Supplementary Material S2. Dutch dietary guidelines

Table S2 - Dutch dietary guidelines for females aged 51 – 69, as developed by the Health council of the Netherlands. Portions and spoons are converted to grams by using Portie-Online).

	Intake
Vegetables and fruits	
Vegetables	250 g
Fruit	2 portions = 200 g
Bread, grain/cereal products and potatoes	
Brown/ whole grain sandwiches	3 - 4portions = • 105 – 140 g bread, cornflakes or cereals
Whole grain products or potatoes	3 - 4 spoons = • 210 - 280 g potatoes • 135 - 180 g whole grain pasta • 180 - 240 g whole grain rice
Dairy, nuts, fish, legumes, meat and eggs	
Fish/ Legumes/ meat/ eggs	1 portion = • 100 g fish ǂ • 2-3 spoons legumes = 120 – 180 g • 100 g meat* • 2-3 eggs = 100 – 150 g
Unsalted nuts	15 g
Dairy	3 – 4 portions = • 750 - 1000 g milk • 450 – 600 ml dairy products
Cheese	40 g
Spreading and cooking fats ϯ	
Spreadable fats and cooking fats	40 g
Drinks ₸	
Fluids	1.5 – 2 L
Other products	
Products that do not belong to one of the other food groups	15 en%

* Eat one serving of fish weekly, preferably oily fish

* Limit the consumption of red meat, particularly processed meat.

ϯ Replace butter, hard margarine and cooking fats with soft margarine, liquid cooking fats, and vegetable oils.

₸ Drink three cups of tea daily, replace unfiltered coffee with filtered coffee, minimise the consumption of sugar-containing beverages and do not drink alcohol or drink no more than one glass daily.