

Supplemental table 1. The mean values of chosen individual dietary components investigated in the present study. Values are mean and standard deviation (SD).

Variable	Women n=989		Men n=800	
	Mean	SD	Mean	SD
<i>Carbohydrates</i>				
Oat and barley (g/day)	9.9	11.9	10.8	14.6
Fruits and berries (g/day)	255.5	232.6	156.9	144.1
Vegetables (g/day)	294.1	178.6	234.1	154.3
Rye (g/day)	52.4	34.0	51.9	39.8
Potato (g/day)	103.2	78.9	154.0	112.6
Sweets (g/day)	16.6	17.1	14.1	16.3
Soft drinks (g/day)	86.3	152.9	135.3	209.5
Fruit juice (g/day)	113.0	164.7	140.8	174.9
Other juice (g/day)	56.0	115.4	79.3	162.5
Starch (g/day)	1.6	2.2	1.3	2.4
Total fibers (g/day)	24.7	10.1	23.6	10.3
Total fibers-to-saccharose ratio	0.49	0.26	0.45	0.26
<i>Fats, and dairy and meat products</i>				
Vegetable margarines and spreads (g/day)	5.2	7.1	6.6	9.0
Industrial fats (g/day)	6.2	4.1	7.8	5.1
Butter / mixed butter (g/day)	6.7	6.9	9.0	9.8
Oils (g/day)	8.7	5.3	12.2	7.0
Vegetable oil based low fat (<55%) spreads (g/day)	5.7	8.3	6.6	10.1
Cheese (g/day)	41.2	30.4	44.7	34.7
Cream (g/day)	14.0	12.5	19.1	17.9
Sausage (g/day)	26.2	26.0	51.5	55.0
Meat products (g/day)	14.8	16.8	18.3	18.2
Meat (g/day)	121.4	76.0	191.5	98.2
Ice cream (g/day)	10.9	14.6	13.0	15.9
<i>Others</i>				
Salt (g/day)	4.2	1.6	5.2	1.9
Fish (g/day)	26.0	18.8	33.6	24.5
Chocolate (g/day)	13.8	15.6	10.7	13.2
<i>Alcohol</i>				
Beer, cider and other similar alcohol (g/day)	74.2	113.7	273.8	393.8
Spirit (g/day)	1.2	3.6	4.7	9.4
Wine (g/day)	17.9	37.2	21.5	48.0

Main sources of oat and barley, and starch in Finnish diet are porridge and bread, and bread, potatoes and vegetables, respectively.

Sex difference p always less than 0.05 except for oat and barley, rye, cream, and wine

Supplemental table 2. Age-adjusted Spearman's correlation coefficients, ranked according to the TV viewing time, between individual sedentary behaviour types and dietary components in women.

Variables	WC (cm)	TV viewing (hrs/day)	Computer use (hrs/day)	Reading (hrs/day)	Other relaxation (hrs/day)	Listening to radio/music (hrs/day)	Non-TV sedentary time (hrs/day)
Oat and barley (g/day)	-0.05	-0.17***	0.02	0.05	-0.003	0.04	0.03
Soft drinks (g/day)	0.16***	0.15***	0.03	-0.02	0.005	-0.02	0.003
Starch (g/day)	0.05	-0.14***	-0.02	-0.06	-0.03	-0.01	-0.06
Beer, cider and other similar alcohol (g/day)	0.11**	0.13***	-0.007	-0.05	-0.03	0.02	-0.008
Sausage (g/day)	0.20***	0.12***	0.05	-0.04	0.10**	0.03	0.06
Fish (g/day)	-0.03	-0.12**	-0.004	0.07*	0.02	0.10**	0.05
Fruits and berries (g/day)	-0.02	-0.10**	0.02	0.04	-0.003	0.02	0.02
Spirit (g/day)	0.06	0.10**	-0.02	-0.05	0.03	0.008	0.001
Industrial fats (g/day)	0.04	-0.09**	-0.02	-0.06*	-0.02	-0.06	-0.08*
Sweets (g/day)	0.04	0.09*	0.05	-0.009	-0.001	-0.04	-0.004
Salt (g/day)	0.08**	-0.09**	0.04	0.01	0.04	0.06	0.04
Total fibers (g/day)	0.06	-0.07*	0.02	0.05	0.06	0.07*	0.06
Butter / mixed butter (g/day)	0.04	-0.07*	0.01	-0.01	0.01	0.04	-0.002
Total fibers-to-saccharose ratio	0.06*	-0.06	-0.01	0.07*	-0.02	0.01	0.007
Vegetables (g/day)	0.04	-0.06	0.03	0.07*	0.06	0.07*	0.08*
Other juice (g/day)	0.01	-0.05	-0.011	0.01	0.05	0.03	-0.002
Wine (g/day)	-0.09**	-0.04	-0.002	0.008	-0.08**	-0.04	-0.04
Potato (g/day)	0.16***	-0.04	-0.004	-0.009	0.02	0.02	-0.01
Meat (g/day)	0.19***	0.03	0.05	-0.06	0.06	-0.002	0.02
Vegetable margarines and spreads (g/day)	0.01	0.03	-0.006	0.01	0.08*	-0.01	0.04
Fruit juice (g/day)	-0.07*	0.03	0.01	0.002	0.02	0.01	0.02
Oils (g/day)	0.01	-0.03	0.06	-0.005	0.03	0.06	0.05
Ice cream (g/day)	-0.006	-0.02	-0.08**	-0.03	-0.04	-0.05	-0.10**
Chocolate (g/day)	-0.008	-0.02	-0.04	-0.08*	-0.09**	-0.09**	-0.10**
Cream (g/day)	0.05	-0.02	0.06	-0.03	0.05	0.08*	0.05
Rye (g/day)	0.07*	-0.01	-0.03	0.007	0.05	0.03	0.008
Meat products (g/day)	0.11**	0.003	-0.05	-0.13***	0.01	-0.04	-0.08**
Vegetable oil based low fat (<55%) spreads (g/day)	0.10**	-0.006	-0.04	0.001	-0.006	-0.03	-0.04
Cheese (g/day)	-0.03	-0.007	-0.04	0.007	0.01	0.05	-0.009

***p<0.001, **p<0.01, *p<0.05

Supplemental table 3. Age-adjusted Spearman's correlation coefficients, ranked according to the TV viewing time, between individual sedentary behaviour types and dietary components in men.

Variables	WC (cm)	TV viewing (hrs/day)	Computer use (hrs/day)	Reading (hrs/day)	Other relaxation (hrs/day)	Listening to radio/music (hrs/day)	Non-TV sedentary time (hrs/day)
Sausage (g/day)	0.11**	0.12***	-0.07*	-0.06	0.07	0.06	-0.01
Oat and barley (g/day)	-0.09**	-0.11***	-0.04	0.13***	-0.09*	-0.001	-0.04
Beer, cider and other similar alcohol (g/day)	0.11***	0.10**	-0.002	-0.03	-0.04	-0.05	-0.05
Starch (g/day)	-0.08*	-0.10**	-0.04	0.11**	-0.10**	0.05	-0.06
Fruits and berries (g/day)	-0.12***	-0.09*	-0.05	0.16***	-0.11**	0.06	-0.03
Soft drinks (g/day)	0.15***	0.09*	0.13***	-0.01	0.05	0.007	0.08*
Vegetable margarines and spreads (g/day)	0.06	0.08*	-0.003	0.002	-0.02	0.08*	-0.001
Fish (g/day)	-0.008	-0.07*	0.03	0.14***	0.02	0.08*	0.08*
Chocolate (g/day)	0.00003	-0.07*	0.07	0.05	-0.09*	-0.03	-0.03
Vegetables (g/day)	-0.04	-0.07	0.03	0.20***	-0.04	0.03	0.04
Total fibers (g/day)	-0.09**	-0.06	-0.06	0.18***	-0.04	0.10**	0.001
Salt (g/day)	-0.05	-0.06	-0.02	0.14***	-0.06	0.08	0.0009
Cream (g/day)	-0.008	-0.06	0.008	0.07*	-0.10	0.06	-0.03
Spirit (g/day)	0.17***	0.06	-0.03	-0.03	-0.006	0.05	-0.01
Ice cream (g/day)	-0.06	-0.06	0.04	0.013	-0.05	0.02	-0.02
Fruit juice (g/day)	-0.03	-0.06	0.11**	0.08*	-0.03	0.08*	0.08*
Total fibers-to-saccharose ratio	0.06	-0.05	-0.06	0.06	-0.002	0.009	-0.01
Meat (g/day)	0.10**	0.05	-0.05	-0.01	-0.02	0.03	-0.05
Industrial fats (g/day)	0.04	-0.05	-0.03	0.03	-0.08*	-0.02	-0.08*
Oils (g/day)	0.01	-0.05	0.08*	0.04	-0.05	0.008	0.007
Butter / mixed butter (g/day)	0.02	-0.05	-0.04	0.04	-0.02	0.04	-0.03
Wine (g/day)	-0.002	-0.04	0.07	0.08*	-0.12***	-0.02	-0.03
Vegetable oil based low fat (<55%) spreads (g/day)	-0.005	-0.03	-0.05	-0.05	-0.04	-0.04	-0.09**
Cheese (g/day)	0.02	0.02	0.05	0.04	0.005	0.02	0.04
Potato (g/day)	-0.05	-0.01	-0.08*	-0.009	-0.05	0.05	-0.08*
Rye (g/day)	-0.02	0.01	-0.10**	0.10**	0.04	0.08*	0.001
Other juice (g/day)	-0.03	-0.01	-0.05	0.05	-0.05	0.01	-0.03
Sweets (g/day)	0.01	0.007	0.08*	-0.04	-0.03	-0.04	-0.02
Meat products (g/day)	0.10**	-0.001	-0.04	0.005	-0.08*	-0.02	-0.09

***p<0.001, **p<0.01, *p<0.05