**Supplemental material**

**Suppl. Table 1.** Item list Eetscore FFQ.

| **Item Number** | **Question** | **Item Name** | **Component** |
| --- | --- | --- | --- |
| 1 | 1 | Whole grain breakfast cereals | Wholegrain products |
| 2 | 1 | Refined breakfast cereals  | Wholegrain products |
| 3 | 1 | All kinds of breakfast cereals | Wholegrain products |
| 4 | 2 | Croissants and currant bread | Wholegrain products |
| 5 | 3 | Wholegrain rusks, crispbread or crackers | Wholegrain products |
| 6 | 3 | Naturel rusks, crispbread or crackers | Wholegrain products |
| 7 | 3 | All kinds of rusks, crispbread or crackers | Wholegrain products |
| 8 | 4 | Wholegrain, brown and multigrain brood | Wholegrain products |
| 9 | 4 | White bread | Wholegrain products |
| 10 | 4 | All kinds of bread | Wholegrain products |
| 11 | 5 | (Low fat) margarine | Fats and oils |
| 12 | 5 | (Semi-skimmed) butter | Fats and oils |
| 13 | 5 | All kinds of margarines and butter | Fats and oils |
| 14 | 6 | Cheese (topping) | Dairy |
| 15 | 7 | Cold cuts | Processed meat |
| 16 | 8 | Sweet toppings | Unhealthy choices |
| 17 | 9 | Milk, buttermilk and other dairy drinks without sugar | Dairy |
| 18 | 10 | Sweetened drink yogurt or dairy drinks | Dairy and Sweetened beverages and fruit juices |
| 19 | 11 | (Fruit) yogurt, (fruit) quark, custard, pudding or ice cream | Dairy  |
| 20 | 12 | Soup | Salt |
| 21 | 13 | Legumes | Legumes |
| 22 | 14 | Boiled or stir-fried vegetables | Vegetables |
| 23 | 15 | Crudités | Vegetables |
| 24 | 16 | Wholemeal pasta | Wholegrain products |
| 25 | 16 | White pasta | Wholegrain products |
| 26 | 16 | All kinds of pasta | Wholegrain products |
| 27 | 17 | Brown rice | Wholegrain products |
| 28 | 17 | White rice | Wholegrain products |
| 29 | 17 | All kinds of rice | Wholegrain products |
| 30 | 18 | Red meat | Red meat |
| 31 | 18 | Processed meat | Processed meat |
| 32 | 18 | White meat | - |
| 33 | 19 | Savoury snacks | Unhealthy choices |
| 34 | 20 | Lean fish | Fish |
| 35 | 21 | Fatty fish | Fish |
| 36 | 22 | Butter | Fats and oils |
| 37 | 22 | Margarine product solid | Fats and oils |
| 38 | 22 | Margarine product liquid  | Fats and oils |
| 39 | 22 | Oils | Fats and oils |
| 40 | 23 | Sauces | Unhealthy choices |
| 41 | 24 | Cheese (cubes or with a hot meal) | Dairy  |
| 42 | 25 | Nuts and peanuts | Nuts |
| 43 | 26 | Chips or pretzels | Unhealthy choices |
| 44 | 27 | Large cookies, cake and pie | Unhealthy choices |
| 45 | 28 | Small cookies, biscuit and gingerbread | Unhealthy choices |
| 46 | 29 | Chocolates | Unhealthy choices |
| 47 | 30 | Fresh fruit | Fruit |
| 48 | 31 | (Fruit) juices or fruit based breakfast drinks  | Sweetened beverages and fruit juices |
| 49 | 32 | Soft drinks, lemonade, sport drinks or energy drinks | Sweetened beverages and fruit juices |
| 50 | 33 | Green or black tea | Tea |
| 51 | 34 | Sugar in tea | Unhealthy choices |
| 51 | 36 | Sugar in coffee | Unhealthy choices |
| 52 | 35 | Coffee | Coffee |
| 53 | 37 | Alcoholic drinks during the weekend | Alcohol |
| 53 | 38 | Alcoholic drinks during the week  | Alcohol |
| 54 | 39 | Salt during cooking | Salt |
| 55 | 40 | Salt at the table | Salt |

**Suppl. Table 2.** Total score and 13 component scores of the Eetscore FFQ and the full-length FFQ in 510 participants (without misreporters, n=55) of the EetMeetWeet study (mean values and standard deviations, Kendall’s tau-b coefficients, Spearman’s correlations and 95% confidence intervals).

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  |  | Eetscore FFQ 1 |  | Full-length FFQ |  |  |  |  |
|  |  | Mean | SD |  | Mean | SD | Tau-b | 95% CI | R | 95% CI |
| 1. | Vegetables | 7.0 | 2.9 |  | 7.3 | 2.9 | 0.39 | 0.34, 0.45 | 0.52 | 0.44, 0.60 |
| 2. | Fruit | 7.6 | 3.1 |  | 7.9 | 3.2 | 0.64 | 0.60, 0.68 | 0.73 | 0.68, 0.78 |
| 3. | Wholegrain products | 7.8 | 2.3 |  | 7.4 | 2.9 | 0.20 | 0.14, 0.27 | 0.26 | 0.18, 0.35 |
| 4. | Legumes | 8.2 | 3.3 |  | 8.4 | 3.2 | 0.39 | 0.32, 0.47 | 0.43 | 0.35, 0.51 |
| 5. | Nuts | 5.7 | 3.7 |  | 5.2 | 4.0 | 0.46 | 0.40, 0.52 | 0.56 | 0.50, 0.63 |
| 6. | Dairy | 6.3 | 3.2 |  | 6.4 | 3.3 | 0.29 | 0.23, 0.35 | 0.39 | 0.31, 0.47 |
| 8. | Tea | 5.8 | 4.2 |  | 7.1 | 3.7 | 0.62 | 0.56, 0.67 | 0.70 | 0.64, 0.76 |
| 11. | Red meat | 9.4 | 1.9 |  | 9.2 | 2.0 | 0.29 | 0.20, 0.37 | 0.31 | 0.21, 0.41 |
| 12. | Processed meat | 5.6 | 3.6 |  | 5.8 | 3.5 | 0.56 | 0.51, 0.61 | 0.72 | 0.67, 0.77 |
| 13. | Sugar-containing beverages | 7.8 | 2.9 |  | 6.7 | 3.5 | 0.51 | 0.45, 0.56 | 0.62 | 0.55, 0.69 |
| 14. | Alcohol | 7.9 | 3.3 |  | 2.8 | 4.4 | 0.42 | 0.37, 0.46 | 0.46 | 0.40, 0.51 |
| 15. | Salt | 8.0 | 2.2 |  | 7.5 | 2.7 | 0.35 | 0.29, 0.41 | 0.47 | 0.39, 0.54 |
| 16. | Unhealthy choices | 3.2 | 3.9 |  | 0.7 | 2.1 | 0.34 | 0.27, 0.41 | 0.39 | 0.31, 0.47 |
|  | DHD15 index \* | 90.4 | 15.3 |  | 82.3 | 15.1 | 0.49 | 0.45, 0.54 | 0.69 | 0.64, 0.73 |

\* The total score ranges between 0 and 130 points.

**Suppl. Table 3.** Mean scores and standard deviations of the total score of the Dutch Healthy Diet 2015 index (DHD15-index) and its components based on the Eetscore FFQ in 565 participants by order of filling out FFQs; the Eetscore FFQ before full-length FFQ (order 1) or full-length FFQ before Eetscore FFQ (order 2).

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  |  | Total |  | Order 1(*n* 265) |  | Order 2(*n* 300) |  |
|  |  | Mean | SD |  | Mean | SD |  | Mean | SD | P value\* |
| 1. | Vegetables | 6.9 | 2.9 |  | 7.1 | 2.9 |  | 6.7 | 2.9 | 0.08 |
| 2. | Fruit | 7.6 | 3.1 |  | 7.6 | 3.0 |  | 7.5 | 3.2 | 0.80 |
| 3. | Wholegrain products | 7.7 | 2.3 |  | 7.8 | 2.2 |  | 7.6 | 2.4 | 0.62 |
| 4. | Legumes | 8.0 | 3.4 |  | 8.1 | 3.4 |  | 8.0 | 3.4 | 0.35 |
| 5. | Nuts | 5.6 | 3.8 |  | 5.3 | 3.9 |  | 5.9 | 3.7 | 0.05 |
| 6. | Dairy | 6.1 | 3.3 |  | 5.9 | 3.3 |  | 6.3 | 3.2 | 0.18 |
| 7. | Fish | 6.7 | 3.4 |  | 6.5 | 3.4 |  | 6.9 | 3.5 | 0.11 |
| 8. | Tea | 5.9 | 4.1 |  | 5.7 | 4.2 |  | 6.1 | 4.1 | 0.23 |
| 9. | Fats and oils | 6.2 | 4.6 |  | 6.0 | 4.7 |  | 6.4 | 4.6 | 0.44 |
| 10. | Coffee | 7.9 | 2.7 |  | 8.0 | 2.6 |  | 7.9 | 2.8 | - |
| 11. | Red meat | 9.4 | 1.8 |  | 9.5 | 1.8 |  | 9.4 | 1.8 | 0.36 |
| 12. | Processed meat | 5.7 | 3.5 |  | 5.9 | 3.5 |  | 5.4 | 3.6 | 0.09 |
| 13. | Sugar-containing beverages | 7.9 | 2.9 |  | 7.9 | 2.9 |  | 7.9 | 2.8 | 0.75 |
| 14. | Alcohol | 7.9 | 3.3 |  | 7.8 | 3.5 |  | 8.0 | 3.1 | 0.74 |
| 15. | Sodium | 8.1 | 2.2 |  | 8.2 | 2.1 |  | 8.0 | 2.2 | 0.55 |
| 16. | Unhealthy choices | 3.6 | 4.1 |  | 3.5 | 4.0 |  | 3.6 | 4.2 | 0.99 |
|  | DHD15-index † | 111.3 | 17.3 |  | 111.0 | 17.6 |  | 111.7 | 17.1 | 0.80 |

\* Mann-Whitney U test and Chi-square test were used to compare the component scores between order 1 and order 2 and an ANOVA was used to compare the total DHD15-index score.

† The total score ranges between 0 and 160 points.

**Suppl. Table 4.** Total score and 13 component scores of the Eetscore FFQ and the full-length FFQ in 418 participants (without participants ≥70 years old, n=147) of the EetMeetWeet study (mean values and standard deviations, Kendall’s tau-b coefficients, Spearman’s correlations and 95% confidence intervals).

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  |  | Eetscore FFQ 1 |  | Full-length FFQ |  |  |  |  |
|  |  | Mean | SD |  | Mean | SD | Tau-b | 95% CI | R | 95% CI |
| 1. | Vegetables | 7.1 | 2.9 |  | 7.2 | 3.0 | 0.41 | 0.34, 0.47 | 0.54 | 0.46, 0.62 |
| 2. | Fruit | 7.4 | 3.1 |  | 7.7 | 3.3 | 0.65 | 0.59, 0.70 | 0.75 | 0.68, 0.80 |
| 3. | Wholegrain products | 7.6 | 2.3 |  | 7.1 | 3.1 | 0.24 | 0.17, 0.31 | 0.32 | 0.22, 0.41 |
| 4. | Legumes | 7.9 | 3.5 |  | 8.1 | 3.5 | 0.41 | 0.32, 0.49 | 0.46 | 0.35, 0.54 |
| 5. | Nuts | 5.7 | 3.7 |  | 5.1 | 4.0 | 0.47 | 0.41, 0.54 | 0.58 | 0.51, 0.66 |
| 6. | Dairy | 6.0 | 3.3 |  | 6.1 | 3.3 | 0.34 | 0.28, 0.40 | 0.46 | 0.38, 0.54 |
| 8. | Tea | 6.0 | 4.1 |  | 7.2 | 3.6 | 0.62 | 0.56, 0.68 | 0.70 | 0.64, 0.77 |
| 11. | Red meat | 9.5 | 1.6 |  | 9.3 | 1.8 | 0.29 | 0.18, 0.39 | 0.31 | 0.20, 0.42 |
| 12. | Processed meat | 5.8 | 3.5 |  | 6.1 | 3.4 | 0.55 | 0.49, 0.60 | 0.71 | 0.64, 0.76 |
| 13. | Sugar-containing beverages | 7.9 | 2.9 |  | 6.9 | 3.5 | 0.48 | 0.42, 0.55 | 0.60 | 0.52, 0.67 |
| 14. | Alcohol | 7.9 | 3.2 |  | 3.0 | 4.5 | 0.44 | 0.39, 0.49 | 0.48 | 0.43, 0.54 |
| 15. | Salt | 8.1 | 2.2 |  | 7.7 | 2.7 | 0.34 | 0.27, 0.40 | 0.45 | 0.36, 0.53 |
| 16. | Unhealthy choices | 3.4 | 4.1 |  | 1.0 | 2.6 | 0.38 | 0.29, 0.45 | 0.44 | 0.33, 0.52 |
|  | DHD15 index\*  | 90.5 | 16.0 |  | 82.6 | 15.6 | 0.53 | 0.49, 0.57 | 0.73 | 0.68, 0.77 |

\* The total score ranges between 0 and 130 points.



**Suppl. Figure 1.** Flow diagram of participants of the Eetscore evaluation study
\*Participants were only invited when first Eetscore FFQ was completed †Total study sample is used to examine participants characteristics.