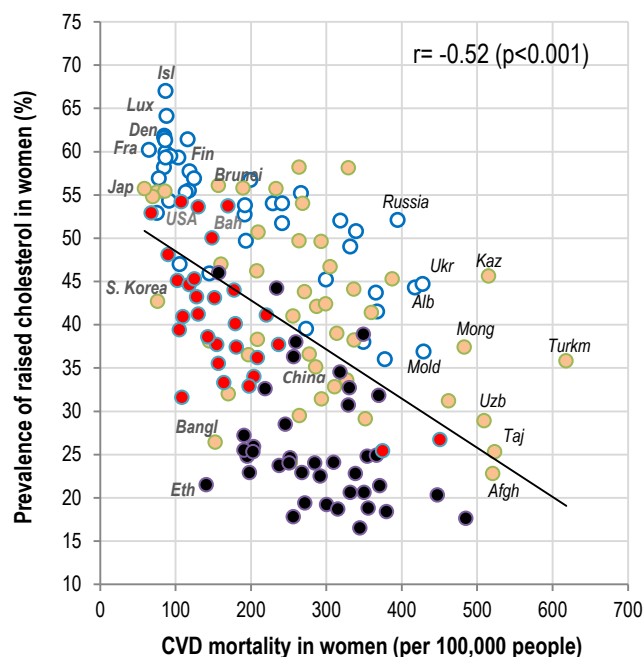


Supplementary Fig. S19. Relationship between men's CVD mortality (WHO, 2012) and the mean proportion of energy from alcoholic beverages (%; FAOSTAT, 1993-2011).

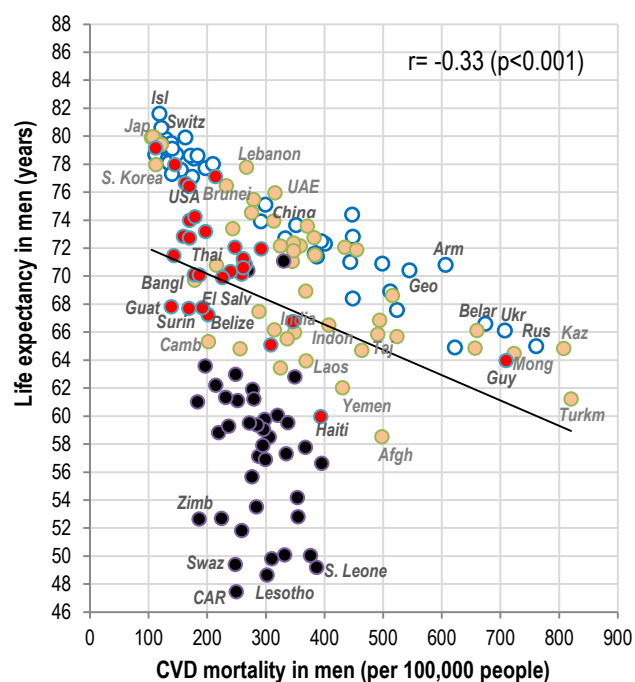
Supplementary Fig. S20. Relationship between men's CVD mortality (WHO, 2012) and the mean consumption of distilled beverages (g/day per capita; FAOSTAT, 1993-2011).



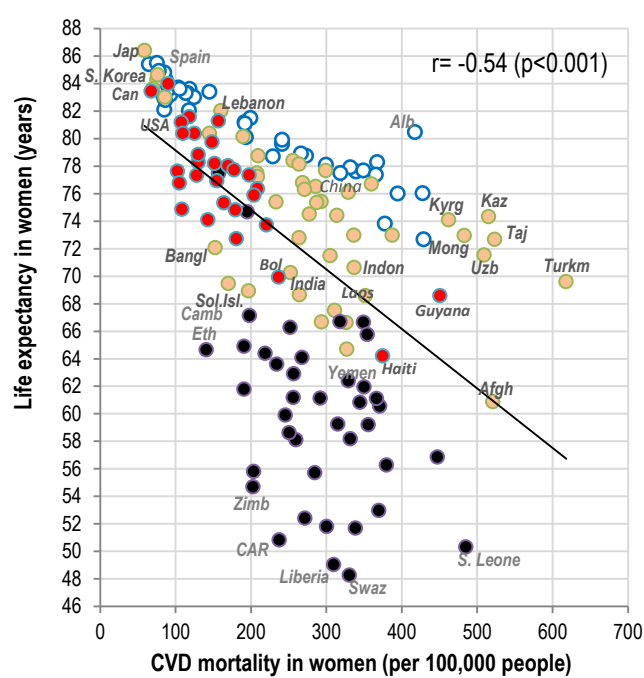
Supplementary Fig. S21. Relationship between men's CVD mortality (WHO, 2012) and the prevalence of men's raised cholesterol (%; WHO, 2010).



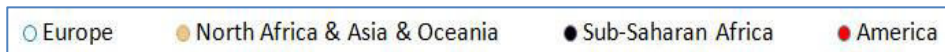
Supplementary Fig. S22. Relationship between women's CVD mortality (WHO, 2012) and the prevalence of women's raised cholesterol (%; WHO, 2010).



Supplementary Fig. S23. Relationship between men's CVD mortality (WHO, 2012) and men's life expectancy (World Bank, 2012).



Supplementary Fig. S24. Relationship between women's CVD mortality (WHO, 2012) and women's life expectancy (World Bank, 2012).



Raised blood glucose

Supplementary Table S7. Relationship between raised blood glucose and the examined variables (total sample of 158 countries).

Raised blood glucose (Men)			Raised blood glucose (Women)		
Positive correlates	Mean	Correlation (p-values)	Positive correlates	Mean	Correlation (p-values)
Wheat	197.0	0.43 (p<0.001)	MEAN BMI	25.5	0.62 (p<0.001)
MEAN BMI	24.8	0.40 (p<0.001)	OBESITY (%)	19.6	0.57 (p<0.001)
OBESITY (%)	12.9	0.39 (p<0.001)	Cereals total	373.7	0.40 (p<0.001)
Cereals total	373.7	0.35 (p<0.001)	CVD MORTALITY	241.7	0.36 (p<0.001)
Tomatoes	50.1	0.35 (p<0.001)	% Plant food energy	79.8	0.36 (p<0.001)
Plant protein	43.0	0.34 (p<0.001)	% CC energy	36.4	0.34 (p<0.001)
Mutton & Goat meat	9.5	0.32 (p<0.001)	Plant protein	43.0	0.33 (p<0.001)
CVD MORTALITY	308.0	0.30 (p<0.001)	Wheat	197.0	0.31 (p<0.001)
Poultry	38.4	0.30 (p<0.001)	% CA energy	64.1	0.30 (p<0.001)
Vegetables total	224.8	0.27 (p<0.001)	RAISED BLOOD PRESSURE (%)	24.0	0.28 (p<0.001)

Negative correlates	Mean	Correlation (p-values)	Negative correlates	Mean	Correlation (p-values)
% Alcoholic beverages energy	2.6	-0.36 (p<0.001)	Pork	33.6	-0.54 (p<0.001)
Alcoholic beverages total	118.8	-0.35 (p<0.001)	Alcoholic beverages total	118.8	-0.53 (p<0.001)
Pork	33.6	-0.33 (p<0.001)	% Alcoholic beverages energy	2.6	-0.51 (p<0.001)
Freshwater fish	6.7	-0.28 (p<0.001)	Beer	77.6	-0.44 (p<0.001)
Beer	77.6	-0.26 (p=0.001)	Coffee	5.6	-0.44 (p<0.001)
Wine	16.7	-0.24 (p=0.002)	Wine	16.7	-0.44 (p<0.001)
Coffee	5.6	-0.23 (p=0.004)	Cheese	11.5	-0.40 (p<0.001)
Lard	5.5	-0.23 (p=0.004)	HEALTH EXPENDITURE	1254.9	-0.38 (p<0.001)
Starchy roots total	201.0	-0.22 (p=0.006)	Lard	5.5	-0.36 (p<0.001)
% SRC energy	6.2	-0.20 (p=0.011)	Animal fat	35.9	-0.35 (p<0.001)

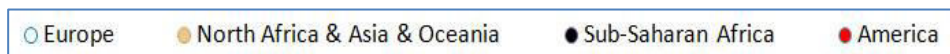
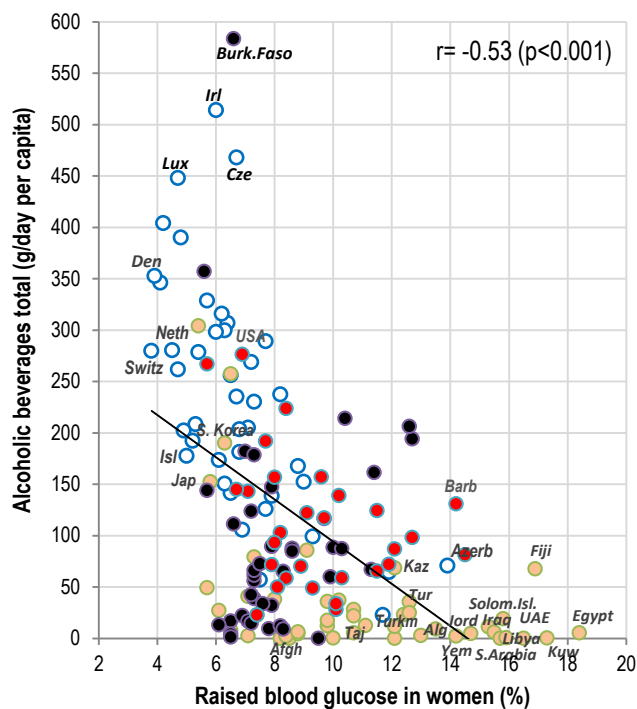
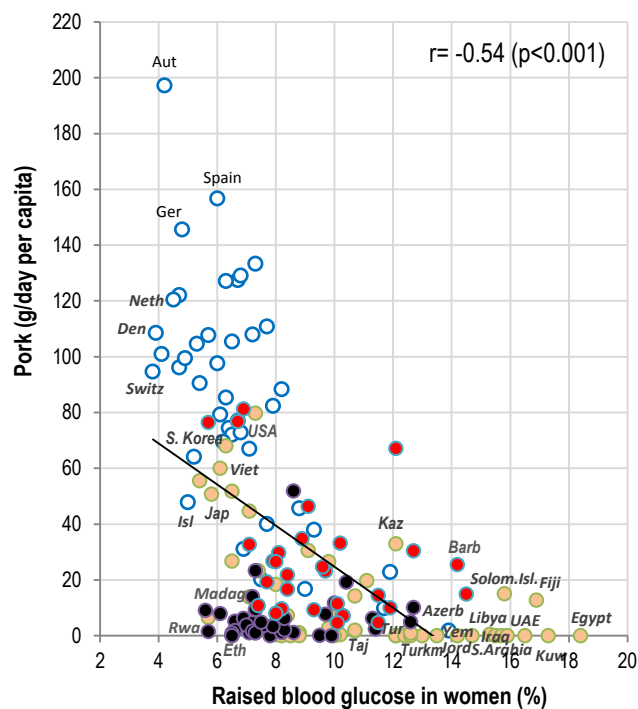
Supplementary Table S8. Relationship between raised blood glucose and the examined variables (the world outside Europe, 116 countries).

Raised blood glucose (Men)			Raised blood glucose (Women)		
Positive correlates	Mean	Correlation (p-values)	Positive correlates	Mean	Correlation (p-values)
OBESITY (%)	10.6	0.65 (p<0.001)	OBESITY (%)	19.0	0.72 (p<0.001)
MEAN BMI	24.2	0.63 (p<0.001)	MEAN BMI	25.4	0.72 (p<0.001)
Wheat	164.4	0.59 (p<0.001)	Wheat	164.4	0.55 (p<0.001)
Tomatoes	41.8	0.52 (p<0.001)	Tomatoes	41.8	0.47 (p<0.001)
Total energy	2550.7	0.47 (p<0.001)	Refined sugar	59.4	0.40 (p<0.001)
RAISED CHOLESTEROL (%)	32.7	0.45 (p<0.001)	RAISED CHOLESTEROL (%)	36.0	0.38 (p<0.001)
Vegetables total	191.5	0.44 (p<0.001)	Total energy	2550.7	0.36 (p<0.001)
Total protein	68.6	0.43 (p<0.001)	Grapes	9.1	0.35 (p<0.001)
Grapes	9.1	0.40 (p<0.001)	Cereals total	377.6	0.34 (p<0.001)
Total fat & Total protein	134.2	0.40 (p<0.001)	Ref. sugar & sweeteners total	71.2	0.33 (p<0.001)

Negative correlates	Mean	Correlation (p-values)	Negative correlates	Mean	Correlation (p-values)
% Alcoholic beverages energy	1.7	-0.30 (p=0.001)	% Alcoholic beverages energy	1.7	-0.31 (p<0.001)
Freshwater fish	6.8	-0.29 (p=0.001)	Alcoholic beverages total	76.2	-0.31 (p<0.001)
% CA energy	67.1	-0.28 (p=0.002)	Freshwater fish	6.8	-0.30 (p<0.001)
% SRC energy	7.0	-0.27 (p=0.004)	Pork	14.8	-0.30 (p=0.001)
Alcoholic beverages total	76.2	-0.25 (p=0.007)	% SRC energy	7.0	-0.28 (p=0.002)
Maize	70.8	-0.24 (p=0.009)	Starchy roots	196.4	-0.24 (p=0.008)
% CC energy & % SRC energy	46.7	-0.24 (p=0.010)	Fermented beverages	22.0	-0.24 (p=0.011)
Fermented beverages	22.0	-0.23 (p=0.012)	% CC energy & % SRC energy	46.7	-0.18 (p=0.049)
Starchy roots total	196.4	-0.23 (p=0.014)	Beer	43.9	-0.17 (p=0.07)
Pork	14.8	-0.20 (p=0.029)	Rice	104.6	-0.16 (p=0.09)

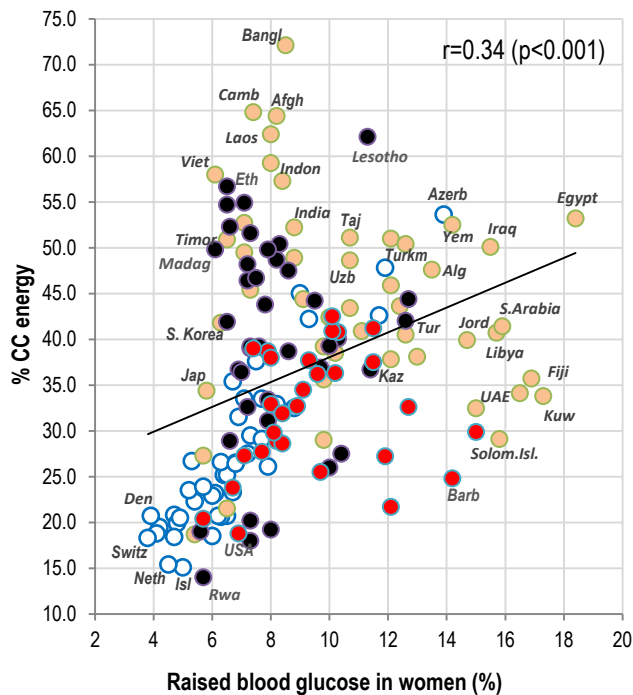
Level of significance:

Positive correlates		Negative correlates	
p≥0.001	p<0.001	p≥0.001	p<0.001



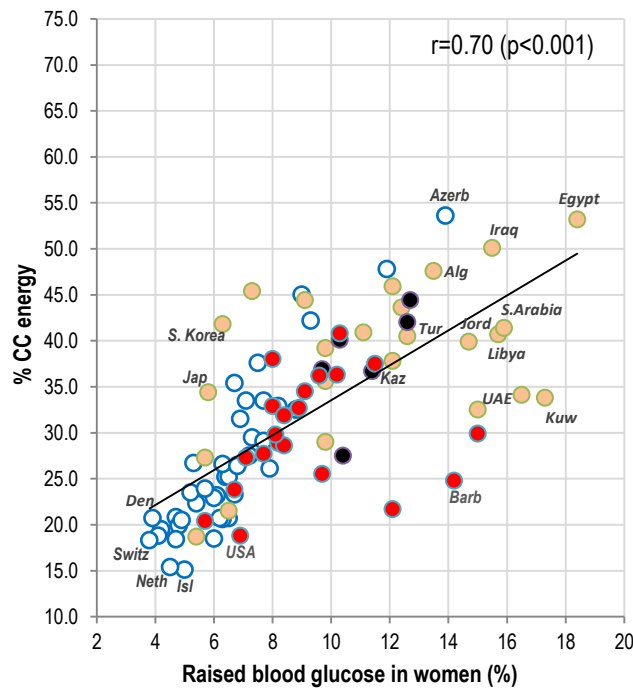
Supplementary Fig. S25. Relationship between the prevalence of women's raised blood glucose (%) (WHO, 2010) and the mean consumption of pork (g/day per capita; FAOSTAT, 1993-2011).

Supplementary Fig. S26. Relationship between the prevalence of women's raised blood glucose (%) (WHO, 2010) and the mean consumption of alcoholic beverages (g/day per capita, FAOSTAT, 1993-2011).



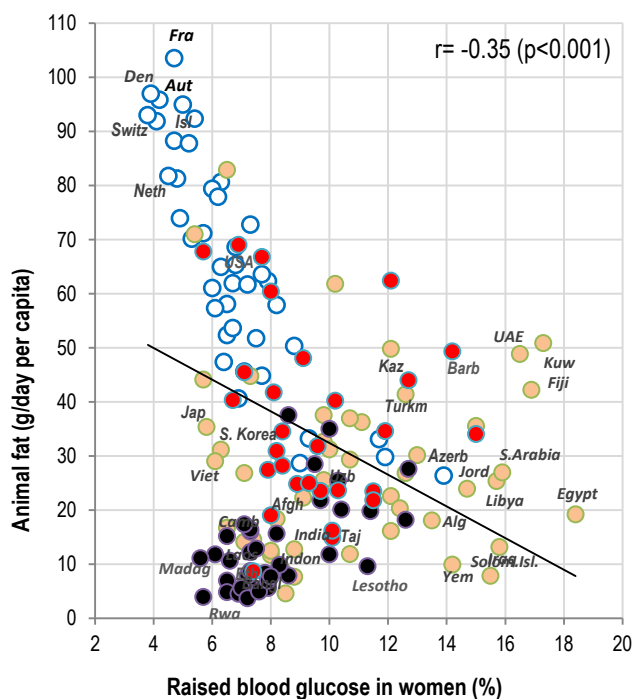
Supplementary Fig. S27. Relationship between the prevalence of women's raised blood glucose (%; WHO, 2010) and the mean proportion of energy from cereal carbohydrates (% CC energy) in the diet (FAOSTAT, 1993-2011).

Total sample (n=158).



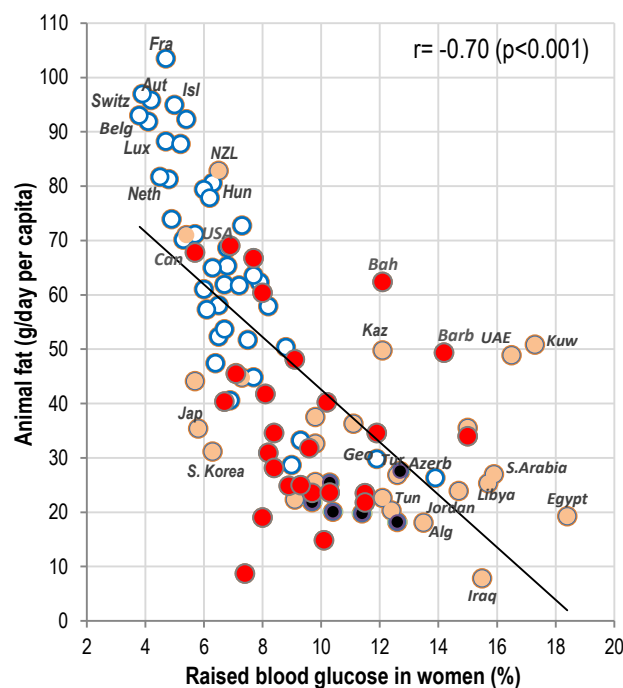
Supplementary Fig. S28. Relationship between the prevalence of women's raised blood glucose (%; WHO, 2010) and the mean proportion of energy from cereal carbohydrates (% CC energy) in the diet (FAOSTAT, 1993-2011).

Countries with health expenditure above 500 USD (n=92).



Supplementary Fig. S29. Relationship between the prevalence of women's raised blood glucose (%; WHO, 2010) and the mean consumption of animal fat (g/day per capita; FAOSTAT, 1993-2011).

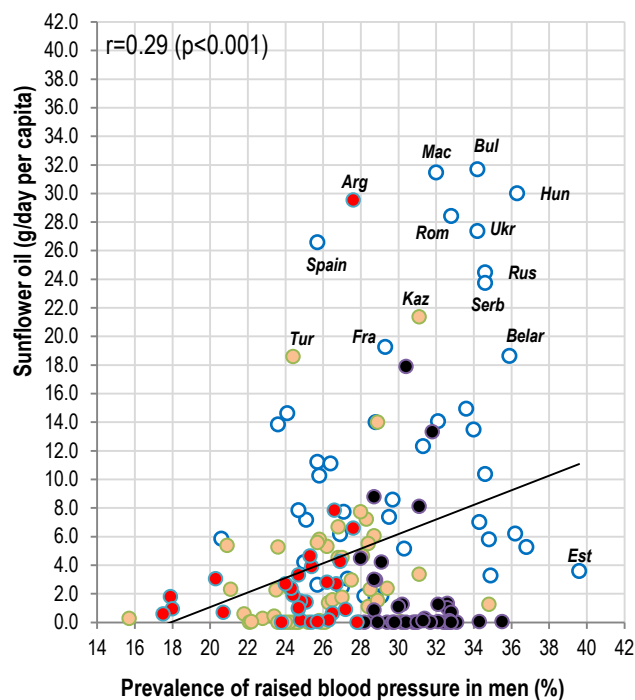
Total sample (n=158).



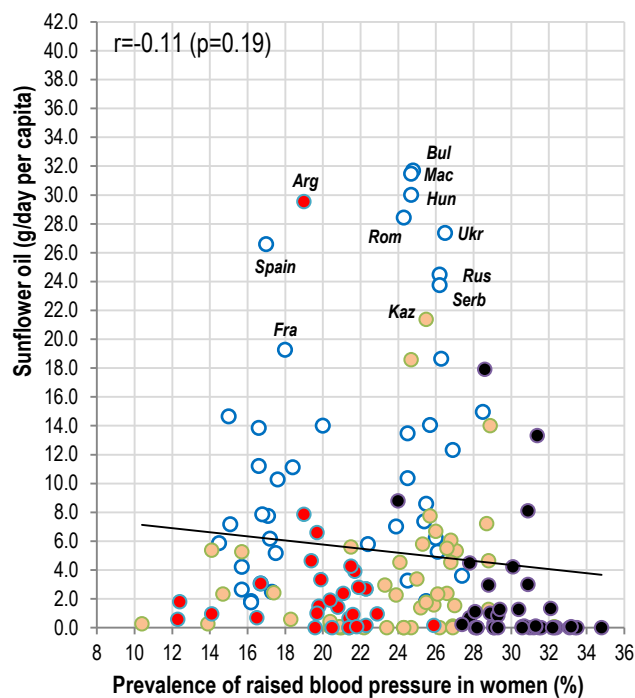
Supplementary Fig. S30. Relationship between the prevalence of women's raised blood glucose (%; WHO, 2010) and the mean consumption of animal fat (g/day per capita; FAOSTAT, 1993-2011).

Countries with health expenditure above 500 USD (n=92).

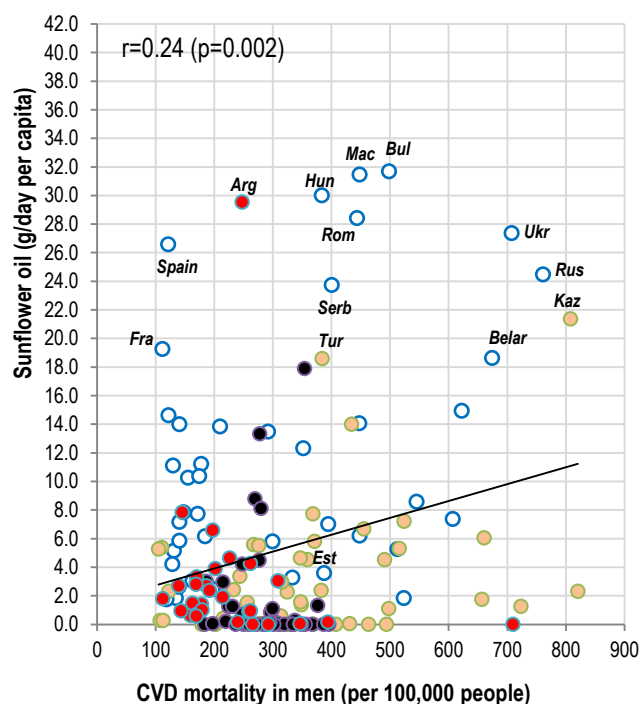
○ Europe ● North Africa & Asia & Oceania ● Sub-Saharan Africa ● America



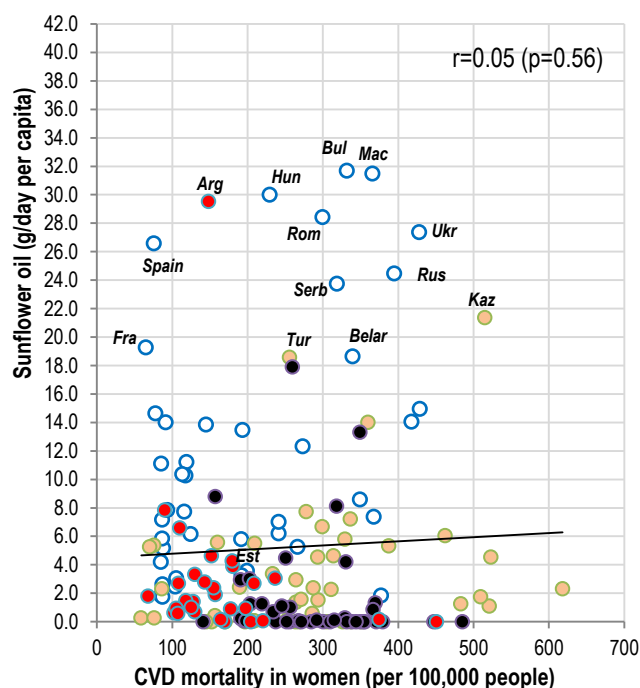
Supplementary Fig. S31. Relationship between the prevalence of men's raised blood pressure (%; WHO, 2010) and the mean consumption of sunflower oil (FAOSTAT, 1993-2011).



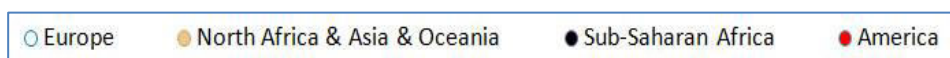
Supplementary Fig. S32. Relationship between the prevalence of women's raised blood pressure (%; WHO, 2010) and the mean consumption of sunflower oil (FAOSTAT, 1993-2011).



Supplementary Fig. S33. Relationship between men's CVD mortality (WHO, 2012) and the mean consumption of sunflower oil (FAOSTAT, 1993-2011).



Supplementary Fig. S34. Relationship between women's CVD mortality (WHO, 2012) and the mean consumption of sunflower oil (FAOSTAT, 1993-2011).



Smoking

Supplementary Table S9. Correlation between smoking and health indicators. All countries (n=115).

	Current smoking of any tobacco product		Daily smoking of any tobacco product		Current smoking of cigarettes		Daily smoking of cigarettes	
	Men	Women	Men	Women	Men	Women	Men	Women
Raised blood pressure (Men)	0.17		0.18		0.11		0.13	
Raised blood pressure (Women)		-0.42		-0.43		-0.49		-0.48
CVD mortality (Men)	0.53		0.52		0.52		0.50	
CVD mortality (Women)		-0.37		-0.38		-0.40		-0.40
Raised cholesterol (Men)	-0.03		0.01		0.09		0.13	
Raised cholesterol (Women)		0.62		0.63		0.67		0.66
Raised blood glucose (Men)	0.19		0.19		0.17		0.13	
Raised blood glucose (Women)		-0.44		-0.46		-0.43		-0.47
Health expenditure	-0.26	0.55	-0.23	0.57	-0.16	0.59	-0.13	0.60
Life expectancy	-0.07	0.57	-0.04	0.58	0.04	0.63	0.06	0.61

Supplementary Table S10. Correlation between smoking and health indicators. Non-European countries (n=76).

	Current smoking of any tobacco product		Daily smoking of any tobacco product		Current smoking of cigarettes		Daily smoking of cigarettes	
	Men	Women	Men	Women	Men	Women	Men	Women
Raised blood pressure (Men)	-0.05		-0.07		-0.17		-0.19	
Raised blood pressure (Women)		-0.44		-0.46		-0.56		-0.57
CVD mortality (Men)	0.36		0.34		0.32		0.29	
CVD mortality (Women)		-0.35		-0.36		-0.42		-0.42
Raised cholesterol (Men)	0.06		0.06		0.20		0.18	
Raised cholesterol (Women)		0.41		0.41		0.51		0.49
Raised blood glucose (Men)	0.15		0.17		0.15		0.12	
Raised blood glucose (Women)		-0.13		-0.15		-0.11		-0.18
Health expenditure	-0.17	0.44	-0.14	0.48	-0.05	0.52	-0.03	0.58
Life expectancy	0.01	0.43	0.02	0.44	0.13	0.55	0.12	0.52

Level of significance:

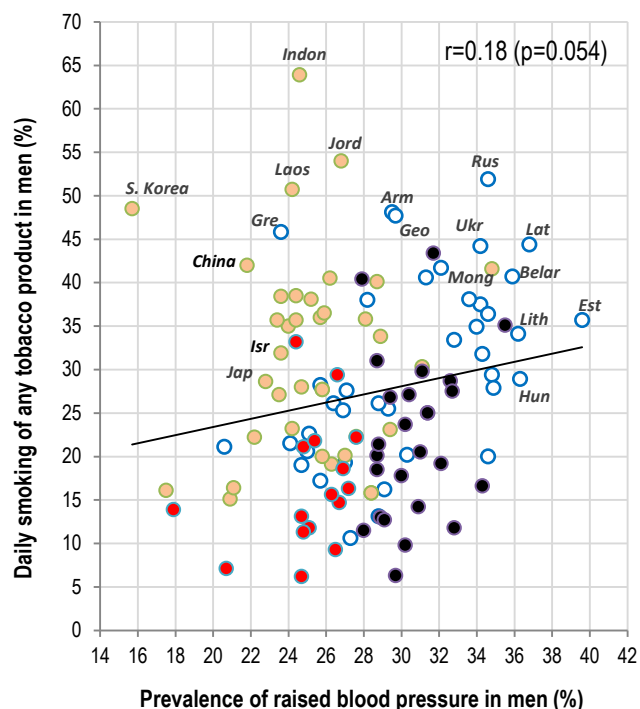
Positive correlates			Negative correlates		
p<0.05	p<0.01	p<0.001	p<0.05	p<0.01	p<0.001

Supplementary Table S11. Relationship between men's raised blood pressure & CVD mortality and the examined variables plus smoking (46 countries with health expenditure 500-2000 USD per capita).

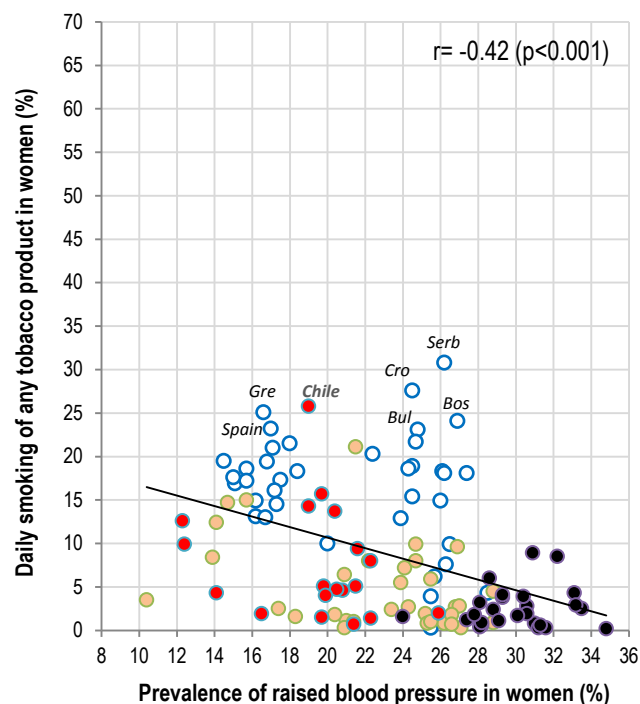
Raised blood pressure (Men)			CVD mortality (Men)		
Positive correlates	Mean	Correlation (p-values)	Positive correlates	Mean	Correlation (p-values)
Potatoes	137.7	0.71 (p<0.001)	Daily smoking of cigarettes (%)	25.6	0.68 (p<0.001)
% Alcoholic beverages energy	3.1	0.68 (p<0.001)	Daily smoking of any tobacco product (%)	29.7	0.67 (p<0.001)
Dairy total	352.6	0.65 (p<0.001)	Current smoking of cigarettes (%)	31.5	0.66 (p<0.001)
Alcoholic beverages total	121.1	0.65 (p<0.001)	Current smoking of any tobacco product (%)	37.0	0.64 (p<0.001)
Dairy protein	11.8	0.63 (p<0.001)	Potatoes	137.7	0.63 (p<0.001)
CVD MORTALITY	358.0	0.61 (p<0.001)	RAISED BLOOD PRESSURE (%)	29.2	0.61 (p<0.001)
Beer	87.0	0.61 (p<0.001)	Sunflower oil	9.6	0.56 (p<0.001)
Pork	37.8	0.57 (p<0.001)	Wheat	245.4	0.56 (p<0.001)
Animal fat	41.0	0.57 (p<0.001)	Cereals total	398.0	0.48 (p<0.001)
Dairy fat	11.1	0.57 (p<0.001)	Starchy roots	174.4	0.43 (p=0.003)
...Sunflower oil	9.6	0.55 (p<0.001)	...Distilled beverages	11.5	0.31 (p=0.038)
...Distilled beverages	11.5	0.50 (p<0.001)			
...Daily smoking of cigarettes	25.6	0.46 (p=0.001)			
Negative correlates	Mean	Correlation (p-values)	Negative correlates	Mean	Correlation (p-values)
Rice	63.3	-0.67 (p<0.001)	Fruits total	223.7	-0.53 (p<0.001)
% Plant food energy	76.8	-0.62 (p<0.001)	Legumes (incl. Soybeans)	15.5	-0.49 (p<0.001)
Fruits total	223.7	-0.54 (p<0.001)	Legumes (excl. Soybeans)	14.2	-0.46 (p=0.001)
Oilcrops	11.6	-0.52 (p<0.001)	Oranges. Mandarins	39.8	-0.45 (p=0.002)
Legumes (incl. Soybeans)	15.5	-0.47 (p<0.001)	Rice	63.3	-0.43 (p=0.003)
Oranges. Mandarins	39.8	-0.44 (p=0.002)	Poultry	49.1	-0.42 (p=0.004)
Legumes (excl. Soybeans)	14.2	-0.41 (p=0.005)	Oilcrops	11.6	-0.38 (p=0.009)
% CA energy	63.0	-0.31 (p=0.037)	LIFE EXPECTANCY	70.6	-0.37 (p=0.011)
% CC energy	35.1	-0.31 (p=0.037)	Ref. sugar & sweeteners total	97.2	-0.25 (p=0.10)
LIFE EXPECTANCY	70.6	-0.31 (p=0.038)	Refined sugar	80.7	-0.21 (p=0.16)

Level of significance:

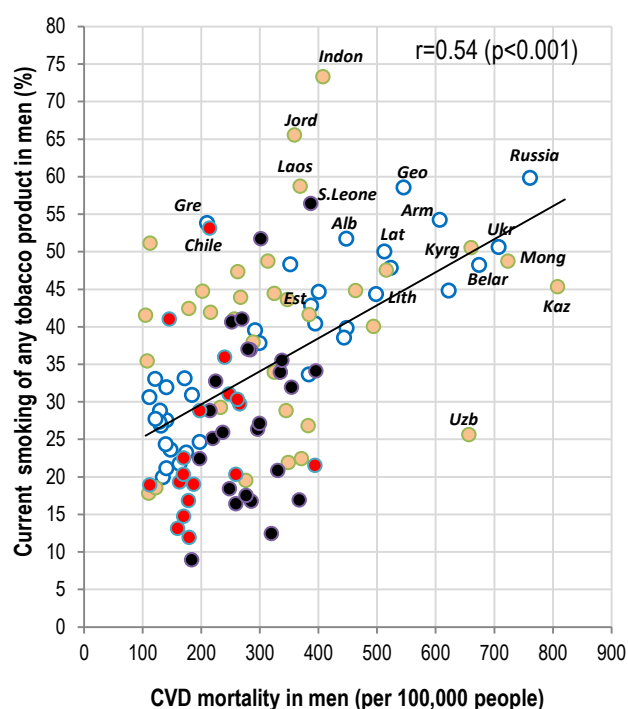
Positive correlates		Negative correlates	
p≥0.001	p<0.001	p≥0.001	p<0.001



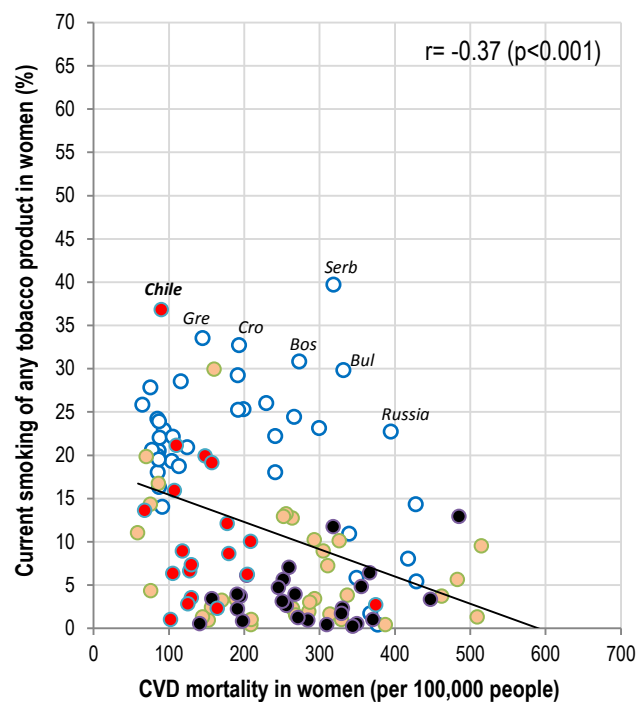
Supplementary Fig. S35. Relationship between the prevalence of men's raised blood pressure (WHO, 2008) and the prevalence of daily smoking of any tobacco product in men.



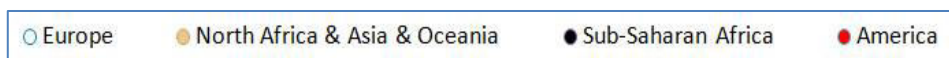
Supplementary Fig. S36. Relationship between the prevalence of women's raised blood pressure (WHO, 2008) and the prevalence of daily smoking of any tobacco product in women.



Supplementary Fig. S37. Relationship between the prevalence of men's CVD mortality (WHO, 2012) and the prevalence of current smoking of any tobacco product in men.



Supplementary Fig. S38. Relationship between the prevalence of women's CVD mortality (WHO, 2012) and the prevalence of current smoking of any tobacco product in women.



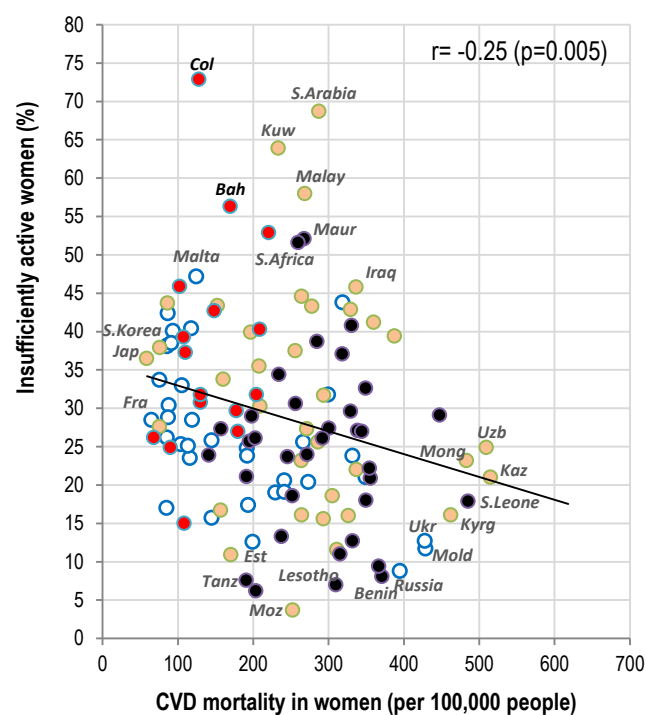
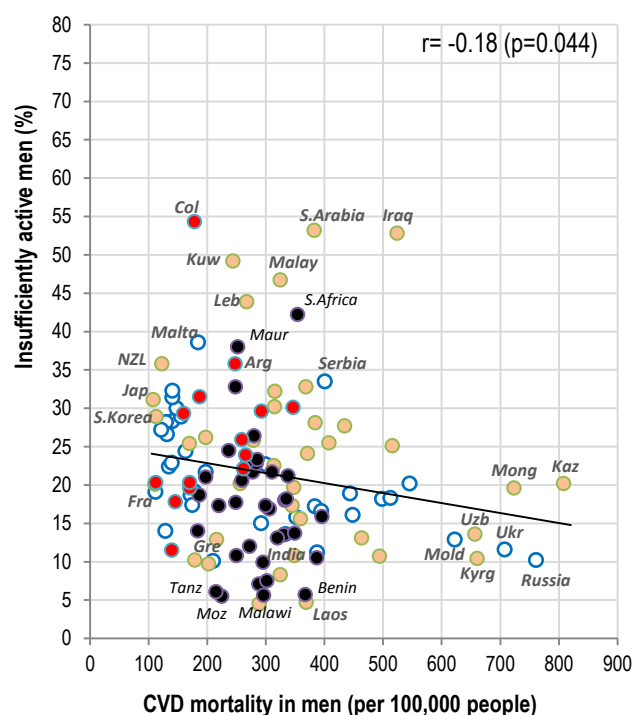
Physical activity

Supplementary Table S12. Correlation between physical activity and health indicators in 123 countries.

	% Insufficiently active adults					
	Total sample (n=123)		Europe (n=35)		Non-European countries (n=88)	
	Men	Women	Men	Women	Men	Women
Raised blood pressure (Men)	-0.17		-0.50		-0.08	
Raised blood pressure (Women)		-0.26		-0.55		-0.27
CVD mortality (Men)	-0.18		-0.55		-0.07	
CVD mortality (Women)		-0.25		-0.53		-0.23
Raised cholesterol (Men)	0.31		0.43		0.46	
Raised cholesterol (Women)		0.31		0.43		0.48
Raised blood glucose (Men)	0.45		-0.09		0.52	
Raised blood glucose (Women)		0.35		-0.40		0.46

Level of significance:

Positive correlates			Negative correlates		
p<0.05	p<0.01	p<0.001	p<0.05	p<0.01	p<0.001

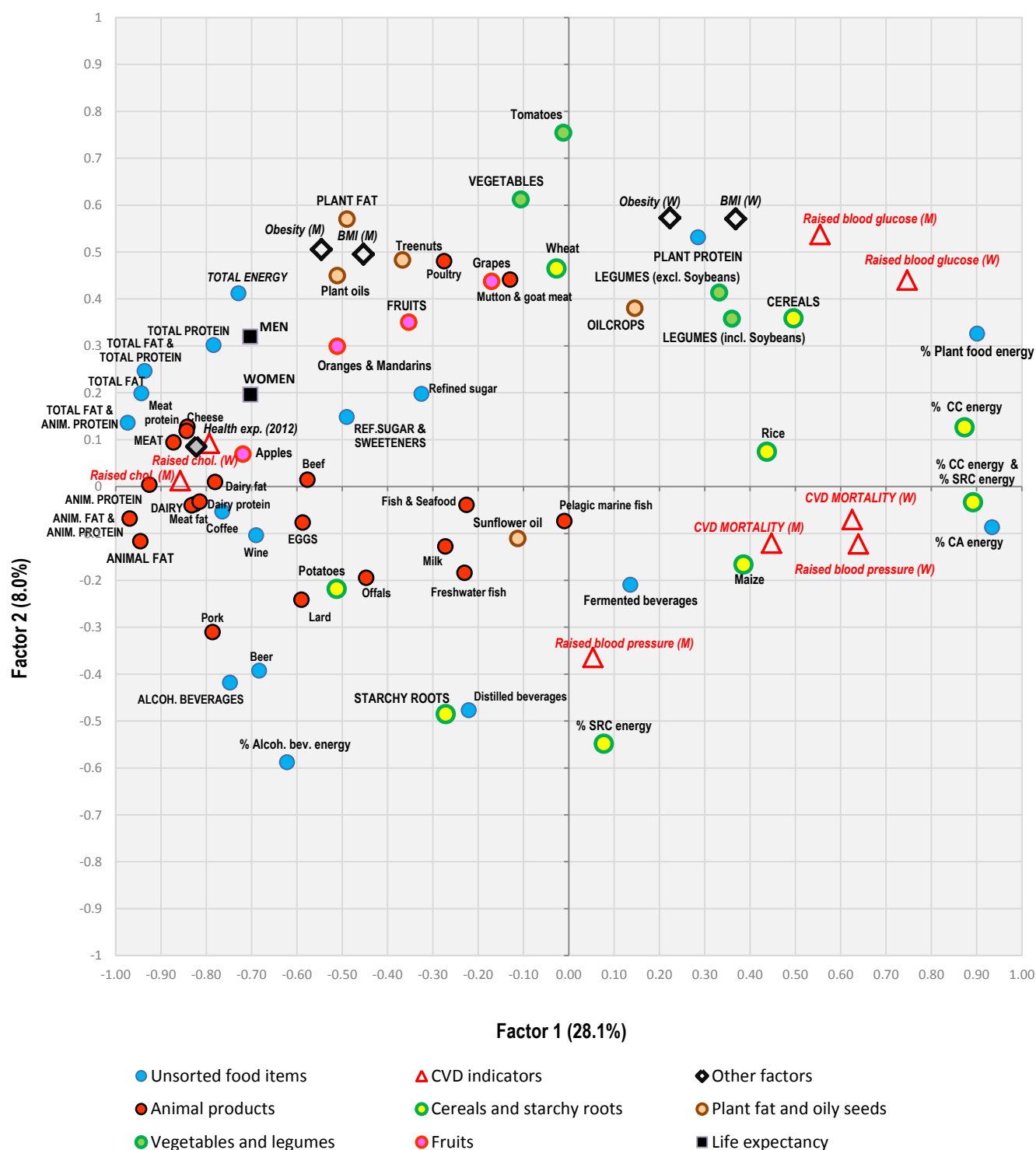


○ Europe ● North Africa & Asia & Oceania ● Sub-Saharan Africa ● America

Supplementary Fig. S39. Relationship between the self-reported prevalence of physical activity (WHO, 2010) and men's CVD mortality (WHO, 2012).

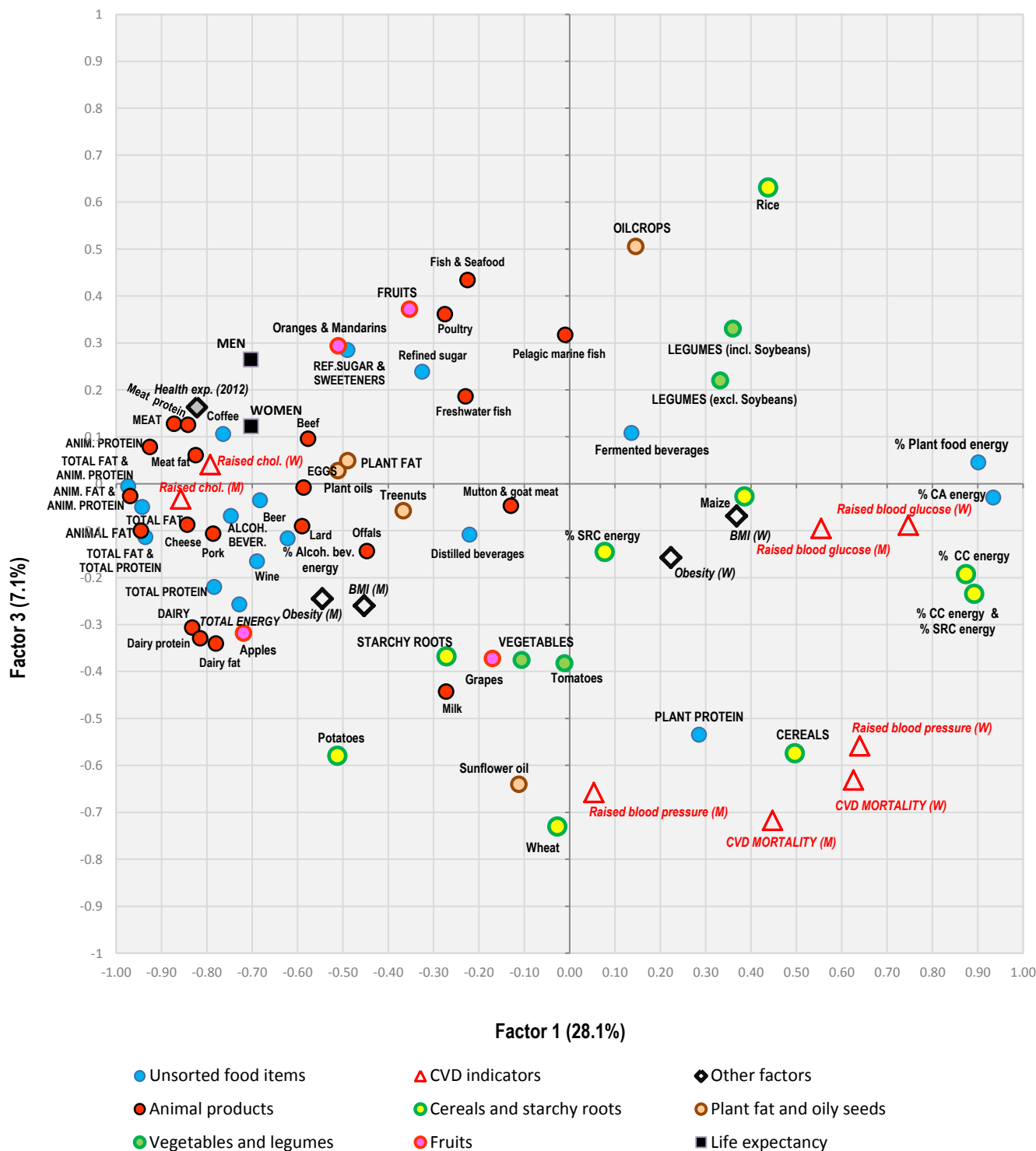
Supplementary Fig. S40. Correlation between the self-reported prevalence of physical activity and women's CVD mortality (WHO, 2012).

Factor analyses



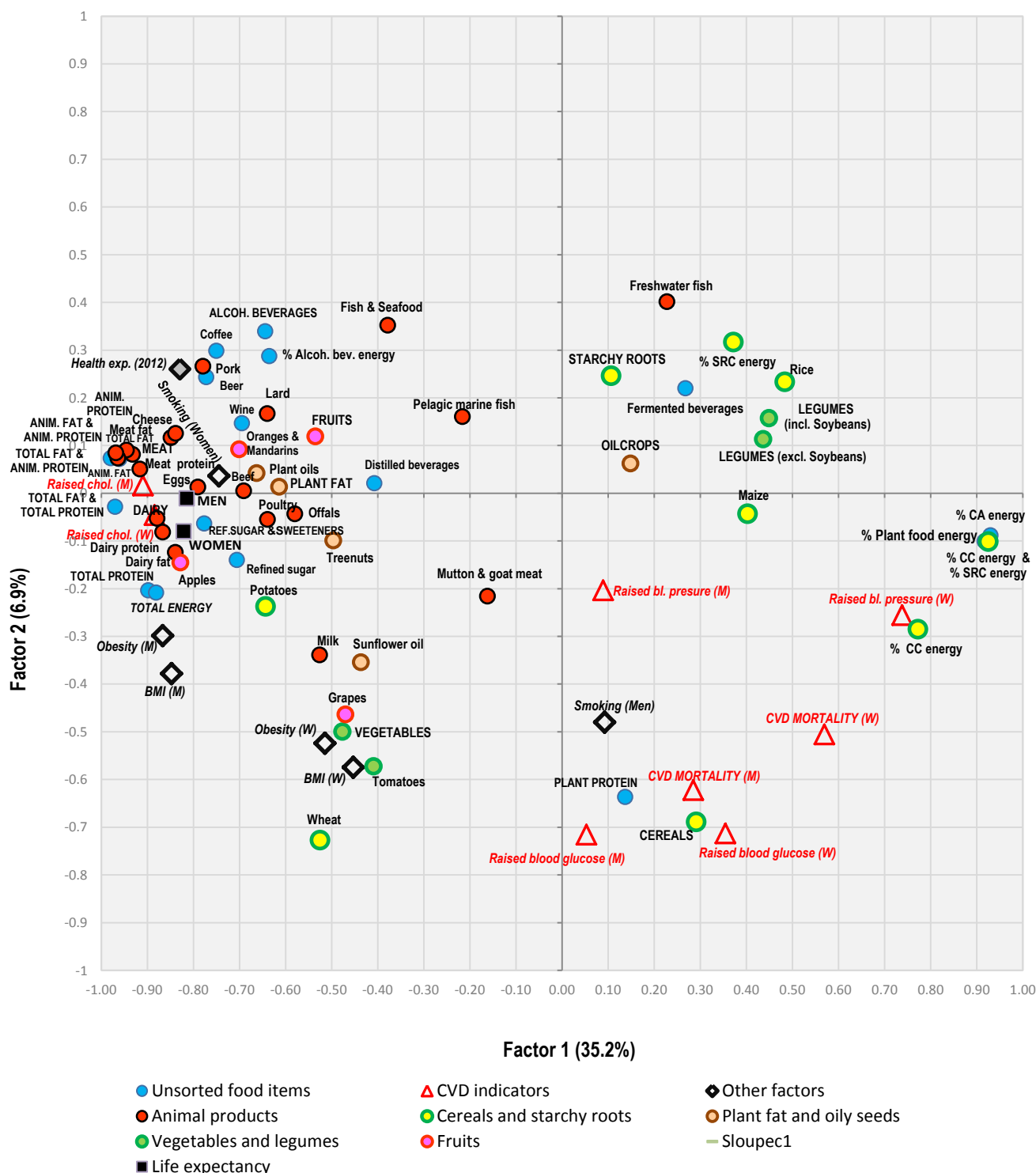
Supplementary Fig. S41. Factor analysis including 74 variables in 92 countries with health expenditure above 500 USD per capita explaining 36.1% variability.

Abbreviations: % CC energy = the proportion of energy from cereal carbohydrates; % SRC energy = the proportion of energy from starchy roots; % CA energy = the proportion of energy from carbohydrates and alcohol.



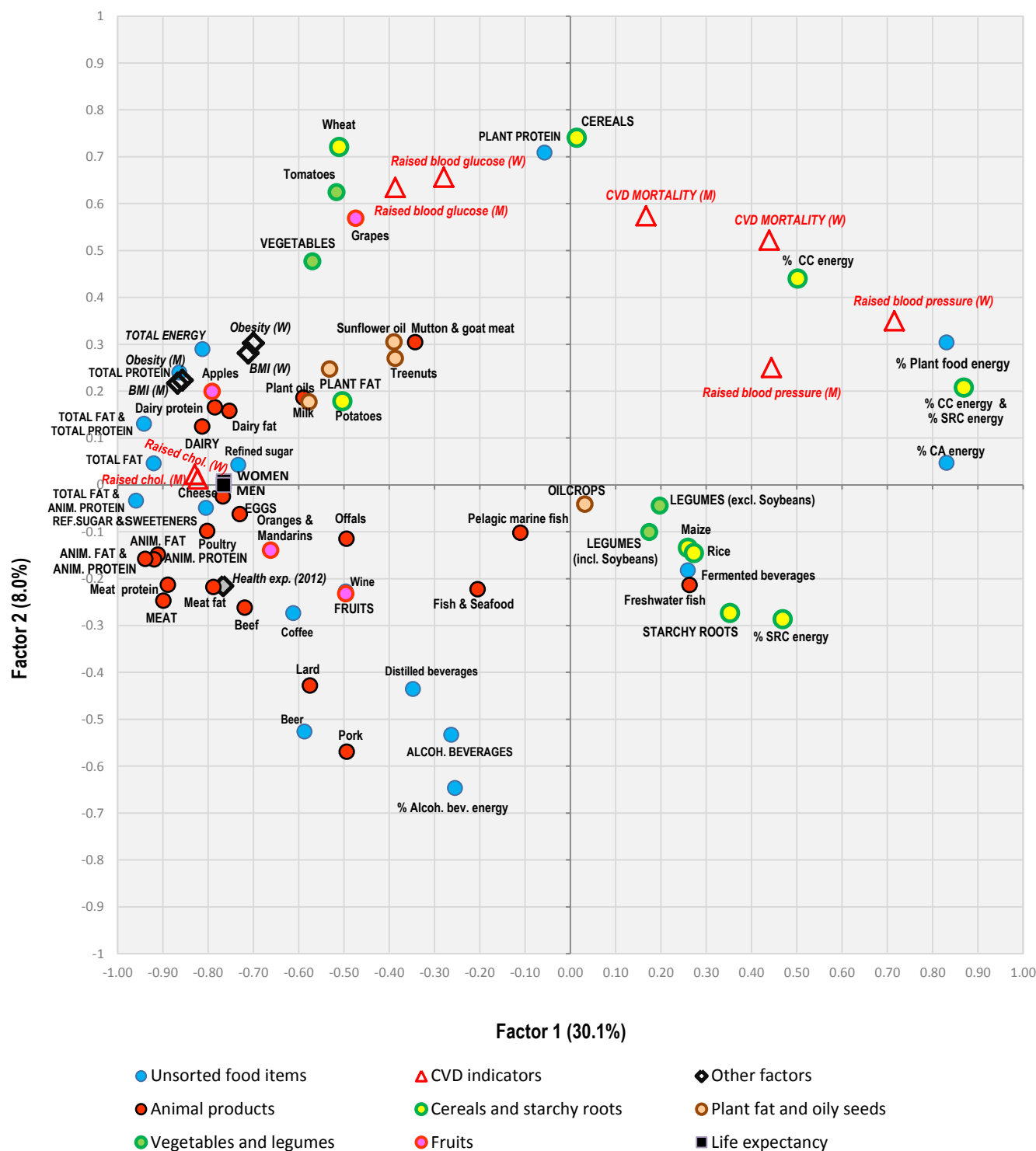
Supplementary Fig. S42. Factor analysis including 74 variables in 92 countries with health expenditure above 500 USD per capita explaining 35.2% variability.

Abbreviations: % CC energy = the proportion of energy from cereal carbohydrates; % SRC energy = the proportion of energy from starchy roots; % CA energy = the proportion of energy from carbohydrates and alcohol.



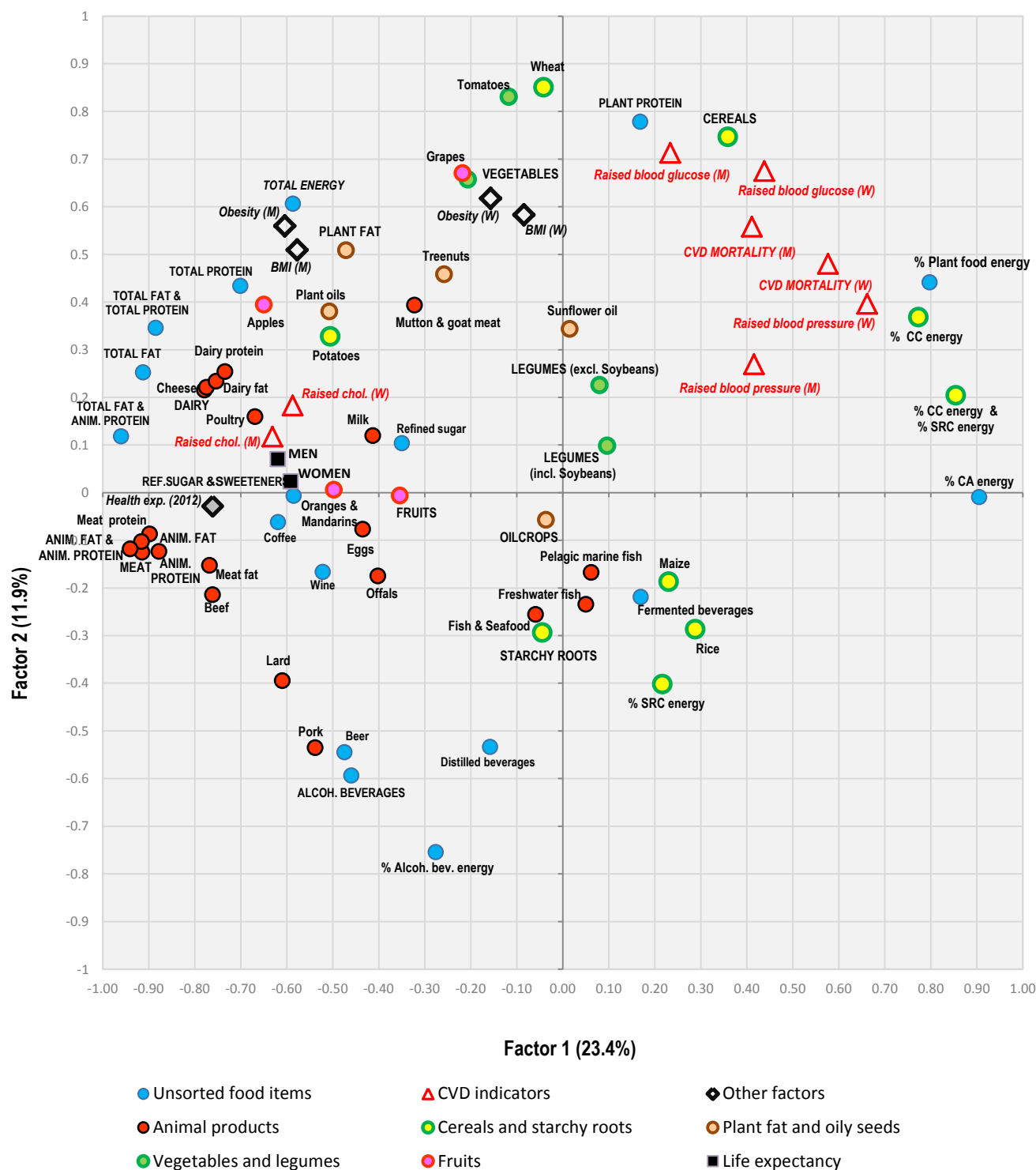
Supplementary Fig. S43. Factor analysis including 75 variables (plus smoking) in 115 countries explaining 42.1% variability). Smoking in this plot represents 'Current smoking of any tobacco product'.

Abbreviations: % CC energy = the proportion of energy from cereal carbohydrates; % SRC energy = the proportion of energy from starchy roots; % CA energy = the proportion of energy from carbohydrates and alcohol.



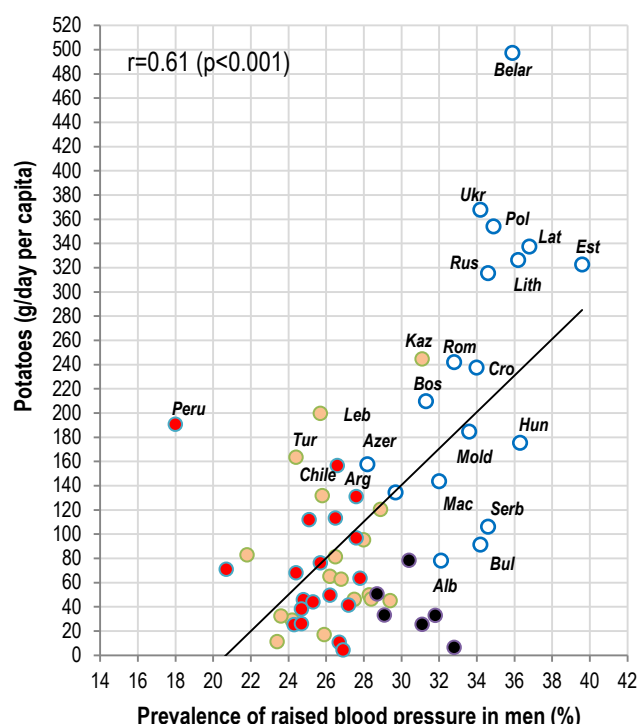
Supplementary Fig. S44. Factor analysis including 74 variables in 116 non-European countries explaining 38.1% variability.

Abbreviations: % CC energy = the proportion of energy from cereal carbohydrates; % SRC energy = the proportion of energy from starchy roots; % CA energy = the proportion of energy from carbohydrates and alcohol.



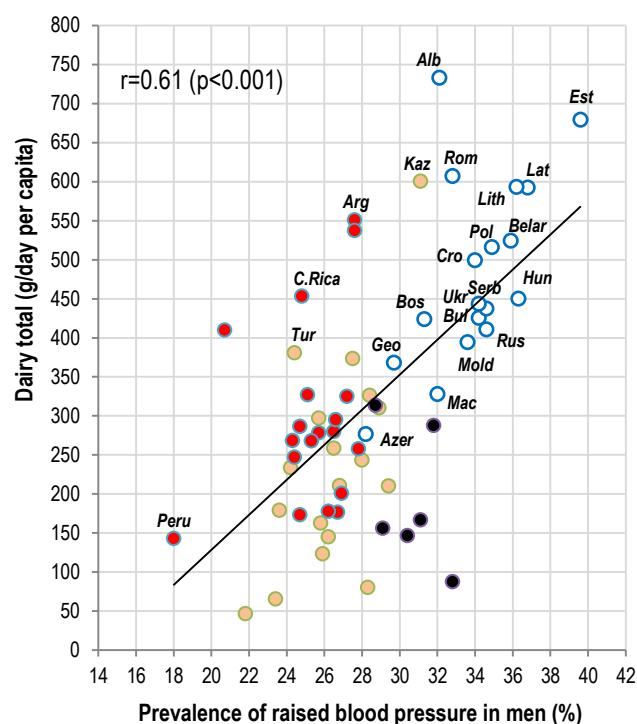
Supplementary Fig. S45. Factor analysis including 74 variables in 51 non-European countries with health expenditure above 500 USD per capita explaining 35.3% variability.

Abbreviations: % CC energy = the proportion of energy from cereal carbohydrates; % SRC energy = the proportion of energy from starchy roots; % CA energy = the proportion of energy from carbohydrates and alcohol.



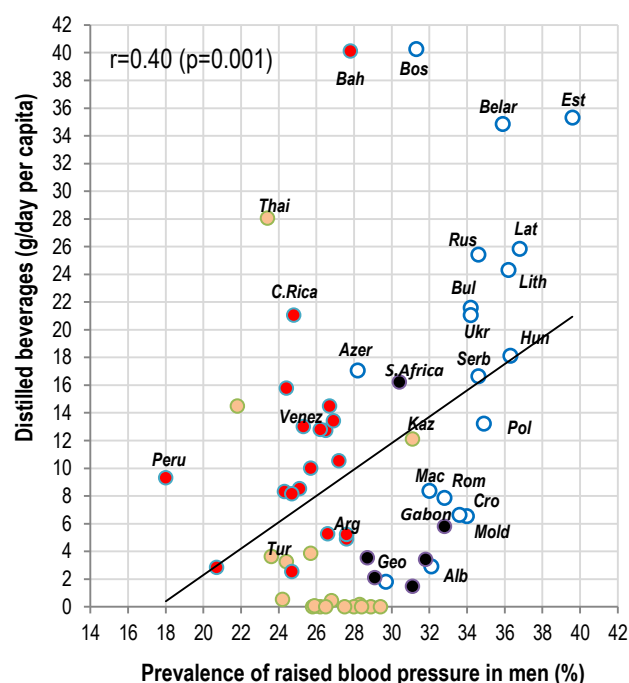
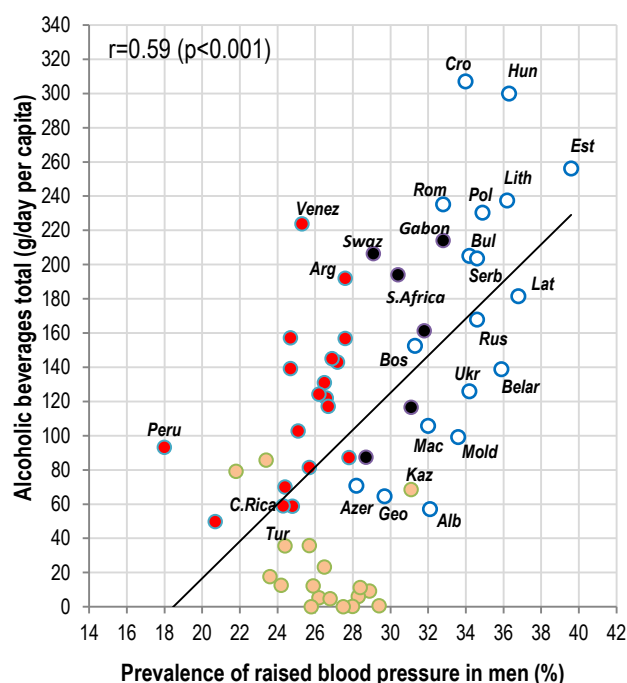
Supplementary Fig. S46. Relationship between the prevalence of men's raised blood pressure (%; WHO, 2010) and the mean consumption of potatoes (FAOSTAT, 1993-2011).

Countries with health expenditure between 500-2000 USD per capita (n=61).



Supplementary Fig. S47. Relationship between the prevalence of women's raised blood pressure (%; WHO, 2010) and the mean consumption of dairy (FAOSTAT, 1993-2011).

Countries with health expenditure between 500-2000 USD per capita (n=61).



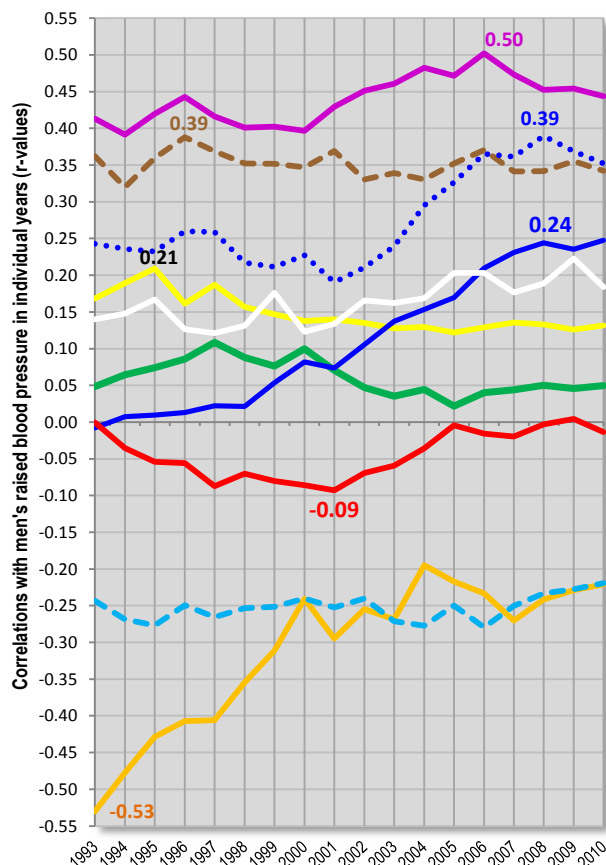
○ Europe ● North Africa & Asia & Oceania ● Sub-Saharan Africa ● America

Supplementary Fig. S48. Relationship between men's CVD mortality (WHO, 2012) and the mean consumption of alcoholic beverages (FAOSTAT, 1993-2011).

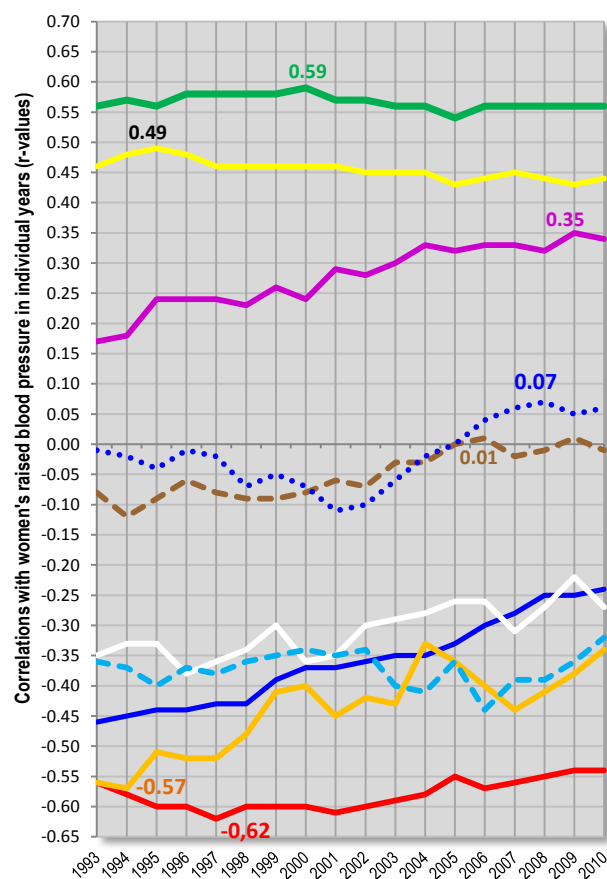
Countries with health expenditure between 500-2000 USD per capita (n=61).

Supplementary Fig. S49. Relationship between women's CVD mortality (WHO, 2012) and the mean consumption of distilled beverages (FAOSTAT, 1993-2011).

Countries with health expenditure between 500-2000 USD per capita (n=61).



— % CA energy
 — Alcoholic beverages total
 — Oranges & Mandarins
 — Cereals
 Distilled beverages
 - - - Fish & Seafood



- - - Potatoes
 — Sunflower oil
 — Dairy total
 — Animal protein
 — % CA energy

Supplementary Fig. S50. Temporal changes in correlation coefficients (r-values) between men's raised blood pressure (2010) and 10 food items.

Countries with health expenditure above 500 USD per capita (n=91).

Supplementary Fig. S51. Temporal changes in correlation coefficients (r-values) between women's raised blood pressure (2010) and 10 food items.

Countries with health expenditure above 500 USD per capita (n=91).