**Supplementary Materials:**

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| C:\Users\stxee7\AppData\Local\Microsoft\Windows\INetCache\Content.MSO\67507EA7.tmpC:\Users\stxee7\AppData\Local\Microsoft\Windows\INetCache\Content.MSO\6DE1E271.tmp Example: Fried fish in batter                     Example A: Milk with tea or coffee                                                                                 Example B: Milk with breakfast cereals                                                                                 Example C: Milk in latte, cappuccino,                                                                                  hot chocolate or just on own  |
| **Supplementary Figure 1.** Example of photos provided within the Food Frequency Questionnaire (FFQ) to demonstrate medium portions of commonly consumed foods (46).  |