

Supplementary Table 1. Overview of the food items.

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| <p><b>1) Ratio mono-unsaturated:saturated fatty acids</b></p> <p><b>2) Legumes, nuts and soy products</b><br/>         Legumes<br/>         Soy products<br/>         Peanuts (and coated peanuts)<br/>         Nuts</p> <p><b>3) Cereals</b><br/>         Rusk<br/>         Croissants<br/>         Bread rolls<br/>         Cereals<br/>         Pasta<br/>         Rice<br/>         Bread<br/>         Rye bread<br/>         Raisin bread</p> <p><b>4) Fruit</b><br/>         Citrus fruit<br/>         Other fruit<br/>         Fruit in can/jar</p> <p><b>5) Vegetables</b><br/>         Broccoli, cauliflower etc.<br/>         Sal, spinach, endive etc.<br/>         Mushrooms<br/>         Onion, pepper etc.<br/>         Raw vegetables<br/>         Vegetable juice</p> <p><b>6) Meat products</b><br/>         Chicken, turkey<br/>         Beef: steak etc.<br/>         Beef: blind finch etc.<br/>         Pork: steak etc.<br/>         Pork: chop etc.<br/>         Pork: smoked sausage etc.<br/>         Lamb or mutton<br/>         Other meats such as goat/horse<br/>         Cooked liver<br/>         Hepatic / renal products<br/>         Sausages<br/>         Minced meat (all types)<br/>         Liver products<br/>         Ham etc.<br/>         Luncheon meat etc.<br/>         Bacon etc.<br/>         Unknown type of meat</p> | <p><b>7) Dairy products</b><br/>         Full milk<br/>         Semi-skimmed milk<br/>         Skimmed milk<br/>         Buttermilk<br/>         Unknown type of milk<br/>         20+ / 30+ cheese<br/>         40+ cheese<br/>         Ordinary cheese (48+)<br/>         Luxury fat cheese<br/>         Less fat cheese<br/>         Unknown type of cheese<br/>         Cheese used in hot meal<br/>         Cheese as in between<br/>         Full (fruit) yogurt<br/>         Semi-skimmed (fruit) yogurt<br/>         Skimmed (fruit) yogurt<br/>         Yogurt with probiotics<br/>         Full custard &amp; pudding<br/>         Low-fat custard &amp; pudding<br/>         Lean custard &amp; pudding<br/>         Full (fruit) cream cheese<br/>         Semi-skimmed (fruit) cream cheese<br/>         Skimmed (fruit) cream cheese<br/>         Ice cream<br/>         Whipped cream<br/>         Other milk, such as horse and goat<br/>         Unknown dairy drink<br/>         Hot porridge<br/>         Normal milk in coffee<br/>         Coffee milk, coffee cream<br/>         Cream used in hot meals<br/>         Full fat milk beverages<br/>         Semi-skimmed fat milk beverages<br/>         Skimmed fat milk beverages<br/>         Breakfast drink<br/>         Butter<br/>         Low-fat butter<br/>         Beverages with probiotics<br/>         Cholesterol-lowering yoghurt drinks</p> <p><b>8) Fish</b><br/>         Shellfish<br/>         Trout, mullet, plaice etc.<br/>         Salmon and other fatty fish<br/>         Herring<br/>         Fried fish<br/>         Unknown fish species</p> <p><b>9) Alcohol</b><br/>         Beer<br/>         Wine<br/>         Cocktails<br/>         Spirits</p> |
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