Figure A1. 24-hour food diary

Product	Breakfast		In-between moment #1		Lunch		In-between moment #2		Dinner		In-between moment #3	
	piece	ml	piece	ml	piece	ml	piece	ml	piece	ml	piece	ml
Biscuit/cracker												
Bread												
Currant bun												
Ginger bread												
Margarine/ butter												
Cheese												
Meat products												
Sweet spreads												
Porridge												
Muesli + yoghurt												
Tea/coffee												
Sugar												
Semi-skimmed milk												
Whole milk												
Buttermilk												
Chocolate milk												
Fruit juice												
Lemonade												
Soft drink (with sugar)												
Water/broth												
Cup a soup												
Nutridrink												
Soup (thick)												
Hot meal 1 portion												
Hot meal ½ portion												
Gravy												
Fruit compote												
Yoghurt												
Custard, pudding												
Fruit												
Other:												
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