**Supplementary Table 1.** Assigned food groups (n=43).

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| **Food groups** |
| - Dairy products, unsweetened- Dairy products, sweetened, low fat (milk, yoghurt ≥ 1.7%; curd ≤20%)- Dairy products, sweetened, high fat (milk, yoghurt > 1.7%; curd, sour cream >20%, cream)- Cheese- Eggs- Meat, high fat (>11%)- Meat low fat (≤11%)- Sausages, cold cuts, high fat (>20%)- Sausages, cold cuts, low fat (≤20%)- Fish- Animal fat- Vegetable oil- Flour, dough- Ready to eat-cereals <90% whole grain, crunchy muesli, cereal bars- (Ready to eat-)cereals >90% whole grain, muesli with fruit, nuts or chocolate- White bread- Brown bread- Whole grain bread- Biscuits- Cakes, pastries, sweet bread (e.g. raisin-bread)- Pasta- Rice and other grains- Potatoes- Potato-products (e.g. dumplings, fried potatoes, mashed potatoes)- Vegetables- Vegetables with cream, canned or dried vegetables- Pulses- Fruit- Canned or dried fruit- Fruit or vegetable juice- Juice spritzer (juice and water)- Nuts- Sweetened beverages (e.g. lemonade, ice tea)- Light soft drinks- Water- Sugar, candy (e.g. wine gum, drops)- Sweet parfait (e.g. jam, hazelnut spread) - Ice cream- Chocolate, chocolate bars- Dressing, dips, gravy- Convenience food (based on grain, vegetables, meat or fish)- Savoury snacks- Miscellaneous |