**Supplementary Table 1:** Scientific names and consumption rates of analyzed fruits in g/day based on GEMS/food total diet food balance sheet.

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| **Commodity** | **Scientific name** | **Consumption [g/day]** |
| Apple | *Malus pumila* | 7.5 |
| Apricot | *Prunus armeniaca* | 3 |
| Banana | *Musa paradisiaca Linn* | 8.3 |
| Fig | *Ficus carica* | 2.3 |
| Grape | *Vitis vinifera,* | 15.8 |
| Kiwi | *Actinidia deliciosa* | 0.1 |
| Lemon | *Citrus limon* | 1.9 |
| Mandarin  | *Citrus reticulata* | 8.6 |
| Orange | *Citrus sinensis (L.)* | 31.5 |
| Peach | *Prunus persica* | 0.152 |
| Pear | *Pyrus* | 3.3 |
| Pomegranate | *Punica granatum* | 10.8 |

Note: Consumption rate issued by GEMS/ Food regional diet, WHO (2006)