

**Supplementary table 1.** Identification of foods

Main category	Food items	Products
Breakfast products	Breakfast drinks (readymade) <sup>+</sup>	
Breakfast grains	Breakfast cereals	Muesli Crueli Wheat germ Bran Oatmeal Brinta Semolina
	Porridge grains	Cornflakes Rice crispies
	Processed grains	
Dairy	Milk <sup>+</sup>	Whole Semi-skimmed Skimmed Buttermilk
	Milk alternatives <sup>+</sup>	Lactose free Goat or sheep milk Soy milk Oat milk Rice milk 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 <sup>+</sup>	Whole Semi-skimmed Skimmed Soy Goat or sheep Sweetened/flavoured Fruits
	Quark <sup>+</sup>	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 <sup>+</sup>	Soft-ripened Washed-rind Smear-ripened Blue Brined Processed Goat or sheep cheese Parmesan cheese
	Soft cheeses <sup>+</sup>	Dairy spreads Hüttekäse Cream cheese Foreign cheeses Goat or sheep cheese Processed cheese spread Mozzarella Mascarpone Feta Grated cheese

	Cream <sup>+</sup>	Sour cream Creme fraiche Cream (for cooking) Whipped cream (fresh) Whipped cream (spray can)
Bread and bread substitutes	Rusk / biscuit	White
	Knäckebröd	Whole grain
	Breakfast crackers/crispbread	Multigrain
		White
		Whole grain
	Croissants	Multigrain
		Spelt
		White
		Whole grain
		Spelt
	Hard rolls/ rustic rolls <sup>+</sup>	Cheese
		Ham/cheese
		White
		Brown
		Whole grain
		Multigrain
		Raisins / dried currants
		Bagels
		English muffin
		Remaining bread products
	Buns/rolls <sup>+</sup>	White
	Bread slices/sandwich bread <sup>+</sup>	Brown
		Whole grain
		Multigrain
		Raisins / dried currants
		Muesli
		Remaining bread products
		White
		Brown
		Whole grain
		Multigrain
Fats/oils	Butter spreads <sup>+</sup>	Spelt
		Raisins / dried currants
		Muesli
		Pumpernickel rye bread (light)
		Pumpernickel rye bread (dark)
		Sourdough
		Remaining bread products
		Butter
		Semi-skimmed butter
		Margarine (tub)
	Cooking fats/oils	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
		Peanut butter
		Nut paste (cashew, hazelnut, etc.)
		Sesame paste (tahin)
Spreads	Nut pastas <sup>+</sup>	Sesame paste (tahin)
		Chocolate sprinkles or flakes
		Chocolate paste
		Hazelnut chocolate pasta
		Chocolate butter
		Chocolate slices
		Fruit sprinkles / forest fruit sprinkles
		Ground aniseed sprinkles / anise sprinkles ("gestamppte muisjes" / "roze of blauwe muisjes")
		Jam/marmelade <sup>+</sup>
		Gingerbread sprinkles ("Schuddebuikjes")
	Sweet spreads	Anise sprinkles ("Anijshagelslag")
		Dutch Spiced Cookies Biscuits ("speculaas")
		Apple / pear syrup/jam
		Honey <sup>+</sup>
		Sugar <sup>+</sup>
		Humus
		Marmite
		Sandwichspread
		Egg salad
		Chicken curry salad
	Savory (salad/humus) spreads <sup>+</sup>	Pesto

		Tapenade
		Remaining type of salad / sandwichspread
Eggs	Fried eggs <sup>+</sup>	Fried eggs
	Boiled eggs <sup>+</sup>	Omelet
		Boiled
		Poached
Fruits	Dried fruits <sup>+</sup>	Cranberries
		Apricots
		Plums
		Apple
		Pears
		Dates
		Raisins
		Currants
		Tutti-frutti
		Figs
		Mango
		Banana
		Strawberries
		Apricots
		Pineapple
	Fresh fruits <sup>+</sup>	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 <sup>+</sup>	Apple sauce
		Cocktail fruit
		Prepackaged and sliced fruits / fruit salads
		Frozen fruits
Nuts, stone fruits, seeds	Nuts, stone fruits <sup>+,+</sup>	Almonds
		Cashew nuts
		Hazelnuts
		Macadamia nuts
		Brazil nuts
		Pecans
		Pistachio nuts
		Walnuts
		Chestnut
		Coconut
	Peanuts <sup>+,+</sup>	Bar mix
		Peanuts
	Seeds <sup>+,+</sup>	Pumpkin seeds
		Sesame seed
		Sunflower seeds
		Poppy seeds
		Pomegranate seeds
		Pine nuts
Meat and meat substitutes	Raw cold cuts <sup>+</sup>	Filet américain
		Roast beef
		Carpaccio
	Processed cold cuts <sup>+</sup>	Boiled liver
		Liver sausage, pâté, liver pâté, 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 <sup>+</sup>	Beef
		Veal
		Pork
		Bacon
		Poultry
	Gravy	Other types of meat
		Organ meat: liver, tongue, kidneys, brains, sweetbread
		Game: grouse, moose, deer, hare, etc.
		Lamb, goat, sheep, etc.
		Meat gravy

	Meat substitutes	Prepackaged gravy / gravy powder Tofu Tempeh Seitan Quorn Valess Falafel Ready-made meat substitutes
Fish	Fresh fish <sup>+</sup>	Fatty fish White fish
	Raw fish <sup>+</sup>	Salty herring Sushi Caviar
	Processed fish <sup>+</sup>	Fried haddock Canned fish (tuna, salmon, sardines, etc.) Smoked fish (salmon, etc.) Vis sticks
	Shellfish and seafood <sup>+</sup>	Lobster Shrimps Crab Mussels Oysters Squid Escargot Seaweed Other types of shellfish and crustaceans
Vegetables	Vegetables <sup>+</sup>	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
	Raw vegetables <sup>+</sup>	Endive Pickle Avocado

		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 unions
Legumes	Legumes <sup>+</sup>	Brown, white, black beans Split peas Capuchin Green beans (borlotti) Lima beans Lentils Chickpeas Kidney beans Soybeans
Grain products	Pasta <sup>+</sup>          Rice / other grains <sup>+</sup>          Potatoes <sup>+</sup>          Toast, bread, wraps, pita, baguette, etc <sup>+</sup>	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 <sup>+</sup>          Red sauces <sup>+</sup>          Mayonnaise and other non-red sauces <sup>+</sup>	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 <sup>+</sup>          Seasoning <sup>+</sup>	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 <sup>+</sup>	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 <sup>+</sup>	Black olives Green olives Pappadew Grilled bell pepers
Fast food	Fast food <sup>+</sup>	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 <sup>+</sup>	Cream soup Bouillon Instant soup
Savory snacks	Chips / pretzels          Fried snacks	Potato-based Rice-based Popcorn <sup>+</sup> Vegetable-based "Kroket" (croquette) "Bitterballen" (round croquettes) "Eierbal" (round croquette with a boiled egg in the middle) "Frikandel" (minced meat hot dog) "Kaassoufflé" (cheese souffle) "Saucijzenbroodje"/"worstenbroodje" (sausage roll pastries) Other types of fried snacks
Sweet snacks	Chewing gum   Licorice  Sweets/candy Bonbon	With sugar Without sugar Salt Sweet Winegums, etc. With nuts

	Chocolate	With alcohol With/without nuts Dark, milk, white
	Candy bars	Celebrations, normal, king-size
	Gingerbread <sup>+</sup> / 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
		Prepackaged vegetable juice Fresh/smoothie Slow-juice Tomato Carrot Beetroot Pickle
	Tap water	
	Bottled water / sparkled water	
	Coffee <sup>•</sup>	Caffeinated/decaffeinated Coffee, cappuccino, espresso Fresh, filter, instant
	Tea	Black Green Herbs Fruit
		Whole
		Semi-skimmed Skimmed
		Soy, oats, almond, rice, etc. Whitner/creamers
	Sweeteners <sup>+</sup>	Sugar Honey Agave/maple syrup Artificial sweeteners
		Carbonated, non-carbonated Iced tea Syrup lemonade
	Lemonade	
	Sport drinks	
	Energy drinks	
	Protein shakes	
	Alcoholic beverages	Beer Wine Fortified wines Spiritis Mixed drinks Other types of alcoholic drinks Non-alcoholic drinks

<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