Appendix A

Table A: Conversion factors from various food to nutrients

Categories	Categories and codes in CFCT 2014	100g food			
		Energy (Kcal)	Protein (g)	Fat (g)	CHO (g)
Grain	Cereals and cereal products (from 01-2-106 to 01-2-01-2-411)	285.22	5.46	0.93	66.03
Vegetables	80% vegetables and vegetable products (from 04-1-111 to 04-8-081)	42.95	4.08	1.17	9.76
	+20% fungi and algae (from 05-1-028 to 05-2-011)				
Pork	Meat and meat products (from 08-1-121 to 08-1-429)	300.97	19.23	22.55	5.25
Poultry	Poultry and poultry products (from 09-1-112 to 09-9-004)	270.27	19.33	19.12	5.17
Beef	Meat and meat products (from 08-2-111 to 083-2-311)	210.93	24.53	10.36	4.89
Mutton	Meat and meat products (from 08-3-113 to 083-3-310)	122.29	20.41	4.00	1.14
Aquatic products	Fish, shellfish, and mollusks (from 12-1-131 to 12-1-133)	89.67	17.33	2.10	0.40
Egg	Eggs and egg products (from 11-1-109 to 11-3-104)	176.70	12.87	12.37	2.81
Milk and dairy products	Milk and dairy products (from 10-1-105 to 10-1-121, 10-3-007, 10-3-008)	66.68	2.97	3.04	6.88

Data source: calculated based on the China Food Composition Table (CFCT) 2004

Appendix B

Table B: Differences in the independent variables by migration status

Variable	Migration		Diff. (Yes-No)#	
	Yes	No		
Income	15.60	7.43	8.17	***
Wealth	58.65	53.06	5.59	*
Gender	0.10	0.07	0.03	
Age	48.75	47.26	1.49	*
Edu	4.37	4.49	-0.13	
Han	0.03	0.05	-0.02	
Dai	0.58	0.58	0.00	
Hani	0.11	0.12	0.00	
Yi	0.13	0.08	0.05	**
Bulang	0.06	0.10	-0.04	*
Other	0.08	0.06	0.01	
Hhsize	5.40	5.20	0.20	*
Child	0.15	0.20	-0.06	***
Elder	0.07	0.07	-0.01	
Area	13.31	14.63	-1.32	
Rubber	0.71	0.76	-0.06	***
Harvest	33.79	41.99	-8.20	***
Elevation	734.46	767.25	-32.78	**
Observations	194	417		

Note: # mean comparison test; *, ** and *** represent the 10%, 5%, and 1% significance levels, respectively