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| **Table S2:** Cut-off values of the 1st and 4th quintiles of food consumption (in grams per day) of each food group |
|  | **≤1st quintile (g)** | **≤4th quintile (g)** |
| **Milk** | 440.2 | 801.4 |
| **Yoghurt** | 40.3 | 128.1 |
| **Cheese** | 0.0 |   6.0 |
| **Eggs** | 0.0 |  20.5 |
| **Meat** | 38.9 | 144.0 |
| **Processed meat** | 0.0 |  20.1 |
| **Seafood** | 50.9 |  99.7 |
| **Bread** | 0.0 |  27.4 |
| **Vegetable soup** | 325.6 | 800.6 |
| **Vegetables on a plate** | 14.3 | 114.5 |
| **Fruit** | 179.2 | 303.7 |
| **Crisps** | 0.0 |   5.9 |
| **Pizza/burger** | 0.0 |  27.5 |
| **Salty pastry** | 0.0 |  22.0 |
| **Butter** | 0.0 |   8.6 |
| **Cookies** | 21.3 |  72.6 |
| **Candies** | 0.4 |  40.4 |
| **Coffee/Tea** | 0.0 |  48.2 |
| **Soft drinks** | 0.0 | 718.3 |
| g, gram |