

SUPPLEMENTARY MATERIAL

This Supplementary Material provides detailed tables with the description of methodological issues and values for the article “Burden of non-communicable diseases attributable to dietary risks in Brazil, 1990–2019: an analysis of the Global Burden of Disease Study 2019”.

SUPPLEMENTARY TABLE 2: Epidemiological evidence to support the causal relationship between dietary risk factors and outcomes.

Dietary risk	Outcome
Calcium	Neoplasms: Colon and rectum cancer.
Fiber	Cardiovascular diseases: Ischemic heart disease; Ischemic stroke; Intracerebral hemorrhage; Subarachnoid hemorrhage. Diabetes: Diabetes mellitus type 2.
Fruit	Neoplasms: Esophageal cancer; Tracheal, bronchus, and lung cancer. Cardiovascular diseases: Ischemic heart disease; Ischemic stroke; Intracerebral hemorrhage; Subarachnoid hemorrhage. Diabetes: Diabetes mellitus type 2.
Legumes	Cardiovascular diseases: Ischemic heart disease.
Milk	Neoplasms: Colon and rectum cancer.
Nuts and seeds	Cardiovascular diseases: Ischemic heart disease. Diabetes: Diabetes mellitus type 2.
Seafood omega-3 fatty acids	Cardiovascular diseases: Ischemic heart disease.
Processed meat	Neoplasms: Colon and rectum cancer Cardiovascular diseases: Ischemic heart Disease. Diabetes: Diabetes mellitus type 2.
Polyunsaturated fatty acids	Cardiovascular diseases: Ischemic heart disease.
Red meat	Neoplasms: Breast cancer; Colon and rectum cancer. Cardiovascular diseases: Ischemic heart disease; Ischemic stroke; Intracerebral hemorrhage; Subarachnoid hemorrhage. Diabetes: Diabetes mellitus type 2.
Sodium	Neoplasms: Stomach cancer. Cardiovascular diseases: Ischemic heart Disease; Ischemic stroke; Intracerebral hemorrhage; Subarachnoid hemorrhage; Hypertensive heart disease; Rheumatic heart disease; Atrial fibrillation and flutter; Aortic aneurysm; Other cardiomyopathy; Other cardiovascular and circulatory disease. Kidney diseases: Chronic kidney disease due to other and unspecified causes; Chronic kidney disease due to hypertension; Chronic kidney disease due to diabetes mellitus type 2; Chronic kidney disease due to glomerulonephritis.
Sugar-sweetened beverages	Cardiovascular diseases: Ischemic heart disease. Diabetes: Diabetes mellitus type 2.
Trans fatty acids	Cardiovascular diseases: Ischemic heart disease.
Vegetables	Neoplasms: Esophageal cancer. Cardiovascular diseases: Ischemic heart disease; Ischemic stroke; Intracerebral hemorrhage; Subarachnoid hemorrhage.
Whole grains	Neoplasms: Colon and rectum cancer. Cardiovascular diseases: Ischemic heart disease; Ischemic stroke. Diabetes: Diabetes mellitus type 2.

Source: Elaborated by the authors with data from the GBD 2019 Risk Factors Collaborators Supplement.