

**Supplementary table S1.** Classification of 212 food items into 30 food groups.

Food group	Food item
Alcoholic beverages	Beer Red wine White wine Sherry/port/vermouth/madeira Spirits Other types of alcoholic beverages Non-alcoholic beer*
Artificially sweetened beverages	Light soft drinks/lemonade without sugar
Bread	Rusk/crispbread/crackers Brown bread Brown bread rolls Whole wheat bread Whole wheat bread rolls White bread White bread rolls Raisin/currant/muesli bread Raisin/currant/muesli bread rolls Other types of bread Other types of bread rolls
Breakfast cereals	Muesli/cruesli/cereals for porridge
Cake and cookies	Small biscuits Pastry/pie Gingerbread/cookie bars/nutritional biscuits Cake Filled cakes Other types of large cakes
Cheese	20+/30+ cheese/cheese spread 40+ cheese/cheese spread 48+ full-fat cheese/cheese spread Cream cheese/non-Dutch cheese Cheese with a hot meal Cheese in between meals
Coffee	Coffee Decaffeinated coffee
Dairy	Ready-to-drink breakfast Full-fat milk Semi-skimmed milk Skim milk Butter milk Chocolate milk Drinking yoghurt/dairy drink with flavor and sugar Other types of dairy drink Full-fat custard Full-fat plain yoghurt Low-fat plain yoghurt Low-fat (fruit) yoghurt Curd cheese/fruit curd Ready-made porridge Ice cream/milk based ice cream Other types of custard/yoghurt/curd Whipped cream Semi-skimmed/low-fat coffee creamer Full-fat coffee creamer/coffee cream

	Full-fat/semi-skimmed diet coffee creamer
	Coffee creamer
	Regular milk (in coffee)
	Other types of coffee creamer
Eggs	Boiled egg
	Fried egg
Fat, oils and sauces	Gravy
	Mayonnaise
	Halvanaise/french fries sauce/non-red sauces
	Dressing/salad dressing
	Clear dressing without oil
	Mayonnaise (snacks)
	Halvanaise/french fries sauce/non-red sauces (snacks)
	Cream with a hot meal
	Satay sauce with a hot meal
	Other types of hot sauces with a hot meal
	Butter (on bread)
	Semi-skimmed butter (on bread)
	Margarine tub (on bread)
	Margarine packet (on bread)
	Diet margarine (on bread)
	Margarine plant sterols (on bread)
	Low-fat margarine (on bread)
	Diet low-fat margarine (on bread)
	Low-fat margarine plant sterols (on bread)
	Other types of spread (on bread)
	Butter (preparation)
	Margarine tub (preparation)
	Margarine packet (preparation)
	Diet margarine (preparation)
	Margarine plant sterols (preparation)
	Liquid margarine (preparation)
	Low-fat margarine plant sterols (bread)
	Solid baking and roasting product (preparation)
	Liquid baking and roasting product (preparation)
	Olive oil/peanut oil (preparation)
	Sunflower oil/other types of oil (preparation)
	Lard/bacon fat
	Unknown type of baking and roasting product
Fish	Salad with fish (on bread)
	Salad with fish (on toast)
	Fish on baguette or toast
	Fish sticks
	Gourmet/kibbeling
	Lean fish
	Fatty fish
	Herring
	Trout/tuna
	Other types of fish
	Shellfish
Fruits	Apple sauce
	Citrus fruits
	Apple/pear/banana
	Strawberry
	Kiwi
	Other types of fruits
Fruit juice	Apple juice

	Orange juice Fruit drink/double drink/ multi fruit drink Other types of fruit juice or fruit drink
Legumes	Legumes
Meat	Boiled liver (on bread) Liver sausage (spread)/pâté/liver pate (on bread) Smoked meat/fricandeau/roast beef (on bread) Bacon/smoked bacon (on bread) Cervelat sausage/sliced sausage/salami (on bread) Luncheon meat/boiled sausage/eel sausage (on bread) Ham (on bread) Other types of meat (on bread) Beef entrecote/beef bratwurst Bacon rashers/bacon bits Pork bratwurst/slavink Pork chop Various types of pork Chicken with skin Chicken without skin Liver Hamburger Minced beef Chopped half and half Smoked sausage/frankfurters Other types of meats Liver sausage (spread)/pâté (in between meals) Boiled liver (in between meals) Other types of meat (in between meals)
Nuts and seeds	Peanut butter Peanuts/nuts (with a hot meal) Peanuts/nuts (in between meals)
Pasta	White pasta Whole wheat pasta
Potatoes	Potatoes with butter/margarine Potatoes without butter/margarine French fries Baked potatoes/rösti Frozen potato slices/potato croquettes Self-fried potatoes, fried in solid frying fat Self-fried potatoes, fried yourself in liquid frying fat Self-fried potatoes, fried in oil
Probiotics and drinks lowering cholesterol and blood pressure	Products with probiotics Drinks lowering cholesterol Drinks lowering blood pressure
Ready-made products	Chinese/Indian ready meals Fast food meals Other types of ready meals Not prepared yourself (takeaway)
Rice	White rice Whole wheat rice
Savoury snacks	Pizza Crisps/pretzels Spread without fish (on bread) Spread with fish (on toast) Salad Croquette Other types of hot snacks

Soft drinks	Soft drinks/lemonade with sugar Energy drink
Soup	Soup with legumes Soup without legumes
Soy products	Soy-based meat substitutes Soy milk Soy drink Soy dessert
Sweets	Chocolate spread Other types of sweet spread Sugar/syrup in yoghurt etc Sugar in coffee Sugar/honey om tea Candy bars Candy Dark chocolate Milk chocolate White chocolate
Tea	Black tea Green tea Tea with licorice extract Herbal tea Other types of tea
Vegan products other than soy	Valess (meat replacer based on dairy) Quorn (meat replacer with mycoprotein)
Vegetables	Green beans/string beans Peas Carrots Brussels sprouts Broccoli Cauliflower White/pointed/green/savoy cabbage Spinach Leek Cut vegetable mix Endive Beets Other types of cooked/stir-fried vegetables Mushrooms Tomato Onions Paprika Lettuce Cucumber Other types of raw vegetables
Water	Water

\* Non-alcoholic beer also comprises beer low in alcohol and therefore we included non-alcoholic beer in this food group.