

Additional file 1. Food groups and their products, used in the PCA analysis in the ABCD cohort (n=2 769).

<b>Food group</b>	<b>Products assigned to the food group</b>
<b>Fruits</b>	All sorts of fruits
<b>Vegetables</b>	All sorts or raw and boiled vegetables (excluding vegetables in the mashed potato stew)
<b>Refined breakfast products</b>	White/refined bread, rusks, crackers, crispbreads, Cornflakes, Cruesli, Rice Krispies, Frosties, Smacks, Honey Loops
<b>Whole grain breakfast products</b>	Brown- and whole grain bread, rusks, crackers, crispbreads and rye bread, muesli
<b>Low-fat spreads</b>	Low-fat margarine, Blue Band Good Start
<b>Full-fat spreads</b>	Butter, margarine
<b>Low-fat cheese</b>	Low-fat or light cheese (spreads) 20+ 30+
<b>Full-fat cheese</b>	Full-cream cheese (spreads) 48+, Brie 60+, goat cheese, including cheese added to hot meals
<b>Processed meats</b>	Ham, corned beef, liver products, salami, meatloaf, smoked dried beef
<b>Peanut butter</b>	Peanut butter
<b>Sandwich toppings (sweet)</b>	Chocolate spreads and sprinkles, jam, apple syrup, honey, fruit sprinkles, coconut slices, Schuddebuikjes
<b>Low-fat dairy</b>	Skimmed, low-fat or artificially sweetened vanilla, fruit or natural quark/yoghurt(drink)/Biogarde/(chocolate) milk, buttermilk
<b>Medium-fat dairy</b>	Semi-skimmed vanilla, fruit or natural quark/yoghurt(drink)/Biogarde/(chocolate) milk, Barley gruel
<b>Full-fat dairy</b>	Custard, milk pudding, Danootje, full-cream vanilla, fruit or natural quark/yoghurt(drink)/Biogarde/(chocolate) milk, ready-made porridge from oats, semolina or rice
<b>Unhealthy meals</b>	Pizza, quiche, filled tortillas or taco's, poffertjes, pancakes
<b>Healthy meals</b>	Mashed potato stew with vegetables, nasi, bami, noodles
<b>Tomato sauce (for pasta)</b>	Tomato sauce in pasta dishes
<b>Refined grain products</b>	White rice, macaroni, spaghetti or other pasta
<b>Whole grain products warm meal</b>	Whole grain rice, macaroni, spaghetti or other pasta
<b>Fried potato products</b>	Rösti, fried potato or French fries
<b>Boiled potatoes</b>	Boiled or mashed potatoes
<b>Sauces</b>	Gravy, mayonaise or salad cream
<b>Pulses</b>	Brown, white beans and marrowfat peas etc.
<b>Fish</b>	All types of fish
<b>Eggs</b>	Boiled and baked eggs
<b>Low-fat meat</b>	Chicken breast or leg, chop, pork slices/steak/filet, stewing beef or steak, steak tartar, roast beef,
<b>High-fat meat</b>	Chicken burger/nuggets, minced meat, bacon, sausage, hamburger, schnitzel, frankfurters or cocktail sausages as a snack or on bread
<b>Meat alternatives and soy products</b>	Flavoured or natural soy milk(dessert). Vegetarian schnitzel/burger, tahoe/tofu, tempé, <i>Quorn</i> or <i>Valess</i> .
<b>Granola bars</b>	Granola bars, Sultana, Liga nutritional biscuits
<b>Biscuits and pastries</b>	Sweet pie, pastries, fruit flan, cakes and biscuits
<b>Ice cream</b>	Ice cream
<b>Chocolate and candy</b>	All types of chocolate bars, chewing gum and sweets

<b>Healthy snacks</b>	Ginger cake, sponge cake, raisins, ice lolly, breadsticks or rice cakes
<b>Savory snacks</b>	Kroket, frikandel, satay, crisps, nibbits, prawn crackers, salty biscuits, sausage roll
<b>Nuts</b>	(coated) peanuts
<b>Sugar sweetened sodas</b>	Sugar containing soft drinks and squashes
<b>Artificially sweetened sodas</b>	Light and artificially sweetened soft drinks and squashes
<b>Fruit drink</b>	Apple juice, orange juice, Dubbeldrank and multi-fruit drink
<b>Fruit drink concentrate</b>	Fruit concentrate diksap, Roosvicee and Karvan Cevitam
<b>Water and tea</b>	(Mineral)water and tea without sugar
<b>Sugar</b>	Added sugar or calorie containing sweeteners in cereals, desserts or tea

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