
Environmental impacts and monetary costs of healthy diets worldwide

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Supplementary Information

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Suppl. Table 1. Summary statistics for diet costs, in PPP dollars per person per day in 2021

Diet	Obs	Mean	SD	P25	P50	P75	t-test, compared to case 1, p-value (diff ≠ 0)
1	171	3.68	0.75	3.19	3.68	4.02	na
2	171	6.95	1.86	5.51	6.65	8.02	0.00
3	159	6.33	1.91	4.96	5.97	7.15	0.00
4	159,000	9.96	4.92	6.98	8.86	11.46	0.00
5	171,000	13.74	5.52	10.05	12.67	16.09	0.00

Suppl. Table 2. Summary statistics for emissions, in kilograms of CO₂e per person per day in 2021

Diet	Obs	Mean	SD	P25	P50	P75	t-test, compared to case 1, p-value (diff ≠ 0)
1	171	1.65	0.56	1.24	1.46	2.07	na
2	171	0.67	0.10	0.61	0.64	0.71	0.00
3	159	1.86	0.61	1.34	1.81	2.28	0.00
4	159,000	2.44	1.27	1.52	2.12	2.96	0.00
5	171,000	3.03	1.50	1.89	2.65	3.92	0.00

Suppl. Table 3. Summary statistics for monetary costs using Monte Carlo simulation in each country

No	Country	Diet 4: All food items, weighted by use			Diet 5: All food items, weighted equally		
		Diet Cost (2021PPP)			Diet Cost (2021PPP)		
		P2.5	P50	P97.5	P2.5	P50	P97.5
1	ABW				8.46	13.66	28.30
2	AGO	6.60	9.50	14.11	6.96	10.93	18.69
3	AIA				8.45	13.03	24.36
4	ALB	5.69	8.81	28.25	7.41	12.83	33.11
5	ARE	4.71	7.89	16.71	6.27	11.11	20.83
6	ARG	5.37	9.16	13.34	7.64	12.10	16.96
7	ARM	6.33	9.85	15.23	7.98	13.91	22.00
8	ATG	5.77	10.24	17.11	9.70	15.10	21.74
9	AUS	3.77	7.11	15.50	5.62	9.52	18.24
10	AUT	4.07	7.52	18.92	5.69	10.06	20.48
11	AZE	6.16	8.87	16.24	8.23	14.57	31.56
12	BDI	6.23	10.44	16.28	7.74	13.82	27.25
13	BEL	3.68	7.79	21.63	5.51	10.06	21.37
14	BEN	6.23	10.90	26.96	7.51	13.35	26.99
15	BFA	4.65	8.88	18.20	6.67	12.78	24.40
16	BGD	5.96	9.23	17.88	8.05	13.52	23.99
17	BGR	5.42	7.75	22.90	7.88	12.44	28.13
18	BHR	6.10	9.89	16.54	8.06	12.65	22.22
19	BIH	5.79	9.61	22.82	8.92	14.24	28.26
20	BLR	6.08	10.54	19.98	8.68	13.99	25.45
21	BLZ	7.38	10.44	15.23	7.77	12.83	21.16
22	BMU				5.42	8.68	15.18
23	BOL	4.03	5.58	11.22	6.23	9.31	17.74
24	BON				8.89	14.81	23.60
25	BRA	4.36	6.44	13.33	7.12	12.29	24.12
26	BRN				10.12	17.01	31.65
27	BTN	6.57	9.79	15.31	8.72	13.40	26.49
28	BWA	5.03	7.11	16.02	7.40	11.61	20.46
29	CAF	6.73	8.99	14.42	7.31	13.02	23.43
30	CAN	4.22	7.43	16.29	6.14	9.80	18.05
31	CHE	4.01	7.89	19.02	5.16	9.97	21.04
32	CHL	5.20	7.91	19.37	7.79	11.78	24.28
33	CHN	6.18	9.49	46.32	7.30	12.22	47.75
34	CIV	4.72	7.65	35.06	6.70	11.93	33.64
35	CMR	5.58	8.67	24.75	7.14	13.02	27.70
36	COD	4.29	6.29	10.50	6.69	10.89	20.85
37	COG	5.97	9.82	42.40	8.35	13.67	41.75
38	COL	4.20	7.39	27.04	6.84	12.07	31.75
39	COM	7.66	11.37	40.39	10.17	17.00	44.38

40	CPV	4.42	7.38	11.29	6.78	10.76	15.88
41	CRI	4.41	7.84	28.25	7.88	12.67	31.53
42	CUW				7.58	12.21	22.27
43	CYM				6.48	11.12	17.30
44	CYP	4.74	8.10	20.10	6.22	10.25	21.94
45	CZE	4.29	7.51	21.84	6.54	10.44	22.58
46	DEU	3.92	6.42	23.15	5.75	10.10	25.10
47	DJI	6.73	10.34	32.26	8.10	13.65	34.54
48	DMA	7.43	11.33	20.45	11.33	19.26	31.92
49	DNK	3.97	8.50	19.55	5.13	9.85	19.60
50	DOM	5.27	8.38	14.15	8.02	13.45	26.17
51	DZA	5.56	11.16	45.49	7.92	13.43	47.66
52	ECU	4.75	7.31	13.91	6.28	11.28	19.40
53	EGY	5.56	9.19	30.95	7.78	14.48	35.79
54	ESP	4.70	8.89	22.84	5.63	9.56	21.61
55	EST	4.67	8.31	21.64	6.59	11.58	24.30
56	ETH	6.93	10.86	17.55	9.10	15.10	26.04
57	FIN	4.06	7.07	18.10	5.23	7.95	18.73
58	FJI	4.82	7.06	25.14	7.05	11.75	31.37
59	FRA	4.50	8.38	24.56	5.70	10.75	22.93
60	GAB	4.38	7.27	12.11	7.58	12.14	19.17
61	GBR	2.88	4.85	12.05	4.33	7.18	14.12
62	GHA	6.08	9.09	17.87	8.14	14.14	24.95
63	GIN	6.66	11.65	25.22	9.65	16.85	33.26
64	GMB	4.79	7.83	31.14	8.45	14.51	34.85
65	GNB	4.88	7.26	25.43	8.31	13.38	30.09
66	GNQ				8.24	13.98	23.39
67	GRC	5.18	8.77	22.75	6.33	10.68	23.26
68	GRD	7.51	12.56	20.51	10.78	17.46	27.19
69	GTM	5.48	7.58	12.34	6.78	10.14	18.99
70	HKG	6.76	10.69	43.27	8.66	14.05	45.36
71	HND	4.23	6.26	11.06	7.60	12.48	20.02
72	HRV	5.54	10.02	29.11	7.68	11.97	29.30
73	HUN	5.34	7.82	17.96	7.52	11.19	22.12
74	IDN	7.32	11.55	18.48	8.75	14.46	31.00
75	IND	5.27	8.97	16.76	7.44	12.52	31.12
76	IRL	3.67	6.92	14.03	4.99	8.22	14.71
77	IRQ	4.89	8.08	18.95	7.75	13.12	25.58
78	ISL	5.45	10.46	18.32	5.63	9.27	17.38
79	ISR	3.79	6.38	16.09	5.05	9.15	20.05
80	ITA	5.15	8.62	17.87	6.16	10.26	19.38
81	JAM	5.82	10.15	18.34	8.97	15.41	24.46
82	JOR	4.34	6.46	12.57	6.75	11.60	29.42
83	JPN	6.82	11.70	28.37	9.58	14.82	26.52
84	KAZ	5.63	8.92	13.62	8.40	14.02	29.74

85	KEN	5.64	9.81	23.03	7.84	13.09	24.70
86	KGZ	6.28	10.53	16.96	9.72	15.76	26.54
87	KHM	8.16	11.35	23.52	8.29	13.71	42.71
88	KNA	5.27	8.53	14.49	8.09	12.89	21.48
89	KOR	7.81	15.87	33.17	10.89	18.31	38.72
90	KWT	5.28	8.94	18.61	7.67	13.61	26.85
91	LAO	5.81	9.17	14.68	8.61	14.78	33.08
92	LBN	5.52	8.59	23.21	8.09	14.04	29.31
93	LBR	6.31	9.22	27.24	7.95	13.36	29.83
94	LCA	7.12	10.27	21.36	10.03	17.76	34.69
95	LKA	7.36	11.27	24.31	10.61	17.77	35.72
96	LSO	5.36	8.65	12.85	8.17	13.29	19.51
97	LTU	4.43	8.32	24.64	6.82	11.12	24.81
98	LUX	4.22	7.92	18.09	5.28	9.31	18.85
99	LVA	5.10	8.62	22.79	7.06	11.03	22.81
100	MAR	5.81	8.79	29.11	6.21	11.34	29.43
101	MDA	6.45	11.54	18.44	8.24	13.24	20.97
102	MDG	5.73	11.40	22.58	7.15	13.30	25.86
103	MDV	4.38	6.66	10.65	7.41	11.19	16.59
104	MEX	4.72	7.21	27.32	6.82	10.94	31.15
105	MKD	5.56	8.63	29.38	7.53	12.57	32.17
106	MLI	4.93	8.83	18.61	7.07	12.80	29.24
107	MLT	5.97	11.06	28.35	7.55	12.43	26.91
108	MNE	6.51	10.17	26.63	8.02	13.27	30.41
109	MNG	7.37	10.85	16.47	11.78	16.82	28.36
110	MOZ	5.08	8.62	18.10	7.19	12.66	22.41
111	MRT	8.39	12.23	17.58	8.02	14.83	27.25
112	MSR				10.18	17.22	30.03
113	MUS	7.24	10.92	26.87	8.72	13.72	26.80
114	MWI	5.06	7.97	13.83	7.15	13.49	24.71
115	MYS	5.95	10.02	20.91	9.07	13.57	30.38
116	NAM	5.52	7.77	12.76	8.06	12.18	18.12
117	NER	6.38	11.02	23.22	8.75	14.92	26.03
118	NGA	6.36	8.72	39.78	7.58	14.09	41.97
119	NIC	4.77	6.71	16.57	6.50	11.01	24.11
120	NLD	3.67	7.41	16.78	4.98	9.45	17.75
121	NOR	5.68	10.92	20.87	7.80	12.00	20.13
122	NPL	5.80	8.09	13.05	7.10	10.76	17.20
123	NZL	3.98	6.97	16.39	6.05	9.34	17.16
124	OMN	5.74	9.42	18.13	7.26	12.29	26.39
125	PAK	5.26	7.98	14.23	6.32	11.65	24.02
126	PAN	4.67	8.20	13.97	7.84	13.20	20.69
127	PER	4.45	9.15	16.82	6.12	10.50	18.90
128	PHL	5.79	9.33	16.20	8.80	14.15	34.98
129	POL	4.34	7.38	29.00	7.10	12.07	32.51

130	PRT	5.02	9.54	27.79	6.11	9.91	26.96
131	PRY	5.28	7.38	16.55	7.91	13.73	24.28
132	PSE				6.65	11.42	24.94
133	QAT	3.60	6.04	12.14	5.27	8.85	17.19
134	ROU	4.72	7.07	24.13	6.86	10.86	27.04
135	RUS	5.10	10.09	18.12	7.48	11.96	27.06
136	RWA	5.04	8.52	13.80	6.22	11.37	20.18
137	SAU	5.11	7.97	17.29	7.84	13.64	27.81
138	SDN	4.42	6.55	11.73	6.68	11.79	23.56
139	SEN	5.39	8.57	22.00	7.37	12.67	23.68
140	SGP				6.58	10.76	18.76
141	SLE	5.77	9.65	16.96	8.34	14.57	26.68
142	SOM	6.37	9.85	15.04	7.41	11.87	17.08
143	SRB	6.33	9.76	25.05	8.94	14.63	30.09
144	SSD	7.47	9.70	27.00	8.19	12.72	29.10
145	STP	6.00	9.41	14.28	8.97	14.88	27.79
146	SUR	6.64	10.19	17.10	11.87	19.10	30.54
147	SVK	5.56	9.12	20.44	6.86	10.97	20.88
148	SVN	5.16	7.76	19.83	6.35	9.94	21.10
149	SWE	4.38	8.59	18.46	6.37	10.87	20.37
150	SWZ	5.21	7.41	23.12	6.61	11.54	27.59
151	SYC	5.77	9.12	16.02	8.36	13.59	21.43
152	SYR	8.01	12.42	24.60	9.31	15.04	28.92
153	TCD	4.05	6.71	11.06	7.21	12.20	21.15
154	TGO	4.82	7.80	13.48	7.12	12.39	22.12
155	THA	7.47	11.97	33.22	9.94	16.20	38.42
156	TJK	6.79	11.93	19.87	9.60	16.02	30.23
157	TTO	5.75	10.53	17.50	9.65	15.40	22.24
158	TUN	6.46	10.56	46.02	7.22	14.52	46.00
159	TUR	5.09	7.54	29.81	7.08	12.55	33.43
160	TWN	7.87	11.02	45.02	9.97	15.78	48.71
161	TZA	3.96	6.89	12.27	6.10	11.90	21.16
162	UGA	5.53	9.41	16.85	6.26	11.24	19.84
163	URY	4.23	6.92	11.50	6.72	10.97	17.34
164	USA	3.45	5.59	13.46	4.77	7.79	16.07
165	UZB	7.19	11.11	20.36	11.41	19.23	37.44
166	VCT	6.21	10.92	18.15	11.40	18.14	26.53
167	VGB				8.73	12.30	17.07
168	VNM	6.12	9.75	50.91	8.46	14.39	55.63
169	ZAF	3.72	5.53	9.84	5.85	9.80	20.85
170	ZMB	5.07	7.74	21.80	6.56	11.67	25.19
171	ZWE	4.33	6.95	10.72	7.02	12.01	24.54
Global average		5.47	8.90	20.79	7.60	12.71	26.09

Suppl. Table 4. Summary statistics for GHG emissions using Monte Carlo simulation in each country

No	Country	Diet 4: All food items, weighted by use			Diet 5: All food items, weighted equally		
		GHG Emissions (kg CO2e)			GHG Emissions (kg CO2e)		
		P2.5	P50	P97.5	P2.5	P50	P97.5
1	ABW				1.37	2.67	5.69
2	AGO	0.96	2.18	4.31	1.23	2.50	5.51
3	AIA				1.40	2.81	6.02
4	ALB	1.13	2.30	5.37	1.40	2.76	5.44
5	ARE	1.00	2.14	4.70	1.34	2.87	6.37
6	ARG	1.23	3.21	6.54	1.31	2.68	5.52
7	ARM	1.25	2.59	6.12	1.39	2.40	5.55
8	ATG	0.86	1.56	3.62	1.32	2.59	6.09
9	AUS	1.05	1.87	4.78	1.35	2.69	5.35
10	AUT	0.96	1.64	3.86	1.31	2.56	5.14
11	AZE	1.32	3.14	6.51	1.44	2.55	5.80
12	BDI	0.89	2.14	4.83	1.21	2.53	5.64
13	BEL	0.87	1.61	3.99	1.27	2.67	5.45
14	BEN	1.21	2.43	5.43	1.30	2.62	7.38
15	BFA	1.05	2.16	4.27	1.26	2.58	7.68
16	BGD	1.28	2.64	4.79	1.46	3.27	14.48
17	BGR	1.04	1.57	3.74	1.32	2.46	5.05
18	BHR	0.97	2.47	5.02	1.37	2.84	6.53
19	BIH	1.09	2.41	5.45	1.40	2.71	5.51
20	BLR	1.13	1.99	4.72	1.48	2.42	5.49
21	BLZ	1.47	2.17	4.64	1.44	2.99	6.75
22	BMU				1.36	2.84	5.95
23	BOL	1.10	2.32	6.14	1.27	2.26	5.36
24	BON				1.38	2.53	5.57
25	BRA	1.16	1.90	5.05	1.42	2.76	5.50
26	BRN				1.42	2.82	7.34
27	BTN	1.28	1.98	3.42	1.31	2.22	5.04
28	BWA	1.07	1.55	4.76	1.30	2.69	6.21
29	CAF	1.26	3.46	6.16	1.31	2.64	7.53
30	CAN	1.00	1.75	4.10	1.35	2.45	5.03
31	CHE	1.17	1.68	3.85	1.38	2.59	5.40
32	CHL	1.08	1.71	4.42	1.31	2.08	5.29
33	CHN	1.42	2.95	7.51	1.50	3.63	9.11
34	CIV	0.97	2.26	3.99	1.27	2.61	7.46
35	CMR	0.97	2.26	4.93	1.31	2.62	7.92
36	COD	0.83	2.12	4.04	1.33	2.71	7.47
37	COG	0.89	1.83	3.59	1.27	2.61	7.29
38	COL	1.21	2.42	5.32	1.39	2.71	5.60
39	COM	1.04	1.99	3.90	1.28	2.64	7.42

40	CPV	1.07	1.64	4.05	1.28	2.39	7.31
41	CRI	0.99	1.59	3.98	1.31	2.14	4.97
42	CUW				1.41	2.75	6.25
43	CYM				1.40	2.24	5.37
44	CYP	0.99	1.67	4.07	1.31	2.50	5.34
45	CZE	0.94	1.58	3.93	1.31	2.55	5.31
46	DEU	1.02	1.48	3.91	1.34	2.53	5.32
47	DJI	1.39	3.26	7.65	1.38	2.68	7.48
48	DMA	1.07	1.69	4.17	1.37	2.59	5.67
49	DNK	1.05	1.90	4.36	1.28	2.57	5.08
50	DOM	1.24	1.89	4.41	1.38	2.56	5.99
51	DZA	1.04	2.59	6.04	1.32	2.58	6.04
52	ECU	1.31	2.51	5.44	1.40	2.76	5.63
53	EGY	0.89	2.30	4.75	1.47	3.24	7.32
54	ESP	0.91	1.56	3.77	1.36	2.61	5.36
55	EST	1.09	1.87	4.44	1.37	2.62	5.46
56	ETH	1.20	3.48	7.81	1.30	2.66	7.49
57	FIN	1.03	1.74	4.29	1.26	2.04	4.51
58	FJI	1.03	2.19	6.16	1.31	2.59	6.87
59	FRA	0.91	1.67	4.19	1.26	2.48	5.29
60	GAB	0.82	1.81	3.48	1.23	2.45	7.40
61	GBR	0.97	1.48	3.88	1.33	2.50	5.19
62	GHA	1.02	2.16	3.95	1.27	2.59	7.39
63	GIN	1.08	2.41	5.10	1.34	2.67	7.55
64	GMB	1.07	2.09	3.79	1.29	2.55	8.06
65	GNB	1.26	2.49	6.28	1.31	2.69	7.35
66	GNQ				1.38	2.67	6.60
67	GRC	1.10	1.82	4.29	1.33	2.56	5.27
68	GRD	1.12	1.77	3.83	1.38	2.66	5.96
69	GTM	1.22	1.70	4.09	1.47	2.53	5.37
70	HKG	1.58	3.05	7.44	1.60	3.09	7.49
71	HND	1.17	1.76	4.07	1.48	2.78	5.67
72	HRV	0.98	2.21	4.83	1.34	2.53	4.88
73	HUN	1.05	1.49	2.78	1.26	2.33	5.03
74	IDN	1.50	3.03	6.39	1.45	3.21	7.76
75	IND	1.20	2.21	5.20	1.52	3.49	13.30
76	IRL	1.02	2.25	5.33	1.30	2.49	5.30
77	IRQ	1.01	1.83	4.13	1.35	2.96	6.62
78	ISL	1.19	2.34	4.76	1.36	2.60	5.42
79	ISR	1.08	2.61	5.43	1.29	2.59	5.37
80	ITA	1.21	2.63	5.22	1.47	2.69	5.26
81	JAM	1.01	1.80	4.16	1.38	2.74	6.18
82	JOR	1.07	1.82	4.56	1.37	3.19	6.91
83	JPN	1.43	1.99	4.20	1.52	2.67	5.07
84	KAZ	1.29	3.03	6.80	1.39	2.36	5.41

85	KEN	1.14	2.46	6.38	1.31	2.64	7.32
86	KGZ	1.25	3.49	6.72	1.45	2.49	5.80
87	KHM	1.42	2.77	6.13	1.55	3.19	13.89
88	KNA	1.09	1.86	3.87	1.41	2.68	5.50
89	KOR	1.27	2.54	4.94	1.42	2.68	5.36
90	KWT	1.10	2.13	5.18	1.35	3.20	6.99
91	LAO	1.29	2.48	5.53	1.44	3.14	8.99
92	LBN	1.07	2.22	5.07	1.32	2.83	6.65
93	LBR	1.32	2.03	4.05	1.32	2.53	5.66
94	LCA	0.86	1.47	3.74	1.43	2.58	5.41
95	LKA	1.30	2.51	5.72	1.47	3.03	7.87
96	LSO	0.98	1.86	6.97	1.37	2.80	7.75
97	LTU	0.92	1.67	3.70	1.34	2.51	5.15
98	LUX	1.12	2.55	5.43	1.36	2.62	5.32
99	LVA	0.90	1.76	4.10	1.34	2.56	5.43
100	MAR	0.86	2.17	6.82	1.31	2.64	7.32
101	MDA	1.11	1.73	3.09	1.39	2.45	5.47
102	MDG	1.30	2.49	4.83	1.32	2.68	7.55
103	MDV	0.91	1.69	3.36	1.40	2.11	5.79
104	MEX	1.17	1.75	3.96	1.39	2.72	5.27
105	MKD	1.11	2.02	5.13	1.32	2.54	5.34
106	MLI	1.00	2.17	4.80	1.31	2.61	7.05
107	MLT	0.98	1.66	3.96	1.32	2.54	5.31
108	MNE	1.30	2.03	4.97	1.27	2.63	5.29
109	MNG	1.63	4.64	7.65	1.60	3.04	6.55
110	MOZ	1.03	1.67	3.55	1.29	2.51	7.49
111	MRT	1.30	2.77	8.72	1.35	2.91	8.64
112	MSR				1.46	2.75	5.80
113	MUS	0.96	1.73	4.23	1.29	2.56	6.42
114	MWI	1.01	1.71	4.13	1.27	2.46	7.41
115	MYS	1.36	2.60	6.11	1.47	3.21	13.94
116	NAM	0.80	1.58	4.65	1.29	2.56	6.10
117	NER	1.39	2.83	6.88	1.29	2.62	7.47
118	NGA	0.99	2.24	4.80	1.29	2.66	7.81
119	NIC	1.22	1.72	4.12	1.44	2.71	5.36
120	NLD	1.13	2.13	5.65	1.32	2.50	5.39
121	NOR	1.09	1.78	4.28	1.38	2.63	5.69
122	NPL	1.10	1.77	13.72	1.18	2.02	13.54
123	NZL	0.96	1.71	4.62	1.41	2.60	5.50
124	OMN	1.17	2.44	4.85	1.34	2.92	6.87
125	PAK	1.23	3.05	7.27	1.54	3.43	13.29
126	PAN	1.21	1.86	4.14	1.41	2.45	5.23
127	PER	1.26	2.09	4.40	1.41	2.66	5.72
128	PHL	1.36	2.35	5.23	1.52	3.28	13.69
129	POL	0.93	1.49	2.98	1.33	2.53	5.34

130	PRT	0.91	2.12	4.96	1.34	2.49	5.34
131	PRY	1.05	1.62	4.21	1.38	2.67	5.65
132	PSE				1.41	3.19	6.79
133	QAT	1.05	2.33	5.25	1.46	3.33	7.05
134	ROU	1.02	1.49	3.89	1.35	2.54	5.20
135	RUS	1.03	1.90	4.19	1.42	2.43	5.15
136	RWA	0.89	2.26	5.42	1.24	2.53	7.39
137	SAU	1.04	1.90	4.32	1.34	2.87	6.57
138	SDN	1.15	3.61	8.72	1.21	2.91	7.98
139	SEN	1.19	2.54	6.29	1.29	2.62	7.46
140	SGP				1.45	2.85	6.35
141	SLE	1.15	2.36	3.94	1.29	2.67	7.65
142	SOM	1.52	3.96	9.50	1.46	3.63	8.50
143	SRB	1.07	2.17	4.83	1.32	2.59	5.23
144	SSD	1.10	2.38	6.36	1.29	2.61	7.61
145	STP	0.90	1.59	3.74	1.27	2.21	6.00
146	SUR	1.23	1.89	4.21	1.38	2.76	6.13
147	SVK	1.03	1.68	3.72	1.36	2.54	5.16
148	SVN	1.03	1.63	3.73	1.34	2.45	5.08
149	SWE	0.94	1.95	4.29	1.33	2.71	5.31
150	SWZ	1.15	2.87	6.06	1.33	2.41	5.50
151	SYC	0.92	1.67	4.04	1.31	2.57	6.27
152	SYR	1.20	3.63	6.48	1.39	3.24	6.45
153	TCO	1.67	4.19	9.20	1.30	2.57	7.43
154	TGO	0.85	1.99	4.03	1.24	2.63	7.26
155	THA	1.51	3.03	7.16	1.54	3.09	7.51
156	TJK	1.45	3.80	6.40	1.40	2.47	5.40
157	TTO	1.02	1.76	3.91	1.42	2.84	5.99
158	TUN	1.00	2.14	7.14	1.36	2.85	8.26
159	TUR	1.08	1.57	3.84	1.25	2.17	4.35
160	TWN	1.60	2.74	7.32	1.43	2.71	7.40
161	TZA	0.98	2.42	5.15	1.27	2.63	7.34
162	UGA	0.81	1.72	3.97	1.29	2.32	7.34
163	URY	1.04	1.88	4.64	1.23	2.41	5.29
164	USA	1.07	1.65	4.16	1.33	2.53	5.30
165	UZB	1.19	3.50	6.52	1.43	2.53	5.69
166	VCT	1.02	1.65	3.25	1.41	2.71	6.01
167	VGB				1.37	2.84	6.86
168	VNM	1.35	2.54	6.70	1.40	2.75	13.34
169	ZAF	1.10	2.30	6.31	1.31	2.46	7.80
170	ZMB	0.82	2.22	4.83	1.29	2.57	7.28
171	ZWE	1.47	3.70	6.27	1.32	2.69	7.43
Global average		1.12	2.21	5.06	1.36	2.67	6.60

Suppl. Table 5. Summary statistics for monetary cost by food group (2021 PPP dollars per person per day)

Diet	Obs	Mean	SD	P25	P50	P75	t-test, compared to case 1, p-value (diff ≠ 0)
Animal-source Food							
1	171	1.00	0.28	0.80	0.99	1.19	na
2	171	2.52	1.04	1.84	2.29	2.91	0.00
3	159	1.54	0.59	1.13	1.38	1.86	0.00
4	159,000	4.23	4.41	1.96	2.94	4.71	0.00
5	171,000	4.48	4.15	2.19	3.27	5.14	0.00
Vegetables							
1	171	0.77	0.30	0.54	0.76	0.95	na
2	171	0.97	0.35	0.72	0.89	1.16	0.00
3	159	1.47	0.65	1.01	1.28	1.73	0.00
4	159,000	1.65	0.95	0.98	1.44	2.08	0.00
5	171,000	2.23	1.17	1.42	1.97	2.74	0.00
Starchy Staples							
1	171	0.58	0.20	0.46	0.58	0.68	na
2	171	1.15	0.59	0.71	0.99	1.44	0.00
3	159	1.06	0.76	0.60	0.88	1.27	0.00
4	159,000	1.33	1.11	0.69	1.00	1.55	0.00
5	171,000	3.05	2.30	1.51	2.37	3.87	0.00
Fruits							
1	171	0.77	0.29	0.60	0.74	0.88	na
2	171	1.57	0.79	1.03	1.39	1.87	0.00
3	159	1.09	0.53	0.70	0.91	1.32	0.00
4	159,000	1.16	0.67	0.72	0.96	1.42	0.00
5	171,000	1.83	1.00	1.14	1.59	2.27	0.00
Legumes, nuts and seeds							
1	171	0.39	0.15	0.31	0.36	0.44	na
2	171	0.51	0.27	0.33	0.42	0.58	0.00
3	159	0.88	1.21	0.36	0.51	0.83	0.00
4	159,000	1.15	1.30	0.42	0.64	1.16	0.00
5	171,000	1.44	1.51	0.48	0.81	1.80	0.00
Oils and fats							
1	171	0.17	0.08	0.12	0.16	0.21	na
2	171	0.23	0.12	0.14	0.22	0.30	0.00
3	159	0.30	0.27	0.14	0.22	0.33	0.00
4	159,000	0.44	0.49	0.18	0.26	0.46	0.00
5	171,000	0.70	0.81	0.22	0.39	0.90	0.00

Suppl. Table 6. Summary statistics for GHG emissions by food group (kg CO₂e per person per day)

Diet	Obs	Mean	SD	P25	P50	P75	t-test, compared to case 1, p-value (diff ≠ 0)
Animal-source Food							
1	171	0.97	0.58	0.59	0.72	1.43	na
2	171	0.26	0.09	0.23	0.23	0.31	0.00
3	159	1.04	0.59	0.58	0.82	1.47	0.16
4	159,000	1.54	1.24	0.66	1.20	1.96	0.00
5	171,000	1.87	1.45	0.76	1.54	2.85	0.00
Vegetables							
1	171	0.10	0.03	0.08	0.11	0.11	na
2	171	0.08	0.01	0.07	0.08	0.08	0.00
3	159	0.18	0.07	0.14	0.17	0.22	0.00
4	159,000	0.19	0.09	0.13	0.19	0.25	0.00
5	171,000	0.23	0.10	0.17	0.22	0.28	0.00
Starchy Staples							
1	171	0.36	0.12	0.27	0.43	0.43	na
2	171	0.18	0.02	0.16	0.17	0.18	0.00
3	159	0.35	0.11	0.25	0.32	0.44	0.28
4	159,000	0.38	0.20	0.17	0.33	0.49	0.13
5	171,000	0.52	0.26	0.37	0.45	0.56	0.00
Fruits							
1	171	0.12	0.05	0.09	0.11	0.12	na
2	171	0.07	0.02	0.07	0.08	0.08	0.00
3	159	0.12	0.05	0.09	0.11	0.12	0.67
4	159,000	0.12	0.06	0.09	0.10	0.13	0.72
5	171,000	0.16	0.07	0.11	0.14	0.21	0.00
Legumes, nuts and seeds							
1	171	0.04	0.01	0.04	0.04	0.04	na
2	171	0.04	0.00	0.04	0.04	0.04	0.00
3	159	0.10	0.18	0.04	0.04	0.06	0.00
4	159,000	0.10	0.15	0.04	0.04	0.06	0.00
5	171,000	0.11	0.14	0.04	0.05	0.10	0.00
Oils and fats							
1	171	0.06	0.02	0.03	0.06	0.08	na
2	171	0.04	0.01	0.03	0.03	0.03	0.00
3	159	0.08	0.07	0.03	0.06	0.08	0.00
4	159,000	0.11	0.12	0.06	0.07	0.10	0.00
5	171,000	0.13	0.14	0.07	0.08	0.11	0.00

Suppl. Table 7. Summary statistics for nutrient adequacy of each diet (proportion of lower bounds)

Diet	Nutrient	Obs	Mean	SD	p25	p50	p75
1	Protein	171	1.00	0.00	1.00	1.00	1.00
	Calcium	171	0.77	0.20	0.63	0.74	0.99
	Iron	171	0.97	0.09	1.00	1.00	1.00
	Magnesium	171	0.98	0.05	1.00	1.00	1.00
	Phosphorous	171	1.00	0.00	1.00	1.00	1.00
	Zinc	171	0.98	0.05	0.97	1.00	1.00
	Copper	171	1.00	0.00	1.00	1.00	1.00
	Selenium	171	0.98	0.08	1.00	1.00	1.00
	Vitamin C	171	0.86	0.22	0.66	1.00	1.00
	Thiamin	171	0.99	0.03	1.00	1.00	1.00
	Riboflavin	171	0.85	0.13	0.78	0.84	1.00
	Niacin	171	0.98	0.06	1.00	1.00	1.00
	Vitamin B6	171	1.00	0.02	1.00	1.00	1.00
	Folate	171	0.99	0.03	1.00	1.00	1.00
	Vitamin B12	171	0.82	0.19	0.69	0.87	1.00
	Vitamin A	171	0.99	0.08	1.00	1.00	1.00
	MAR	171	0.95	0.04	0.92	0.95	0.97
2	Protein	171	1.00	0.00	1.00	1.00	1.00
	Calcium	171	0.78	0.16	0.66	0.78	0.92
	Iron	171	1.00	0.00	1.00	1.00	1.00
	Magnesium	171	1.00	0.01	1.00	1.00	1.00
	Phosphorous	171	1.00	0.00	1.00	1.00	1.00
	Zinc	171	0.96	0.08	0.99	1.00	1.00
	Copper	171	1.00	0.00	1.00	1.00	1.00
	Selenium	171	1.00	0.00	1.00	1.00	1.00
	Vitamin C	171	0.51	0.23	0.33	0.45	0.72
	Thiamin	171	1.00	0.00	1.00	1.00	1.00
	Riboflavin	171	0.80	0.13	0.69	0.77	0.91
	Niacin	171	1.00	0.00	1.00	1.00	1.00
	Vitamin B6	171	0.99	0.02	1.00	1.00	1.00
	Folate	171	1.00	0.02	1.00	1.00	1.00
	Vitamin B12	171	1.00	0.05	1.00	1.00	1.00
	Vitamin A	171	1.00	0.06	1.00	1.00	1.00
	MAR	171	0.94	0.02	0.93	0.94	0.95
3	Protein	159	1.00	0.00	1.00	1.00	1.00
	Calcium	159	0.64	0.26	0.37	0.62	0.94
	Iron	159	0.96	0.09	0.97	1.00	1.00
	Magnesium	159	0.99	0.03	1.00	1.00	1.00
	Phosphorous	159	1.00	0.00	1.00	1.00	1.00
	Zinc	159	0.95	0.08	0.93	1.00	1.00
	Copper	159	1.00	0.00	1.00	1.00	1.00

Selenium	159	0.97	0.12	1.00	1.00	1.00
Vitamin C	159	0.96	0.11	1.00	1.00	1.00
Thiamin	159	0.99	0.03	1.00	1.00	1.00
Riboflavin	159	0.76	0.14	0.64	0.74	0.85
Niacin	159	1.00	0.02	1.00	1.00	1.00
Vitamin B6	159	1.00	0.00	1.00	1.00	1.00
Folate	159	0.98	0.05	1.00	1.00	1.00
Vitamin B12	159	0.88	0.18	0.82	1.00	1.00
Vitamin A	159	0.79	0.28	0.55	1.00	1.00
MAR	159	0.93	0.04	0.91	0.93	0.96

Note:

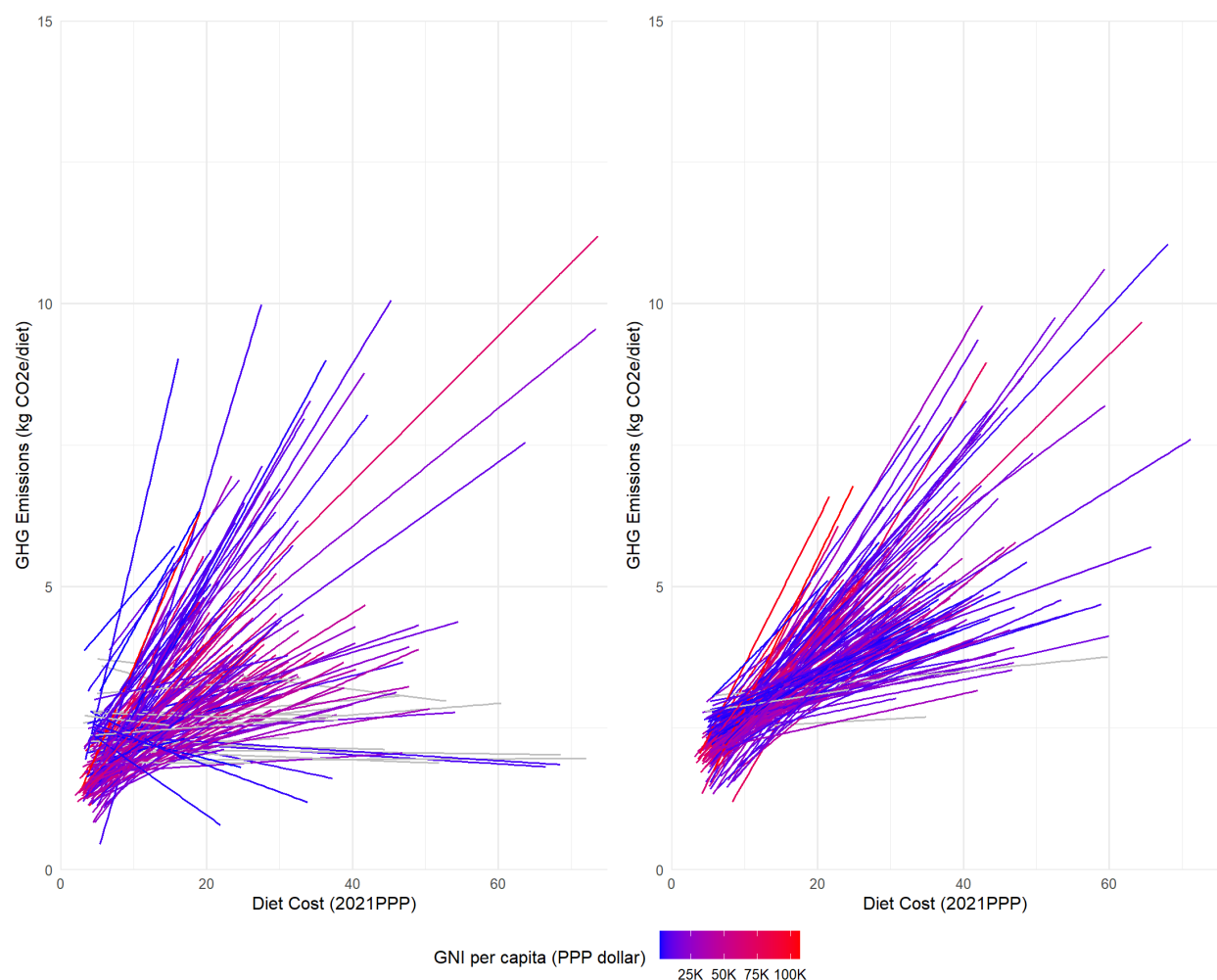
Table S7 presents the nutrient adequacy ratios (NARs) for 15 essential micronutrients and protein, along with the Mean Adequacy Ratio (MAR) over all nutrients for each diet. The table summarizes the distribution of nutrient adequacy across three diet scenarios, showing the mean, standard deviation (SD), and percentiles (p25, p50, p75).

Suppl. Table 8. Number of items in each HDB food group by region and income classification

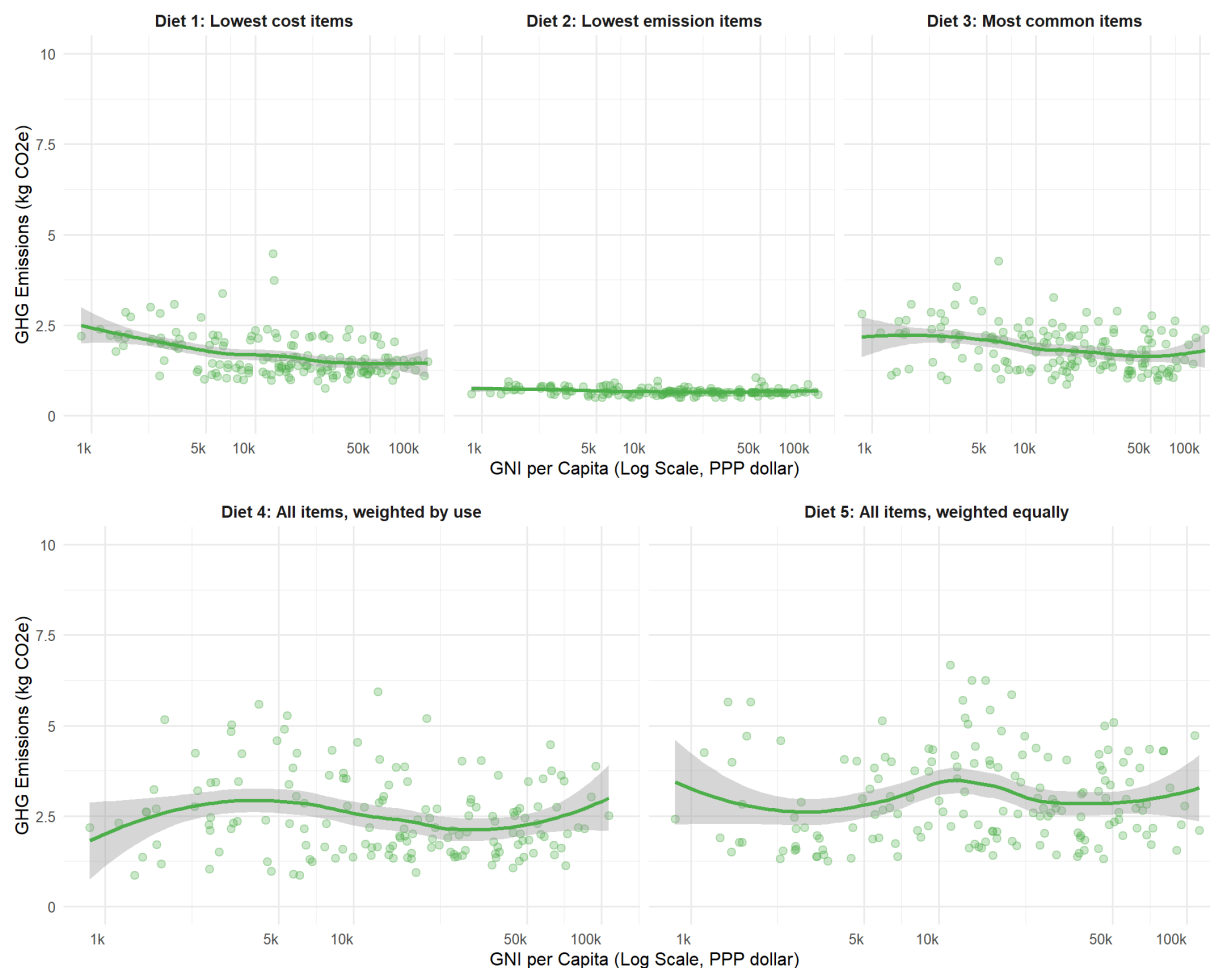
Name	Animal source foods	Fruits	Legumes, nuts and seeds	Fats and oils	Starchy Staples	Vegetables	Total count
Income classification, World Bank, 2021							
High income countries	34	8	6	6	24	11	89
Upper-middle countries	42	10	7	6	27	12	105
Lower-middle countries	53	11	8	8	31	13	125
Low income countries	52	10	7	8	29	13	119
Region, World Bank							
East Asia & Pacific	51	10	7	7	31	15	122
Europe & Central Asia	41	9	6	6	26	11	100
Latin America & Caribbean	28	8	5	6	21	10	77
Middle East & North Africa	49	16	11	7	35	15	133
North America	26	6	4	6	20	8	69
South Asia	42	11	9	7	36	14	118
Sub-Saharan Africa	51	10	7	8	28	12	115
World	43	10	7	7	27	12	106

Note:

This table shows the number of food items included in the Cost of a Healthy Diet (CoHD) calculation for 2021, categorized by six Healthy Diet Basket (HDB) food groups across World Bank income classifications and regional groupings. The global average (“World”) reflects all 171 countries with available data. Anguilla (AIA), Bonaire (BON), and Montserrat (MST) are excluded from income classification and regional results due to the absence of corresponding regional and income classification information in the World Bank datasets.

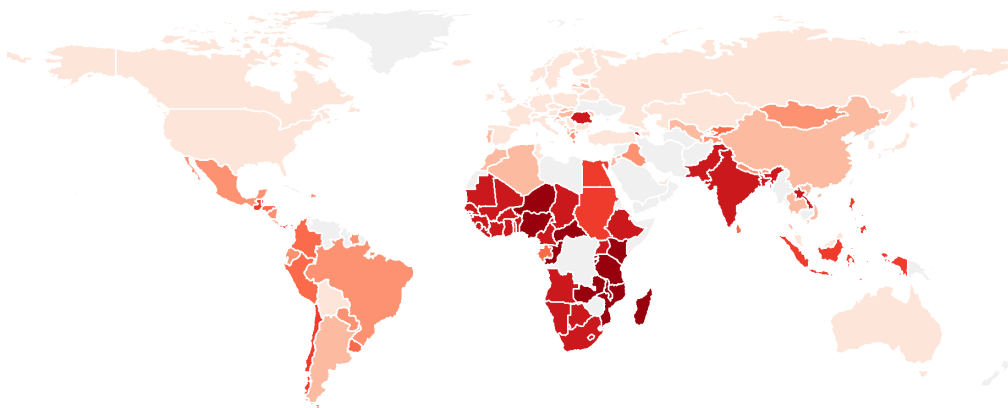


Suppl. Fig. 1 | Relationship between diet costs and GHG emissions under Monte Carlo simulations, 2021. The panels show the relationship between the cost of healthy diets (in 2021 PPP dollars) and associated GHG emissions (in kgs of CO₂e) per person per day based on estimates for 159 countries under two Monte Carlo simulation diets: (Left) weighted random selection of food items (diet 4) and (Right) random selection of food items (diet 5). Each line represents linear relationship between the two outcomes based on 1,000 Monte Carlo iterations in a country. The color gradient reflects national GNI per capita (PPP dollar), with higher incomes indicated in red and lower incomes in blue. Grey lines represent countries where the relationship between diet cost and GHG emissions is statistically insignificant ($p > 0.05$).

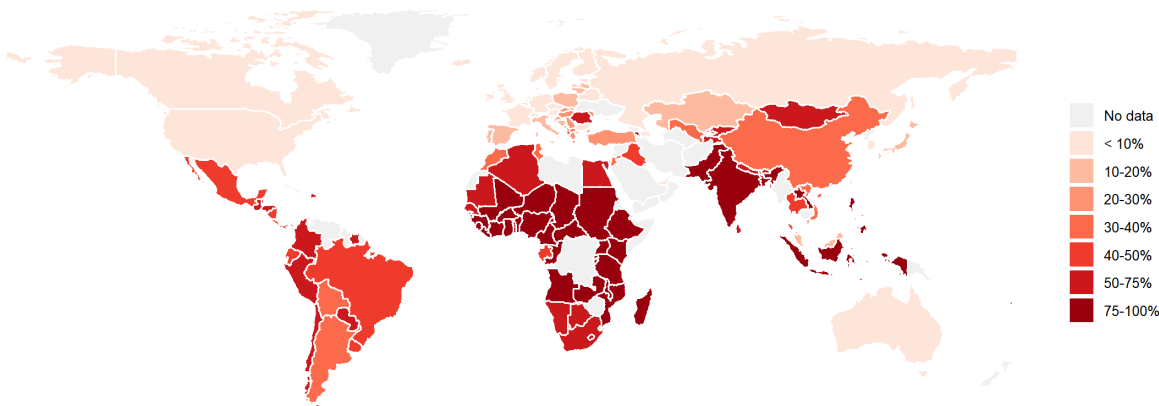


Suppl. Fig. 2 | GHG emissions at each level of national income, by diet, 2021. The panels show GHG emissions (in kgs of CO₂e per person per day at each level of Gross National Income (GNI) per capita per year (log scale, in 2021 PPP dollars). Estimates are based on data from 165 countries for diets 1, 2, and 5, and 157 countries for diets 3 and 4. Dots represent individual countries, as their national average for diets 1-3, and the median of a thousand observations for the Monte Carlo diets 4 and 5. Lines are LOESS estimates of the mean and its 95% confidence interval at each income level.

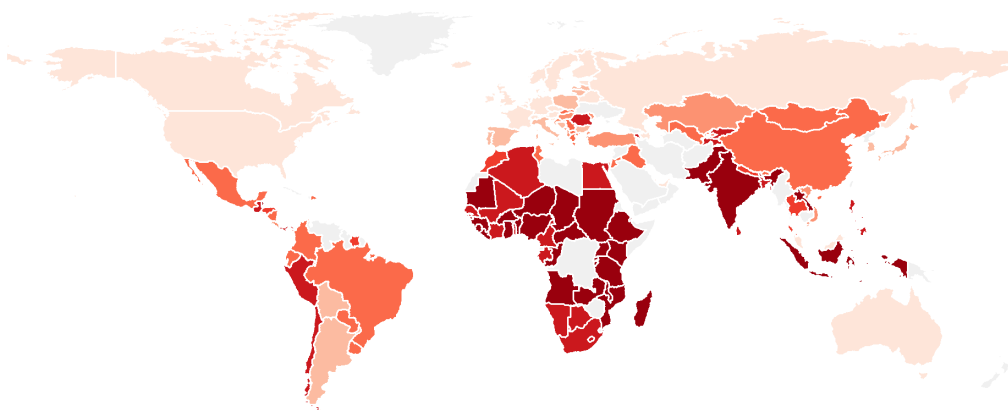
A. Diet 1: Lowest cost items, 2021



B. Diet 2: Lowest emission items, 2021



C. Diet 3: Most common items, 2021



Suppl. Fig. 3 | Prevalence of unaffordability (PUA) for a modelled diet by country, and diet, 2021. The maps illustrate the percentage of the population who cannot afford a healthy diet under three dietary scenarios: (A) lowest cost items (diet 1), (B) lowest emission items (diet 2), and (C) most common items (diet 3). Color intensity reflects the percentage of the population unable to afford a healthy diet in each country, categorized into seven ranges: <10%, 10–20%, 20–30%, 30–40%, 40–50%, 50–75%, and 75–100%. There are 143 countries in this analysis, and countries with missing data are shown in gray. Estimates are based on affordability thresholds derived from country income classifications provided by the World Bank for the corresponding year. Further methodological details are provided in the Methods section.