Supplementary Material

Supplemental Table 1. Summary of modifications, additions and deletions made to the Canadian Diet History Questionnaire II (C-DHQ II) leading to differences (indicated by checkmark) between the C-DHQ II and C-DHQ I and C-DHQ II and US DHQ II.

| **DHQ ITEMS** | **C-DHQII QUESTION MODIFICATIONS** | **DIFFERENCES BETWEEN DHQS** |
| --- | --- | --- |
|  |  | **C-DHQ I vs II US vs C-DHQ II** |  |
|  |  |  |  |
| **VEGETABLES** |  |  |  |
| **Added or Modified** |  |  |  |
| Cauliflower and Brussels Sprouts | Separated cauliflower and Brussels Sprouts into two questions | ✓ | ✓ |
| Lettuce | Added sub-category to include dark green vegetables | ✓ | - |
| Asparagus | Added line-item question  | ✓ | - |
| Winter squash | Added line-item question | ✓ | - |
| French fries | Added poutine in question text | ✓ | ✓ |
| **Questions Deleted** | Carrot juice  | - | ✓ |
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| **FRUITS** |  |  |  |
| **Added or Modified** |  |  |  |
| Berries | Added: blueberries, raspberries, Saskatoon berries, blackberries as a line-item question | ✓ | ✓ |
| Pineapple | Added as a line-item question | ✓ | - |
| Mangoes | Added to foods eaten in the past month at least three times | ✓ | - |
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| **GRAIN PRODUCTS** |  |  |  |
| **Added or Modified** |  |  |  |
| Cooked breakfast cereals | Added Red River; added sub-category for oatmeal, other cooked cereals with fat added; added sub-category for oatmeal, other cooked cereals with added milk | ✓ | ✓ |
| Cold breakfast cereal | Added sub-category for fortified cereal (Vector® or PC Force Active®); added sub-category for "All-Bran®" types. | ✓ | - |
|  | Brands changed in sub-categories | - | ✓ |
| Bread or rolls as part of sandwichesBread or rolls NOT as part of sandwiches | Question text includes flatbreads (such as pita, roti or tortilla) | ✓ | ✓ |
| Question text includes flatbreads (such as pita, roti or tortilla) | ✓ | ✓ |
| Baking powder biscuits | Question text includes scones and tea biscuits | ✓ | ✓ |
| **Questions Deleted** | Grits | - | ✓ |
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| **FATS AND OILS** |  |  |  |
| **Questions Deleted** |  |  |  |
| Margarine | Sub-category for regular-fat and fat-free | ✓ | ✓ |
| Mayonnaise | Sub-category for regular-fat and fat-free | ✓ | ✓ |
| Sour cream | Sub-category for regular-fat | ✓ | ✓ |
| Cream cheese | Sub-category for regular-fat | ✓ | ✓ |
| Salad dressing | Sub-category for regular-fat | ✓ | ✓ |
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| **MEAT AND ALTERNATIVES** |  |  |  |
| **Added or Modified** |  |  |  |
| Fish and seafood | Fish and shellfish separated into two questions | ✓ | - |
| Fish | Added separate question for dark oily fish; ready-to-eat battered fish or fish sticks; and white or lean fish | ✓ | ✓ |
| Shellfish | Separate line-item questions added for fried and not fried shellfish | ✓ | - |
| Sushi | Added to foods eaten in the past month at least three times | ✓ | ✓ |
| Hamburgers or cheeseburgers | Added separate question on burgers from fast food or other restaurants and 'Not from fast food or restaurants'  | ✓ | - |
|  | Sub-category for burgers NOT from fast food or restaurant includes lean or extra-lean ground beef | ✓ | ✓ |
| Game meat | Consumed in the past month at least three times | ✓ | ✓ |
| Meat cooking | Added meat cooking questions (regarding outside and inside appearance after cooking) | ✓ | ✓ |
| Egg | Added sub-categories for egg substitutes or eggwhites |  |  |  |
| Tofu, soy burgers or soy meat-substitutes | Added separate questions on Tofu and soy burgers/soy meat substitutes | ✓ | ✓ |
| Baked beans |  | ✓ | ✓ |
| Added separate line-item question  | ✓ | ✓ |
| Nuts and seeds | Seeds in separate question from nuts; sub-category added for peanuts | ✓ | ✓ |
| Flaxseeds | Added | ✓ | ✓ |
| Other seeds | Added sunflower and/or pumpkin seeds | ✓ | ✓ |
| Bean soup | Soup sub-category includes bean, pea, and lentil soups | ✓ | ✓ |
| **Other** |  |  |  |
| Hot dog | Added wieners | ✓ | ✓ |
| Beef jerky | Added to foods eaten in the past month at least three times | ✓ | ✓ |
| **Questions Deleted** |  |  |  |
| Oysters | Deleted from foods eaten in the past month at least three times | ✓ | ✓ |
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| **MILK AND ALTERNATIVES** |  |  |  |
| **Added or Modified** |  |  |  |  |
| Milk | Added separate question on chocolate milk, with sub-category for reduced-fat or fat-free | - | ✓ |
| Nut or Grain Milks | Added almond milk as a milk substitute | ✓ | ✓ |
| Milkshakes  | Added separate question on milkshake | ✓ | ✓ |
| Yogurt | Added sub-category for low-fat or fat-free | ✓ | - |
| Ice cream | Does not include sherbet | ✓ | ✓ |
| Non-dairy creamers added to coffee or tea | Referred to as whiteners and includes (cream, milk, or non-dairy creamer); sub-categories added for non-dairy creamer; cream or half and half; and milk. | ✓ | - |
| **Questions Deleted** |  |  |  |
| Cheese | Sub-category for fat-free cheese | ✓ | ✓ |
| Milkshakes or ice-cream sodas | Foods eaten in the past month at least three times | ✓ | ✓ |
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| **HERBS AND SPICES** |  |  |  |
| **Added or Modified** |  |  |  |
| Fresh basil, cilantro or parsley | Consumed in the past month at least three times | ✓ | ✓ |
| Dried curcumin, turmeric | Consumed in the past month at least three times | ✓ | ✓ |
| Dried oregano | Consumed in the past month at least three times | ✓ | ✓ |
|  |  | ✓ | ✓ |
|  |  |  |  |
| **SUPPLEMENTS** |  |  |  |
| **Added or Modified** |  |  |  |
| Multivitamins | Added subcategory to include prenatal type | ✓ | ✓ |
| Calcium supplements or calcium containing antacids | Separated questions for calcium supplements and for calcium containing antacids; sub-category for extra strength antacid; sub-categories for calcium containing vitamin D, calcium containing magnesium and calcium containing zinc. | ✓ | - |
| Added supplements | Separate items for iron, folic acid | ✓ | ✓ |
| Added supplements | Vitamin D |  | ✓ |
| Added to single supplements taken more than once per week | B12; beta carotene; magnesium; Occu-vite/eye; potassium; vitamin A | ✓ | - |
| Added to herbal, botanical or other supplements taken more than once per week | Chondroitin; coenzyme Q-10; energy supplement; fish oil/omega-3s; flaxseed oil; peppermint; probiotics, red clover; soy supplement; sports supplement. | ✓ | - |
| **Questions Deleted** |  |  |  |
| Supplements deleted | Fibre; beta carotene; vitamin A | ✓ | - |
| Single supplements taken more than once per week deleted | Brewer's yeast; cod liver oil; coenzyme Q; fish oil; folic acid/folate; glucosamine; hydroxytryptophan (HTP); iron;niacin | ✓ | - |
| Single supplements taken more than once per week deleted | Vitamin D; folic acid | - | ✓ |
| Herbal, botanical or other supplements taken more than once per week | Aloe vera; astragalus; bilberry; cascara sagrada; cat's claw; cayenne; dong kuai; goldenseal; grapeseed extract; kava kava; milk thistle; Siberian ginseng; valerian | ✓ | - |
|  | Red Clover | - | ✓ |
|  |  |  |  |
| **DRINKS** |  |  |  |
| **Added or Modified** |  |  |  |
| Water | Added sub-category for vitamin water | ✓ | ✓ |
| Hot tea | Added sub-category for green, herbal, and decaffeinated | ✓ | ✓ |
| Vegetable and Tomato Juice | Separated into two questions | ✓ |  |
| Iced Tea | Includes canned, bottled cold or iced tea; added sub-category for presweetened with sugar or artificial sweeteners and kind of sweetener | ✓ | - |
| Coffee | Added Coffee (latte, mocha, cappuccino or frappuccino) | ✓ | ✓ |
| Sports Drinks | Added | ✓ | - |
| Energy Drinks | Added | ✓ | - |
| **Questions Deleted** |  |  |  |
| Water | Sub-category for bottled, unsweetened water | - | ✓ |
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| **ALCOHOLIC DRINKS** |  |  |  |
| **Added or Modified** |  |  |  |
| Wine | Added sub-category for red wine | ✓ | ✓ |
| **Questions Deleted** |  |  |  |
| Wine | Deleted wine coolers | ✓ | ✓ |
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| **DESSERTS, SWEETS AND SNACKS**  |  |  |  |
| **Added or Modified** |  |  |  |
| Dark chocolate | Added to foods eaten in the past month at least three times | ✓ | ✓ |
| **Questions Deleted** |  |  |  |
| Cake | Deleted sub-category for light, low-fat, or fat-free | ✓ | ✓ |
| Chips | Deleted sub-category for low-fat, or fat-free | ✓ | ✓ |
|  | Tortilla/corn chips and potato chips separated into two questions | ✓ | - |
| Cookies or brownies | Deleted sub-category for light, low-fat, or fat-free | ✓ | ✓ |
| Sweet muffins or dessert breads | Deleted sub-category for light, low-fat, or fat-free | ✓ | ✓ |
| **ARTIFICIAL SWEETNERS** |  |  |  |
| **Added or Modified** | Artificial sweetener list modified to include |  |  |
|  | Added NutraSweet; | ✓ | ✓ |
|  | Added cyclamate; | ✓ | ✓ |
|  | Added sucralose; | ✓ | - |
| Added Hermesetas; | ✓ | ✓ |
|  | Added herbal sweeteners  | ✓ | - |
|  | Added Stevia as an example | ✓ | ✓ |
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| **SEASONAL COMPONENT OF QUESTION** |  |  |  |
| **Deleted** |  |  |  |
| Soft drinks  | Embedded seasonal component removed (Summer and rest of the year) | ✓ | ✓ |
| Beer | Embedded seasonal component removed (Summer and rest of the year) | ✓ | ✓ |
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