|  |  |  |  |
| --- | --- | --- | --- |
|  | T1 | T2 | T3 |
| DQI  | 3.2  | (2.2-3.8) | 4.5 | (4.0-4.9) | 5.8 | (5.1-7.8) |
| Energy MJ/day | 10 | (7-13) | 8 | (6-12) | 8 | (5-12) |
| **Diet composition (g/10MJ/day)** |  |  |  |  |  |  |
| Bread and cereals | 205 | (130-28) | 226 | (170-307) | 230 | (136-338) |
|  Whole grains | 47 | (24-72) | 66 | (40-98) | 80 | (40-142) |
| Meat and meat products | 148 | (70-261) | 142 | (67-266) | 125 | (50-232) |
| Fish and fish products † | 24 | (7-60) | 47 | (17-76) | 92 | (33-140) |
| Poultry and poultry products ‡ | 36 | (7-123) | 40 | (2-105) | 46 | (14-102) |
| Fruit and vegetables | 285 | (138-543) | 418 | (209-611) | 505 | (237-849) |
| Fruit and food products | 87 | (30-202) | 163 | (59-323) | 204 | (53-435) |
| Vegetables and vegetables products | 180 | (85-335) | 216 | (113-382) | 270 | (134-468) |
|  Vegetables, coarse § | 74 | (24-178) | 98 | (27-183) | 125 | (51-259) |
|  Vegetables, fine § | 99 | (45-174) | 112 | (52-221) | 127 | (58-305) |
| Potatoes and potatoes products | 65 | (13-141) | 48 | (2-132) | 50 | (3-139) |
| Milk and milk products  | 233 | (68-440) | 257 | (67-537) | 225 | (74-540) |
| Cheese and cheese products | 40 | (9-100) | 46 | (16-121) | 49 | (10-178) |
| Edible fats | 33 | (20-50) | 32 | (16-49) | 26 | (17-40) |
| Sugar and candy | 52 | (21-111) | 36 | (12-65) | 25 | (5-57) |
| **Energy distribution** |  |  |  |  |  |  |
| Protein, E% | 16 | (14-19) | 17 | (14-22) | 19 | (15-23) |
| Fat, E% | 36 | (30-42) | 36 | (28-43) | 34 | (27-39) |
| SFA, E% | 14 | (12-17) | 13 | (11-16) | 12 | (9-14) |
| MUFA, E% | 13 | (11-17) | 14 | (11-17) | 14 | (10-16) |
| PUFA, E% | 5 | (4-6) | 5 | (4-7) | 5 | (4-7) |
| Carbohydrate, E% | 45 | (36-53) | 45 | (34-52) | 43 | (33-54) |
| Added sugar, E% | 10 | (5-18) | 6 | (3-11) | 4 | (2-9) |
| Dietary fibre, g/MJ | 2 | (2-3) | 3 | (2-3) | 3 | (2-4) |
| Alcohol, E% ‖ | 5 | (1-12) | 5 | (1-13) | 6 | (2-15) |

Supplementary material Table 1: Diet Quality Index score (DQI), energy (MJ/day), diet composition (g/10MJ/day) and energy contribution (E%) of macronutrients and dietary fibre (g/MJ) of the study population divided in tertiles of the DQI; medians (p10-p90).

T, tertile; g, gram; MJ, mega joule; E%, percentage of energy; SFA, Saturated fatty acids; MUFA, monounsaturated fatty acids; PUFA, polyunsaturated fatty acids

† n=201 after exclusion of those who did not eat fish

‡ n=180 after exclusion of those who did not eat poultry

§ Vegetables are classified from type of food groups (e.g. all types of cabbage, rooted vegetables and onions are classified as coarse vegetables and all vegetables with a high water content like tomatoes and salad are classified as fine vegetables).

‖ n=194, after exclusion of those who did not drink alcohol.