**S1 Fig:** Example of calculator input and output for the Food4HealthyLife calculator exemplified for 20-year-old female from Europe based on change from a typical Western (left food panel) to a feasibility-approach diet (right food panel). Health gain per food group is presented in a forest plot above the food input and total life expectancy change below (see <a href="http://food4healthylife.org/">http://food4healthylife.org/</a>).

