Figure S1. Screeplot for the principal component analysis of nutrients.
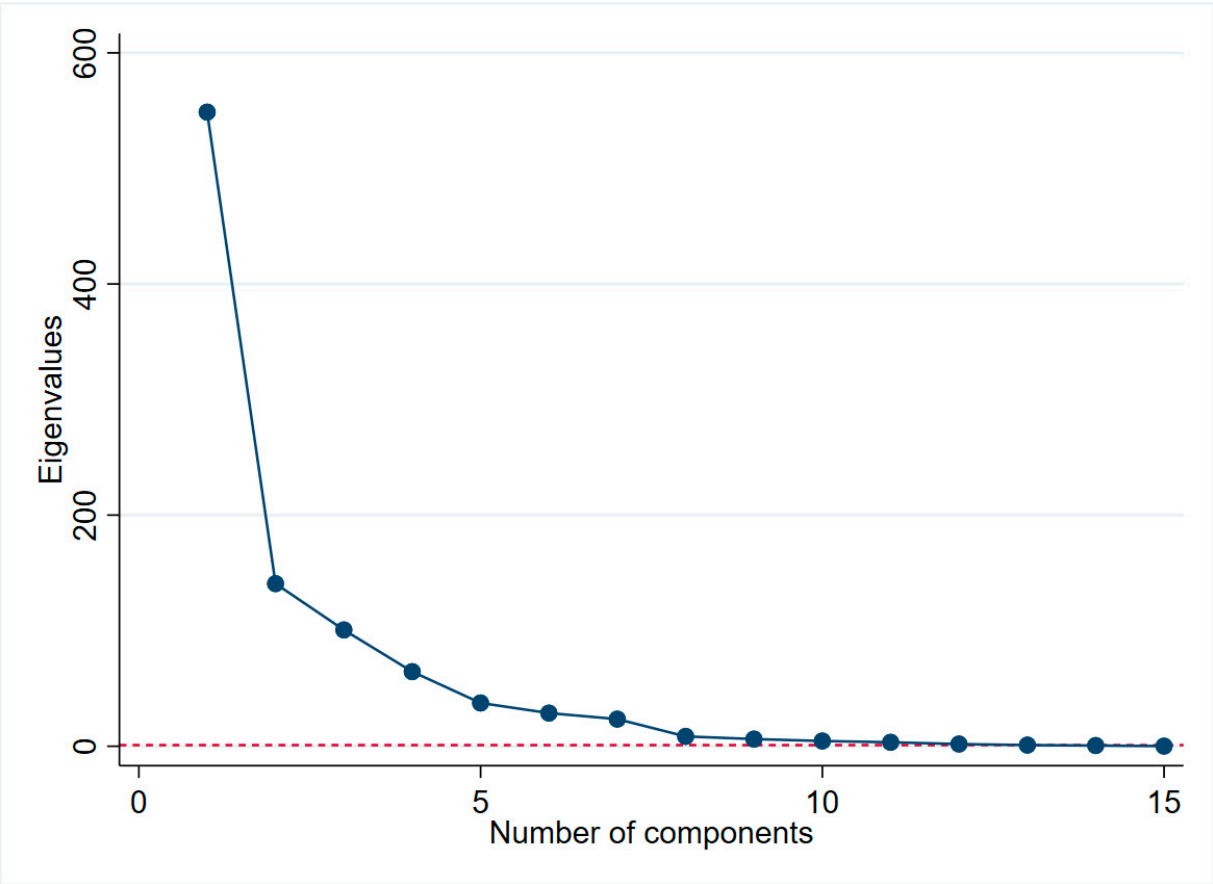
Figure S2. Screeplot for the principal component analysis of food items.