

1 Supplementary Table 1. Planetary Health Diet Index (PHDI) diet score calculation.

Food groups	Criteria for scoring for PHDI			GDD data
	Min score (0) in g/d	Max score (10) in g/d	Weight	
Whole grains	0	≥ 75 g/d for females ≥ 90 g/d for males ≥ 82.5 g/d for all	1	Whole grains
Starchy vegetables	≥ 200	≤ 50	1	Potatoes + Other starchy vegetables
Other vegetables	0	≥ 300	1	Non-starchy vegetables
Fruits	0	≥ 200	1	Fruits (Fruit juices were not included)
Dairy	≥ 1000	≤ 250	1	Yogurt + milk + cheese
Red meat	≥ 100	≤ 14	1	Unprocessed red meats
Poultry	≥ 100	≤ 29	1	Not included.
Egg	≥ 120	≤ 13	1	Eggs
Fish	0	≥ 28	1	Total seafoods
Legumes	0	≥ 100	0.5	Non-Soy Beans and legumes
Soy	0	≥ 50	0.5	Not included.
Nuts	0	≥ 50	1	Nuts and seeds
Saturated Fats	≥ 10 of TEI	0 of TEI	1	Saturated fat
Unsaturated Fats	≤ 3.5 of TEI	≥ 21 of TEI	1	Monounsaturated fatty acids + Total omega-6 fat
Added sugar	$\geq 25\%$ of TEI	$\leq 5\%$ of TEI	1	Added sugars

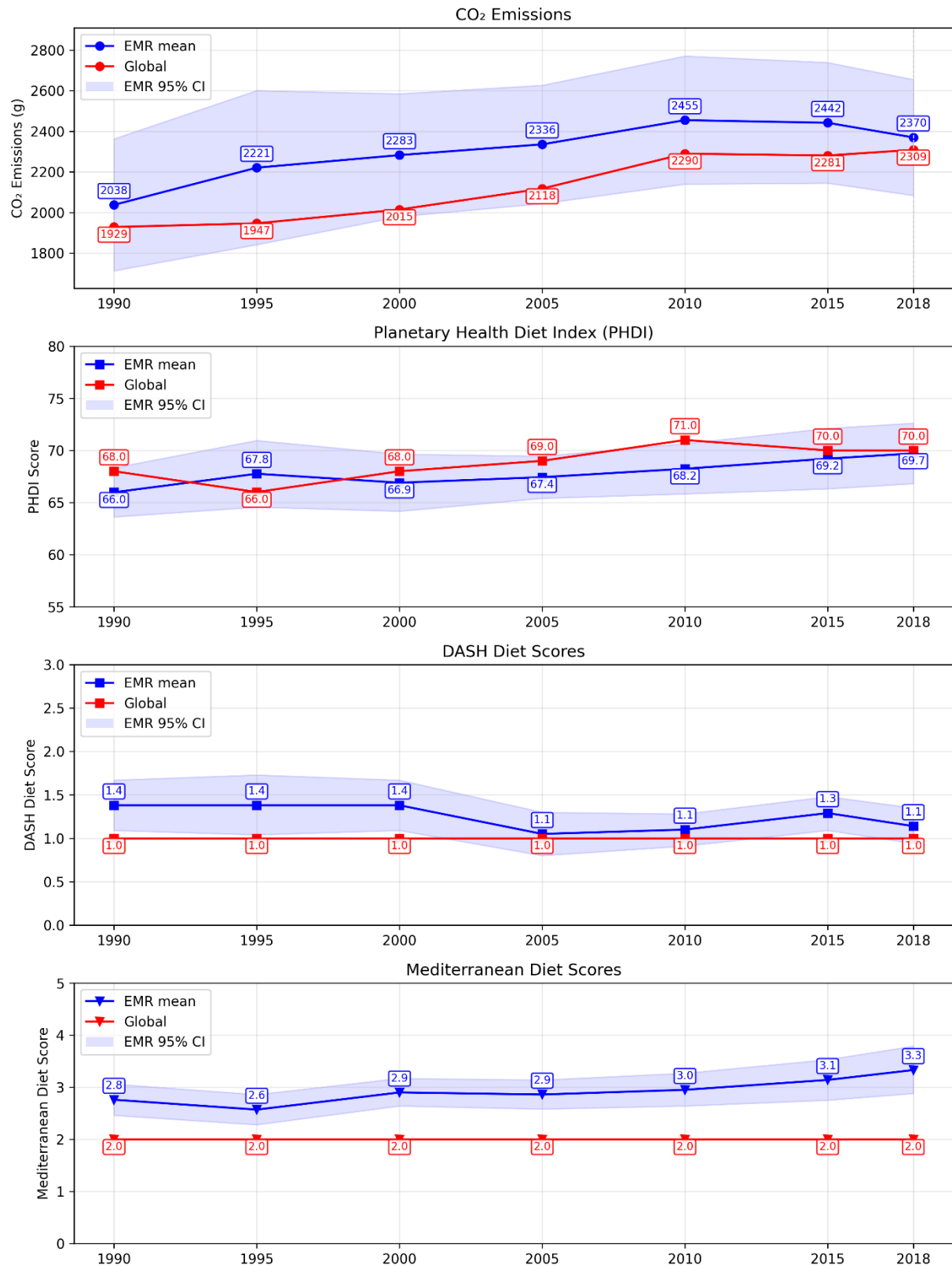
2 TEI, total energy intake.

3 Supplementary Table 2. DASH and Mediterranean diet scores calculation for the EMR region.

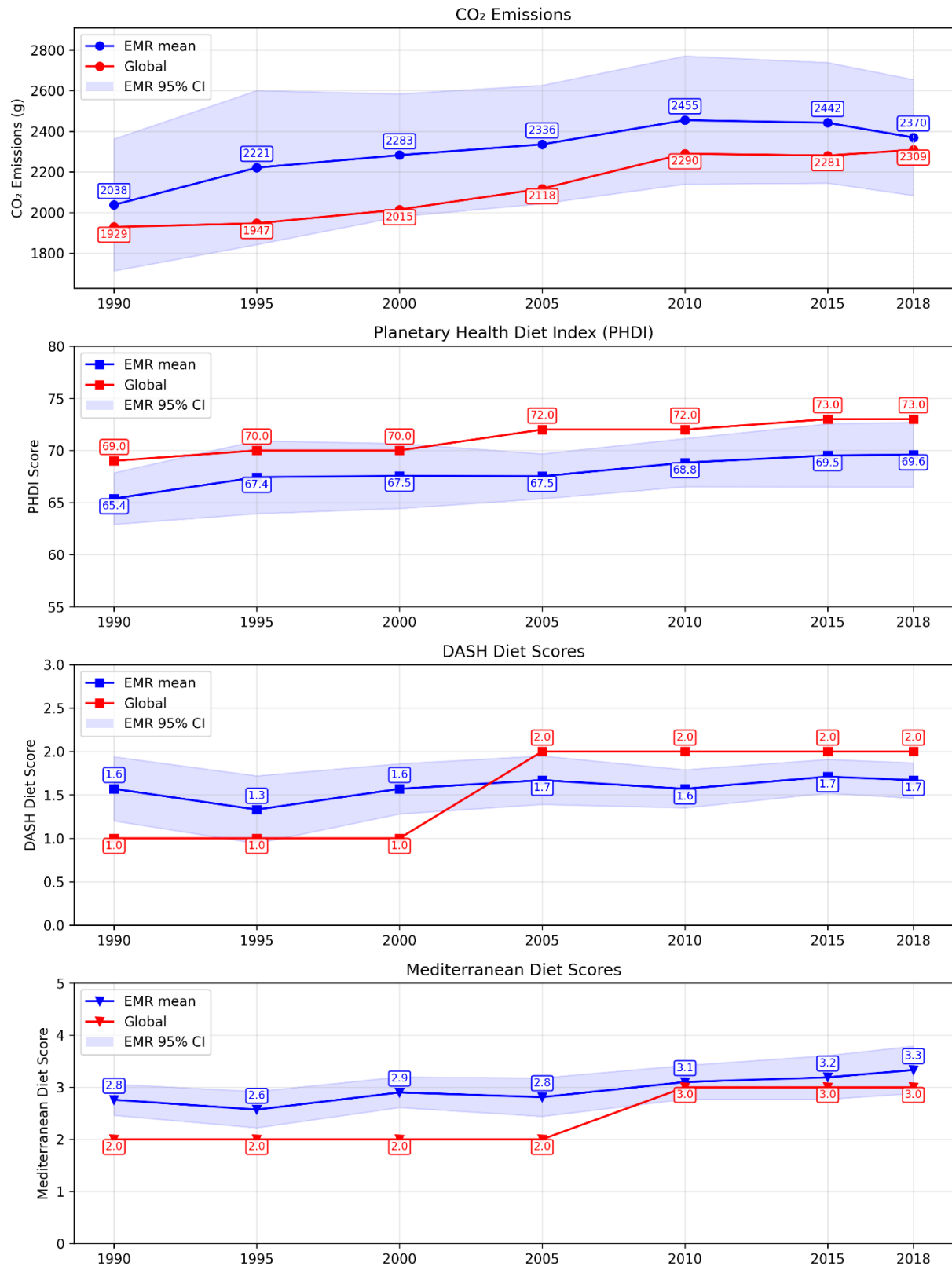
Mediterranean diet¹			DASH diet²		
Food groups	GDD data	Cut-points	Food groups	GDD data	Cut-points
Meats	Unprocessed red meats + Total processed meats	<2 ser/d	Meats/poultry/fish	Unprocessed red meats + Total processed meats + Total seafoods	170 g/d
Dairy	Yogurt + milk + cheese	1-2 ser/d (400 g/d)	Dairy	Yogurt + milk + cheese	400 g/d
Fruits	Fruits (Fruit juices were not included)	3-6 ser/d (480 g/d)	Fruits	Fruits (Fruit juices were not included)	320 g/d
Fish	Total seafoods	≥2 ser/wk (28.5 g/d)	Vegetables	Non-starchy vegetables	Males: 320 g/d Females: 240 g/d All: 280 g/d
Vegetables	Non-starchy vegetables	≥6 ser/d (480 g/d)	Whole grains	Whole grains	Males: 141 g/d Females: 120 g/d All: 130 g/d
Bread and cereals	Whole grains	3-6 ser/d (180 g/d)	Fats and oils	Saturated fats	≤5% of total daily energy intake
Legumes	Beans and legumes	≥2 ser/wk (28.5 g/d)	Legumes/ Nuts	Beans and legumes + Nuts and seeds	Males: 4 ser/d Females: 3 ser/d All: 3.5 ser/d
Nuts	Nuts and seeds	3-6 ser/d (168 g/d)			

Eggs	Eggs	2-4 ser/wk (31.4 g/d)	Sweets	Added sugars (%) (energy)	=< 3% total daily energy intake
Poultry	Not included.	2-3 ser/wk	Alcoholic beverages	No data in GDD (not included)	Males: =< 2 drinks/d Females: =<1 drink/d
Olive oil	Not included.	Score zero to all countries since it is not the main oil of any of the countries in the region.			
Sweets	Not included.	<2 ser/d			

CO₂, PHDI, DASH, and Mediterranean Scores for Males



CO₂, PHDI, DASH, and Mediterranean Scores for Females



7 Supplementary figure 1. Mean scores of dietary scores and absolute CO2 emission in the EMR
8 and globally based on sex.

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