

Supplementary table 2. Comparison of FFQs

Main category	Food items	Comparison of questionnaires					
		DHQ III ¹	Harvard ²	NNS ³	Australia ⁴	Iran ⁵	GINQ ⁶
Breakfast products	Breakfast drinks (readymade) ⁺	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 ⁺	x	x	x	x	x	x
	Milk alternatives ⁺		x	x	x	x	x
	Chocolate milk	x					x
	Sweetened dairy drinks			x	x		x
	Health-improving dairy	x					x
	Yogurt ⁺	x	x	x		x	x
	Quark ⁺					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 ⁺	x	x	x	x	x	x
	Soft cheeses ⁺	x	x	x	x	x	x
	Cream ⁺	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 ⁺	x	x	x	x		x
	Buns/rolls ⁺	x	x	x	x		x
	Bread slices/sandwich bread ⁺	x	x	x	x	x	x
Fats/oils	Butter spreads ⁺	x	x		x	x	x
	Cooking fats/oils	x	x		x	x	x
Spreads	Nut pastas ⁺	x	x	x	x		x
	Sweet spreads	x	x	x	x	x	x
	Savory (salad/humus) spreads ⁺	x		x	x	x	x
Eggs	Fried eggs ⁺	x	x	x			x
	Boiled eggs ⁺	x	x	x			x
Fruits	Dried fruits ⁺	x	x		x	x	x
	Fresh fruits ⁺	x	x	x	x	x	x
	Processed fruits / Preserved fruits ⁺	x	x		x		
Nuts, stone fruits, seeds	Nuts, stone fruits ^{+,°}	x	x	x	x	x	x
	Peanuts ^{+,°}	x	x			x	x
	Seeds ^{+,°}						x
Meat and meat substitutes	Raw cold cuts ⁺						x
	Processed cold cuts ⁺	x	x	x	x		x
	Meat ⁺	x	x	x	x	x	x
	Gravy	x					x
	Meat substitutes	x			x		x
Fish	Fresh fish ⁺	x	x	x	x	x	x
	Raw fish ⁺	x			x		
	Processed fish ⁺			x			
	Shellfish ⁺	x		x	x		x
Vegetables	Vegetables ⁺	x	x	x	x	x	x
	Raw vegetables ⁺	x	x	x	x	x	x
Legumes	Legumes ⁺	x	x	x	x	x	x
Grain products	Pasta ⁺	x	x	x	x	x	x
	Rice / other grains ⁺	x	x	x	x	x	x
	Potatoes ⁺	x	x	x		x	x
	Toast, bread, wraps, pita, baguette, etc ⁺	x	x		x	x	
Sauces	Warm sauces				x		x

	Dressing ⁺	X	X	X	X		X
	Red sauces ⁺	X	X		X	X	X
	Mayonnaise and other non-red sauces ⁺	X	X		X	X	X
Additions to meals	Super foods ⁺						X
	Seasoning ⁺						X
	Spices & herbs ⁺					X	X
	Spicy						X
	Olives / bell peppers ⁺						
Fast food	Fast food ⁺	X	X	X	X		X
Soup	Soup ⁺	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 ⁺ / 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 ⁻	X	X	X	X	X	X
	Tea	X	X	X	X	X	X
	Coffee milk	X	X	X			X
	Sweeteners ⁺	X	X	X	X	X	X
	Soda ⁻	X	X		X		X
	Lemonade	X	X	X	X	X	X
	Sport drinks	X	X				
	Energy drinks	X					X
	Protein shakes	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)

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

⁻ Salted or unsalted

⁻ Caffeinated or decaffeinated