**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 |