

Supplementary table 1. Identification of foods

Main category	Food items	Products
Breakfast products	Breakfast drinks (readymade) ⁺	
Breakfast grains	Breakfast cereals	Muesli Crueli Wheat germ Bran Oatmeal Brinta Semolina
	Porridge grains	Cornflakes Rice crispies
	Processed grains	
Dairy	Milk ⁺	Whole Semi-skimmed Skimmed Buttermilk
	Milk alternatives ⁺	Lactose free Goat or sheep milk Soy milk Oat milk Ricemilk Coconut milk Almond milk
	Chocolate milk	Whole Semi-skimmed Skimmed Oat milk Soy milk
	Sweetened dairy drinks	Fruits Soy Other types of sweetened dairy drinks
	Health-improving dairy	Cholesterol lowering drinks Blood pressure lowering drinks Probiotic drinks
	Yogurt ⁺	Whole Semi-skimmed Skimmed Soy Goat or sheep Sweetened/flavoured Fruits
	Quark ⁺	Whole Semi-skimmed Skimmed Soy Goat or sheep Sweetened/flavoured Fruits
	Dutch custard	Whole Semi-skimmed Skimmed Soy Goat or sheep Sweetened/flavoured (vanille, chocolate, etc.) Fruits
	Ready-made porridge / pudding / dessert	Sweetened/flavoured Soy
	Homemade porridge / pudding	Custard Rice pudding Semolina pudding
	Sweeteners added to yogurt / quark / etc	Sugar Syrup Honey Artificial sweeteners
	Ice cream products	Milk-based Soy-based Water-based Milkshake
	Hard cheeses ⁺	Soft-ripened Washed-rind Smear-ripened Blue Brined Processed Goat or sheep cheese Parmesan cheese
	Soft cheeses ⁺	Dairy spreads Hüttekäse Cream cheese Foreign cheeses Goat or sheep cheese Processed cheese spread Mozzarella Mascarpone Feta Grated cheese

	Cream ⁺	Sour cream Creme fraiche Cream (for cooking) Whipped cream (fresh) Whipped cream (spray can)
Bread and bread substitutes	Rusk / biscuit	White Whole grain Multigrain
	Knäckebröd Breakfast crackers/crispbread	White Whole grain Multigrain
	Croissants	Spelt White Whole grain Spelt
	Hard rolls/ rustic rolls ⁺	Cheese Ham/cheese White Brown Whole grain Multigrain
	Buns/rolls ⁺	Raisins / dried currants Bagels English muffin Remaining bread products
	Bread slices/sandwich bread ⁺	White Brown Whole grain Multigrain Spelt Raisins / dried currants Muesli Remaining bread products
		White Brown Whole grain Multigrain Spelt Raisins / dried currants Muesli Pumpernickel rye bread (light) Pumpernickel rye bread (dark) Sourdough Remaining bread products
		Butter Semi-skimmed butter Margarine (tub) Margarine (package) Diet margarine Margarine with plant sterols/-stanols Low-fat butter Diet low-fat butter Low-fat butter with plant sterols/-stanols Other types of spreads/butter No spread/butter
		Olive oil Peanut oil Sunflower oil Sesame oil Liquid margarine Baking and roasting products (solid) Baking and roasting products (liquid) Lard/bacon fat Spray can fats
	Spreads	Nut pastas ⁺
Sweet spreads		Chocolate sprinkles or flakes Chocolate paste Hazelnut chocolate pasta Chocolate butter Chocolate slices Fruit sprinkles / forest fruit sprinkles Ground aniseed sprinkles / anise sprinkles ("gestampde muisjes" / "roze of blauwe muisjes") Jam/marmelade ⁺ Gingerbread sprinkles ("Schuddebuikjes") Anise sprinkles ("Anijs Hagel") Dutch Spiced Cookies Biscuits ("speculaas") Apple / pear syrup/jam Honey ⁺ Sugar ⁺
Savory (salad/humus) spreads ⁺		Humus Marmite Sandwichspread Egg salad Chicken curry salad Pesto

		Tapenade
		Remaining type of salad / sandwichspread
Eggs	Fried eggs ⁺	Fried eggs
		Omelet
	Boiled eggs ⁺	Boiled
		Poached
Fruits	Dried fruits ⁺	Cranberries
		Apricots
		Plums
		Apple
		Pears
		Dates
		Raisins
		Currants
		Tutti-frutti
		Figs
		Mango
		Banana
	Fresh fruits ⁺	Strawberries
		Apricots
		Pineapple
		Apple
		Avocado
		Banana
		Berries
		Citrus fruit such as lemon, lime, orange, mandarin, grapefruit
		Dates
		Grapes
		Raspberries
		Pomegranate
		Cherries
		Kiwi
		Coconut
		Mango
		Melon
		Nectarines
		Passion fruit
		Pear
		Peach
		Plums
		Figs
		Other types of fruit
	Processed fruits / Preserved fruits ⁺	Apple sauce
		Cocktail fruit
		Prepackaged and sliced fruits / fruit salads
		Frozen fruits
Nuts, stone fruits, seeds	Nuts, stone fruits ^{+,*}	Almonds
		Cashew nuts
		Hazelnuts
		Macadamia nuts
		Brazil nuts
		Pecans
		Pistachio nuts
		Walnuts
		Chestnut
		Coconut
		Bar mix
	Peanuts ^{+,*}	Peanuts
	Seeds ^{+,*}	Pumpkin seeds
		Sesame seed
		Sunflower seeds
		Poppy seeds
		Pomegranate seeds
		Pine nuts
Meat and meat substitutes	Raw cold cuts ⁺	Filet american
		Roast beef
		Carpaccio
	Processed cold cuts ⁺	Boiled liver
		Liver sausage, pate, liver pate, liver cheese, berliner liver sausage
		Smoked meat ("rookvlees"), "fricandeau", gammon, chicken fillet, chicken roulade
		Bacon ("ontbijtspek", "katenspek")
		Cervelat, salami
		Sausage, roasted meat
		Grilled or cooked ham
		Other types of cold cuts
	Meat ⁺	Beef
		Veal
		Pork
		Bacon
		Poultry
		Other types of meat
		Organ meat: liver, tongue, kidneys, brains, sweetbread
		Game: grouse, moose, deer, hare, etc
		Lamb, goat, sheep, etc.
	Gravy	Meat gravy

	Meat substitutes	<ul style="list-style-type: none"> Prepackaged gravy / gravy powder Tofu Tempeh Seitan Quorn Valess Falafel Ready-made meat substitutes
Fish	<ul style="list-style-type: none"> Fresh fish⁺ Raw fish⁺ Processed fish⁺ Shellfish and seafood⁺ 	<ul style="list-style-type: none"> Fatty fish White fish Salty herring Sushi Caviar Fried haddock Canned fish (tuna, salmon, sardines, etc.) Smoked fish (salmon, etc.) Vis sticks Lobster Shrimps Crab Mussels Oysters Squid Escargot Seaweed Other types of shellfish and crustaceans
Vegetables	<ul style="list-style-type: none"> Vegetables⁺ Raw vegetables⁺ 	<ul style="list-style-type: none"> Jerusalem artichoke Endive Artichoke Asparagus (green) Asparagus (white) Eggplant Celery Cauliflower Kale Spring onion/scallions Broccoli Mushrooms Cherry tomato Chinese cabbage Zucchini Garden peas Green cabbage Iceberg lettuce Cucumber Kohlrabi Cabbage lettuce Sea lavender/limonium Corn Pak Choy Bell pepper Pea pods Pumpkin Purslane Leeks Turnips Turnip stalks Rhubarb Radicchio Radish Rettich Beetroot Red cabbage Savoy Salsify Haricot Green bean Spinach Pointed cabbage Brussels sprouts Bean sprouts Tomato Broad bean Onion Lamb's lettuce Fennel Winter purslane Belgian endive/chicory White cabbage Carrots Samphire/sea beans Sweet potato Sauerkraut Endive Pickle Avocado

		<ul style="list-style-type: none"> Celery Cauliflower Kale Cucumber with peel Cucumber without peel Cabbage types Paprika Radish Lettuce: iceberg Lettuce: head lettuce Lettuce: Arugula Lettuce: lamb's lettuce Spinach Bean sprouts Tomato Cress Onion Fennel Belgian endive/chicory Root Silverskin onions
Legumes	Legumes ⁺	<ul style="list-style-type: none"> Brown, white, black beans Split peas Capuchin Green beans (borlotti) Lima beans Lentils Chickpeas Kidney beans Soybeans
Grain products	Pasta ⁺ Rice / other grains ⁺ Potatoes ⁺ Toast, bread, wraps, pita, baguette, etc ⁺	<ul style="list-style-type: none"> White Whole grain Stuffed pasta / home-made pasta Noodles/ramen Pasta salads White Brown African Risotto Nut rice Couscous Bulgur Quinoa Cauliflower / broccoli Millet, barley Boiled oder mashed Fries Baked/fried Potato slices, croquettes, rösti etc. Wraps, fajitas, tortilla's Taco's Turkish bread Nan bread Pita bread Baguette
Sauces	Warm sauces Dressing ⁺ Red sauces ⁺ Mayonnaise and other non-red sauces ⁺	<ul style="list-style-type: none"> Bechamel/white sauce Mushroom Hollandaise Cheese Satay Tomato Other types of warm sauces Oil-based dressing Mayonnaise-based dressing Yoghurt-based dressing Other types of dressing Ketchup/curry Chilisauce BBQ sauce Mayonnaise Fry sauce Garlic sauce Cocktail sauce Mosterd Soy sauce Fish sauce Wasabi
Additions to meals	Super foods ⁺ Seasoning ⁺	<ul style="list-style-type: none"> Goji berries Dried mulberries Flax seeds Chia seeds Hemp seeds Sweet soy sauce Sambal Shiracha Lemon juice

		Vinegar
		Balsamic vinegar
		Maggi seasoning sauce
		Mango chutney
		Mustard
		Dessicated coconut
		Shrimp paste (Terasi)
		Salt
		Nutritional yeast
		Tomato paste
		Instant bouillon cubes / powder
		Miso
Spices & herbs ⁺		Anise
		Basil
		Chives
		Chili pepper / cayenne pepper
		Lemongrass
		Dill
		Dragon
		Mace
		Ginger
		Cinnamon
		Cardamom
		Caraway
		Curry
		Chervil
		Garlic
		Cumin
		Coriander
		Clove
		Turmeric
		Laos
		Bay leaves
		Lovage
		Marjoram
		Spearmint
		Nutmeg
		Oregano
		Paprika
		Pepper
		Parsley
		Rosemary
		Saffron
		Sage
		Celery
		Thyme
		Cress
		Onion
		Vanilla
	Spiciness	Midly spiced
		Extremely spiced
	Olives / bell peppers ⁺	Black olives
		Green olives
		Pappadew
		Grilled bell pepers
Fast food	Fast food ⁺	Chinese/Indian take out
		Burgers/fries take out
		Pizza take out, frozen, home-made
		Tacos/burritos take out
		Donor / shawarma / gyros take out
		Noodles take out
		Asian streetfood take out
		Other types of take out food
		Ready made meals (bought in supermarket)
		Pancakes
		"Poffertjes"
Soup	Soup ⁺	Cream soup
		Bouillon
		Instant soup
Savory snacks	Chips / pretzels	Potato-based
		Rice-based
		Popcorn ⁺
		Vegetable-based
	Fried snacks	"Kroket" (croquette)
		"Bitterballen" (round croquettes)
		"Eierbal" (round croquette with a boiled egg in the middle)
		"Frikandel" (minced meat hot dog)
		"Kaassoufflé" (cheese soufflé)
		"Saucijzenbroodje"/"worstenbroodje" (sausage roll pastries)
		Other types of fried snacks
Sweet snacks	Chewing gum	With sugar
		Without sugar
	Licorice	Salt
		Sweet
	Sweets/candy	Winegums, etc.
	Bonbon	With nuts

Chocolate	With alcohol With/without nuts Dark, milk, white
Candy bars	Celebrations, normal, king-size
Gingerbread ⁺ / cookie bars / nutritional biscuits	Normal gingerbread Whole grain gingerbread White sugar candy gingerbread Raisins gingerbread Nuts gingerbread Sweetened flavors gingerbread: apple, caramel, ginger, sea salt-caramel, chocolate, etc. "Captein koek"
	Liga Sultana Muesli bars Protein bars
Cake / large biscuits	Cake Large (filled) cookies Doughnuts Brownies
Small cookies / biscuits	Biscuits, cookies, "speculaas", "pepernoten", etc.
Pastry / pie	Pastry Pie

Beverages	Fruit juice	Prepackaged fruit juice Fresh/smoothie Slow-juice Apple Pear Orange Grapefruit Mango Berries Multivitamin
	Vegetable juice	Prepackaged vegetable juice Fresh/smoothie Slow-juice Tomato Carrot Beetroot Pickle
	Tap water	
	Bottled water / sparkled water	
	Coffee ⁻	Caffeinated/decaffeinated Coffee, cappuccino, espresso Fresh, filter, instant
	Tea	Black Green Herbs Fruit
	Coffee milk	Whole Semi-skimmed Skimmed Soy, oats, almond, rice, etc. Whitner/creamer
	Sweeteners ⁺	Sugar Honey Agave/maple syrup Artificial sweeteners
	Soda ⁻	Carbonated, non-carbonated Iced tea
	Lemonade	Syrup lemonade
	Sport drinks	
	Energy drinks	
	Protein shakes	
	Alcoholic beverages	Beer Wine Fortified wines Spiritis Mixed drinks Other types of alcoholic drinks Non-alcoholic drinks

⁺ Added to meals (breakfast, lunch, dinner) (or beverages) or eaten as snack in between meals

⁻ Salted or unsalted

⁻ Caffeinated or decaffeinated