Supplementary Material S4 - Nutrient criteria PHD-NL diet

Table S4 - Nutrient criteria to which products must comply, to be allocated to one of the food (sub-)groups of the PHD-NL diet.

	Nutrient criteria
Rice, wheat, corn and other	
Bread	Fibre: ≥ 6.0 g/100 g Sugar: Total ≤8.5 g / 100 g Sodium: ≤450 mg / 100 g
Dry products such as crackers	Fibre: ≥ 6.0g/100 g Sugar: Total ≤8.5 g / 100 g Sodium: ≤450 mg / 100 g
Breakfast cereals	Fibre: ≥ 8.0 g/100 g Sugar: Total ≤16 g / 100 g Sodium: Not added
Meal and bakery products	Fibre: ≥11.0 g/100g Sugar: Not added Sodium: Not added
Rice, pasta, etc.	Fibre: ≥2.1 g/100g Sugar: Not added Sodium: Not added
Potatoes and cassava	
	Not processed ǂ
All vegetables	
Dark green vegetables	Not processed ǂ
Red and orange vegetables	Not processed ǂ
Other vegetables	Not processed ǂ
Fruits	
	Not processed ǂ
Whole milk or derivate equivalents (e.g. cheese)	
Milk and milk products	Sodium: Not added Sugar: Not added or total sugar ≤6 g / 100 g
Cheese	Sodium: ≤820 mg / 100 g Sugar: Not added
Protein sources	
Beef, lamb and pork	Not processed ǂ
Chicken and other poultry	Not processed ǂ
Eggs	No criteria
Fish	Not processed ǂ
Legumes	
Dry beans, lentils and peas	Sodium: ≤200 mg / 100 g Sugar: Not added
Soy foods	Not processed ǂ
Peanuts	Not processed ǂ
Tree nuts	Not processed ǂ
Added fats	
Palm oil	> 25% saturated fat
Unsaturated oils	≤ 25 % saturated fat

Lard or tallow	No criteria
All sweeteners	
	No criteria

† A product is considered not processed when it