

Table S1. Percentage of various nutrients supplied by the portion size determined to supply 20% of total required calcium (1000 mg/day) for Dutch adult. Portion sizes are outlined in Table 9.

Food Item	Food Category	Protein	LA	ALA	Fibre	Calcium	Iodine	Phosphorus	Selenium	Iron	Copper	Magnesium	Zinc	Cobalamin	Folate	Niacin	Riboflavin	Thiamin	Vitamin A	Vitamin B ₆	Vitamin C	Vitamin D	Vitamin K
Seaweed kelp, raw	Miscellaneous	3.5	0.2	0.0	6.2	20.0	5994	9.1	1.7	0.0	9.7	41.2	15.6	0.0	64.9	37.2	11.2	6.3	1.9	0.1	3.2	0.0	0.0
Flax seed	Nuts and seeds	25.6	31.1	1042	109.2	20.0	0.3	94.1	0.0	0.0	0.0	40.6	65.1	0.0	20.7	152.0	7.8	136.1	0.0	0.0	0.0	0.0	0.0
Kale	Vegetable	4.0	1.1	18.0	12.1	20.0	1.2	7.2	2.5	0.0	1.6	3.2	1.8	0.0	25.4	21.6	1.6	0.0	40.4	4.6	19.7	0.0	1011
Vegetarian schnitzel	Meat/dairy substitutes	5.3	10.7	0.2	5.0	20.0	0.0	26.4	1.8	0.0	0.0	1.4	4.0	3.0	0.9	0.0	2.7	2.9	0.0	6.6	0.0	0.0	0.0
Cheese, 20+	Dairy	11.2	0.4	2.4	0.0	20.0	2.9	24.4	4.0	0.0	0.6	2.3	9.4	13.2	1.6	1.2	4.7	0.6	2.6	0.5	0.2	0.1	9.4
Cheese Edam, 40+	Dairy	9.8	0.9	5.5	0.0	20.0	2.7	24.4	2.6	0.0	0.6	2.0	9.0	10.5	1.7	1.4	2.9	0.7	6.6	0.8	0.2	0.4	0.7
Lettuce, medium	Vegetable	9.1	1.9	18.1	19.6	20.0	4.8	24.0	0.0	0.0	9.4	16.2	13.2	0.0	28.0	70.8	11.8	20.0	65.9	13.3	3.4	0.0	400.0
Herring in tomato sauce	Fish	34.4	5.9	13.9	0.0	20.0	16.0	60.6	45.7	6.1	10.0	23.2	7.5	346.7	4.0	441.7	16.7	0.0	7.3	7.8	0.0	55.1	0.0
Spinach, frozen	Vegetable	4.9	0.5	20.7	11.9	20.0	1.6	9.9	0.0	0.0	6.9	12.0	10.9	0.0	23.6	84.9	8.5	7.8	105.5	3.6	9.0	0.0	1014
Buttermilk	Dairy	9.5	0.0	0.0	0.0	20.0	18.2	30.0	2.6	0.0	1.1	5.2	8.0	7.8	4.3	11.5	17.2	3.9	0.7	3.2	0.0	0.0	6.6
Lettuce, crop	Vegetable	9.8	3.3	35.9	19.6	20.0	6.8	26.7	0.0	0.0	10.2	17.5	17.8	0.0	35.1	76.5	15.3	21.6	75.6	10.8	0.0	0.0	752.2
Yoghurt, low-fat	Dairy	9.3	0.0	0.0	0.0	20.0	13.1	28.2	1.9	0.0	0.8	4.9	8.5	9.2	5.1	8.2	14.0	2.8	0.4	3.1	1.2	0.0	0.2
Root	Vegetable	8.9	11.1	5.9	85.9	20.0	12.3	39.1	0.0	0.0	18.5	14.8	17.3	0.0	62.4	277.8	13.9	23.5	1373	34.9	20.2	0.0	78.3
Onion	Vegetable	15.4	3.4	0.0	74.5	20.0	13.8	41.4	9.9	0.0	25.9	17.7	21.3	0.0	49.5	86.2	4.3	29.2	0.0	48.7	31.3	0.0	3.9
Milk, skim	Dairy	10.1	0.0	0.0	0.0	20.0	15.8	30.6	2.3	0.0	1.0	5.4	7.8	17.5	3.4	19.8	17.9	6.7	0.2	3.7	0.0	0.0	0.0
Cheese Gouda, 48+	Dairy	9.7	1.2	7.6	0.0	20.0	3.4	24.0	4.2	0.0	0.6	2.3	9.0	12.3	1.9	1.5	4.3	0.3	11.3	0.6	0.0	0.5	23.7
Yoghurt, whole	Dairy	9.1	0.6	1.1	0.0	20.0	13.9	29.0	4.0	0.0	0.9	5.2	7.9	8.4	5.3	17.5	14.0	3.0	6.0	2.5	0.0	0.0	2.6
Milk, semi-skimmed	Dairy	9.5	0.3	1.3	0.0	20.0	16.2	30.7	2.3	0.0	1.0	5.6	7.1	18.3	3.2	10.2	18.3	6.9	3.5	2.9	1.5	0.0	1.6
Yoghurt, semi-skimmed	Dairy	10.4	0.3	1.2	0.0	20.0	14.3	23.0	2.1	0.0	0.9	4.9	6.9	14.0	3.9	9.0	18.0	4.6	3.3	2.5	2.6	0.0	1.4
Yoghurt, low-fat with fruits	Dairy	9.1	0.0	0.0	0.6	20.0	13.1	28.5	2.2	0.0	1.9	5.3	8.6	8.9	5.3	19.4	13.6	3.3	0.6	2.7	1.4	0.0	0.4
Milk, whole	Dairy	9.2	0.8	2.6	0.0	20.0	16.0	30.5	4.6	0.0	1.0	5.5	7.9	16.1	3.2	10.1	18.1	5.1	8.0	2.8	0.0	0.0	3.2
Almonds, peeled	Nuts and seeds	26.4	101.8	0.0	19.8	20.0	1.2	80.3	2.0	0.0	28.7	61.6	23.3	0.0	5.6	189.9	30.9	11.2	0.1	2.5	0.0	0.0	0.0
Old cheese, 48+	Dairy	11.3	1.4	8.9	0.0	20.0	3.1	25.6	0.0	0.0	1.7	2.6	10.6	12.1	2.2	1.7	3.4	0.9	12.4	1.0	0.2	0.5	26.1
Cheese spread, 48+	Dairy	9.8	1.6	7.9	0.9	20.0	2.6	60.8	4.9	0.0	0.8	2.6	9.1	6.9	1.7	2.7	6.4	0.9	12.3	0.4	0.4	0.0	7.8
Green beans (plastic)	Vegetable	11.5	2.2	17.8	43.0	20.0	7.4	28.3	0.0	0.0	18.5	28.6	14.6	0.0	56.9	115.7	18.5	23.5	26.2	15.5	3.4	0.0	84.7
figs	Fruit	6.4	0.0	0.0	29.6	20.0	0.0	21.5	0.0	0.0	13.9	15.9	11.8	0.0	9.0	115.7	11.6	23.5	12.3	24.0	10.1	0.0	24.9

Figs, dried	Fruit	7.0	4.3	0.0	48.4	20.0	0.0	15.0	1.8	0.0	22.4	24.0	7.2	0.0	3.4	46.3	6.2	11.8	1.8	8.0	1.1	0.0	27.5
Yoghurt drink, sweetener	Dairy	10.4	0.0	0.0	0.0	20.0	16.2	27.2	2.8	0.0	1.2	5.5	6.2	12.6	4.7	12.1	15.8	6.2	0.3	3.4	1.8	0.0	0.3
Tofu	Meat/dairy substitutes	21.2	36.6	39.1	1.3	20.0	0.0	25.1	0.0	0.0	0.0	21.3	12.4	0.0	4.8	6.6	1.3	7.9	0.0	0.0	0.0	0.0	0.0
Chicory	vegetable	20.3	6.4	7.3	43.6	20.0	2.4	56.2	0.0	0.0	51.1	26.0	19.3	0.0	27.5	113.6	17.0	48.1	0.0	19.8	0.0	0.0	0.0
Green beans frozen (plastic)	Vegetable	9.0	0.6	4.6	24.3	20.0	5.8	19.5	0.0	0.0	10.9	16.6	7.7	0.0	14.9	72.5	9.1	15.3	24.7	2.0	13.2	0.0	99.4
Custard, vanilla	Dairy	8.8	0.9	1.9	1.9	20.0	18.4	30.4	3.3	0.0	1.5	6.0	7.2	14.5	1.4	14.5	17.4	4.9	9.0	4.1	0.0	0.0	4.0
Chocolate milk, semi-skimmed	Dairy	11.1	0.6	1.6	3.9	20.0	17.5	33.5	2.8	0.0	7.4	10.1	10.2	6.9	2.4	24.5	18.4	6.2	3.9	1.2	0.0	1.3	0.6
Kiwi	Fruit	10.3	10.7	64.0	61.3	20.0	0.0	41.2	9.5	0.0	50.0	26.7	14.9	0.0	69.1	125.0	8.3	7.1	6.2	28.2	478.8	0.0	104.8
Chocolate milk, whole	Dairy	11.8	1.2	1.6	3.9	20.0	17.5	31.0	2.8	0.0	3.7	10.6	9.6	16.2	2.4	24.5	18.4	4.1	8.4	3.5	3.6	0.0	0.8
Custard, whole, various flavors	Dairy	11.3	1.3	2.5	1.3	20.0	24.8	25.6	0.0	0.0	5.9	5.4	9.0	14.8	1.9	19.5	19.5	6.6	10.8	3.7	2.8	0.0	5.4
Orange	Fruit	12.0	24.3	76.5	69.6	20.0	14.5	37.9	0.0	0.0	21.7	24.8	15.7	0.0	85.9	217.4	16.3	55.2	17.4	30.7	403.2	0.0	1.2
Tangerine	Fruit	9.6	3.2	12.8	28.8	20.0	0.0	27.6	0.0	0.0	15.0	22.9	6.8	0.0	54.8	150.0	15.0	59.3	42.7	35.8	290.9	0.0	1.1
Cottage cheese, whole	Dairy	19.3	1.9	5.1	0.0	20.0	15.9	43.6	0.0	0.0	2.0	5.5	9.0	28.0	5.3	10.0	25.0	10.2	26.7	3.8	1.5	0.0	58.3
Green beans (can)	Vegetable	11.2	2.0	16.3	42.4	20.0	8.2	14.8	0.0	0.0	20.4	14.0	11.3	0.0	33.4	102.0	12.8	13.0	26.7	7.2	11.1	0.0	93.3
Canned salmon, wild caught	Fish	77.2	2.4	12.3	0.0	20.0	86.4	67.9	78.5	4.0	6.9	15.7	18.7	219.8	8.0	810.4	30.2	4.7	9.1	27.1	0.0	159.7	0.0
Green beans (glass)	Vegetable	11.2	2.0	16.3	42.4	20.0	8.2	14.8	0.0	0.0	20.4	14.0	11.3	0.0	33.4	102.0	12.8	13.0	26.7	7.2	11.1	0.0	93.3
Cream/vanilla ice cream	Dairy	10.4	3.5	9.3	2.3	20.0	12.6	30.7	5.5	0.0	1.2	7.2	4.1	19.9	1.1	12.1	26.7	8.2	48.2	4.2	0.0	1.3	8.9
Mozzarella	Dairy	40.2	3.3	9.0	0.0	20.0	15.0	79.5	5.4	0.0	0.0	3.6	34.6	53.1	7.6	31.3	21.1	4.0	47.2	7.4	0.0	1.7	20.7
Cauliflower	Vegetable	24.8	2.4	108.8	73.6	20.0	13.3	68.4	0.0	0.0	25.0	20.6	22.1	0.0	230.5	250.0	25.0	16.9	0.0	29.6	160.0	0.0	325.7
Broccoli	Vegetable	40.7	1.2	67.9	65.5	20.0	8.1	106.9	0.0	0.0	22.7	32.9	40.0	0.0	126.2	189.4	26.5	32.1	93.7	27.5	209.4	0.0	1351
Canned salmon, farmed fish	Fish	77.2	2.4	12.3	0.0	20.0	86.4	67.9	78.5	4.0	6.9	15.7	18.7	219.8	8.0	810.4	30.2	4.7	9.1	27.1	0.0	159.7	0.0
Chicken egg	Eggs	66.2	17.5	2.5	0.0	20.0	74.0	140.3	89.3	0.0	13.7	13.4	54.2	120.3	56.2	0.0	68.4	26.5	89.6	20.2	0.0	37.5	1.3
Garden peas with carrots (can)	Vegetable	40.4	10.3	60.7	132.4	20.0	9.2	72.7	9.9	0.0	43.1	25.6	42.6	0.0	46.0	215.5	21.6	43.8	292.4	21.5	6.3	0.0	129.1
Plaice	Fish	75.0	0.0	0.0	0.0	20.0	40.9	45.0	135.8	3.6	3.7	17.0	21.1	99.0	16.2	581.7	13.6	46.1	2.1	9.1	3.6	14.5	0.0
Garden peas with carrots (glass)	Vegetable	40.4	10.3	60.7	132.4	20.0	9.2	72.7	9.9	0.0	43.1	25.6	42.6	0.0	46.0	215.5	21.6	43.8	292.4	21.5	6.3	0.0	129.1
Apricots	Fruit	15.5	0.0	0.0	68.0	20.0	0.0	36.4	0.0	0.0	37.5	31.4	10.6	0.0	15.2	500.0	31.3	63.5	278.7	35.3	45.5	0.0	47.1
Coffee	Non-alcoholic drinks	17.2	0.0	0.0	0.0	20.0	13.3	0.0	0.0	0.0	31.3	85.7	5.3	0.0	0.0	1250	31.3	52.9	0.0	0.0	0.0	0.0	0.0
Gourmet	Fish	76.3	72.5	65.0	1.6	20.0	130.7	45.0	135.8	1.8	3.7	17.0	12.6	44.6	2.4	581.7	13.6	8.4	2.6	9.1	0.0	18.5	0.0
Goat cheese, fresh	Dairy	45.7	8.9	20.6	0.0	20.0	6.6	82.4	0.0	0.0	0.0	6.2	10.5	14.4	13.2	0.0	37.1	2.1	35.4	0.0	0.0	1.3	5.1
Cucumber with peel	Vegetable	12.0	9.0	64.0	24.0	20.0	20.0	58.2	0.0	0.0	18.8	31.4	67.0	0.0	18.8	125.0	12.5	10.6	20.0	20.0	36.4	0.0	298.6
Dutch shrimps	Fish	50.9	0.4	1.2	0.0	20.0	54.7	37.7	66.1	1.4	66.2	14.9	28.6	626.1	5.7	121.3	31.7	4.7	0.2	3.7	0.0	1.0	0.0
Bean sprouts	Vegetable	47.3	5.0	10.0	60.0	20.0	0.0	84.1	17.9	0.0	78.1	53.6	39.9	0.0	116.7	781.3	54.7	79.4	1.7	14.0	90.9	0.0	48.2

Soda, sugar and caffeine	Non-alcoholic drinks	0.0	0.0	0.0	0.0	20.0	0.0	138.2	0.0	0.0	25.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Zucchini	Vegetable	25.8	1.0	32.0	44.0	20.0	14.7	92.7	14.3	0.0	6.3	62.9	33.0	0.0	93.9	312.5	31.3	52.9	44.0	55.9	27.3	0.0	60.0
Strawberries	Fruit	16.1	0.0	0.0	58.7	20.0	0.0	70.3	0.0	0.0	33.3	49.5	17.0	0.0	262.6	250.0	25.0	28.2	3.6	43.9	727.3	0.0	57.1