**Supplementary material**

**Table S1.** Correlation matrix between SHEIA15, RADDS and KS-10

| Variables | SHEIA15 | RADDS | KS-10 |
|---|---|---|---|
| SHEIA15 | 1 | 0.442 ** | 0.019 |
| RADDS | 0.442** | 1 | 0.093 ** |
| KS-10 | 0.019 | 0.093 ** | 1 |

$** = p < 0.01$

**Table S2.** Mean intake for SHEIA15 components and associated reference values based on national recommendations and guidelines.

| | **Mean intake/day** | **Reference values/day** |
|---|---|---|
| | Gram/10MJ(SD) | Gram/10MJ |
| Wholegrain | 33.3(40.0) | 75[a] |
| | Gram/MJ(SD) | Gram/MJ |
| Fibre | 2.08(0.73) | 3.00[b] |
| | E%(SD) | E% |
| SFA | 13.2(3.40) | <10[b] |
| MUFA | **13.3(3.54)** | 10-20[b] |
| PUFA | 4.65(1.49) | 5-10[b] |
| Added sugar | 10.7(8.10) | <10[b] |
| | Gram(SD) | Gram |
| Vegetables and fruit | 208(175) | 500[c] |
| Fish and shellfish | 20.5(59.6) | 45[d] |
| Red and processed meat | 642.1(528.3)[e] | <500[b] |

Values meeting reference values shown in bold. Abbreviations: Swedish Healthy Eating index for Adolescents 2015 (SHEIA15), mega joule (MJ), standard deviation (SD), energy percent (E%), saturated-fatty acid (SFA), monounsaturated-fatty acid (MUFA) and poly-unsaturated fatty acid (PUFA)

[a] Intake based on nutrient density in (44)
[b] Based on the (3)
[c] Based on Swedish food-based dietary guidelines: (26)
[d] Based on Swedish food-based dietary guidelines: (26) and advice from (Brugård Konde)
[e] Red and processed meat intake per week