

Supplemental table 1. Grouping of food frequency questionnaire items

Food group	Included items from food frequency questionnaire
Fruit	Apple, banana, pear, orange, strawberries, grapes, other types of fruit
Vegetables	Cauliflower, broccoli, spinach, leak, French beans, carrot, lettuce, tomato, cabbage, raw carrot, other types of vegetables, other types of raw vegetables
Dairy – full-fat	Full-fat milk, full-fat chocolate milk, mousse, ice cream, whipped cream, coffee cream and milk, coffee creamer and powder, full-fat yoghurt with and without fruit, full-fat custard, cream eaten with warm meal
Dairy – semi-fat	Semi-skimmed milk, semi-skimmed yoghurt with and without fruit, semi-skimmed coffee milk, semi-skimmed chocolate milk
Dairy – low-fat	Low-fat milk, low-fat chocolate milk, buttermilk, low-fat yoghurt with and without fruit, skimmed milk
Potatoes	Boiled and mashed potatoes, fried potatoes and mashed potatoes with added fat
Pasta and rice – plain	White pasta, white rice
Pasta and rice - wholemeal	Wholemeal pasta, brown rice
Cheese – low-fat	20+ and 30+ cheese, 40+ cheese
Cheese – full-fat	48+ cheese, full-fat luxury cheese, semi-fat luxury cheese
Bread – white	White bread, white rolls, current buns, current and raisin bread, croissants, Dutch rusks, crackers
Bread - wholemeal	Wholemeal bread, multigrain breads, wheat bread, multigrain bread, muesli buns, wholemeal Dutch rusks and knäckebröd, high fibre / wholemeal knäckebröd, wholemeal bread, rye bread, Dutch spiced honey cake
Cereals	Muesli and cruesli, breakfast cereals (cornflakes, smacks, etc.), fibre-rich products, oatmeal, ready-to-drink breakfast drink
Eggs	Boiled eggs, fried eggs
Fish	Ready- to-eat fried fish, lean fish, unknown type of fish, fish salad, clams, trout, herring, salmon
Red meat	Minced meat, steak, tender steak, pork chops, pork filet, other types of meat such as veal, liver or kidney products
Processed meat	Ham, cold meats and sausage, bacon, unknown type of cold meats, smoked sausage, liver sausage, other type of sausage, boiled liver, liver products
Poultry	Chicken and turkey
Vegetarian products	Soy milk, soy dessert, tofu, tahoe, other vegetarian products, unknown type of vegetarian product, vegetarian cold meats, marmite
Legumes	Legumes
Nuts	Peanuts, walnuts, mixed nuts and raisins, other types of nuts, line seed, peanut butter, nuts and seeds eaten with warm meal
Cakes and cookies	Small cookies and biscuits, cake and large cookies, nutritional biscuits, pastry and pies
Sweets	Chocolate sandwich topping, other sweet sandwich topping, water-based ice, sugar added to coffee, tea, yoghurt, etc., chocolate (dark, milk, and white), candybar
Snacks	Pizza, pancake, French fries, deep fried savoury snacks (small and large), spring rolls (small and large), crisps / salty snacks, mayonnaise salad snack
Oils and dressings	Olive oil, oil rich in mono-unsaturated fatty acids, oil rich in poly-

	unsaturated fatty acids, dressing with oil and vinegar
Cooking fats	Butter, semi-skimmed butter, lard, solid frying fat, liquid frying fat, solid deep-frying fats, liquid deep-frying fats, liquid margarine, solid margarine, unknown type of fat used for food preparation
Margarine	Margarine, low-fat margarine, diet margarine, cholesterol-reducing margarine
Coffee and tea	Coffee, black tea, green tea, herbal tea
Non-alcoholic beverages	Alcohol-free beer, soft drink, light soft drinks
Juices	Vegetable juices, orange juice, other types of fruit juice
Soup	Soup with legumes, other soups
Condiments	Dressing without oil, dressing with semi-fat mayonnaise, dressing with mayonnaise, mayonnaise, semi-skimmed mayonnaise, ketchup, peanut sauce, tomato sauce, other sauces