

Table S5. Contributions of the main and 'extra'¹ I-ACE FFQ items to (A) the total intake of energy, and selected nutrients and (B) food groups reported by initial Kaat Koort participants by sex (n=60)

Nutrient or food group	Percent contribution to total reported intake			
	Women (n=42)		Men (n=18)	
	Main items	Extra items	Main items	Extra items
A. Energy and nutrients				
Energy (kJ)	68.8	31.2	70.6	29.4
Protein (g)	64.3	35.7	68.8	31.2
Total fat (g)	64.9	35.1	66.9	33.1
Fibre (g)	81.5	18.5	79.8	20.2
Carbohydrates (g)	73.7	26.3	73.4	26.6
Total sugar (g)	74.5	25.5	76.0	24.0
Free sugar (g)	77.5	22.5	76.7	23.3
Calcium (mg)	62.4	37.6	67.8	32.2
Sodium (mg)	69.5	30.5	66.1	33.9
Magnesium (mg)	67.1	32.9	70.0	30.0
Potassium (mg)	70.6	29.4	73.8	26.2
B. Food groups (serves)				
Total grains	78.9	21.1	77.8	22.2
Whole grains	86.5	13.5	80.4	19.6
Total Vegetables	91.5	8.5	86.4	13.6
Fruit	93.8	6.2	89.0	11.0
Total dairy	51.1	48.9	62.3	37.7
Low fat dairy	42.0	58.0	62.3	37.7
Meats and alternative protein sources ²	47.5	52.5	64.2	35.8
Fast/fried food	65.8	34.2	59.8	40.2
Processed/salty food	68.5	31.5	49.9	50.1
Alcoholic drinks	68.0	32.0	79.7	20.3

I-ACE Interactive Lifestyle Assessment, Counseling and Education, FFQ food frequency questionnaire

¹Items not on the main food list, that were chosen by participants who consumed them from the "extra items" lists

² Excluding dairy (which are in the dairy group) and legumes (which are in the vegetables group)