

iScience, Volume 27

Supplemental information

**Enhancing the contemporary human and water
isotope reference database for the Netherlands: New
insights from Sr-O-C-N-H isotope data**

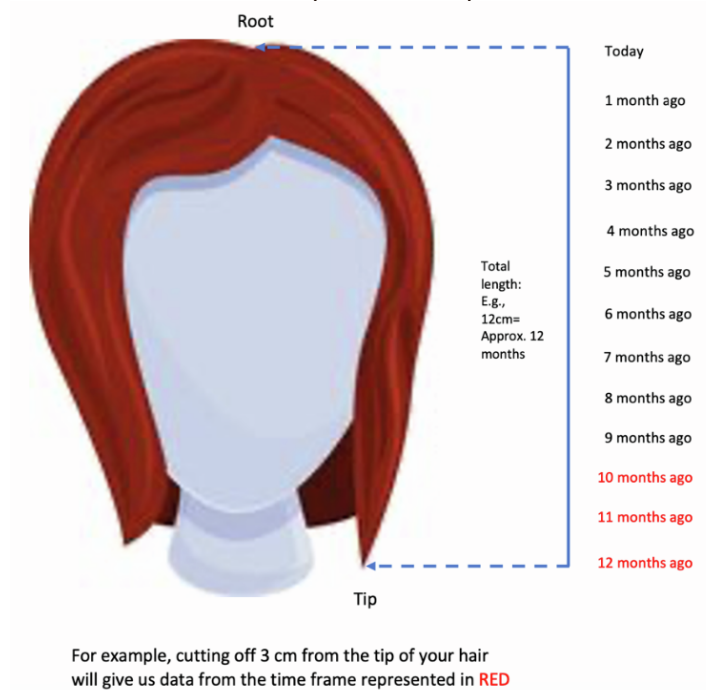
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Questionnaire S1: Human hair samples Questionnaire

1. How long is your hair from root to tip?
cm mm

2. How long are the strands of hair you cut?
cm mm

Hair grows approximately 1 cm per month, for example 3 cm of hair indicates 3 months. If your hair was 12 cm long before the cut, the 3 cm cut represents the period from about 10 to 12 months



The following questions concern the time period of your hair length + 2 months.

Example

Hair length before cutting: 30 cm

Date of hair cut: 1 February 2021

Length of hair cut: 5 cm

Period that the cut hair represents: 25 to 30 months ago

Calendar period: 1 August 2018 - 1 January 2019

Period referred to in questions: 1 July 2018 - 1 February 2019

Location

3. Have you been in the Netherlands for the entire time?
 Yes
 No (go to question 5)
4. Where in the Netherlands have you been during the time? Please add, if you travelled within the Netherlands for more than one week.

5. Where have you been outside of the Netherlands, and when? E.g. USA –exact location(s) if possible– between July 1 and August 17, 2018.

Diet

6. Do you mainly drink tap water or bottled water?
 Tap (go to question 8)
 Bottled
7. If bottled, what brands?

8. Do you pay attention to whether the food you buy is locally sourced or Not?
 Yes
 I consider “locally sourced” to be within the Netherlands.
 I consider “locally sourced” to be within Europe.
 No
9. If you buy locally sourced food, are there specific products that you buy locally (Dutch) products (i.e., meat, vegetables, fruit, dairy).

10. Do you have a specific diet?
 No
 Yes
 Vegan
 Vegetarian
 Lacto-vegetarian
 Ovo-vegetarian
 Pescatarian
 Gluten free

- Keto
- Low carb
- Paleo
- Other: Please describe in box below

11. Do you eat beef?
 - Yes
 - No (go to question 13)

12. If yes, how often?
 - Daily
 - Few times a week
 - Weekly
 - Monthly
 - Few times a year

13. Do you eat pork?
 - Yes
 - No (go to question 15)

14. If yes, how often?
 - Daily
 - Few times a week
 - Weekly
 - Monthly
 - Few times a year

15. Do you eat chicken?
 - Yes
 - No (go to question 17)

16. If yes, how often?
 - Daily
 - Few times a week
 - Weekly
 - Monthly
 - Few times a year

17. Do you eat turkey meats?
 - Yes
 - No (go to question 19)

18. If yes, how often?
 - Daily
 - Few times a week
 - Weekly
 - Monthly
 - Few times a year

19. Do you eat sea fish?
 - Yes
 - No (go to question 21)

20. If yes, how often?
 - Daily

- Few times a week
- Weekly
- Monthly
- Few times a year

21. Do you eat freshwater fish?

- Yes
- No (go to question 23)

22. If yes, how often?

- Daily
- Few times a week
- Weekly
- Monthly
- Few times a year

23. Are there any factors that affect your diet being different from a traditional Dutch diet? For example, only eating Halal meat, or Kosher, or a diet predominantly of rice?

- Yes
- No

24. If yes, please explain further?

25. Do you have any known allergies that affect your diet?

- Yes
- No

26. If yes, what are the allergies?

Health

27. Sex:

28. Age:

29. Any known medical conditions that affect your health? For example, diabetes, eating disorders, alopecia etc.

Hair treatment

30. Have you had any treatment to your hair?

- No
- Yes
- Dye
- Bleach
- Perm
- Heat treatment
- Hair transplant
- Other: Please describe in the box below

If you would like to be reimbursed the for the postage of the hair samples, please contact
[REDACTED] at [REDACTED]

Questionnaire S2: Tooth samples Questionnaire



IDIS.NO2.1/9/2010

SAMPLE N°: IDIS-T000

Verzoek: Verstandskiezen die geen tekenen van tanderosie vertonen

Dit onderzoek is anoniem, maar als wij contact op mogen nemen bij verdere vragen, laat dan a.u.b. u naam en contactgegevens achter.

- Bent u geboren in Nederland? JA/NEE
- Heeft u uw hele jeugd in Nederland gewoond (tot 18 jaar)?
- Geboorteplaats (indien buiten Nederland ook land vermelden):

- Verhuizingen binnen Nederland tijdens uw jeugd (stad/dorp, en periode dat u op deze plek woonde)

- Dronk u voornamelijk kraanwater of fleswater tijdens uw jeugd? (Als u fleswater dronk geef dan ook aan welk merk fleswater u dronk)

- At u tijdens uw jeugd voornamelijk eten gekocht in de supermarkt (geïmporteerd eten van over de hele wereld) of at u voornamelijk eten van lokale markten?

- Was u vegetariër tijdens uw jeugd?

- At u vlees? Zo ja, hoe vaak? (wekelijks, maandelijks)

- At u vis? Zo ja, hoe vaak? (wekelijks, maandelijks)

- Zijn er factoren die van invloed zijn op uw dieet? Bijvoorbeeld: is uw dieet niet typisch Nederlands, zoals voornamelijk rijst¹? Leg uit.

- Leeftijd:
- Gewicht:
- Lengte:

- Rookt u? Zo ja, vanaf welke leeftijd?

- Sportte u tijdens uw jeugd regelmatig?

- Bent u op de hoogte van medische aandoeningen die uw gezondheid kunnen hebben beïnvloed tijdens uw jeugd? Zo ja welke?

Wilt u ten slotte dit formulier ondertekenen zodat u ons toestemming geeft uw tanden te gebruiken voor dit project. Hartelijk bedankt voor uw medewerking.

Handtekening:

Adres:

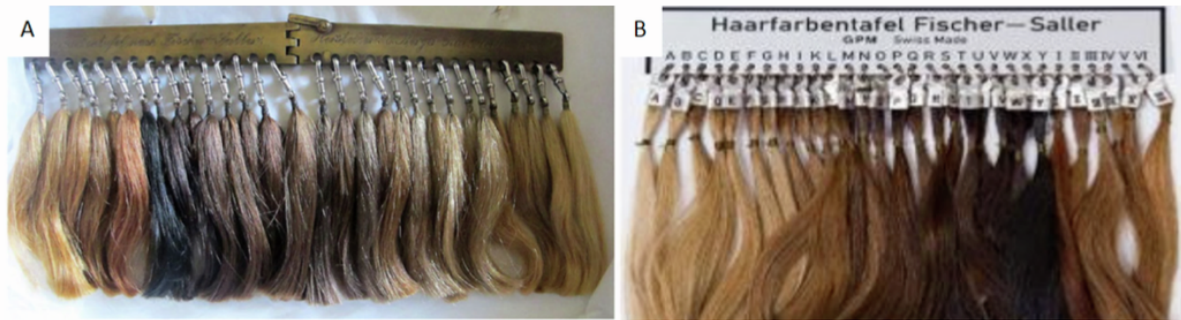
Andere studies hebben laten zien dat het dieet van 2^e of 3^e generatie migranten beïnvloed kunnen zijn door de regio waar hun voorouders vandaan komen. Wij willen graag weten of dit soort invloeden te zien zijn in deze studie.

Voor verder vragen neem contact op met:

[Redacted contact information]

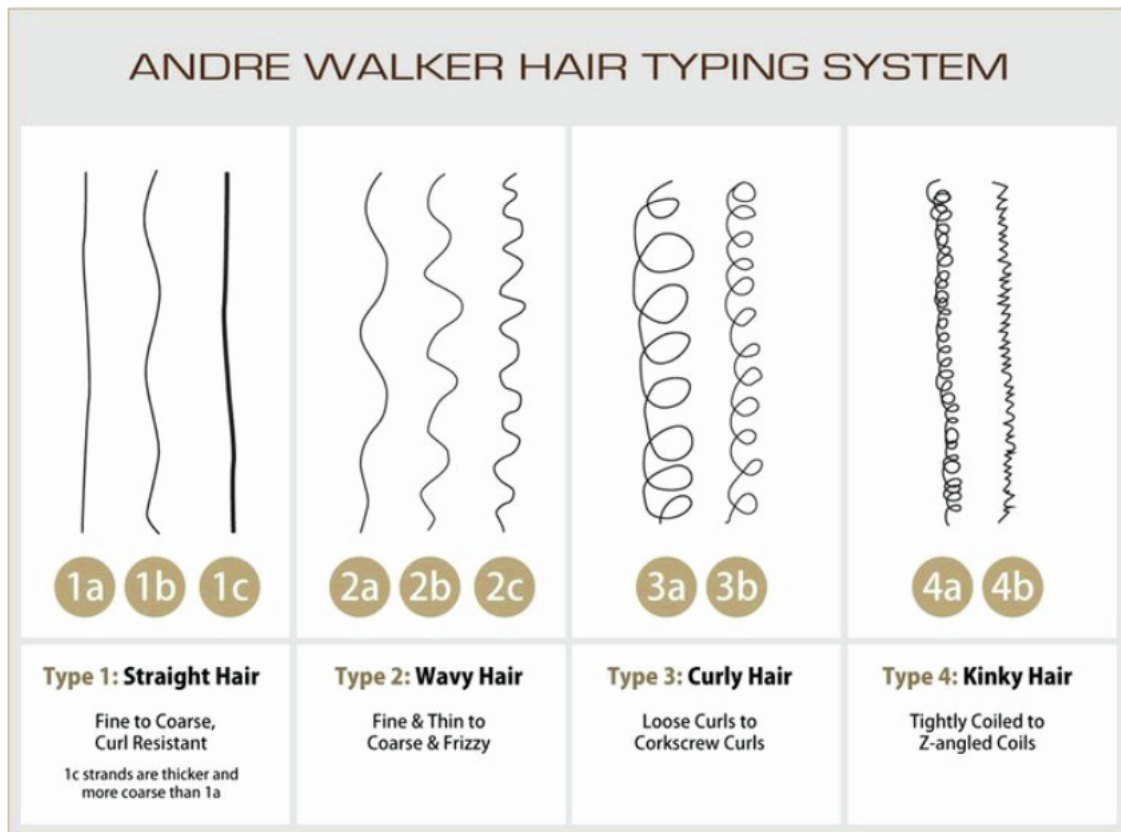
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Figure S1: Fischer-Saller Color Scale



Examples of the Fischer-Saller scale. A taken from the museum of natural history, Vienna (Evayanti and Artaria, 2019). B from anonymous (Tarlo, 2019).

Figure S2: Andre Walker hair typing system



The Andre Walker hair typing system used to distinguish between straight, wavy, curly, and kinky hair types based on visual examination (Stanborough, 2019).