

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.	<i>Coffee with milk from vending machine</i>	2648		12	1.2%	
5.	<i>Cappuccino instant prepared</i>	2477		37	0.8%	
Sugar			3.9 g			16
1.	<i>Sugar granulated</i>	377		400	96.3%	
2.	<i>Castor sugar white</i>	375		396	2.0%	
3.	<i>Castor sugar brown</i>	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.	<i>Whole chocolate milk</i>	272		89	34.9%	
2.	<i>Semi-skimmed chocolate milk</i>	1464		77	26.9%	
3.	<i>Hot chocolate from vending machine</i>	2760		66	17.2%	
4.	<i>Semi-skimmed chocolate milk with sweetener</i>	1970		56	10.5%	
5.	<i>Semi-skimmed chocolate milk with sweetened cacao powder</i>	2495		78	10.5%	
Fruit juice			200 ml			90
1.	<i>Freshly squeezed orange juice</i>	2755		44	32.8%	
2.	<i>Pasteurized orange juice</i>	410		45	30.6%	
3.	<i>Multi-fruit juice</i>	2507		47	17.0%	
4.	<i>Apple juice</i>	383		46	14.7%	
5.	<i>Apple nectar juice</i>	3218		37	4.9%	
Lemonade			40 g ²			60
1.	<i>Fruit drink concentrated</i>	463		233	26.1%	
2.	<i>Fruit drink concentrated light</i>	2289		8	24.5%	
3.	<i>Fruit drink concentrated (Karvan Cevitam)</i>	1810		238	24.0%	
4.	<i>Fruit drink concentrated with sugar & sweeteners 40-45g</i>	2287		170	15.7%	
5.	<i>Fruit drink concentrated with sugar & sweeteners 10-15g</i>	2831		47	9.7%	
Soft drink (with sugar)			200 ml			73
1.	<i>Cola with caffeine</i>	395		41	54.8%	
2.	<i>Ice tea</i>	2086		31	15.1%	
3.	<i>Soft drink without caffeine</i>	400		38	19.6%	
4.	<i>Ice tea with sugar & sweetener</i>	2088		19	8.5%	
5.	<i>Soft drink with sugar, sweetener (5-8 g) & caffeine</i>	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.	<i>Soup thickened with vegetables</i>	763		36	33.3%	
2.	<i>Soup thickened with meat (beef/chicken)</i>	764		64	33.3%	
3.	<i>Soup thickened, no filling</i>	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.	<i>Gravy 50% fat, prepared without instant gravy powder</i>	2459		439	34.3%	
2.	<i>Instant gravy 25% fat, thickened</i>	2451		233	20.0%	
3.	<i>Instant gravy 50% fat, thickened</i>	2461		429	18.1%	
4.	<i>Instant gravy 0% fat</i>	2650		28	14.3%	
5.	<i>Gravy 25% fat, prepared without instant gravy powder</i>	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 diner. 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.