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| Supplementary file 1. Food and beverages from NORDIET FFQ and WR, all participants in total and stratified by gender | | | | | | | | | | |
| **Food and beveragesa** | **NORDIET-FFQ (n=81)** | | | **WR**  **(n = 81)** | | | | **p-valuesc** | | | |
| **Total** | **Men** | **Women** | **Total** | **Men** | **Women** | **ptot** | | **pmen** | **Pwomen** | |
| **Median**  **(P5, P95)b** | **Median**  **(P5, P95)b** | **Median**  **(P5, P95)b** | **Median**  **(P5, P95)b** | **Median**  **(P5, P95)b** | **Median**  **(P5, P95)b** |  | |  |  | |
| **Fruit and berries, g/d** | | | | | | | | | | | |
| Fruitd | 100 (21, 298) | 106 (17,321) | 93 (19, 326) | 114 (0,370) | 108 (0,466) | 123 (0,353) | 0.43 | | 0.38 | 0.76 | |
| Berries | 8 (0,147) | 8 (150) | 12 (0,154) | 0 (0,98) | 0 (0,81) | 21 (0,129) | 0.88 | | 0.19 | 0.3 | |
| Dried fruit | 4 (0,106) | 0 (0,32) | 0 (0,168) | 0 (0,20.5) | 0 (0,14) | 0 (0,32) | <0.001 | | <0.001 | 0.002 | |
| **Vegetables, g/d** | | | | | | | | | | | |
| Garlic | 0 (0,3) | 0 (0,2) | 0 (0,4) | 0 (0,3) | 0 (0,1.4) | 0 (0,4) | 0.001 | | 0.014 | 0.003 | |
| Onion | 6 (0,23) | 5 (0,23) | 6 (0,18) | 7 (0,36) | 9 (0,59) | 6 (0,27) | 0.02 | | 0.019 | 0.44 | |
| Tomato | 30 (0,181) | 28 (0,114) | 44 (0,290) | 21 (0,74) | 17 (0,98) | 23 (0,75) | <0.001 | | 0.017 | 0.002 | |
| Tomato sauce | 4 (0,29) | 7 (0,29) | 4 (0,29) | 6 (0,84) | 8 (0,86) | 5 (0,87) | 0.01 | | 0.15 | 0.04 | |
| Mixed salad | 22 (0,71) | 18 (0,71) | 22 (0,93) | 26 (0,106) | 25 (0,105) | 28 (0,157) | 0.103 | | 0.25 | 0.23 | |
| Other vegetables | 52 (8,157) | 52 (0,158) | 43 (0,234) | 73 (0,179) | 70 (20,192) | 83 (9,179) | 0.015 | | 0.015 | 0.34 | |
| **Nuts, g/d** | | | | | | | | | | | |
| Nuts (salted + unsalted) | 9 (0,39) | 11 (0,37) | 7 (0,39) | 2.4 (0, 32) | 2 (0,46) | 3 (0,33) | 0.002 | | 0.013 | 0.09 | |
| Salted nuts | 2 (0,22) | 4 (0,28) | 0 (0,23) | 0 (0,22) | 0 (0,27) | 0 (0,21) | 0.006 | | 0.03 | 0.58 | |
| **Cereals (g/d)** | | | | | | | | | | | |
| Sweetened cereals | 0 (0,14) | 0 (0,29) | 0 (0,0) | 5 (0,59) | 0 (0,31) | 0 (0,25) | 0.37 | | 0.74 | 0.07 | |
| Unsweetened cereals | 7 (0,67) | 0 (0,68) | 15 (0,71) | 0 (0,26) | 0 (0,58) | 12 (0,64) | 0.37 | | 0.75 | 0.43 | |
| **Beverages (g/d)** | | | | | | | | | | | |
| Beverages with no added sugar | 28 (0,396) | 57 (0,882) | 28 (0,375) | 0 (0, 507) | 12 (0,620) | 0 (0,269) | 0.08 | | 0.16 | 0.35 | |
| Juice | 56 (0,274) | 28 (0,252) | 58 (0,284) | 66 (0,370) | 54 (0,333) | 90 (0,526) | 0.45 | | 0.8 | 0.39 | |
| Low fat milk | 114 (0,372) | 114 (0,504) | 93 (0,312) | 108 (0,560) | 138 (0,621) | 100 (0,369) | 0.28 | | 0.17 | 0.9 | |
| Whole milk | 0 (0,182) | 0 (0,186) | 0 (0,165) | 0 (0,116) | 0 (0,101) | 0 (0,132) | 0.12 | | 0.07 | 0.8 | |
| Filtered coffee | 178 (0, 1160) | 125 (0,814) | 233 (0,1678) | 329 (0805) | 352 (3,814) | 296 (0,764) | 0.003 | | 0.001 | 0.49 | |
| Other coffee (espresso, etc) | 0 (0, 663) | 0 (0,1199) | 0 (0,385) | 0 (0, 150) | 0 (0,64) | 0 (0,289) | <0.001 | | <0.001 | 0.049 | |
| Tea | 213 (0,814) | 65 (0,1284) | 279 (0,558) | 71 (0,589) | 43 (0,631) | 109 (0,507) | <0.001 | | 0.023 | <0.001 | |
| Beer with alcohol, g/d | 0 (0,508) | 140 (0,897) | 0 (0,160) | 0 (0, 429) | 36 (0,963) | 0 (0,243) | 0.02 | | 0.04 | 0.46 | |
| Liquor, g/d | 0 (0,12) | 0 (0,12) | 0 (0,29) | 0 (0,25) | 0 (0,27) | 0 (0,29) | 0.08 | | 0.23 | 0.15 | |
| Wine with alcohol, g/d | 31 (0,136) | 31 (220) | 30 (0,125) | 43 (0, 281) | 34 (0,387) | 46 (0,181) | <0.001 | | 0.006 | 0.008 | |
| **Cakes, dessert, candy (g/d)** | | | | | | | | | | | |
| Cakes | 17 (0,101) | 8 (0,64) | 17 (0,117) | 26 (0,105) | 22 (0,133) | 32 (0,72) | 0.02 | | 0.006 | 0.12 | |
| Dessert | 0 (0,81) | 0 (0,90) | 13 (0,84) | 4 (0,65) | 0 (0,74) | 9 (0,68) | 0.95 | | 0.79 | 0.88 | |
| Candy | 7 (0,43) | 11 (0,43) | 7 (0,45) | 3 (0,31) | 2 (0,39) | 7 (0,31) | 0.006 | | <0.001 | 0.83 | |
| Chips | 0 (0,21) | 0 (0,30) | 0 (0,18) | 0 (0,14) | 0 (0,14) | 0 (0,23) | 0.18 | | 0.09 | 0.75 | |
| **Bread (g/d)** | | | | | | | | | | | |
| Bread (60 % cereals) with 0-25 % wholemeal flour | 0 (0,57) | 0 (0,83) | 0 (0,33) | 11 (0,60) | 16 (0,83) | 9 (0,61) | <0.001 | | 0.001 | 0.001 | |
| Bread (60 % cereals) with 25-50% wholemeal flour | 0 (0,144) | 0 (0,207) | 0 (0,144) | 3 (0,114) | 8 (0,122) | 0 (0,75) | 0.84 | | 0.58 | 0.55 | |
| Bread (60 % cereals) with 50-75 wholemeal flour | 69 (0,360) | 90 (0,360) | 60 (0,246) | 34 (0,143) | 37 (0,195) | 33 (0,110) | <0.001 | | 0.001 | 0.005 | |
| Bread (60 % cereals) with 75-100% wholemeal flour | 0 (0,180) | 0 (0,240) | 0 (0,180) | 11 (0,100) | 9 (0,121) | 13 (0,106) | 0.34 | | 0.38 | 0.71 | |
| White crispbread (0-25% wholegrain) | 0 (0,12) | 0 (0,12) | 0 (0,24) | 0 (0,0) | 0 (0,0) | 0 (0,0) | 0.02 | | 0.06 | 0.14 | |
| Wholemeal crispbread (100% wholegrain) | 14 (0,84) | 14 (0.0,67) | 14 (0,59) | 3 (0,51) | 3 (0.0,50) | 7 (0,59) | <0.001 | | <0.001 | 0.002 | |
| **Spreads on bread (g/d)e** | | | | | | | | | | | |
| Cheese with high fat content | 45 (0,155) | 6 (0,29) | 6 (0,24) | 21 (0, 64) | 20 (0,73) | 21 (2,54) | <0.001 | | <0.001 | <0.001 | |
| Cheese with low fat content | 0 (0,155) | 0 (0,29) | 1 (0,22) | 0 (0,31) | 0 (0,32) | 3 (0,35) | 0.97 | | 0.09 | 0.054 | |
| Sweetened spreads | 3 (0,43) | 3 (0,70) | 3 (0,21) | 7 (0,52) | 6 (0,37) | 9 (0,88) | 0.007 | | 0.95 | 0.001 | |
| **Dairy products (i.e. sour cream, yoghurt etc.)** | | | | | | | | | | | |
| Dairy products with high fat content | 0 (0,113) | 0 (0,131) | 4 (0,145) | 1 (0,36) | 3 (0,53) | 0 (0,28) | 0.55 | | 0.43 | 0.06 | |
| Dairy products with low fat content | 7 (0,71) | 7 (0,65) | 11 (0,84) | 18 (0,168) | 1 (0,156) | 35 (0,211) | 0.006 | | 0.33 | 0.006 | |
| **Fish for dinner (g/d)f** | | | | | | | | | | | |
| Processed fish | 13 (0, 52) | 13 (0,52) | 13 (0,52) | 0 (0,70) | 0 (0,79) | 15 (0,60) | 0.68 | | 0.78 | 0.80 | |
| Lean fish, g/d | 20 (0,60) | 20 (0,73) | 20 (0,62) | 14 (0,64) | 21 (0,72) | 13 (0,72) | 0.32 | | 0.96 | 0.08 | |
| **Meat for dinner (g/d)** | | | | | | | | | | | |
| Non-processed red meat | 21 (0,65) | 22 (0,81) | 21 (0,48) | 24 (0,109) | 21 (0,96) | 29 (0,129) | 0.07 | | 0.33 | 0.08 | |
| Processed red meat | 21 (0,65) | 21 (0,86) | 21 (0,67) | 40 (0,107) | 60 (5,134) | 23 (0,59) | <0.001 | | <0.001 | 0.057 | |
| Non-processed white meat | 21(0,87) | 21 (0,89) | 21 (0,67) | 14 (0,70) | 13 (0,70) | 14 (0,75) | 0.05 | | 0.19 | 0.11 | |
| Processed white meat | 0 (0, 44) | 21 (0,87) | 0 (0,48) | 0 (0,30) | 0 (0,27) | 0 (0,33) | 0.002 | | 0.005 | 0.17 | |
| **Rice and pasta (g/d)** | | | | | | | | | | | |
| White rice | 0 (0,34) | 0 (0,43) | 0 (0,36) | 0 (0,44) | 0 (0,76) | 0 (0,43) | 0.002 | | 0.67 | 0.02 | |
| Wholegrain rice | 0 (0,33) | 0 (0,43) | 0 (0,24) | 0 (0.24) | 0 (0,34) | 0 (0,25) | 0.47 | | 0.16 | 0.01 | |
| White pasta | 0 (0,73) | 0 (0,73) | 0 (0,73) | 0 (0,34) | 0 (0,39) | 0 (0, 20) | 0.003 | | 0.009 | 0.18 | |
| Wholegrain pasta | 0 (0,73) | 0 (0,73) | 0 (0,76) | 0 (0,24) | 0 (0,19) | 0 (0,25) | <0.001 | | 0.01 | 0.01 | |
| **Dietary supplements** | | | | | | | | | | | |
| Cod liver oil (ml/d) | 0 (0,10) | 0 (0,9) | 0 (0,10) | 0 (0,47) | 0 (0,45) | 0 (0,55) | 0.01 | | 0.2 | 0.03 | |
| Cod liver oil/fish oils in capsules | 0 (0,2) | 0 (0,3) | 0 (0,2) | 0 (0,2) | 0 (0,2) | 0 (0,3) | 0.003 | | 0.18 | 0.02 | |
| Vitamin D (capsule/d) | 0 (0, 1) | 0 (0,1) | 0 (0,1) | 0 (0,0) | 0 (0,0) | 0 (0,1) | <0.001 | | 0.007 | 0.01 | |
| Multivitamin (tablets/d) | 0 (0, 1) | 0 (0,1) | 0 (0,1) | 0 (0,1) | 0 (0,0) | 0 (0,2) | 0.007 | | 0.01 | 0.16 | |

aFood groups based on Supplementary file 1  
b P5= 5 percentile, P95= 95 percentile  
c Wilcoxon signed rank test, p-values for median intake of food groups from NORDIET-FFQ and WR, both total and between genders   
d Fruit includes the following sub-questions: large fruit, medium fruit, small fruit in Supplementary file 1  
e Spreads like “fish”, “red meat”, “white meat” and “fruit and vegetables” are not included in this table, but are included in fatty fish , meat products and fresh fruits and vegetables, respectively  
f Fatty and lean fish for dinner/lunch can be found in Table 3.  
  
NORDIET-FFQ, NORDIET Food Frequency Questionnaire; WR, 7-day weighed food records