Supplementary Material S3 – Nutrient criteria Dutch Dietary Guidelines DDG (DHD-15)

Table S3 - Nutrient criteria to which products must comply, to be allocated to one of the food (sub-)groups of the DDG

	Nutrient criteria	Remarks
Vegetables and fruits		
Vegetables • Unprocessed	No criteria	
Vegetables • Processed	No drinks Saturated fat: ≤0.5 g / 100 g Trans fatty acids: ≤0.1 g / 100 g Sodium: not added Sugar: not added	
Fruit • Unprocessed	No criteria	
Fruit • Processed	No drinks Saturated fat: ≤0.2 g / 100 g Trans fatty acids: ≤0.1 g / 100 g Sodium: not added Sugar: not added	Max. 20g dried fruit without added sugar per day.
Bread, grain/cereal products and potatoes		
Bread and cereal products • Brown/whole-grain sandwiches	Saturated fat: ≤1.0 g / 100 g Trans fatty acids: ≤0.1 g / 100 g Sodium: ≤450 mg / 100 g Sugar: Total ≤8.5 g / 100 g Fibre: ≥4.5 g / 100 g	
Bread and cereal products • Dry products (e.g. crispbread)	Saturated fat: ≤1.0 g / 100 g Trans fatty acids: ≤0.1 g / 100 g Sodium: ≤450 mg / 100 g Sugar: Total ≤8.5 g / 100 g Fibre: ≥6.0 g / 100 g	
Bread and cereal products • Breakfast cereals	Saturated fat: ≤2.0 g / 100 g Trans fatty acids: ≤0.1 g / 100 g Sodium: Not added Sugar: Total ≤16 g / 100 g Fibre: ≥8.0 g / 100 g	
Bread and cereal products • Meal and bakery products	Saturated fat: - Trans fatty acids: ≤0.1 g / 100 g Sodium: Not added Sugar: Not added Fibre: ≥7.0 g / 100 g	
Bread and cereal products • Bread and pizza mixes	Saturated fat: - Trans fatty acids: ≤0.1 g /100 g Sodium: ≤600 mg / 100 g Sugar: Total ≤2.5 g / 100 g Fibre: ≥7.0 g / 100 g	

Whole-grain products or potatoes	Saturated fat: ≤0.2 g / 100 g Trans fatty acids: ≤0.1 g / 100 g

• Rice, pasta, couscous, millet, quinoa	Sodium: Not added Sugar: Not added Fibre: ≥2.1 g / 100 g	
Whole-grain products or potatoes • Potatoes	Saturated fat: ≤0.1 g / 100 g Trans fatty acids: ≤0.1 g / 100 g Sodium: Not added Sugar: Not added	
Dairy, nuts, fish, legumes, meat and eggs		
Fish/ legumes/ meat/ eggs • Fish	No criteria	≥70% fish
Fish/ legumes/ meat/ eggs • Legumes	Saturated fat: ≤0.8 g / 100 g Trans fatty acids: ≤0.1 g / 100 g Sodium: ≤200 mg / 100 g Sugar: Not added	
Fish/ legumes/ meat/ eggs • Meat unprocessed	Saturated fat: ≤5.0 g / 100 g Trans fatty acids: Not added Sodium: Not added Sugar: Not added	
Fish/ legumes/ meat/ eggs • Meat processed	Not allowed	
Fish/ legumes/ meat/ eggs • Vegetarian products	Saturated fat: ≤2.5 g / 100 g Trans fatty acids: ≤0.1 g / 100 g Sodium: ≤450 mg / 100 g Sugar: Not added Iron: ≥0.8 mg / 100 g Vitamin B12: ≥0.24 µg / 100 g and/or vitamin B1: ≥0.06 µg / 100 g Protein: ≥ 20 en%	
Fish/ legumes/ meat/ eggs • Eggs	No criteria	
Unsalted nuts • Unprocessed	Saturated fat: - Trans fatty acids: ≤0.1 g / 100 g Sodium: Not added Sugar: Not added	
Unsalted nuts • Processed	Saturated fat: - Trans fatty acids: ≤0.1 g / 100 g Sodium: Not added Sugar: Not added	
Dairy • Milk and milk products	Saturated fat: ≤1.1 g / 100 g Trans fatty acids: Not added Sodium: Not added Sugar: Not added or ≤6 g / 100 g	
Dairy • Plant-protein drinks and desserts	Saturated fat: ≤1.1 g / 100 g Trans fatty acids: Not added Sodium: ≤60 mg / 100 g Sugar: Total ≤6 g / 100 g Calcium: ≥80 mg / 100 g	

	Vitamin B12: ≥ 0.24 µg / 100 g Protein: ≥20 en%
Cheese	Saturated fat: ≤14 g / 100 g Trans fatty acids: Not added Sodium: ≤820 mg / 100 g Sugar: Not added
Cheese • Cheese replacer based on plant-based ingredients	Saturated fat: ≤14 g / 100 g Trans fatty acids: Not added Sodium: ≤820 mg / 100 g Sugar: Not added Calcium: ≥500 mg / 100 g Vitamin B12: ≥ 0.24 µg / 100 g Protein: ≥20 en%
Spreading and cooking fats	
Spreadable fats and cooking fats	Saturated fat: ≤30% of total fat Trans fatty acids: ≤1.0 g / 100 g Sodium: ≤160 mg / 100 g Sugar: Not added
Drinks ₸	
Fluids • Water, tea, coffee	Water, tea and filtered coffee without sugar
Fluids • Soft drinks • Fruit and vegetable juices • Alcoholic drinks	Not allowed
Other products	
Products that do not belong to one of the other food groups	No criteria