

Supplemental Table A1. List of food products reported in 24-hour food diary with corresponding portion sizes and energy content

Product	NEVO code	General portion sizes	Energy content (kcal/100 gram)	% of top 5 of DNFCs ¹	Kcal per food product portion
Biscuit/cracker		11.8 g			46
1. Crispbread whole meal	1779		363	47.0%	
2. Crispbread sesame	975		421	19.8%	
3. Crispbread gold-brown	596		410	11.8%	
4. Crisp bakes Dutch	227		408	10.8%	
5. Cracker mini unflavored	5095		442	10.7%	
Bread		35 g			88
1. Bread brown wheat	236		236	24.8%	
2. Bread whole meal fine	2811		233	24.0%	
3. Bread multigrain average with seeds	2350		261	23.3%	
4. Roll white soft	230		262	14.5%	
5. Roll white hard	2795		277	13.4%	
Currant bun	2803	50 g	268	NA	134
Ginger bread		30 g			92
1. Dutch spiced cake	240		308	65.5%	
2. Dutch spiced cake whole meal	925		308	13.9%	
3. Dutch spiced cake low sugar	2329		287	10.5%	
4. Dutch spiced cake with nuts	2397		337	6.0%	
5. Dutch spiced cake with sugar candy	2398		312	4.1%	
Margarine/butter		6 g			27
1. Low fat margarine 40%fat (<17 g), salted	2059		356	49.6%	
2. Butter unsalted	310		737	16.2%	
3. Low fat margarine (Blue Band Goede Start)	1961		349	12.3%	
4. Low fat margarine (tub Becel Light)	1839		285	11.8%	
5. Margarine 80%fat (>24 g), salted	2063		719	9.2%	
Cheese		20 g			74
1. Cheese Gouda 48+, age 8 weeks-4 months	2757		370	41.0%	
2. Cheese Gouda 48+, age 4-8 weeks	2756		364	24.8%	
3. Cheese Gouda 48+, age 4-7 months	2758		377	18.0%	
4. Cheese Edam 40+	511		324	8.6%	
5. Cheese Gouda 48+, age 10-12 months	2759		414	7.6%	
Meat products	344	15 g	236	NA	35
Sweet spreads	464	20 g	393	NA	79
Porridge		150 g			115
1. Porridge rice	298		86	19.1%	
2. Porridge semolina	1722		93	9.8%	
3. Porridge oatmeal prepared with semi-skimmed milk	3050		69	9.8%	
4. Porridge oatmeal prepared with whole milk	288		85	9.4%	
5. Porridge barley with raisins (Bessola)	605		73	6.5%	
Muesli + yoghurt	2278	125 g	110	NA	138
Tea/coffee		175 ml			2
1. Tea prepared	645		0	68.2%	
2. Coffee prepared	644		1	28.2%	
3. Cappuccino freshly made	2476		31	1.6%	

4.	Coffee with milk from vending machine	2648		12	1.2%	
5.	Cappuccino instant prepared	2477		37	0.8%	
Sugar			3.9 g			16
1.	Sugar granulated	377		400	96.3%	
2.	Castor sugar white	375		396	2.0%	
3.	Castor sugar brown	374		396	1.7%	
Semi-skimmed milk		286	200 ml	45	NA	90
Whole milk		279	200 ml	61	NA	122
Buttermilk		289	200 ml	30	NA	60
Chocolate milk			200 ml			154
1.	Whole chocolate milk	272		89	34.9%	
2.	Semi-skimmed chocolate milk	1464		77	26.9%	
3.	Hot chocolate from vending machine	2760		66	17.2%	
4.	Semi-skimmed chocolate milk with sweetener	1970		56	10.5%	
5.	Semi-skimmed chocolate milk with sweetened cacao powder	2495		78	10.5%	
Fruit juice			200 ml			90
1.	Freshly squeezed orange juice	2755		44	32.8%	
2.	Pasteurized orange juice	410		45	30.6%	
3.	Multi-fruit juice	2507		47	17.0%	
4.	Apple juice	383		46	14.7%	
5.	Apple nectar juice	3218		37	4.9%	
Lemonade			40 g ²			60
1.	Fruit drink concentrated	463		233	26.1%	
2.	Fruit drink concentrated light	2289		8	24.5%	
3.	Fruit drink concentrated (Karvan Cevitam)	1810		238	24.0%	
4.	Fruit drink concentrated with sugar & sweeteners 40-45g	2287		170	15.7%	
5.	Fruit drink concentrated with sugar & sweeteners 10-15g	2831		47	9.7%	
Soft drink (with sugar)			200 ml			73
1.	Cola with caffeine	395		41	54.8%	
2.	Ice tea	2086		31	15.1%	
3.	Soft drink without caffeine	400		38	19.6%	
4.	Ice tea with sugar & sweetener	2088		19	8.5%	
5.	Soft drink with sugar, sweetener (5-8 g) & caffeine	2665		27	1.7%	
Water/broth		3192	175 ml	6	NA	11
Cup a soup		2932	175 ml	40	NA	70
Nutridrink ³		-	200 ml	150	NA	300
Soup (thick) ⁴			250 ml			117
1.	Soup thickened with vegetables	763		36	33.3%	
2.	Soup thickened with meat (beef/chicken)	764		64	33.3%	
3.	Soup thickened, no filling	2561		41	33.3%	
Hot meal 1 portion ⁵		NA	NA	NA	NA	647
Hot meal ½ portion ⁵		NA	NA	NA	NA	324
Gravy			25 g			77
1.	Gravy 50% fat , prepared without instant gravy powder	2459		439	34.3%	
2.	Instant gravy 25% fat, thickened	2451		233	20.0%	
3.	Instant gravy 50% fat, thickened	2461		429	18.1%	
4.	Instant gravy 0% fat	2650		28	14.3%	
5.	Gravy 25% fat, prepared without instant gravy powder	2588		219	13.3%	

Fruit compote	179	100 g	76	NA	76
Yoghurt		120 g			60
1. Yoghurt low fat	301		37	46.6%	
2. Yoghurt full fat	278		58	19.5%	
3. Yoghurt reduced fat	1.502		50	15.2%	
4. Yoghurt low fat with fruit	284		73	11.0%	
5. Yoghurt vanilla reduced fat	1.721		78	7.7%	
Custard, pudding		150 ml			119
1. Quark low fat	305		58	29.4%	
2. Custard several flavors full fat	1720		95	22.4%	
3. Custard vanilla full fat	282		93	18.2%	
4. Quark low fat with fruit/vanilla with sweetener	2246		43	17.1%	
5. Quark reduced fat with fruit/vanilla	917		130	12.9%	
Fruit		140 g			71
1. Fresh fruit average, including citrus	172		48	82.2%	
2. Fresh fruit average, excluding citrus	173		62	17.8%	

¹ In case no corresponding NEVO code was available for a specific food product, we calculated a weighted average calories of the 5 most consumed food products in the DNFCS 2012-2016 among adult women between 18 and 50 years. ² Portion size of undiluted lemonade. ³ Nutritional drink. ⁴ Soup was not present in the DNFCS, so we calculated an average of the three available thick soup NEVO codes. ⁵ The energy intake for a hot meal was calculated using the DNFCS 2012-2016, which measured that 34.1% of the daily energy intake was consumed during dinner. On average, the energy intake of adult women between 18 and 50 years was 1898 calories, leading to the assumption that a full size hot meal contained 647 calories. **Abbreviations:** DNFCS: Dutch National Food Consumption Survey, g: gram, kcal: kilocalories, ml: milliliters.