**Supplemental Table 1**

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| **Food group** | **Foods included** |
| **Unprocessed/minimally processed foods** | Home slaughter of veal, pork and lamb | Fileed frozen fish | Grapes |
| Veal, fresh and frozen | Crayfish and mollusks, fresh, frozen, salted or dried, not canned | Almonds and nuts, fresh or prepared |
| Beef incl. Veal, fresh and frozen | Home consumption and direct sales of milk by farmers | Apples and pears, fresh |
| Pork, fresh and frozen | Skim milk <1,0% fat | Cherries, peaches, plums and similar stone fruits, fresh |
| Lamb, fresh and frozen | Semi-skimmed milk, 1,0% - 2,0% fat | Bananas, melons and other fruits, fresh |
| Poultry, fresh and frozen | Full-fat milk >2,0% fat | Strawberries, raspberries, blackcurrants, blueberries, lingonberries and other berries, fresh |
| Deer, fresh and frozen | Fermented dairy products <1,0% fat | Strawberries, raspberries, blackcurrants, blueberries, lingonberries and other berries, frozen |
| Meat from rabbit, elk and other game | Fermented dairy products 1,0-2,0% fat | Raisins, figs, dates and other dried fruits |
| Meat exc. Poultry, frozen | Fermented dairy products >2,0% fat | Potatoes, fresh |
| Liver, kidney and tongue |  | Coffee, roasted |
| Dab, whole or fileed, fresh | Eggs | Tea |
| Cod, whole or fileed, fresh | Vegetables, fresh | Instant coffee and tea |
| Herring, whole or fileed, fresh | Root vegetables, fresh | Honey |
| Salmon, whole or fileed fresh | Root vegetables or other vegetables, frozen or dehydrated | Mineral water and sparkling water, without added sugar or flavorings |
| Other saltwater fish, whole or fileed, fresh | Rice | Porridge oats and hulled grains and flakes from other cereals  |
| Sweetwater fish, whole or fileed, fresh | Oranges, lemons and other citrus fruits, fresh |  |
| **Processed culinary ingredients** | Wheat flour | Thick cream >=29% fat | Treacle |
| Rye flour | Butter | Cocoa powder, unsweetened |
| Flour from a mix of rye and wheat, as well as other cereals | Salt | Spices incl. Mustard |
| Mixes etc. based on flour and starches | Milk powder | Brown sugar etc. |
| Formula powder | Cooking oil | Sugar |
| Pasta, spaghetti and similar products | Potato starch |  |
| Thin cream <29%fat | Sour cream, incl. Yogurt 12% fat |  |
| **Processed food products** | Ham and other non-mixed cold-cuts | Crayfish and mollusks, prepared or canned | Vegetables, pickled in vinegar |
|  | Canned meat (exc. Soups with meat)  | Hard cheese | Vegetables, prepared or preserved in other ways than pickled in vinegar |
|  | Canned fish (exc. caviar and fishcakes) | Soft cheese | Fruits and berries, whole or pureed, canned or packaged in other ways |
|  | Salted, spiced, dried and smoked fish | Cheese, other |  |
|  | Pickled herring | Canned potatoes |  |
| **Ultra-processed products** | Cornflakes, rice puffs, cheese doodles, pop corn | Frozen meat products and frozen ready-made foods including meat | Instant mashed potatoes/root vegetables |
| Crisp bread and flat bread | Filet of fish and fish fingers, breaded, and other prepared foods and meals including fish | Cocoa powder, sweetened; chocolate sauce |
| Rusks and raspings | Caviar and other preparations of fish roe | Chocolates and candies |
| Soft bread (including thin flat un-leavened bread)  | Jams, fruit sauces, jellies, prepared by boiling | Sauces incl. Mayonnaise |
| Biscuits and cookies | Soups and broth containing vegetables, berries, fruits, fish and meat | Ice cream incl. mixtures containing fat |
| Buns and Danish pastry | Punch and juice of vegetables, fruits and berries, natural or concentrated | Non-fat ice cream (sorbet) |
| Pastries, cakes, sponge cakes and other baked food (including crepes, pizzas and pirogues)  | Refrigerated or frozen potato products  | Carbonated sodas, ciders etc. |
| Sausages, pates and other processed meat products | Other types of prepared potatoes (chips) | Margarines and low-fat spreads |