Table 1 (supplementary) Description of the food items/groups included in the FFQ

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| Food groups | Food items |
| 1. Grains | Bread (White, brown, crisps), all types of cereals, muesli, pasta, rice and other grains, potatoes, pastries |
| 2. Fruit | Fruits, compotes, nuts, dried fruits |
| 3. Vegetables | Leafy salads, root, cabbages, tomatoes, olives, avocado, all types of legumes,  |
| 4. Added lipids (fats and oils) | Butter, margarines, vegetable oils, cream, sauces, dressing, ketchup |
| 5. Meat–poultry–fish–eggs | Red fresh, processed and non-processed meat (beef, veal, pork, mutton/lamb, goat, rabbit), poultry (chicken, hen, turkey, ) game, offal, fish and fish products, crustaceans, mussels, and eggs |
| 6. Dairy products | Milk (natural or processed), yogurt, cheese (soft, hard), dairy desserts |
| 7. Drinks | Non-alcoholic (water, coffee, tea, juices, soft drinks, substitutes), alcoholic (beers, wines, aperitifs, spirits  |
| 8. Ready-made meals | hamburgers, pizza, paella, stuffed pasta, quiche/savoury tart, prepared dished with cod (bacalhõ/Portuguese specialty), cabbage with sausages (sauerkraut/German specialty), smoked pork with beans (local Luxembourg specialty), spring rolls (Indonesian specialty), and cheese crepes |
| 9. Miscellaneous | Jam, honey, chocolate, candy bars, syrup, dry biscuits, ice creams, aperitifs biscuits, crisps, added sugar  |