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| **Supplement 1.** Selection of food items for development of the DHD-FFQ  |
|  | DHD-index components |
| Vegetables | Fruit | Dietary fibre | Fish | SFA | TFA | Sodium | Alcohol  |
| Bread\* |  |  | X  |  |  |  | X |  |
| Fruit |  | X  | X |  |  |  |  |  |
| Cooked vegetables | X  |  | X  |  |  |  |  |  |
| Raw vegetables | X |  | X |  |  |  |  |  |
| Potatoes |  |  | X  |  |  |  |  |  |
| Milk†  |  |  |  |  | X  |  |  |  |
| Cheese at dinner†  |  |  |  |  | X  |  | X |  |
| Cheese other† |  |  |  |  | X |  | X |  |
| Meat |  |  |  |  | X  |  |  |  |
| Meat products |  |  |  |  | X  |  | X |  |
| Fish at dinner† |  |  |  | X  |  |  |  |  |
| Fish other |  |  |  | X |  |  |  |  |
| Cookies |  |  |  |  |  | X  |  |  |
| Cake and pastries |  |  |  |  |  | X  |  |  |
| Crisps |  |  |  |  |  | X  |  |  |
| Soup |  |  |  |  |  |  | X  |  |
| Fats and oils‡ |  |  |  |  | X | X |  |  |
| Asian foods |  |  |  |  |  |  | X  |  |
| Pizza  |  |  |  |  |  |  | X  |  |
| Fruit juice |  | X |  |  |  |  |  |  |
| Alcohol |  |  |  |  |  |  |  | X  |
| Discretionary sodium\*\*  |  |  |  |  |  |  | X  |  |
| MOM1†† (%) | 100 | 100 | 73 | 100 | 70 | 81 | 73 | 100 |
| MOM2†† (%) | 100 | 100 | 55 | 100 | 58 | 47 | 65 | 100 |
| SFA, saturated fatty acids; TFA, trans fatty acids; MOM1, percentage of absolute intake estimated by the DHD-FFQ; MOM2, percentage of between-person variability estimated by the DHD-FFQ |
| X = selected for estimation of nutrient or food group |
| \*Included items on wholegrain and white bread  |
| †Included items on low-fat and high fat food items |
| ‡Included items on butter (2x), margarine, semi-fat margarine, cooking fat, low-fat cooking fat and oils |
| \*\*Added sodium during cooking or at table |
| ††The Dutch national food consumption survey 2007-2010 was used as reference population |

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| **Supplement 2.** Spearman correlation coefficients between cardio-metabolic risk factors and the DHD-index derived from the DHD-FFQ and from the reference method in participants of the NQplus study. |
|  | Total cholesterol**†** | HDL cholesterol**†** | Triglycerides**†** | Hba1C‡ | SBP**††** | DBP**††** |
| Reference method‡‡  |  |  |  |  |  |
| Model 1 | -0.03 |  0.03 | -0.08\*\* | -0.05\* | -0.04 | -0.06 |
| Model 2 | -0.03 | -0.03 | -0.04 | -0.03 | -0.01 | -0.01 |
| DHD-FFQ |  |  |  |  |  |  |
| Model 1 | -0.01 | 0.02 | -0.04 | -0.06 | -0.03 | -0.05 |
| Model 2 | -0.02 | 0.01 | -0.03 | -0.05 | -0.02 | -0.04 |
| SBP: systolic blood pressure, DBP: diastolic blood pressure |
| Model 1: adjusted for age, sex, smoking, physical activity and energy intake estimated by accompanying FFQ |
| Model 2: model 1 and additionally adjusted for BMI |
| \*P<0.05, \*\*P<0.01 |
| **†**Excluding 110 lipid modifying agent users, mmol/L |
| ‡Excluding 29 diabetic drugs users, mmol/mol |
| ††Excluding 180 anti-hypertensive drugs users, mmHg |
| ‡‡Full length FFQ combined with a urinary sodium value |