

## Supplemental File S6. Offline Kaat Koort Food Frequency Questionnaire

**TEMPLATE:** Fill in 'Frequency'\* & 'Number of portions' for all items consumed **at least once a month**.

Ask about **Extra items**; if yes add item name, portion, frequency and # portions.

<sup>s</sup>Item repeated in 1 other meal. <sup>ss</sup>Item repeated in 2 other meals.

Participant ID: _____ Visit #: _____ Date: _____	Portion size	# units in portion	Frequency*	Number of portions
<b>FFQ items</b>				
<b>Breakfast/Brunch</b>				
<b>Grains-Starches</b>				
Breakfast cereal, refined (corn, oats, rice) <sup>s</sup>	cup	1		
Breakfast cereal, whole grain (Weetbix, All Bran)	cup	1		
Porridge, rolled oats, cooked	cup	1		
Sugar, white (for cereal)	teaspoon	1		
<b>Extra items: (e.g., sugar-coated cereal, muesli bars)</b>				
		1		
		1		
<b>Bread</b>				
Bread/toast, white flour <sup>ss</sup>	slice	1		
Bread/toast, wholemeal/mixed grain flour <sup>ss</sup>	slice	1		
<b>Extra items: (e.g., damper, crumpets, savoury biscuits)</b>				
		1		
		1		
<b>Spreads-Sauces</b>				
Butter, plain, salted <sup>ss</sup>	teaspoon	1		
Margarine, regular <sup>ss</sup>	teaspoon	1		
Vegetemite/Promote <sup>ss</sup>	teaspoon	1		
Honey	teaspoon	1		
<b>Extra items: (e.g., peanut butter, reduced-salt margarine, jam)</b>				
		1		
		1		
		1		

\*Frequency:

If consumed at least once a week, provide exact number of days per week (1 to 7).

If consumed at least once a month but less than once a week, provide code for times per month (M1, M2, M3).

**TEMPLATE:** Fill in 'Frequency'\* & 'Number of portions' for all items consumed **at least once a month**.

Ask about **Extra items**; if yes add item name, portion, frequency and # portions.

<sup>\$</sup>Item repeated in 1 other meal. <sup>\$\$</sup>Item repeated in 2 other meals.

Participant ID: _____ Visit #: _____ Date: _____	Portion size	# units in portion	Frequency*	Number of portions
<b>FFQ items</b>				
<b>Dairy products</b>				
Milk, full cream (for cereal)	cup	1		
Yoghurt, regular fat, flavored	container	1		
<b>Extra items:</b> (e.g., Hilo/skimmed milk, milk powder, plain yoghurt, cheese)				
		1		
		1		
<b>Eggs</b>				
Eggs, fried/scrambled <sup>\$</sup>	unit	1		
Savory egg dishes (omelette/scrambled, + additions)	serve	1		
<b>Extra items:</b> (e.g., hard-boiled/poached eggs)				
		1		
		1		
<b>Meat (alone, or in stews/sauces/casseroles/curry/sandwiches)</b>				
Bacon	slice	1		
Sausage <sup>\$</sup>	unit	1		
<b>Extra items:</b> (e.g., tinned or fresh fish, seafood, ham)				
		1		
		1		
<b>Vegetables (alone, or in mixed dishes)</b>				
Potato, sweet potato, sweetcorn <sup>\$\$</sup>	Exchange equivalent	1		
Baked beans <sup>\$\$</sup>	cup	1		
<b>Extra items:</b> (e.g., fresh vegetables/salads)				
		1		
		1		

\*Frequency:

If consumed at least once a week, provide exact number of days per week (1 to 7).

If consumed at least once a month but less than once a week, provide code for times per month (M1, M2, M3).

**TEMPLATE:** Fill in 'Frequency'\* & 'Number of portions' for all items consumed **at least once a month**.

Ask about **Extra items**; if yes add item name, portion, frequency and # portions.

<sup>§</sup>Item repeated in 1 other meal. <sup>§§</sup>Item repeated in 2 other meals.

Participant ID: _____ Visit #: _____ Date: _____	Portion size	# units in portion	Frequency*	Number of portions
<b>FFQ items</b>				
<b>Fast foods</b>				
Muffin, English style, with sausage or bacon/egg/cheese	unit	1		
<b>Extra items:</b> (e.g., pastie/sausage roll, hot potato chips)				
		1		
		1		
<b>Midday and evening meals</b>				
<b>Meat (alone, or in stews/sauces/casseroles/curry/sandwiches/meatballs)</b>				
Chicken/poultry, with skin	serve	1		
Beef/lamb/pork, visible fat/mince	serve	1		
Sausage <sup>§</sup>	unit	1		
Kangaroo/rabbit/wild game	serve	1		
Cooked fish	serve	1		
Tinned tuna and other tinned fish	can	1		
<b>Extra items:</b> (e.g., chicken without skin, lean beef, ham/luncheon meats, seafood)				
		1		
		1		
<b>Vegetables (alone or in stews/casseroles/sauces/curry/stirfry)</b>				
Potato, sweet potato, sweetcorn <sup>§§</sup>	Exchange equivalent	1		
All other vegetables/salads <sup>§</sup>	cup	0.5		
Baked beans <sup>§§</sup>	cup	1		
<b>Extra items:</b> (e.g., homemade hot potato chips, potato/rice/pasta salad, other legumes)				

\*Frequency:

If consumed at least once a week, provide exact number of days per week (1 to 7).

If consumed at least once a month but less than once a week, provide code for times per month (M1, M2, M3).

**TEMPLATE:** Fill in 'Frequency'\* & 'Number of portions' for all items consumed **at least once a month**.

Ask about **Extra items**; if yes add item name, portion, frequency and # portions.

<sup>\$</sup>Item repeated in 1 other meal. <sup>\$\$</sup>Item repeated in 2 other meals.

Participant ID: _____ Visit #: _____ Date: _____	Portion size	# units in portion	Frequency*	Number of portions
<b>FFQ items</b>				
_____		1		
_____		1		
<b>Bread</b>				
Bread/toast, white flour <sup>\$\$</sup>	slice	1		
Bread/toast, wholemeal/mixed grain flour <sup>\$\$</sup>	slice	1		
<b>Extra items:</b> (e.g., savoury biscuits, bread rolls, flat wraps/tortillas, damper)				
_____		1		
_____		1		
<b>Grains-Starches</b>				
Rice, white (incl. in mixed dishes)	heaped serving spoon	1		
Pasta, noodles (incl. in mixed dishes)	heaped serving spoon	1		
<b>Extra items:</b> (e.g., brown rice, wholegrain noodles/pasta, porridge, muesli bars, breakfast cereal)				
_____		1		
_____		1		
<b>Spreads-Dips</b>				
Butter, plain, salted <sup>\$\$</sup>	teaspoon	1		
Margarine, regular <sup>\$\$</sup>	teaspoon	1		
Tomato sauce (ketchup)	tablespoon	1		
Mayonaise, regular fat	tablespoon	1		
Vegetemite/Promote <sup>\$\$</sup>	teaspoon	1		
<b>Extra items:</b> (e.g., avocado, peanut butter, reduced salt butter/margarine)				
_____		1		
_____		1		

\*Frequency:

If consumed at least once a week, provide exact number of days per week (1 to 7).

If consumed at least once a month but less than once a week, provide code for times per month (M1, M2, M3).

**TEMPLATE:** Fill in 'Frequency'\* & 'Number of portions' for all items consumed **at least once a month**.

Ask about **Extra items**; if yes add item name, portion, frequency and # portions.

<sup>§</sup>Item repeated in 1 other meal. <sup>§§</sup>Item repeated in 2 other meals.

Participant ID: _____ Visit #: _____ Date: _____	Portion size	# units in portion	Frequency*	Number of portions
<b>FFQ items</b>				
<b>Sauces (on meat, stew/casseroles, pasta/noodles, rice, vegetables)</b>				
Gravy	tablespoon	1		
Asian marinade/soy sauce	tablespoon	1		
Tomato sauce for pasta bolognese, salsa, tacos	cup	0.5		
<b>Extra items:</b> (e.g., cream-based sauces, salad dressings, barbeque sauce, chutney/relish)				
		1		
		1		
<b>Dairy</b>				
Cheese (cheddar, any other hard yellow cheese) <sup>§</sup>	slice	1		
<b>Extra items:</b> (e.g., yoghurt, soft/spread cheeses, weight loss milk shakes, milk for cereal)				
		1		
		1		
<b>Eggs</b>				
Eggs, fried/scrambled <sup>§</sup>	unit	1		
<b>Extra items:</b> (e.g., hard-boiled/poached eggs, omelette/scrambled eggs)				
		1		
		1		
<b>Fast foods</b>				
Pizza, with meat	slice	1		
Hot dog, bread roll	unit	1		
Hamburger, bread roll, beef patty <sup>§</sup>	unit	1		
Hot potato chips/fries/wedges, fast food/take away <sup>§</sup>	serve	1		

\*Frequency:

If consumed at least once a week, provide exact number of days per week (1 to 7).

If consumed at least once a month but less than once a week, provide code for times per month (M1, M2, M3).

**TEMPLATE:** Fill in 'Frequency'\* & 'Number of portions' for all items consumed **at least once a month**.

Ask about **Extra items**; if yes add item name, portion, frequency and # portions.

<sup>\$</sup>Item repeated in 1 other meal. <sup>\$\$</sup>Item repeated in 2 other meals.

Participant ID: _____ Visit #: _____ Date: _____	Portion size	# units in portion	Frequency*	Number of portions
<b>FFQ items</b>				
<b>Extra items:</b> (e.g., pastie/pie, grilled chicken wrap/burger, crispy/coated chicken, fried fish, toasted cheese sandwich)				
		1		
		1		
<b>Deep-fat Frying (meat/fish/vegetables)</b>				
Oil for deep-fat frying	tablespoon	1		
<b>Between meal snacks / desserts</b>				
<b>Bread</b>				
Bread/toast, white flour <sup>\$\$</sup>	slice	1		
Bread/toast, wholemeal/mixed grain flour <sup>\$\$</sup>	slice	1		
<b>Extra items:</b> (e.g., savoury biscuits, damper, crumpet, fruit bread)				
		1		
		1		
<b>Grains-Starches</b>				
Breakfast cereal, refined grains (corn, oat, rice) <sup>\$</sup>	cup	1		
<b>Extra items:</b> (e.g., muesli/protein bars, breakfast cereals/porridge, noodles/pasta)				
		1		
		1		
<b>Spreads-Sauces</b>				
Butter, plain, salted <sup>\$\$</sup>	teaspoon	1		
Margarine, regular <sup>\$\$</sup>	teaspoon	1		

\*Frequency:

If consumed at least once a week, provide exact number of days per week (1 to 7).

If consumed at least once a month but less than once a week, provide code for times per month (M1, M2, M3).

**TEMPLATE:** Fill in 'Frequency'\* & 'Number of portions' for all items consumed **at least once a month**.

Ask about **Extra items**; if yes add item name, portion, frequency and # portions.

<sup>\$</sup>Item repeated in 1 other meal. <sup>\$\$</sup>Item repeated in 2 other meals.

Participant ID: _____ Visit #: _____ Date: _____	Portion size	# units in portion	Frequency*	Number of portions
<b>FFQ items</b>				
Vegemite/Promote <sup>\$\$</sup>	teaspoon	1		
<b>Extra items:</b> (e.g., avocado, chutney/relish, peanut butter, jam)				
		1		
		1		
<b>Dairy</b>				
Cheese (chedder, any hard yellow cheese) <sup>\$</sup>	slice	1		
<b>Extra items:</b> (e.g., yoghurt, soft/spread cheeses, cream)				
		1		
		1		
<b>Eggs</b>				
Eggs, hard-boiled/poached	unit	1		
<b>Extra items:</b> (e.g., fried/scrambled eggs, savoury egg dishes)				
		1		
		1		
<b>Meat</b>				
Sausage <sup>\$\$</sup>	unit	1		
Spam/Polony/processed luncheon meat	slice	1		
<b>Extra items:</b> (e.g., tinned fish, ham/luncheon meats, wild game, chicken, beef/lamb/pork)				
		1		
		1		
<b>Vegetables</b>				
Potato, sweet potato, sweetcorn <sup>\$\$</sup>	Exchange equivalent	1		
All other vegetables/salads <sup>\$</sup>	cup	0.5		

\*Frequency:

If consumed at least once a week, provide exact number of days per week (1 to 7).

If consumed at least once a month but less than once a week, provide code for times per month (M1, M2, M3).

**TEMPLATE:** Fill in 'Frequency'\* & 'Number of portions' for all items consumed **at least once a month**.

Ask about **Extra items**; if yes add item name, portion, frequency and # portions.

<sup>\$</sup>Item repeated in 1 other meal. <sup>\$\$</sup>Item repeated in 2 other meals.

Participant ID: _____ Visit #: _____ Date: _____	Portion size	# units in portion	Frequency*	Number of portions
<b>FFQ items</b>				
Baked beans <sup>\$\$</sup>	cup	1		
<b>Extra items:</b> (e.g., potato/rice/pasta salad, other legumes)				
		1		
		1		
<b>Fast foods</b>				
Hamburger, bread roll, beef patty <sup>\$</sup>	unit	1		
Hot potato chips/fries/wedges, fast food/take away <sup>\$</sup>	serve	1		
<b>Extra items:</b> (e.g., grilled chicken salad/sandwich, pizza, pastie/sausage roll, crispy chicken burger, toasted cheese sandwich)				
		1		
		1		
<b>Fruit</b>				
Fresh/frozen fruit	serve	1		
<b>Extra items:</b> (e.g., canned fruit, dried fruit)				
		1		
		1		
<b>Desserts (cake, biscuits)</b>				
Biscuit, sweet, with filling/icing/ additions	unit	1		
Cake or cupcake, iced/filled	slice/unit	1		
<b>Extra items:</b> (e.g., banana bread, pudding, doughnut/ croissant, plain biscuits, cheesecake)				
		1		
		1		
<b>Lollies and ice cream</b>				
Ice cream, regular fat	ball/scoop	1		

\*Frequency:

If consumed at least once a week, provide exact number of days per week (1 to 7).

If consumed at least once a month but less than once a week, provide code for times per month (M1, M2, M3).



**TEMPLATE:** Fill in 'Frequency'\* & 'Number of portions' for all items consumed **at least once a month**.

Ask about **Extra items**; if yes add item name, portion, frequency and # portions.

<sup>\$</sup>Item repeated in 1 other meal. <sup>\$\$</sup>Item repeated in 2 other meals.

Participant ID: _____ Visit #: ____ Date: _____		Portion size	# units in portion	Frequency*	Number of portions
<b>FFQ items</b>					
Chocolate, milk/dark/white		unit	4		
Lollies, all varieties		unit	1		
<b>Extra items:</b> (e.g., chocolate-coated bars, toppings. diet [lo-fat, lo-sugar] ice cream, )					
			1		
			1		
<b>Nuts</b>					
Nuts, all types, roasted, salted		handful	1		
<b>Extra items:</b> (e.g., unsalted nuts)					
			1		
			1		
<b>Salty snacks</b>					
Potato or veggie crisps/chips		packet	1		
<b>Extra items:</b> (e.g., twisties/cheezels, popcorn, pretzels, olives)					
			1		
			1		
<b>Drinks</b>					
<b>Hot drinks</b>					
Tea, regular, black		cup	1		
Coffee, instant or ground (prepared with water)		cup	1		
Sugar, white (for tea/coffee)		teaspoon	1		
<b>Extra items:</b> (e.g., cappuccino/latte, herbal tea, coffee mix-prepared)					
			1		

\*Frequency:

If consumed at least once a week, provide exact number of days per week (1 to 7).

If consumed at least once a month but less than once a week, provide code for times per month (M1, M2, M3).

**TEMPLATE:** Fill in 'Frequency'\* & 'Number of portions' for all items consumed **at least once a month**.

Ask about **Extra items**; if yes add item name, portion, frequency and # portions.

<sup>§</sup>Item repeated in 1 other meal. <sup>§§</sup>Item repeated in 2 other meals.

Participant ID: _____ Visit #: ____ Date: _____	Portion size	# units in portion	Frequency*	Number of portions
<b>FFQ items</b>		1		
<b>Milk drinks</b>				
Milk, full cream (incl. added to tea/coffee)	cup	1		
<b>Extra items:</b> (e.g., Hilo milk, flavoured milk, shakes, dairy smoothies)				
		1		
		1		
<b>Cold drinks</b>				
Water (tap, bottled, mineral, sparkling)	cup	1		
100% juice, natural	cup	1		
Soft drink/fruit drink/cordial/slushie, regular	cup	1		
<b>Extra items:</b> (e.g., energy/sports drinks, diet drinks, non-dairy milks)				
		1		
		1		
<b>Alcoholic drinks</b>				
Beer, regular	can	1		
Wine, red/white	wine glass	1		
Mixed drinks/cocktails (rum/whisky/scotch and cola)	can	1		
<b>Extra items:</b> (e.g., light beer, spirits)				
		1		
		1		

\*Frequency:

If consumed at least once a week, provide exact number of days per week (1 to 7).

If consumed at least once a month but less than once a week, provide code for times per month (M1, M2, M3).

**TEMPLATE:** Fill in 'Frequency'\* & 'Number of portions' for all items consumed **at least once a month**.

Ask about **Extra items**; if yes add item name, portion, frequency and # portions.

<sup>\$</sup>Item repeated in 1 other meal. <sup>\$\$</sup>Item repeated in 2 other meals.

Participant ID: _____ Visit #: _____ Date: _____	Portion size	# units in portion	Frequency*	Number of portions
<b>FFQ items</b>				
<b>Supplements</b>				
Multivitamin and/or multimineral	unit	1		
<b>Extra items:</b> (e.g., Vitamin D, protein/amino acid supplement, other mineral supplements)				
		1		
		1		

\*Frequency:

If consumed at least once a week, provide exact number of days per week (1 to 7).

If consumed at least once a month but less than once a week, provide code for times per month (M1, M2, M3).