**Table S3**: Average food group contributions (%) to the daily energy intake out of home (OH) and at home (AH) among *not substantial* and *substantial out of home eaters*. The HECTOR project.

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **Method of dietary assessment** | **Single 24-hr dietary recall** | | | | | | | | | | | | | |
|  |  | **EPIC-Italy** | | **EPIC-Germany** | | **EPIC-Greece** | | **EPIC-Norway** | | **EPIC-UK** | | **EPIC-Netherlands** | | **EPIC-Sweden** | |
|  |  | OH | AH | OH | AH | OH | AH | OH | AH | OH | AH | OH | AH | OH | AH |
| ***Not substantial out of home eaters*** | **Animal origin** | 11.5 | 24.7 | 20.2 | 29.2 | 13.0 | 24.8 | 22.4 | 34.8 | 29.5 | 15.7 | 17.2 | 32.5 | 13.6 | 32.7 |
| meat | 1.5 | 10.1 | 7.5 | 13.5 | 1.5 | 7.3 | 5.8 | 13.1 | 2.0 | 4.7 | 2.9 | 13.1 | 4.5 | 11.6 |
| fish/seafood | 0.2 | 1.7 | 1.1 | 1.5 | 0.1 | 2.6 | 1.1 | 4.4 | 0.8 | 0.9 | 0.5 | 1.0 | 0.4 | 2.6 |
| milk/milk products | 9.8 | 11.9 | 11.1 | 13.3 | 10.7 | 14.0 | 15.2 | 15.8 | 25.2 | 9.7 | 13.4 | 17.2 | 8.5 | 17.2 |
| **Vegetable, fruit grain and nut origin** | 10.9 | 46.3 | 29.2 | 33.2 | 26.5 | 41.8 | 38.4 | 34.4 | 24.6 | 46.5 | 14.6 | 34.7 | 27.9 | 33.7 |
| vegetables | 0.5 | 4.2 | 1.8 | 2.4 | 1.1 | 5.4 | 1.9 | 2.7 | 2.3 | 4.8 | 0.4 | 2.0 | 1.2 | 2.5 |
| fruit and nuts | 5.4 | 9.2 | 13.1 | 7.9 | 10.0 | 7.7 | 9.2 | 6.6 | 7.3 | 12.7 | 6.2 | 7.3 | 10.7 | 5.2 |
| cereals/bread/pasta | 4.9 | 30.6 | 12.9 | 18.9 | 14.2 | 25.5 | 26.7 | 20.9 | 11.6 | 23.7 | 7.7 | 20.2 | 15.1 | 21.1 |
| potatoes | 0.1 | 1.9 | 1.4 | 3.8 | 0.5 | 1.8 | 0.5 | 4.0 | 2.9 | 4.2 | 0.4 | 4.9 | 0.8 | 4.8 |
| **Sugar, desserts, sweet and savory bakery products** | 54.5 | 13.1 | 21.6 | 13.2 | 37.0 | 8.7 | 23.9 | 15.1 | 28.0 | 18.3 | 44.4 | 15.8 | 39.8 | 16.7 |
| sugar, similars and sweets | 26.5 | 2.9 | 4.9 | 3.1 | 21.3 | 2.8 | 4.4 | 3.0 | 5.5 | 3.2 | 13.0 | 4.4 | 7.9 | 4.5 |
| sweet and savory bakery products | 19.5 | 8.6 | 12.1 | 8.4 | 13.3 | 5.0 | 14.4 | 8.3 | 19.9 | 12.1 | 26.3 | 8.8 | 30.0 | 10.1 |
| chocolate and chocolate sweets | 3.1 | 0.7 | 1.7 | 1.5 | 1.2 | 0.6 | 2.6 | 2.7 | 1.3 | 2.4 | 3.4 | 1.9 | 1.7 | 1.1 |
| **Beverages** | 23.0 | 15.9 | 29.0 | 24.4 | 23.6 | 24.7 | 15.4 | 15.8 | 17.9 | 19.5 | 23.8 | 17.0 | 18.7 | 17.0 |
| alcoholic | 5.6 | 4.6 | 9.2 | 6.6 | 6.5 | 2.7 | 0.6 | 3.6 | 3.3 | 5.2 | 5.8 | 5.2 | 1.0 | 3.0 |
| soft drinks | 2.5 | 0.3 | 2.6 | 0.7 | 0.9 | 0.1 | 2.5 | 2.0 | 1.7 | 0.9 | 3.5 | 1.0 | 2.3 | 1.9 |
| juices | 1.5 | 0.4 | 4.6 | 3.9 | 2.7 | 0.7 | 0.9 | 2.5 | 0.6 | 2.0 | 2.9 | 2.0 | 0.1 | 0.9 |
| other non-alcoholic | 13.1 | 0.6 | 8.6 | 1.1 | 9.3 | 0.3 | 7.3 | 1.1 | 6.5 | 0.6 | 9.1 | 0.5 | 9.0 | 0.6 |
| **Fats and oils** | 0.4 | 10.0 | 4.0 | 12.2 | 4.3 | 20.8 | 4.1 | 6.6 | 5.9 | 10.8 | 2.5 | 8.4 | 6.2 | 10.7 |
| ***Substantial out of home eaters*** | **Animal origin** | 23.0 | 25.7 | 32.3 | 27.1 | 25.1 | 25.8 | 30.0 | 35.8 | 21.1 | 24.8 | 27.1 | 31.6 | 27.2 | 33.3 |
| meat | 9.9 | 8.9 | 17.9 | 11.2 | 10.1 | 6.6 | 9.9 | 12.4 | 6.1 | 5.7 | 10.7 | 12.6 | 11.8 | 10.3 |
| fish/seafood | 2.9 | 1.4 | 1.6 | 1.0 | 3.3 | 2.7 | 2.5 | 4.7 | 2.5 | 2.1 | 1.5 | 0.8 | 2.9 | 2.0 |
| milk/milk products | 9.5 | 14.6 | 12.1 | 13.8 | 10.8 | 15.2 | 16.5 | 17.6 | 11.6 | 16.2 | 14.0 | 17.1 | 11.4 | 19.8 |
| **Vegetable, fruit grain and nut origin** | 40.1 | 41.1 | 31.9 | 32.3 | 32.9 | 39.5 | 35.9 | 36.2 | 35.4 | 40.6 | 30.4 | 35.0 | 33.8 | 34.9 |
| vegetables | 3.5 | 3.4 | 2.2 | 2.1 | 3.4 | 4.4 | 1.7 | 2.6 | 2.7 | 4.5 | 1.0 | 2.0 | 3.2 | 2.5 |
| fruit and nuts | 5.7 | 8.7 | 7.4 | 6.9 | 5.2 | 10.1 | 6.7 | 6.0 | 8.3 | 7.5 | 6.0 | 6.8 | 5.1 | 6.0 |
| cereals/bread/pasta | 29.0 | 27.1 | 18.5 | 21.0 | 22.3 | 21.6 | 26.2 | 23.7 | 21.0 | 24.6 | 21.0 | 20.7 | 20.0 | 23.0 |
| potatoes | 1.6 | 1.3 | 3.7 | 2.1 | 1.5 | 1.7 | 1.3 | 3.9 | 2.8 | 3.2 | 2.4 | 5.1 | 5.4 | 3.3 |
| **Sugar, desserts, sweet and savory bakery products** | 19.3 | 17.0 | 11.3 | 11.9 | 14.3 | 10.2 | 20.2 | 12.2 | 22.9 | 15.4 | 21.6 | 14.5 | 21.6 | 14.8 |
| sugar, similars and sweets | 2.4 | 4.7 | 1.9 | 3.9 | 2.3 | 4.0 | 1.9 | 3.6 | 2.6 | 3.4 | 4.6 | 4.5 | 3.0 | 4.6 |
| sweet and savory bakery products | 14.1 | 10.8 | 7.9 | 5.6 | 9.5 | 5.3 | 14.7 | 5.3 | 16.0 | 8.2 | 13.9 | 7.0 | 15.8 | 8.3 |
| chocolate and chocolate sweets | 0.8 | 0.8 | 1.1 | 2.2 | 1.5 | 0.5 | 2.6 | 2.4 | 2.9 | 2.8 | 1.9 | 2.2 | 1.6 | 1.1 |
| **Beverages** | 17.6 | 16.2 | 24.5 | 28.8 | 27.8 | 24.5 | 13.9 | 15.8 | 20.6 | 19.2 | 21.0 | 19.0 | 17.4 | 17.1 |
| alcoholic | 4.9 | 5.3 | 7.9 | 9.2 | 11.7 | 3.0 | 2.9 | 2.2 | 6.0 | 6.0 | 8.6 | 6.3 | 3.5 | 3.2 |
| soft drinks | 0.8 | 0.6 | 1.6 | 1.1 | 0.2 | 0.1 | 2.0 | 2.3 | 2.4 | 1.5 | 2.1 | 1.3 | 2.1 | 1.3 |
| juices | 0.5 | 0.5 | 3.3 | 4.5 | 0.5 | 1.0 | 1.6 | 3.4 | 1.8 | 2.9 | 1.7 | 2.2 | 0.7 | 1.3 |
| other non-alcoholic | 2.6 | 1.2 | 1.3 | 1.6 | 0.3 | 0.8 | 1.6 | 1.6 | 0.4 | 0.9 | 0.6 | 0.9 | 0.9 | 1.0 |
| **Fats and oils** | 8.8 | 8.6 | 10.3 | 12.5 | 15.1 | 19.5 | 5.9 | 6.3 | 10.0 | 7.9 | 8.0 | 8.3 | 10.2 | 10.3 |

**Table S3 (continued)**: Average food group contributions (%) to the daily energy intake out of home (OH) and at home (AH) among *not substantial* and *substantial out of home eaters*. The HECTOR project.

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **Method of dietary assessment** | **Single 24-hr dietary recall** | | | | **Two 24-hr dietary recalls** | | **Two or three 24-hr dietary recalls** | | **4-7 day food diaries** | | | |  | |
|  |  | **Austria** | | **Poland** | | **Belgium** | | **Germany/Bavaria** | | **Italy** | | **Portugal/Porto** | | **Overall** | |
|  |  | OH | AH | OH | AH | OH | AH | OH | AH | OH | AH | OH | AH | OH | AH |
| ***Not substantial out of home eaters*** | **Animal origin** | 16.3 | 29.6 | 12.9 | 26.1 | 20.2 | 28.7 | 24.9 | 30.0 | 13.0 | 25.6 | 25.8 | 33.1 | 16.4 | 28.6 |
| meat | 4.3 | 15.5 | 6.9 | 16.6 | 6.7 | 13.5 | 13.9 | 15.3 | 6.6 | 10.2 | 12.9 | 16.2 | 4.8 | 12.2 |
| fish/seafood | 0.2 | 1.0 | 0.2 | 1.0 | 2.1 | 2.1 | 0.8 | 1.3 | 1.4 | 2.5 | 3.4 | 6.4 | 0.7 | 1.8 |
| milk/milk products | 11.4 | 11.8 | 5.4 | 7.0 | 11.0 | 12.0 | 9.9 | 12.4 | 4.8 | 11.8 | 8.8 | 9.3 | 10.6 | 13.3 |
| **Vegetable, fruit grain and nut origin** | 48.5 | 37.9 | 32.4 | 41.5 | 26.0 | 36.2 | 28.6 | 33.6 | 46.5 | 46.8 | 24.0 | 44.1 | 25.7 | 38.6 |
| vegetables | 1.0 | 2.4 | 0.8 | 2.3 | 1.2 | 2.3 | 1.8 | 2.3 | 1.5 | 3.7 | 2.0 | 4.5 | 1.1 | 3.1 |
| fruit and nuts | 36.6 | 8.9 | 11.4 | 5.0 | 7.3 | 5.2 | 8.3 | 5.8 | 4.0 | 5.2 | 2.4 | 8.3 | 9.5 | 7.4 |
| cereals/bread/pasta | 10.7 | 23.5 | 19.5 | 26.4 | 15.2 | 23.3 | 15.6 | 22.4 | 39.9 | 35.0 | 13.9 | 22.5 | 14.1 | 24.0 |
| potatoes | 0.1 | 2.6 | 0.7 | 7.3 | 2.2 | 5.3 | 3.0 | 3.0 | 1.0 | 2.3 | 5.2 | 7.7 | 0.9 | 3.8 |
| **Sugar, desserts, sweet and savory bakery products** | 12.4 | 9.7 | 34.8 | 14.8 | 25.9 | 13.7 | 20.1 | 15.2 | 30.2 | 9.1 | 31.5 | 8.8 | 35.8 | 13.5 |
| Sugar, similars and sweets | 5.1 | 4.9 | 16.7 | 8.0 | 4.5 | 3.5 | 2.9 | 4.0 | 10.7 | 2.7 | 9.9 | 1.9 | 12.7 | 3.9 |
| sweet and savory bakery products | 3.6 | 2.7 | 15.4 | 5.9 | 18.5 | 7.1 | 14.7 | 9.3 | 11.9 | 5.5 | 21.0 | 6.4 | 18.3 | 7.7 |
| chocolate and chocolate sweets | 2.9 | 1.9 | 1.6 | 0.8 | 2.3 | 2.5 | 1.3 | 1.7 | 0.2 | 0.2 | 0.4 | 0.3 | 2.2 | 1.3 |
| **Beverages** | 22.9 | 22.8 | 20.0 | 17.6 | 27.9 | 21.5 | 26.4 | 21.3 | 10.2 | 18.5 | 18.6 | 14.0 | 22.1 | 19.3 |
| alcoholic | 1.8 | 2.9 | 5.2 | 1.0 | 15.6 | 7.2 | 8.4 | 5.7 | 5.2 | 4.5 | 5.9 | 4.7 | 5.7 | 4.4 |
| soft drinks | 1.2 | 0.8 | 1.4 | 0.3 | 6.0 | 1.9 | 2.9 | 1.1 | 1.6 | 0.3 | 0.9 | 0.6 | 2.5 | 0.8 |
| juices | 1.5 | 2.6 | 1.7 | 0.4 | 1.5 | 1.2 | 6.3 | 4.2 | 0.9 | 0.2 | 1.0 | 0.4 | 2.2 | 1.7 |
| other non-alcoholic | 14.8 | 0.4 | 3.7 | 0.3 | 0.5 | 0.2 | 4.2 | 1.2 | 0.4 | 0.3 | 8.0 | 4.0 | 8.4 | 0.7 |
| **Fats and oils** | 3.6 | 16.2 | 7.9 | 15.5 | 4.3 | 11.0 | 4.5 | 9.1 | 2.2 | 13.3 | 2.9 | 4.3 | 3.4 | 11.8 |
| ***Substantial out of home eaters*** | **Animal origin** | 30.6 | 27.4 | 23.2 | 26.3 | 26.4 | 28.6 | 31.9 | 27.4 | 20.3 | 27.2 | 29.2 | 34.1 | 27.9 | 29.5 |
| meat | 18.3 | 13.2 | 16.6 | 15.8 | 12.0 | 13.5 | 19.4 | 13.2 | 10.8 | 11.0 | 16.5 | 16.7 | 13.2 | 11.4 |
| fish/seafood | 0.8 | 0.6 | 0.9 | 0.7 | 2.3 | 1.9 | 1.2 | 1.2 | 2.9 | 2.3 | 6.0 | 6.4 | 2.1 | 1.7 |
| milk/milk products | 10.5 | 12.4 | 5.0 | 7.8 | 11.3 | 12.2 | 10.9 | 12.0 | 6.1 | 13.0 | 5.9 | 9.6 | 11.7 | 15.2 |
| **Vegetable, fruit grain and nut origin** | 37.6 | 38.8 | 40.4 | 42.4 | 31.3 | 36.5 | 28.7 | 34.5 | 50.5 | 43.7 | 36.9 | 41.8 | 34.5 | 36.4 |
| vegetables | 2.3 | 2.5 | 1.6 | 2.9 | 1.5 | 2.1 | 1.8 | 2.5 | 2.8 | 3.7 | 4.1 | 4.1 | 2.3 | 2.6 |
| fruit and nuts | 12.4 | 7.5 | 4.5 | 4.9 | 4.5 | 4.3 | 4.7 | 5.5 | 2.9 | 4.8 | 4.1 | 8.0 | 6.4 | 6.8 |
| cereals/bread/pasta | 21.0 | 26.7 | 31.7 | 26.1 | 21.7 | 24.6 | 19.5 | 23.6 | 41.9 | 32.5 | 19.2 | 20.3 | 22.8 | 23.4 |
| potatoes | 1.4 | 1.5 | 2.3 | 8.3 | 3.5 | 5.4 | 2.7 | 2.6 | 2.5 | 2.1 | 8.3 | 8.6 | 2.9 | 3.3 |
| **Sugar, desserts, sweet and savory bakery products** | 10.3 | 11.1 | 17.4 | 13.1 | 15.4 | 14.4 | 14.0 | 14.8 | 17.5 | 10.5 | 18.3 | 10.1 | 17.2 | 13.4 |
| Sugar, similars and sweets | 4.2 | 6.4 | 6.1 | 9.5 | 1.7 | 3.5 | 1.7 | 3.9 | 1.8 | 2.5 | 2.9 | 1.7 | 2.9 | 4.5 |
| sweet and savory bakery products | 3.9 | 2.6 | 9.9 | 2.3 | 10.2 | 7.3 | 10.4 | 8.4 | 10.8 | 7.1 | 14.2 | 7.2 | 11.7 | 6.6 |
| chocolate and chocolate sweets | 1.9 | 1.9 | 1.4 | 1.1 | 2.6 | 3.0 | 1.5 | 2.1 | 0.1 | 0.3 | 0.7 | 0.8 | 1.6 | 1.7 |
| **Beverages** | 21.6 | 22.8 | 19.0 | 18.2 | 26.9 | 20.5 | 25.4 | 23.3 | 11.7 | 18.7 | 15.7 | 14.0 | 20.4 | 20.8 |
| alcoholic | 4.0 | 2.5 | 3.4 | 1.9 | 14.7 | 7.0 | 8.3 | 6.5 | 6.4 | 5.3 | 7.1 | 5.3 | 6.4 | 5.3 |
| soft drinks | 2.4 | 1.4 | 0.8 | 0.3 | 2.5 | 2.3 | 3.1 | 2.1 | 1.0 | 0.3 | 1.0 | 1.0 | 1.7 | 1.2 |
| juices | 3.1 | 3.1 | 0.3 | 1.1 | 1.4 | 1.4 | 6.1 | 5.2 | 0.5 | 0.3 | 0.2 | 0.2 | 1.8 | 2.4 |
| other non-alcoholic | 0.6 | 1.7 | 0.4 | 0.4 | 0.2 | 0.2 | 1.0 | 1.6 | 0.1 | 0.3 | 2.9 | 3.5 | 1.1 | 1.2 |
| **Fats and oils** | 11.4 | 14.2 | 14.1 | 14.6 | 8.0 | 9.7 | 7.0 | 7.9 | 3.7 | 12.5 | 4.5 | 4.0 | 9.4 | 10.6 |