

Supplement Table S1: Dutch guidelines for a Healthy Diet.

Components	Minimum score (=0)	Maximum score (=10)
1. Physical activity (week)	0 activities	≥ 5 activities
2. Vegetable (day)	0 g	≥200 g
3. Fruit + fruit juices (day)*	0 g	≥ 200 g
4. Fiber (day)	0 g/4.2MJ	≥14 g/4.2MJ
5. Fish (day)†	0 mg EPA+DHA	≥ 450 mg EPA+DHA
6. SFA (day)	≥ 16.6 en%	< 10 en%
7. TFA (day)	≥ 1.6 en%	< 1 en%
8. ADF (day)‡	> 7 occasions	≤ 7 occasions
9. Sodium (day)	≥ 2.45 g	< 1.68 g
10. Alcohol (day)	♂: ≥ 60 g ♀: ≥ 40 g	♂: ≤ 20 g ♀: ≤ 10 g

SFA: saturated fatty acids, TFA: trans fatty acids, ADF acidic drinks and foods

*Maximum of 100 gram of juice could be included

†EPA and DHA intake form foods and fish oil capsules

‡The number of consumption occasions was defined as the number of hours where at least one food or drink with a pH<5.5 and total acidity>0.5 was consumed

NOTE: This Table presents the original guidelines of the DHD-FFQ. In the present study, physical activity and occasions of acidic drinks and foods were not included.

9. References 47/50

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Supplement Table S2: Cluster centers based on PCA components.

PCA component	Cluster 1	Cluster 2	Cluster 3
1 (Fat-Salt)	-,08058	,05939	,04322
2 (Veggy)	-,91458	-,26624	,80399
3 (low-Alcohol-low-Fish)	,48385	-1,86996	,24492

NOTE: This Table presents the cluster centers of the three PCA components. The PCA components are based on the DHD-FFQ items.