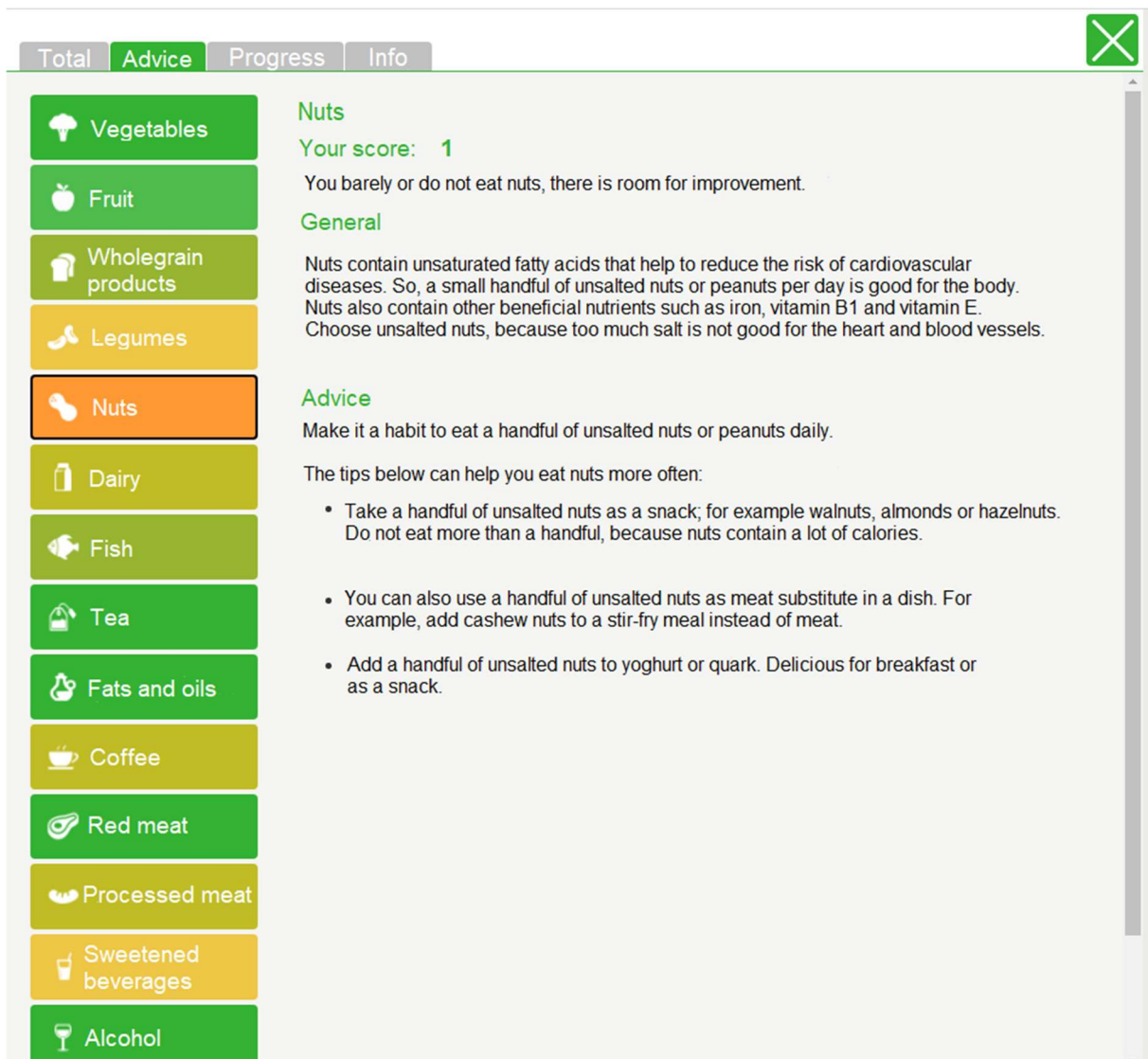


Supplementary figure 3 Example of a personalized dietary advice



The image shows a user interface for personalized dietary advice. At the top, there are four tabs: 'Total', 'Advice', 'Progress', and 'Info'. The 'Advice' tab is selected. On the left is a vertical sidebar with 13 food categories, each with an icon and a colored button. The 'Nuts' category is highlighted with an orange border. The main content area on the right displays the selected category's details.

**Total** **Advice** Progress Info

**Vegetables**

**Fruit**

**Wholegrain products**

**Legumes**

**Nuts**

**Dairy**

**Fish**

**Tea**

**Fats and oils**

**Coffee**

**Red meat**

**Processed meat**

**Sweetened beverages**

**Alcohol**

### Nuts

Your score: 1

You barely or do not eat nuts, there is room for improvement.

#### General

Nuts contain unsaturated fatty acids that help to reduce the risk of cardiovascular diseases. So, a small handful of unsalted nuts or peanuts per day is good for the body. Nuts also contain other beneficial nutrients such as iron, vitamin B1 and vitamin E. Choose unsalted nuts, because too much salt is not good for the heart and blood vessels.

#### Advice

Make it a habit to eat a handful of unsalted nuts or peanuts daily.

The tips below can help you eat nuts more often:

- Take a handful of unsalted nuts as a snack; for example walnuts, almonds or hazelnuts. Do not eat more than a handful, because nuts contain a lot of calories.
- You can also use a handful of unsalted nuts as meat substitute in a dish. For example, add cashew nuts to a stir-fry meal instead of meat.
- Add a handful of unsalted nuts to yoghurt or quark. Delicious for breakfast or as a snack.