

Supplementary Table S1. Questions and answer categories for eating styles

EATING STYLE	QUESTIONS
Meal frequency	<p>How often do you eat breakfast? (Sandwiches, porridge, yoghurt or something similar)</p> <ul style="list-style-type: none"> - Every morning - 5 to 6 times a week - 2 to 4 times a week - Once a week or less frequent <p>How often in a day do you usually eat? (Take also the snacks into account)</p> <ul style="list-style-type: none"> - 1 to 2 times - 3 to 4 times - 5 to 6 times - 7 times or more often
Regular eating	<p>Which of the alternatives mentioned below describes best the regularity of your eating habits? (Regularity of your eating habits)</p> <ul style="list-style-type: none"> - I eat very regularly - I eat quite regularly - I eat quite irregularly - I eat very irregularly <p>Which of the alternatives mentioned below describes you best? (Restrictive/overeating style)</p> <ul style="list-style-type: none"> - It is easy for me to eat pretty as much I need - Quite often I eat more than needed - I often try to restrict my eating - Sometimes I'm on a strict diet, at other I overeat
Health-conscious eating style	<p>I tend to eat healthily (Usually to Seldom)</p> <p>I avoid greasy meals (Usually to Seldom)</p> <p>I avoid calories (Usually to Seldom)</p>
Night eating style	<p>At nights I wake up to eat (Usually to Seldom)</p>
External eating style	<p>I eat tempted to the advertisements (Usually to Seldom)</p>
Emotional eating style	<p>I reward myself with good food (Usually to Seldom)</p> <p>I console myself by eating or drinking (Usually to Seldom)</p>
Snacking eating style	<p>During meal times I eat sufficiently – I don't need to snack between meals (Usually to Seldom)</p> <p>I replace my meals with snacks (Usually to Seldom)</p> <p>I eat most in the evenings (Usually to Seldom)</p> <p>My food consumption is highest in the evening (Usually to Seldom)</p> <p>While I am eating, I watch TV (Usually to Seldom)</p>