

Online Only material

Online only table 1: Division of food items into food groups

Food group	Included food items
Refined bread or breakfast cereals	Waffles, rusk, crackers, currant bread, currant bun, white bread or baguette, croissant, cornflakes, low-fiber breakfast cereals
Whole bread or breakfast cereals	Brown or whole-bran bread, brown or whole-bran baguette, oatmeal, muesli, multigrain breakfast cereals
Pastas and rice	Pasta, rice, couscous, bulgur.
Dairy	Full creamed, semi-skimmed or skimmed milk, full creamed, semi-skimmed or skimmed flavored milk, full creamed, semi-skimmed or skimmed yoghurt, yoghurt drinks, chocolate-flavored milk, full creamed, semi-skimmed or skimmed custard, milk pudding, mousse, porridge, full creamed, semi-skimmed or skimmed fromage frais, cream, infant milk feeding, cheese.
Fruit	Fruits and fruit compote (excluding fruit drink)
Soy substitutes	Soy milk, soy dessert, flavoured soy milk, soy-based meat substitutes.
Vegetables	Vegetables (including raw, cooked and baked vegetables).
Potatoes	Potatoes (excluding fried or baked potatoes)
Soups and sauces	Soup, mayonnaise (including half fat mayonnaise), salad cream, peanut sauce, ketchup and other sauces added to meals or snacks.
Savory and snacks	Chips, toasts with cheese or pâté, sausages rolls, spring rolls, meat rolls, meat croquettes, sateh, peanuts and nuts, burgers, chicken nuggets, fried chips or fried potatoes (i.e. French fries).
Confectionary	Dutch spiced honey cake, chocolate pasta, chocolate confetti, sweet sandwich fillings, ice cream, (added) sugar, cakes, cookies, biscuits, chocolates, pastry, pancakes, candy's.
Vegetable oils	Olive oil and other oils
Animal fats	Full fat and low fat margarines, butter and cooking fats.
Fish	Fish
Shellfish	Shellfish
Meat	All processed and non-processed meat (except meat-containing snacks in between which are included in 'savory and snacks' food group)
Eggs	Eggs (baked or boiled egg)
Legumes	Legumes (i.e. white or brown beans, kidney beans, lentils, chick peas)
Sugar-containing beverages	Soft drinks, fruit drinks, lemonade.
Non-sugar containing beverages	Tea without sugar, water, diet soft drinks (i.e. without sugar)
Composite dishes	Ready-to-eat infant meals and ready-to-eat cooled or frozen meals.