

**Supplementary table 2.** Comparison of FFQs

Main category	Food items	Comparison of questionnaires					
		DHQ III <sup>1</sup>	Harvard <sup>2</sup>	NNS <sup>3</sup>	Australia <sup>4</sup>	Iran <sup>5</sup>	GINQ <sup>6</sup>
Breakfast products	Breakfast drinks (readymade) <sup>+</sup>	X					X
Breakfast grains	Breakfast cereals	X	X	X	X		X
	Porridge grains	X	X	X	X		X
	Processed grains			X	X		X
Dairy	Milk <sup>+</sup>	X	X	X	X	X	X
	Milk alternatives <sup>+</sup>		X	X	X	X	X
	Chocolate milk	X					X
	Sweetened dairy drinks			X	X		X
	Health-improving dairy	X					X
	Yogurt <sup>+</sup>	X	X	X		X	X
	Quark <sup>+</sup>					X	X
	Dutch custard						X
	Ready-made porridge / pudding / dessert	X					X
	Porridge / pudding				X		X
	Sweeteners added to yogurt / quark / etc						X
	Ice cream products	X	X	X	X		X
	Hard cheeses <sup>+</sup>	X	X	X	X	X	X
Soft cheeses <sup>+</sup>	X	X	X	X	X	X	
Cream <sup>+</sup>	X	X	X	X	X	X	
Bread and bread substitutes	Rusk / biscuit	X	X	X			X
	Knäckebröd						X
	Breakfast crackers/crispbread				X		X
	Croissants				X		X
	Hard rolls/ rustic rolls <sup>+</sup>	X	X	X	X		X
	Buns/rolls <sup>+</sup>	X	X	X	X		X
Fats/oils	Bread slices/sandwich bread <sup>+</sup>	X	X	X	X	X	X
	Butter spreads <sup>+</sup>	X	X		X	X	X
Spreads	Cooking fats/oils	X	X		X	X	X
	Nut pastas <sup>+</sup>	X	X	X	X		X
	Sweet spreads	X	X	X	X	X	X
Eggs	Savory (salad/humus) spreads <sup>+</sup>	X		X	X	X	X
	Fried eggs <sup>+</sup>	X	X	X			X
Fruits	Boiled eggs <sup>+</sup>	X	X	X			X
	Dried fruits <sup>+</sup>	X	X		X	X	X
	Fresh fruits <sup>+</sup>	X	X	X	X	X	X
Nuts, stone fruits, seeds	Processed fruits / Preserved fruits <sup>+</sup>	X	X		X		X
	Nuts, stone fruits <sup>+,°</sup>	X	X	X	X	X	X
	Peanuts <sup>+,°</sup>	X	X			X	X
Meat and meat substitutes	Seeds <sup>+,°</sup>						X
	Raw cold cuts <sup>+</sup>						X
	Processed cold cuts <sup>+</sup>	X	X	X	X		X
	Meat <sup>+</sup>	X	X	X	X	X	X
	Gravy	X					X
Fish	Meat substitutes	X			X		X
	Fresh fish <sup>+</sup>	X	X	X	X	X	X
	Raw fish <sup>+</sup>	X			X		X
	Processed fish <sup>+</sup>			X			X
Vegetables	Shellfish <sup>+</sup>	X		X	X		X
	Vegetables <sup>+</sup>	X	X	X	X	X	X
Legumes	Raw vegetables <sup>+</sup>	X	X	X	X	X	X
	Legumes <sup>+</sup>	X	X	X	X	X	X
Grain products	Pasta <sup>+</sup>	X	X	X	X	X	X
	Rice / other grains <sup>+</sup>	X	X	X	X	X	X
	Potatoes <sup>+</sup>	X	X	X		X	X
	Toast, bread, wraps, pita, baguette, etc <sup>+</sup>	X	X		X	X	
Sauces	Warm sauces				X		X

	Dressing <sup>+</sup>	X	X	X	X		X
	Red sauces <sup>+</sup>	X	X		X	X	X
	Mayonnaise and other non-red sauces <sup>+</sup>	X	X		X	X	X
Additions to meals	Super foods <sup>+</sup>						X
	Seasoning <sup>+</sup>						X
	Spices & herbs <sup>+</sup>					X	X
	Spicy						X
	Olives / bell peppers <sup>+</sup>						X
Fast food	Fast food <sup>+</sup>	X	X	X	X		X
Soup	Soup <sup>+</sup>	X	X				X
Savory snacks	Chips / pretzels	X	X	X	X		X
	Fried snacks				X		X
Sweet snacks	Chewing gum				X		X
	Dutch licorice						X
	Sweets/candy		X		X	X	X
	Bonbon	X					X
	Chocolate	X	X	X	X	X	X
	Candy bars	X	X				X
	Gingerbread <sup>+</sup> / cookie bars / nutritional biscuits	X	X		X		X
	Cake / large biscuits	X	X	X	X	X	X
	Small cookies / biscuits	X	X		X	X	X
	Pastry / pie	X	X	X	X		X
Beverages	Fruit juice	X	X	X	X	X	X
	Vegetable juice	X		X	X		X
	Tap water	X		X			X
	Bottled water / sparkled water	X	X				X
	Coffee <sup>-</sup>	X	X	X	X	X	X
	Tea	X	X	X	X	X	X
	Coffee milk	X	X	X			X
	Sweeteners <sup>+</sup>	X	X	X	X	X	X
	Soda <sup>-</sup>	X	X		X		X
	Lemonade	X	X	X	X	X	X
	Sport drinks	X	X				X
	Energy drinks	X					X
	Protein shakes	X					X
	Alcoholic beverages	X	X	X	X		X

1. Diet History Questionnaire III (DHQ III) - <https://epi.grants.cancer.gov/dhq3/>

2. FFQ of Harvard University - <https://regepi.bwh.harvard.edu/health/FFQ/files/2007%20BOOKLET%20FFQ.pdf>

3. FFQ of Australian Bureau of Statistics - National Nutrition Survey 1995- <https://www.abs.gov.au/websitedbs/d3310114.nsf/4a256353001af3ed4b2562bb00121564/b5243fb56a17a812ca2572030023fa>

4. FFQ of Monash University Australia - pdf

5. FFQ of Research Institute Shahid Beheshti University of Medical Sciences Iran - pdf

6. Groningen IBD Nutritional Questionnaires (GINQ-FFQ)

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

<sup>-</sup> Salted or unsalted

<sup>~</sup> Caffeinated or decaffeinated