

## Online Supplement 1

Table 1: Food Frequency Questionnaire food item allocation to Total Diet Score food groups

Food item	TDS component	TDS subscore code
<b>Vegetables</b>		
Tomatoes	1	1.10
Mushrooms	1	1.10
Avocado	1	1.10
Dishes where vegetable a major component	1	1.10
Leaf and stalk	1	1.11
Peas and beans	1	1.11
Orange vegetables	1	1.12
Sweet corn	1	1.12
Brassica	1	1.13
Low fat potatoes	1	1.14
Spring onion, shallots	1	1.14
Legumes	1 / 3	1.15 / 3.1
High fat potatoes, eg. Hot chips	9	N/A
<b>Fruit</b>		
Citrus	1	1.2
Tropical	1	1.2
Orchard fruit	1	1.2
Berry fruit	1	1.2
Stone fruit	1	1.2
Dried fruit	1	1.2
Canned fruit	1	1.2
Other fruit	1	1.2
<b>Cereal and cereal products</b>		
Cold breakfast cereal	2	2.1
White bread	2	2.1
White rice	2	2.1
Pasta	2	2.1
Fruit bread	2	2.1
Cooked oatmeal	2	2.2
Wholemeal/mixed grain bread	2	2.2
Brown rice	2	2.2
<b>Red meat</b>		
Medium fat red meat cuts and dishes (partly trimmed beef/pork/lamb)	3	3.1
Organ meat eg. Liver	3	3.1
Moderately-lean red meat cuts and dishes (trimmed beef/pork/lamb)	3	3.2
High fat red meat cuts and dishes (untrimmed beef/pork/lamb)	9.0	N/A
Processed meat	9.0	N/A

<b>Poultry</b>		
Chicken with or without skin	3	3.1
Game meat	3	3.1
<b>Eggs,</b> including boiled, poached, fried, scrambled eggs or omelettes	3	3.1
<b>Fish</b>		
Seafood	3 / 5	3.1 / 5.1
Canned fish eg Tuna, salmon and sardines	3 / 5	3.1 / 5.1
Other fish (fried, baked)	3 / 5	3.1/5.1
Fish and seafood products, eg Fish fingers, fish cake, fish stick, Fish paste or fish roe	3 / 5	3.1/5.1
<b>Dairy products</b>		
High fat milk	4	4.1
Reduced fat dairy desserts eg yoghurt or custard	4	4.1
Low and high fat cheese	4	4.1
Reduced fat milk	4	4.2
High fat dairy dessert eg cream, ice cream, pastry, pavlova or cheesecake	9	N/A
<b>Fats</b> including margarine and butter	9	N/A
<b>Cereal-based products and dishes</b>		
Includes: Cake, sweet rolls/buns, sweet biscuits, pizza, tart or pie and hamburger	9	N/A
<b>Non-alcoholic beverages</b>		
Coke, Pepsi, other cola or other soft drinks	9	N/A
Cordials	9	N/A
<b>Alcoholic beverages</b>		
Beer, wine or spirits	7 / 9	N/A
<b>Confectionary</b> eg chocolate and lollies	9	N/A
<b>Sugar products and dishes</b>		
Sugar added to food and drink	8	N/A
Jam, marmalade, syrup or honey	9	N/A
<b>Snack foods eg potato chips</b>	9	N/A
<b>Savoury sauces eg. salad dressings</b>	9	N/A

## **TDS Components**

1. Eat plenty of vegetables, legumes and fruit
  - 1.10 Other vegetables  
Vegetable variety:
    - 1.11 Green vegetables
    - 1.12 Orange vegetables
    - 1.13 Cruciferous vegetables
    - 1.14 Tuber or bulb vegetables
    - 1.15 Legumes
  - 1.20 Fruit
2. Eat plenty of cereals, preferably wholegrain/meal
  - 2.1. Intake of total cereal serves per day
  - 2.2. Intake of whole grain cereal serves per day
3. Include lean meats, fish, poultry and/ or alternatives
  - 3.1. Intake of red meat and poultry serves per day
  - 3.2. Intake of lean red meat services per day
4. Include milk, yoghurts, cheese and/or alternatives
  - 4.1. Total intake of dairy serves per day
  - 4.2. Ratio of reduction fact milk to whole milk intake
5. Limit saturated fat and moderate total fat intake
6. Choose foods low in salt
7. Limit alcohol intake if you choose to drink
8. Consume only moderate amounts of sugars and foods with added sugars
9. Extra foods, not essential to provide nutrients and may be high in salt, fat or sugar
10. Prevent weight gain: be physically active and eat according to energy needs