***Supplementary Table 1: Food items included in the food groups, the IAN-AF 2015-2016, based on food items reported and disaggregated recipes, with exception for sweets, cakes and soups .***

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| **Food Groups** | **Food Items** |
| Milk | Goat, sheep and cow milk (whole, semi-skimmed, skimmed, low-fat, lactose free). |
| Human milk | Maternal milk. |
| Infants Formula | All types of formulas. |
| Yoghurts | Solid, liquid and creamy yoghurts (whole-milk, low-fat, non-fat, lactose free, sugar sweetened, natural), fermented milk with *lactobacillus casei* and kefir. |
| Milkshakes | Drinks made of milk, chocolate milk (whole-milk, low-fat, non-fat, lactose free). |
| Milk Alternatives | Rice, soy, almond, rye and coconut drinks, vegan or soy yogurt, soy desserts. |
| Cheese | Cow, sheep and goat cheese, cow, sheep and goat fresh cheese, quark cheese, cream cheese or *ricotta.* |
| Meat and Charcuterie | Red and white meat, ham, chorizo, bacon, sausages and among another Portuguese traditional charcuterie. |
| Bread and rusks | White, whole grain, whole wheat, cereal bread and rusks. |
| Pasta, rice, potatoes and other tubers | All types of pasta, wholegrain pasta, couscous; rice and other grains (corn, quinoa, polenta, oats), homemade fried, boiled, mashed and roasted potatoes, sweet potatoes. |
| Infant cereals | Baby cereal with/without milk; single grain and multigrain, enriched with vitamins. |
| Breakfast Cereals | Wholegrain cereals, wheat flakes, chocolate cereals, fruit and fibre cereals, granola, cereal bars (wheat, chocolate, oats, dry fruits, among others). |
| Cakes | All types of cakes and pastry (homemade, processed or confectioner’s) with or without cream, pies, donuts, croissants, puff pastry, scones, waffles, among other Portuguese traditional desserts. |
| Sweets | Honey, syrups, liquid sugar, all types of candies and gums, chocolate snacks, ice-creams, gelatine, desserts made with milk without flour, jam, honey, mousse, *pannacotta*, pudding flan, among other Portuguese traditional desserts. |
| Table sugar | Glucose, white and brown sugar added by the participant. |
| Cookies | Butter cookies, chocolate chip cookies, chocolate coated cookies, vanilla cookies, wafer cookies, whole grain cookies, multi cereals cookies, cream-cracker biscuit, cookies with fruits, no gluten cookies, lactose free cookies, Marie biscuit. |
| Soft Drinks | Carbonated and non-carbonated drinks, lemonade, tonic water, energy drinks, juice concentrate fruit (such as powdered base for fruit drinks). |
| Nectars | All fruit and vegetable nectars. |
| 100% Fruit Juice/Natural | Vegetable and fruit juice without added sugar, fresh-squeezed fruit. |
| Fruit | Cooked, fresh fruit, tropical fruit, fruit jar. |
| Soups | Vegetable, meat and fish broth, soup powder, bouillon cube. |
| Vegetables | Recipes of raw, cooked, canned or frozen vegetables excluding vegetables in soup, potatoes or pulses. |