

Table S 1 Categorization of food groups

Food group (the description of items in each group)	Total number of items in the group	Comment
<p>1) Vegetables (carrots (1), cabbage (2), swede (3), cauliflower / broccoli (4), mixed salad (5), tomato (6), frozen vegetable mix (7), onion (8), beans (9), peas (10), “other vegetables” (11))</p>	11 items	Without potatoes
<p>2) Fruit/berries (apples/pears (1), oranges (2), bananas (3), “other fruits” (4), strawberries(5), “other berries” (6), orange juice (7), “other juice” (8))</p>	8 items	Maximum 100 g juice
<p>3) Potatoes (boiled (1), fried (2), mashed (3))</p>	3 items	
<p>4) Dairy products (drinking milk: whole milk (fresh, sour) (1), low fat milk (fresh, sour) (2), extra low fat milk (fresh, sour) (3), skimmed milk (fresh, sour) (4), yoghurt (5), cheese: white cheese full fat (6), white cheese low fat (7), whey cheese full fat (8), whey cheese low fat (9), milk or cream to coffee (10) or tea (11), sour cream for fish: sour cream 35% fat (12), sour cream 20% fat (13))</p>	13 items	
<p>5) Total fish (whole fish (filets, steaks): poached cod/ coalfish/haddock/pollack (1), fried cod/ coalfish/haddock/pollack (2), catfish/ flounder/redfish (3), salmon/trout (4), halibut (5), mackerel (6), herring (7), fresh water fish (8), “other fish” (9), fish spreads: mackerel in tomato sauce/smoked mackerel</p>	12 items	Whole fish and fish spreads

(10), marinated / smoked salmon (11), herring / anchovies (12))		
6) Lean fish (whole fish (filets, steaks): poached cod/ coalfish/haddock/pollack (1), fried cod/ coalfish/haddock/pollack (2), catfish/ flounder/redfish (3))	3 items	
7) Oily fish (whole fish (filets, steaks): salmon/trout (1), mackerel (2), herring (3), fish spreads: mackerel in tomato sauce/smoked mackerel (4), marinated / smoked salmon (5), herring / anchovies (6))	6 items	
8) Fish products (fishcake / pudding / balls(1), fish gratin (2), fish sticks (3), “other fish dishes”(4))	4 items	
9) Red meat/meat products (steak (beef , pork, mutton) (1), chops (beef, pork, mutton) (2), roast (beef , pork, mutton) (3), meatballs/hamburger (4), hot dogs (sausages) (5), bacon / lard (6), sandwich meats full fat (7), sandwich meats reduced fat (8))	8 items	
10) Sauces (sauce with fat (white/brown) for fish (1), sauce without fat (white/brown) for fish (2), brown sauce for meat (3), gravy for meat (4), tomato sauce for meat (5), sauce with cream / sour cream for meat (6), shrimp salad / Italian salad / “other salads” with mayonnaise (7))	7 items	
11) Chicken (with skin (1), without skin (2))	2 items	
12) Cereal products (breakfast cereal (1) , spaghetti/macaroni/ noodles (2), rice (3), rice porridge (4), “other porridges” (5))	5 items	

13) Bread/crisp breads (coarse bread (1), semi coarse bread (2), white bread (3), crispbread (4))	4 items	
14) Fat as spread on bread (all 7 types) (butter (1), hard margarine (Per, Melange) (2), soft margarine (Soft, Vita) (3), margarine mixed with butter (Bremyk) (4), “Brelett” (5), light margarine (Soft light, Vita lett) (6), margarine with olive oil (Olivero, Omega) (7))	7 items	
15) Baked goods (buns (1), Danish pastries (2), cakes (3), pancakes (4), waffles (5), sweet biscuits (6), lefser / lomper (7))	7 items	
16) Total coffee (filtered (1), espresso (2), latte (3), instant (4), boiled, cafetière coffee (5))	5 items	
17) Salty snacks (potato chips (1), peanuts (2) “other nuts” (3), “other snacks” (4))	4 items	
18) Sweets (cream desserts chocolate pudding/cream caramel (1), cream rice/mousse (2), compote /canned fruit (3), jam sandwich spread (4), milk chocolate (5), dark chocolate (6), sugar for tea (7) and coffee (8), ice cream in summer (9), ice cream in rest of year (10), sweets (godteri) (11))	11 items	
19) Fresh water fish	1 item	E.g. perch, grayling, pike, arctic charr, common whitefish, trout
20) Fish roe/liver (fish roe (1), fish liver (2))	2 items	
21) Reindeer meat	1 item	
22) Moose meat	1 item	
23) Food made with animal blood (mutton, beef, reindeer, moose)	1 item	