

<b>Table S1 Identification and Classification of Fermented Foods from the FFQ and 24-h Recalls in NQplus<sup>a</sup></b>					
<b>Food<sup>b</sup></b>	<b>Fermentation Status</b>	<b>Food Group</b>	<b>Subgroup</b>	<b>(Main) Fermentation Organism</b>	<b>Mean intakes (g/day)</b>
<b>Food Frequency Questionnaire</b>					
Beer	Fermented	Beverages	Beer	Yeast	83.69
Low -alcohol beer	Fermented	Beverages	Beer	Yeast	3.92
Coffee	Fermented	Beverages	Coffee	Endogenous microorganisms	452.67
Wine, other	Fermented	Beverages	Wine	Endogenous microorganisms	19.24
Wine, red	Fermented	Beverages	Wine	Endogenous microorganisms	46.29
Brow n bread	Fermented	Cereals/grains	Bread, brow n	Yeast	3.18
Brow n bread (sliced)	Fermented	Cereals/grains	Bread, brow n	Yeast	21.54
Bread w ith raisins	Fermented	Cereals/grains	Bread, other	Yeast	8.63
Rye bread	Fermented	Cereals/grains	Bread, rye	Yeast	2.91
Biscuit (bread), w hite	Fermented	Cereals/grains	Bread, w hite	Yeast	0.69
White bread	Fermented	Cereals/grains	Bread, w hite	Yeast	3.35
White bread (sliced)	Fermented	Cereals/grains	Bread, w hite	Yeast	4.57
Biscuit (bread), w hole w heat	Fermented	Cereals/grains	Bread, w holegrain	Yeast	1.69
Multiple grain bread	Fermented	Cereals/grains	Bread, w holegrain	Yeast	2.66
Multiple grain bread (sliced)	Fermented	Cereals/grains	Bread, w holegrain	Yeast	29.74
Whole w heat bread (sliced)	Fermented	Cereals/grains	Bread, w holegrain	Yeast	46.89
Croissant	Fermented	Cereals/grains	Pastry	Yeast	1.85
Milk chocolate	Fermented	Cocoa-based products	Chocolate	Endogenous microorganisms	1.94
Pure chocolate	Fermented	Cocoa-based products	Chocolate	Endogenous microorganisms	2.94
White chocolate	Fermented	Cocoa-based products	Chocolate	Endogenous microorganisms	0.53
Buttermilk	Fermented	Dairy	Buttermilk	Bacteria	43.46

Low -fat cheese (20+/30+)	Fermented	Dairy	Cheese, hard	Bacteria	5.12
Regular cheese (40+)	Fermented	Dairy	Cheese, hard	Bacteria	1.67
Regular cheese (48+)	Fermented	Dairy	Cheese, hard	Bacteria	12.47
Cheese as snack	Fermented	Dairy	Cheese, unspecified	Bacteria	3.23
Cheese with hot meal	Fermented	Dairy	Cheese, unspecified	Bacteria	3.08
Fat luxury cheese	Fermented	Dairy	Cheese, unspecified	Bacteria	1.86
Less-fat luxury cheese	Fermented	Dairy	Cheese, unspecified	Bacteria	1.99
Unknown cheese	Fermented	Dairy	Cheese, unspecified	Bacteria	0.58
(Fruit) quark with breakfast	Fermented	Dairy	Quark	Bacteria	3.43
Full (fruit) yoghurt	Fermented	Dairy	Yoghurt	Bacteria	4.45
Full yoghurt	Fermented	Dairy	Yoghurt	Bacteria	12.08
Semi-skim (fruit) yoghurt	Fermented	Dairy	Yoghurt	Bacteria	5.73
Semi-skim yoghurt	Fermented	Dairy	Yoghurt	Bacteria	24.75
Skim (fruit) yoghurt	Fermented	Dairy	Yoghurt	Bacteria	13.51
Skim yoghurt	Fermented	Dairy	Yoghurt	Bacteria	31.93
Unknown yoghurt	Fermented	Dairy	Yoghurt	Bacteria	3.15
Marmite	Fermented	Other	Marmite	Yeast	0.02
Dressing of oil/vinegar	Fermented	Other	Vinegar	Bacteria/yeast	1.34
Sandwich sausage	Unclear if sausage is fermented.	NA	NA	NA	3.05
Chocolate spread	Composite dish/contains a fermented ingredient but is not itself fermented.	NA	NA	NA	4.92
Breakfast drink	Composite dish/contains a fermented ingredient but is not itself fermented.	NA	NA	NA	3.28
Mousse (dessert)	Composite dish/contains a fermented ingredient but is not itself fermented.	NA	NA	NA	5.28
Pizza	Composite dish/contains a fermented ingredient but is not itself fermented.	NA	NA	NA	12.37
Dressing of light mayonnaise	Composite dish/contains a fermented ingredient but is not itself fermented.	NA	NA	NA	1.68
Dressing of mayonnaise	Composite dish/contains a fermented ingredient but is not itself fermented.	NA	NA	NA	0.25

Mayonnaise	Composite dish/contains a fermented ingredient but is not itself fermented.	NA	NA	NA	0.85
Light mayonnaise	Composite dish/contains a fermented ingredient but is not itself fermented.	NA	NA	NA	1.19
Ketchup	Composite dish/contains a fermented ingredient but is not itself fermented.	NA	NA	NA	1.44
Nutrition biscuit	Unclear if yeast is used in the cooking process.	NA	NA	NA	4.05
Mayonnaise with snack	Composite dish/contains a fermented ingredient but is not itself fermented.	NA	NA	NA	0.16
Light mayonnaise with snack	Composite dish/contains a fermented ingredient but is not itself fermented.	NA	NA	NA	0.17
Ketchup with snack	Composite dish/contains a fermented ingredient but is not itself fermented.	NA	NA	NA	0.28
Eggnog	Composite dish/contains a fermented ingredient but is not itself fermented.	NA	NA	NA	0.20
Strong drink	Unclear if this is an alcoholic drink that is produced by fermentation.	NA	NA	NA	4.01
Skim milk or buttermilk	Unclear category (will check how highly reported and intake level).	NA	NA	NA	2.08
Whole wheat cracker	Unclear if yeast is used in the cooking process.	NA	NA	NA	1.88
Liver sausage	Unclear if sausage is fermented.	NA	NA	NA	0.42
<b>24-h Recall</b>					
Beer, >7 vol% alcohol	Fermented	Beverages	Beer	Yeast	382.25
Beer, alcohol free <0.1 vol% alcohol	Fermented	Beverages	Beer	Yeast	341.49
Beer, brown	Fermented	Beverages	Beer	Yeast	388.57
Beer, low alcohol 0.1-1.2 vol% alcohol	Fermented	Beverages	Beer	Yeast	250.00
Beer, pilsner (pale lager)	Fermented	Beverages	Beer	Yeast	464.51
Beer with fruit flavour	Fermented	Beverages	Beer	Yeast	330.00
Cider	Fermented	Beverages	Cider	Yeast	211.67
Cappuccino, freshly made	Fermented	Beverages	Coffee	Endogenous microorganisms	199.67

Coffee, prepared	Fermented	Beverages	Coffee	Endogenous microorganisms	209.08
Coffee, cappuccino instant prepared	Fermented	Beverages	Coffee, instant	Endogenous microorganisms	236.56
Coffee with milk from vending machine	Fermented	Beverages	Coffee, instant	Endogenous microorganisms	302.27
Coffee with sugar and milk from vending machine	Fermented	Beverages	Coffee, instant	Endogenous microorganisms	222.79
Madeira	Fermented	Beverages	Wine	Endogenous microorganisms	35.67
Port wine	Fermented	Beverages	Wine	Endogenous microorganisms	74.28
Sherry	Fermented	Beverages	Wine	Endogenous microorganisms	81.66
Medicinal wine (pleegzusterbloedwijn)	Fermented	Beverages	Wine	Endogenous microorganisms	75.00
Wine, red	Fermented	Beverages	Wine	Endogenous microorganisms	151.68
Wine, rose	Fermented	Beverages	Wine	Endogenous microorganisms	157.12
Wine, white dry	Fermented	Beverages	Wine	Endogenous microorganisms	151.79
Wine, white sweet	Fermented	Beverages	Wine	Endogenous microorganisms	129.42
Baguette, brown	Fermented	Cereals/grains	Bread, brown	Yeast	65.52
Bread (Blue Brand Goede Start), light brown	Fermented	Cereals/grains	Bread, brown	Yeast	70.00
Bread brown with pumpkin seeds	Fermented	Cereals/grains	Bread, brown	Yeast	78.57
Bread brown with seeds	Fermented	Cereals/grains	Bread, brown	Yeast	71.27
Bread brown with sunflower seeds	Fermented	Cereals/grains	Bread, brown	Yeast	71.26
Bread brown wheat	Fermented	Cereals/grains	Bread, brown	Yeast	70.76
Bread brown/w holemeal with muesli	Fermented	Cereals/grains	Bread, brown	Yeast	51.89
Bread brown/w holemeal with pumpkin seeds	Fermented	Cereals/grains	Bread, brown	Yeast	61.76

Bread brown/w holemeal w ith sunflower seeds	Fermented	Cereals/grains	Bread, brown	Yeast	73.04
Roll brown, hard	Fermented	Cereals/grains	Bread, brown	Yeast	68.01
Roll brown, soft	Fermented	Cereals/grains	Bread, brown	Yeast	76.25
Baguette w ith cheese-onion	Fermented	Cereals/grains	Bread, other	Yeast	79.00
Bread, ciabatta, no filling	Fermented	Cereals/grains	Bread, other	Yeast	87.65
Bread, currant	Fermented	Cereals/grains	Bread, other	Yeast	49.83
Bread, currant w ith almond paste	Fermented	Cereals/grains	Bread, other	Yeast	47.03
Bread, linseed	Fermented	Cereals/grains	Bread, other	Yeast	48.25
Bread loaf, gluten-free, Glutafin	Fermented	Cereals/grains	Bread, other	Yeast	78.11
Bread, low in carbohydrates	Fermented	Cereals/grains	Bread, other	Yeast	53.45
Bread, raisin	Fermented	Cereals/grains	Bread, other	Yeast	52.47
Bread, raisin/current average	Fermented	Cereals/grains	Bread, other	Yeast	48.81
Bread ,w heat malt Tarvo	Fermented	Cereals/grains	Bread, other	Yeast	79.80
Bun, currant/raisin	Fermented	Cereals/grains	Bread, other	Yeast	58.21
Bun w ith vanilla custard	Fermented	Cereals/grains	Bread, other	Yeast	76.67
Coconut bread, sw eetened, sliced	Fermented	Cereals/grains	Bread, other	Yeast	10.71
Stollen w ith almond/paste, average	Fermented	Cereals/grains	Bread, other	Yeast	73.31
Stollen w ith almond/paste w ith nuts	Fermented	Cereals/grains	Bread, other	Yeast	62.56
Stollen w ith almond/paste w ithout nuts	Fermented	Cereals/grains	Bread, other	Yeast	56.00
Bread, rye, average	Fermented	Cereals/grains	Bread, rye	Yeast	53.37
Bread, rye, dark	Fermented	Cereals/grains	Bread, rye	Yeast	46.31
Bread, rye, light	Fermented	Cereals/grains	Bread, rye	Yeast	72.77
Bread crumbs	Fermented	Cereals/grains	Bread, toasted	Yeast	9.11
Crackers cream	Fermented	Cereals/grains	Bread, toasted	Yeast	15.08
Crackers cream, low sodium	Fermented	Cereals/grains	Bread, toasted	Yeast	26.22
Crispbakes, Dutch	Fermented	Cereals/grains	Bread, toasted	Yeast	12.19
Crispbakes, Dutch w holemeal	Fermented	Cereals/grains	Bread, toasted	Yeast	13.42
Crispbread, average	Fermented	Cereals/grains	Bread, toasted	Yeast	18.05

Crispbread, Cracottes	Fermented	Cereals/grains	Bread, toasted	Yeast	13.08
Crispbread, Cracottes Vital	Fermented	Cereals/grains	Bread, toasted	Yeast	22.50
Crispbread, gold-brown	Fermented	Cereals/grains	Bread, toasted	Yeast	17.74
Crispbread, high fibre	Fermented	Cereals/grains	Bread, toasted	Yeast	17.63
Crispbread, light	Fermented	Cereals/grains	Bread, toasted	Yeast	9.35
Crispbread, poppy seeds	Fermented	Cereals/grains	Bread, toasted	Yeast	30.00
Crispbread, sandwich Wasa	Fermented	Cereals/grains	Bread, toasted	Yeast	31.67
Crispbread, sesame	Fermented	Cereals/grains	Bread, toasted	Yeast	20.05
Crispbread, wholemeal	Fermented	Cereals/grains	Bread, toasted	Yeast	21.10
Crispbread, wholemeal Cracottes	Fermented	Cereals/grains	Bread, toasted	Yeast	24.71
Pretzel sticks	Fermented	Cereals/grains	Bread, toasted	Yeast	18.76
Toast	Fermented	Cereals/grains	Bread, toasted	Yeast	12.19
Toast, Melba natural	Fermented	Cereals/grains	Bread, toasted	Yeast	10.72
Toast, Melba other varieties	Fermented	Cereals/grains	Bread, toasted	Yeast	21.08
Baguette, white	Fermented	Cereals/grains	Bread, white	Yeast	68.90
Bread, Blue Band Goede Start white bread	Fermented	Cereals/grains	Bread, white	Yeast	34.17
Bread, pita white	Fermented	Cereals/grains	Bread, white	Yeast	89.48
Bread, Tijger white	Fermented	Cereals/grains	Bread, white	Yeast	73.16
Bread, white average milk/water based	Fermented	Cereals/grains	Bread, white	Yeast	57.64
Bread, white milk based	Fermented	Cereals/grains	Bread, white	Yeast	58.29
Bread, white Turkish	Fermented	Cereals/grains	Bread, white	Yeast	99.50
Bread, white with sugar Suikerbrood	Fermented	Cereals/grains	Bread, white	Yeast	57.81
Bread, white with sunflower seeds	Fermented	Cereals/grains	Bread, white	Yeast	74.25
Bread, white, water based	Fermented	Cereals/grains	Bread, white	Yeast	62.67
Roll, white, hard	Fermented	Cereals/grains	Bread, white	Yeast	76.06
Roll, white, soft	Fermented	Cereals/grains	Bread, white	Yeast	62.19
Bread, current, wholemeal	Fermented	Cereals/grains	Bread, wholegrain or wholemeal	Yeast	53.81

Bread, multigrain, average with seeds	Fermented	Cereals/grains	Bread, w holegrain or w holemeal	Yeast	72.70
Bread, multigrain flour with seeds	Fermented	Cereals/grains	Bread, w holegrain or w holemeal	Yeast	91.33
Bread, multigrain, w holemeal with Becel	Fermented	Cereals/grains	Bread, w holegrain or w holemeal	Yeast	67.63
Bread, multigrain, w holemeal with seeds	Fermented	Cereals/grains	Bread, w holegrain or w holemeal	Yeast	73.21
Bread, sourdough, w holemeal	Fermented	Cereals/grains	Bread, w holegrain or w holemeal	Yeast/bacteria	81.48
Bread, Tijger brown, w heat	Fermented	Cereals/grains	Bread, w holegrain or w holemeal	Yeast	85.37
Bread, w heat rye, w holemeal	Fermented	Cereals/grains	Bread, w holegrain or w holemeal	Yeast	70.00
Bread, w holemeal, average	Fermented	Cereals/grains	Bread, w holegrain or w holemeal	Yeast	70.38
Bread, w holemeal, fine	Fermented	Cereals/grains	Bread, w holegrain or w holemeal	Yeast	74.45
Bread, w holemeal with nuts	Fermented	Cereals/grains	Bread, w holegrain or w holemeal	Yeast	61.96
Bread, w holemeal with pumpkin seeds	Fermented	Cereals/grains	Bread, w holegrain or w holemeal	Yeast	66.67
Bread w holemeal with seeds	Fermented	Cereals/grains	Bread, w holegrain or w holemeal	Yeast	74.28
Bread w holemeal with sunflower seeds	Fermented	Cereals/grains	Bread, w holegrain or w holemeal	Yeast	79.31
Bread w holemeal with w heat kernels	Fermented	Cereals/grains	Bread, w holegrain or w holemeal	Yeast	74.22
Bun w holemeal with muesli	Fermented	Cereals/grains	Bread, w holegrain or w holemeal	Yeast	67.67
Roll, multigrain, hard	Fermented	Cereals/grains	Bread, w holegrain or w holemeal	Yeast	72.71
Roll, multigrain, soft	Fermented	Cereals/grains	Bread, w holegrain or w holemeal	Yeast	56.73

Roll, wholemeal, soft	Fermented	Cereals/grains	Bread, wholegrain or wholemeal	Yeast	72.14
Dough for pizza and savoury pie	Fermented	Cereals/grains	Other	Yeast	91.93
Doughnut, Dutch style	Fermented	Cereals/grains	Other	Yeast	68.08
Doughnuts, plain	Fermented	Cereals/grains	Other	Yeast	49.00
Almond filled pastry	Fermented	Cereals/grains	Pastry	Yeast	47.81
Croissant, average	Fermented	Cereals/grains	Pastry	Yeast	41.69
Croissant, chocolate	Fermented	Cereals/grains	Pastry	Yeast	50.33
Croissant prepared with butter	Fermented	Cereals/grains	Pastry	Yeast	45.50
Croissant prepared without butter	Fermented	Cereals/grains	Pastry	Yeast	45.00
Croissant with ham and cheese	Fermented	Cereals/grains	Pastry	Yeast	65.25
Croissant with cheese	Fermented	Cereals/grains	Pastry	Yeast	44.29
Croissants	Fermented	Cereals/grains	Pastry	Yeast	47.61
Danish pastry	Fermented	Cereals/grains	Pastry	Yeast	62.95
Waffle (Luikse)	Fermented	Cereals/grains	Pastry	Yeast	55.00
Waffle, soft-/sugar-/flash-	Fermented	Cereals/grains	Pastry	Yeast	43.25
Chocolate bar milk with nuts	Fermented	Cocoa-based products	Chocolate	Endogenous microorganisms	28.32
Chocolate bar milk without sugar	Fermented	Cocoa-based products	Chocolate	Endogenous microorganisms	6.20
Chocolate, confetti, average	Fermented	Cocoa-based products	Chocolate	Endogenous microorganisms	14.10
Chocolate, confetti, milk	Fermented	Cocoa-based products	Chocolate	Endogenous microorganisms	15.01
Chocolate, confetti, mix of white and plain	Fermented	Cocoa-based products	Chocolate	Endogenous microorganisms	14.25
Chocolate, confetti, plain	Fermented	Cocoa-based products	Chocolate	Endogenous microorganisms	15.52
Chocolate, confetti, white	Fermented	Cocoa-based products	Chocolate	Endogenous microorganisms	11.33
Chocolate flakes, average	Fermented	Cocoa-based products	Chocolate	Endogenous microorganisms	14.33



Chocolate flakes, milk	Fermented	Cocoa-based products	Chocolate	Endogenous microorganisms	13.69
Chocolate flakes, plain	Fermented	Cocoa-based products	Chocolate	Endogenous microorganisms	16.23
Chocolate liqueurs	Fermented	Cocoa-based products	Chocolate	Endogenous microorganisms	15.15
Chocolate, plain	Fermented	Cocoa-based products	Chocolate	Endogenous microorganisms	15.24
Chocolate, plain with nuts	Fermented	Cocoa-based products	Chocolate	Endogenous microorganisms	20.00
Chocolate, plain without sugar	Fermented	Cocoa-based products	Chocolate	Endogenous microorganisms	10.67
Chocolate white	Fermented	Cocoa-based products	Chocolate	Endogenous microorganisms	17.96
Chocolates, filled/Belguim chocolate	Fermented	Cocoa-based products	Chocolate	Endogenous microorganisms	21.72
Milk chocolate	Fermented	Cocoa-based products	Chocolate	Endogenous microorganisms	18.33
Milk chocolate with hazelnuts without sugar	Fermented	Cocoa-based products	Chocolate	Endogenous microorganisms	48.83
Milk chocolate with puffed rice	Fermented	Cocoa-based products	Chocolate	Endogenous microorganisms	16.50
Cocoa powder	Fermented	Cocoa-based products	Chocolate, powder	Endogenous microorganisms	2.33
Buttermilk	Fermented	Dairy	Buttermilk	Bacteria	211.36
Buttermilk with fruit	Fermented	Dairy	Buttermilk	Bacteria	207.86
Cheese 10+	Fermented	Dairy	Cheese, hard	Bacteria	36.00
Cheese 20+	Fermented	Dairy	Cheese, hard	Bacteria	20.96
Cheese 20+, Leiden with cumin/Frisian clove	Fermented	Dairy	Cheese, hard	Bacteria	32.00
Cheese 20+, rindless	Fermented	Dairy	Cheese, hard	Bacteria	20.00
Cheese 30+	Fermented	Dairy	Cheese, hard	Bacteria	24.45
Cheese 30+, low salt	Fermented	Dairy	Cheese, hard	Bacteria	21.53

Cheese 40+, Leiden with cumin/Frisian clove	Fermented	Dairy	Cheese, hard	Bacteria	27.63
Cheese 40+, sodium reduced	Fermented	Dairy	Cheese, hard	Bacteria	20.67
Cheese 45+	Fermented	Dairy	Cheese, hard	Bacteria	27.68
Cheese 48+, low salt	Fermented	Dairy	Cheese, hard	Bacteria	22.80
Cheese 50+	Fermented	Dairy	Cheese, hard	Bacteria	24.36
Cheese, Amsterdam 48+	Fermented	Dairy	Cheese, hard	Bacteria	22.94
Cheese, Bluefort	Fermented	Dairy	Cheese, hard	Bacteria	33.14
Cheese, Cheddar	Fermented	Dairy	Cheese, hard	Bacteria	23.50
Cheese, Edam 40+	Fermented	Dairy	Cheese, hard	Bacteria	26.31
Cheese, Emmenthaler	Fermented	Dairy	Cheese, hard	Bacteria	29.02
Cheese, goat, hard	Fermented	Dairy	Cheese, hard	Bacteria	25.42
Cheese, Gouda 48+, aged 10-12 mths	Fermented	Dairy	Cheese, hard	Bacteria	27.63
Cheese, Gouda 48+, aged 4-7 mths	Fermented	Dairy	Cheese, hard	Bacteria	24.71
Cheese, Gouda 48+, aged 4-8 weeks	Fermented	Dairy	Cheese, hard	Bacteria	25.98
Cheese, Gouda 48+, aged 8 w k-4 mths	Fermented	Dairy	Cheese, hard	Bacteria	25.16
Cheese, Gouda 48+, average	Fermented	Dairy	Cheese, hard	Bacteria	25.49
Cheese, Gruyere	Fermented	Dairy	Cheese, hard	Bacteria	31.60
Cheese, Parmesan	Fermented	Dairy	Cheese, hard	Bacteria	19.17
Cheese, processed, rindless 40+	Fermented	Dairy	Cheese, hard	Bacteria	25.06
Cheese product with vegetable fat 45+	Fermented	Dairy	Cheese, hard	Bacteria	17.00
Cheese, raw milk 48+	Fermented	Dairy	Cheese, hard	Bacteria	28.17
Cheese, smoked	Fermented	Dairy	Cheese, hard	Bacteria	20.57
Cheese, Sw iss, dried	Fermented	Dairy	Cheese, hard	Bacteria	6.29
Cheese, Gorgonzola	Fermented	Dairy	Cheese, medium	Bacteria/mold	43.16
Cheese, Leerdammer/Maasdammer 45+	Fermented	Dairy	Cheese, medium	Bacteria	32.87

Cheese, Roquefort	Fermented	Dairy	Cheese, medium	Bacteria/mold	27.63
Cheese, Saint Paulin/Port Salut	Fermented	Dairy	Cheese, medium	Bacteria	40.80
Cheese, Stilton	Fermented	Dairy	Cheese, medium	Bacteria/mold	28.67
Cheese, Brie 50+	Fermented	Dairy	Cheese, soft	Bacteria/mold	22.00
Cheese, Brie 60+	Fermented	Dairy	Cheese, soft	Bacteria/mold	30.58
Cheese, Camembert 30+	Fermented	Dairy	Cheese, soft	Bacteria/mold	12.94
Cheese, Camembert 45+	Fermented	Dairy	Cheese, soft	Bacteria/mold	53.16
Cheese, goat fresh	Fermented	Dairy	Cheese, soft	Bacteria	33.67
Cheese, Kernhem 60+	Fermented	Dairy	Cheese, soft	Bacteria	38.50
Cheese, Rambol	Fermented	Dairy	Cheese, soft	Bacteria	21.33
Cheese, sheep fresh	Fermented	Dairy	Cheese, soft	Bacteria	36.07
Cream, sour	Fermented	Dairy	Cream	Bacteria	24.50
Creme fraiche	Fermented	Dairy	Cream	Bacteria	24.34
Creme fraiche, half fat	Fermented	Dairy	Cream	Bacteria	51.33
Fromage frais, full fat	Fermented	Dairy	Quark	Bacteria	109.81
Fromage frais, full fat w ith fruit	Fermented	Dairy	Quark	Bacteria	129.00
Fromage frais, half fat	Fermented	Dairy	Quark	Bacteria	99.92
Fromage frais, half fat w ith fruit	Fermented	Dairy	Quark	Bacteria	121.30
Fromage frais, low fat	Fermented	Dairy	Quark	Bacteria	122.80
Fromage frais, low fat w ith fruit w ith sw eetener	Fermented	Dairy	Quark	Bacteria	180.96
Fromage frais, low fat w ith fruit	Fermented	Dairy	Quark	Bacteria	130.00
Fromage frais, w ith fruit Danootje	Fermented	Dairy	Quark	Bacteria	85.71
Fromage frais, yoghurt w ith fruit	Fermented	Dairy	Quark	Bacteria	144.84
Whey drink, light Rivella	Fermented	Dairy	Whey drink	NA	194.55
Whey drink, Taksi w ith sugar	Fermented	Dairy	Whey drink	NA	185.42
Whey drink, Taksi w ith sugar and sw eetener	Fermented	Dairy	Whey drink	NA	223.33
Whey drink, Taksi w ith sw eetener	Fermented	Dairy	Whey drink	NA	175.00
Yakult	Fermented	Dairy	Yakult	Bacteria	67.27

Yakult light	Fermented	Dairy	Yakult	Bacteria	65.00
Yoghurt, 0% fat w ith fruit (Activia)	Fermented	Dairy	Yoghurt	Bacteria	135.58
Yoghurt, creamy- with fruit	Fermented	Dairy	Yoghurt	Bacteria	118.00
Yoghurt, full fat	Fermented	Dairy	Yoghurt	Bacteria	137.26
Yoghurt, full fat, natural (Activia)	Fermented	Dairy	Yoghurt	Bacteria	143.75
Yoghurt, full fat w ith fruit/muesli (Activia)	Fermented	Dairy	Yoghurt	Bacteria	125.14
Yoghurt, full fat w ith fruit	Fermented	Dairy	Yoghurt	Bacteria	143.14
Yoghurt, Greek, full fat	Fermented	Dairy	Yoghurt	Bacteria	113.26
Yoghurt, half fat	Fermented	Dairy	Yoghurt	Bacteria	161.36
Yoghurt, half fat (Vifit naturel)	Fermented	Dairy	Yoghurt	Bacteria	183.33
Yoghurt, half fat w ith fruit	Fermented	Dairy	Yoghurt	Bacteria	138.41
Yoghurt, low fat	Fermented	Dairy	Yoghurt	Bacteria	154.21
Yoghurt, low fat (Bulgarian)	Fermented	Dairy	Yoghurt	Bacteria	7.62
Yoghurt, low fat w ith fruit w ith sw Vitalinea	Fermented	Dairy	Yoghurt	Bacteria	164.29
Yoghurt, low fat w ith fruit/van w ith sw eetner (Optimel)	Fermented	Dairy	Yoghurt	Bacteria	174.19
Yoghurt, low fat w ith fruit	Fermented	Dairy	Yoghurt	Bacteria	142.54
Yoghurt, low fat w ith fruit w ith sw eeteners	Fermented	Dairy	Yoghurt	Bacteria	139.67
Yoghurt, vanilla, half fat	Fermented	Dairy	Yoghurt	Bacteria	144.37
Yoghurt, w hole milk (Bulgarian)	Fermented	Dairy	Yoghurt	Bacteria	66.54
Actimel	Fermented	Dairy	Yoghurt, drink product	Bacteria	99.22
Actimel light	Fermented	Dairy	Yoghurt, drink product	Bacteria	112.50
Breakfast drink (Breaker Breakfast)	Fermented	Dairy	Yoghurt, drink product	Bacteria	200.00
Yoghurt drink	Fermented	Dairy	Yoghurt, drink product	Bacteria	177.42

Yoghurt drink (Becel pro-activ)	Fermented	Dairy	Yoghurt, drink product	Bacteria	112.17
Yoghurt drink (Fristi)	Fermented	Dairy	Yoghurt, drink product	Bacteria	198.75
Yoghurt drink (Fristi) with sweeteners	Fermented	Dairy	Yoghurt, drink product	Bacteria	130.00
Yoghurt drink (Vifit), fruit	Fermented	Dairy	Yoghurt, drink product	Bacteria	230.60
Yoghurt drink (Vifit), fruit, light	Fermented	Dairy	Yoghurt, drink product	Bacteria	249.29
Yoghurt drink (Vifit), natural	Fermented	Dairy	Yoghurt, drink product	Bacteria	175.00
Yoghurt drink with sweeteners (Optimel)	Fermented	Dairy	Yoghurt, drink product	Bacteria	207.83
Yoghurt drink with sweeteners	Fermented	Dairy	Yoghurt, drink product	Bacteria	181.25
Yoghurt drink (Yomild), fruit	Fermented	Dairy	Yoghurt, drink product	Bacteria	222.50
Yoghurt drink (Yomild), naturel	Fermented	Dairy	Yoghurt, drink product	Bacteria	156.40
Yoghurt product (Becel pro-activ)	Fermented	Dairy	Yoghurt, drink product	Bacteria	166.67
Yoghurt snack (Breaker)	Fermented	Dairy	Yoghurt, drink product	Bacteria	200.00
Vegetables, mixed pickled (Atjar tjampoer)	Fermented	Fruits/Vegetables	Other	Bacteria	68.42
Cabbage, sauerkraut, cooked	Fermented	Fruits/Vegetables	Sauerkraut	Bacteria	141.94
Cabbage, sauerkraut, raw	Fermented	Fruits/Vegetables	Sauerkraut	Bacteria	60.91
Juice, sauerkraut	Fermented	Fruits/Vegetables	Sauerkraut	Bacteria	220.00
Herring, salted	Fermented	Meat/Fish	Fish	Endogenous microorganisms	101.66
Salami	Fermented	Meat/Fish	Sausages	Bacteria	24.82

Salami sausage, saveloy	Fermented	Meat/Fish	Sausages	Bacteria	23.81
Salami sausage, saveloy, lean	Fermented	Meat/Fish	Sausages	Bacteria	32.60
Sausage, Chorizo	Fermented	Meat/Fish	Sausages	Bacteria	32.31
Sausage, dry salami, Turkish	Fermented	Meat/Fish	Sausages	Bacteria	33.75
Yeast extract, Marmite	Fermented	Other	Marmite	Yeast	3.56
Vinegar	Fermented	Other	Vinegar	Bacteria/yeast	8.30
Tempah, fermented soya beans	Fermented	Soya	Soya	Mold/Bacteria	49.60
Soya sauce, savoury	Fermented	Soya	Soya sauce	Mold/Bacteria/Yeast	14.05
Soya sauce, sweet	Fermented	Soya	Soya sauce	Mold/Bacteria/Yeast	13.98
Soya sauce, sweet, low sodium	Fermented	Soya	Soya sauce	Mold/Bacteria/Yeast	7.00
Kale curly with mashed potatoes and sausage	Composite dish/contains a fermented ingredient but is not itself fermented.	NA	NA	NA	385.00
Fried rice, Nasi goreng, frozen/tinned	Composite dish/contains a fermented ingredient but is not itself fermented.	NA	NA	NA	350.00
Sauerkraut with mashed potatoes without meat	Composite dish/contains a fermented ingredient but is not itself fermented.	NA	NA	NA	342.44
Lasagna with meat and sauce, frozen	Composite dish/contains a fermented ingredient but is not itself fermented.	NA	NA	NA	333.33
Lasagna with meat and sauce, ready-to-eat	Composite dish/contains a fermented ingredient but is not itself fermented.	NA	NA	NA	292.27
Spaghetti Bolognese, frozen	Composite dish/contains a fermented ingredient but is not itself fermented.	NA	NA	NA	259.00
Porridge, buttermilk with wheat flour	Composite dish/contains a fermented ingredient but is not itself fermented.	NA	NA	NA	255.00
Chinese noodle dish, Bami goreng frozen	Composite dish/contains a fermented ingredient but is not itself fermented.	NA	NA	NA	253.33
Fried rice, Nasi goreng, ready-to-eat	Composite dish/contains a fermented ingredient but is not itself fermented.	NA	NA	NA	235.38
Pizza, salami, frozen, unprepared	Composite dish/contains a fermented ingredient but is not itself fermented.	NA	NA	NA	227.19
Pizza with ham and pineapple, frozen, unprepared	Composite dish/contains a fermented ingredient but is not itself fermented.	NA	NA	NA	223.79

Chinese noodles, Bami goreng, ready-to-eat	Composite dish/contains a fermented ingredient but is not itself fermented.	NA	NA	NA	223.06
Pizza with meat frozen, unprepared	Composite dish/contains a fermented ingredient but is not itself fermented.	NA	NA	NA	220.52
Quiche with vegetables/cheese/egg	Composite dish/contains a fermented ingredient but is not itself fermented.	NA	NA	NA	219.19
Pizza with cheese and vegetables, frozen	Composite dish/contains a fermented ingredient but is not itself fermented.	NA	NA	NA	216.86
Smoothie, fruit with dairy	Composite dish/contains a fermented ingredient but is not itself fermented.	NA	NA	NA	213.33
Pizza with fish, frozen, unprepared	Composite dish/contains a fermented ingredient but is not itself fermented.	NA	NA	NA	209.50
Fried rice Nasi goreng with egg	Composite dish/contains a fermented ingredient but is not itself fermented.	NA	NA	NA	203.09
Spinach, tinned	Processed/tinned but unclear if fermented as well.	NA	NA	NA	200.00
Pizza with frozen meat	Composite dish/contains a fermented ingredient but is not itself fermented.	NA	NA	NA	195.17
Chinese noodle, dish Bami goreng, without egg	Composite dish/contains a fermented ingredient but is not itself fermented.	NA	NA	NA	186.59
Pizza with cheese and tomato	Composite dish/contains a fermented ingredient but is not itself fermented.	NA	NA	NA	181.23
Pizza with frozen vegetables	Composite dish/contains a fermented ingredient but is not itself fermented.	NA	NA	NA	175.66
Beans, baked in tomato sauce, tinned	Processed/tinned but unclear if fermented as well.	NA	NA	NA	170.83
Spinach, creamed, frozen, boiled	Composite dish/contains a fermented ingredient but is not itself fermented.	NA	NA	NA	167.15
Hot chocolate from vending machine	Composite dish/contains a fermented ingredient but is not itself fermented.	NA	NA	NA	165.37
Peas, marrow fat legumes, tinned	Processed/tinned but unclear if fermented as well.	NA	NA	NA	164.82
Pancake	Composite dish/contains a fermented ingredient but is not itself fermented.	NA	NA	NA	161.93

Tortellini, boiled	Composite dish/contains a fermented ingredient but is not itself fermented.	NA	NA	NA	158.00
Peas and carrots, tinned	Processed/tinned but unclear if fermented as well.	NA	NA	NA	156.53
Peas, garden extra fine, low sodium, tinned	Processed/tinned but unclear if fermented as well.	NA	NA	NA	150.00
Porridge, buttermilk groats	Composite dish/contains a fermented ingredient but is not itself fermented.	NA	NA	NA	148.33
Tart with bread base with veg/egg/cheese	Composite dish/contains a fermented ingredient but is not itself fermented.	NA	NA	NA	141.08
Carrots, tinned	Processed/tinned but unclear if fermented as well.	NA	NA	NA	135.92
Ragout with meat, all types	Composite dish/contains a fermented ingredient but is not itself fermented.	NA	NA	NA	132.00
Beans, brown, tinned	Processed/tinned but unclear if fermented as well.	NA	NA	NA	130.72
Pizza with cross-bottom, frozen	Composite dish/contains a fermented ingredient but is not itself fermented.	NA	NA	NA	125.00
Mackerel in oil, tinned	Processed/tinned but unclear if fermented as well.	NA	NA	NA	125.00
Beetroot, pickled, glass	Pickled (probably with vinegar) but unclear if fermented.	NA	NA	NA	123.75
Dessert made of custard, yoghurt & syrup	Composite dish/contains a fermented ingredient but is not itself fermented.	NA	NA	NA	121.78
Tomatoes, tinned	Processed/tinned but unclear if fermented as well.	NA	NA	NA	121.52
Pork, Chinese style, Babi pangang, without rice	Composite dish/contains a fermented ingredient but is not itself fermented.	NA	NA	NA	121.03
Cabbage, red, glass	Processed/tinned but unclear if fermented as well.	NA	NA	NA	120.55
Macaroni with ham & cheese sauce, tinned	Composite dish/contains a fermented ingredient but is not itself fermented.	NA	NA	NA	120.00
Straw berry puree, tinned	Processed/tinned but unclear if fermented as well.	NA	NA	NA	120.00



Beans, French, tinned	Processed/tinned but unclear if fermented as well.	NA	NA	NA	117.06
Peas, garden, medium fine, tinned	Processed/tinned but unclear if fermented as well.	NA	NA	NA	116.84
Croquettes, potato, frozen, unprepared	Composite dish/contains a fermented ingredient but is not itself fermented.	NA	NA	NA	115.75
Pears in syrup, tinned	Processed/tinned but unclear if fermented as well.	NA	NA	NA	113.39
Herring fillet in tomato sauce, tinned	Processed/tinned but unclear if fermented as well.	NA	NA	NA	110.67
Herring, smoked	Processed/tinned but unclear if fermented as well.	NA	NA	NA	110.00
Cheesecake made with fromage frais	Composite dish/contains a fermented ingredient but is not itself fermented.	NA	NA	NA	108.66
Pea, garden super fine, tinned	Processed/tinned but unclear if fermented as well.	NA	NA	NA	108.00
Beans, broad, tinned	Processed/tinned but unclear if fermented as well.	NA	NA	NA	104.00
Raisins coated with milk chocolate	Composite dish/contains a fermented ingredient but is not itself fermented.	NA	NA	NA	100.67
Apple sauce, tinned	Processed/tinned but unclear if fermented as well.	NA	NA	NA	99.93
Chocolate pudding with sauce	Composite dish/contains a fermented ingredient but is not itself fermented.	NA	NA	NA	98.33
Salad, Russian	Composite dish/contains a fermented ingredient but is not itself fermented.	NA	NA	NA	89.99
Chop-suey, Indonesian, without rice	Composite dish/contains a fermented ingredient but is not itself fermented.	NA	NA	NA	89.93
Tangerines in syrup, tinned	Processed/tinned but unclear if fermented as well.	NA	NA	NA	89.54
Herring, pickled with gherkin	Composite dish/contains a fermented ingredient but is not itself fermented.	NA	NA	NA	87.33
Snack sausage roll with bread, dough pastry	Composite dish/contains a fermented ingredient but is not itself fermented.	NA	NA	NA	84.00

Peaches in syrup, tinned	Processed/tinned but unclear if fermented as well.	NA	NA	NA	83.72
Apricots in syrup, tinned	Processed/tinned but unclear if fermented as well.	NA	NA	NA	80.00
Plums in syrup, tinned	Processed/tinned but unclear if fermented as well.	NA	NA	NA	80.00
Apple sauce without sugar, tinned	Processed/tinned but unclear if fermented as well.	NA	NA	NA	78.16
Herring, pickled (sweet and sour)	Composite dish/contains a fermented ingredient but is not itself fermented.	NA	NA	NA	77.85
Fruit cocktail in syrup, tinned	Processed/tinned but unclear if fermented as well.	NA	NA	NA	76.58
Foe jung hai, filled omelette	Composite dish/contains a fermented ingredient but is not itself fermented.	NA	NA	NA	73.84
Salmon, tinned	Processed/tinned but unclear if fermented as well.	NA	NA	NA	72.69
Mussels, pickled	Composite dish/contains a fermented ingredient but is not itself fermented.	NA	NA	NA	72.33
Gammon, boiled, deboned	Processed/tinned but unclear if fermented as well.	NA	NA	NA	71.81
Sauce, warm liquid, ready-made (<12% fat)	Composite dish/contains a fermented ingredient but is not itself fermented.	NA	NA	NA	71.62
Chocolate eclair	Composite dish/contains a fermented ingredient but is not itself fermented.	NA	NA	NA	70.00
Mushrooms, tinned	Processed/tinned but unclear if fermented as well.	NA	NA	NA	69.75
Cucumber, sliced, pickled	Pickled (probably with vinegar) but unclear if fermented.	NA	NA	NA	68.50
Tuna in oil, tinned	Processed/tinned but unclear if fermented as well.	NA	NA	NA	68.15
Sardines/pilchards in oil, tinned	Processed/tinned but unclear if fermented as well.	NA	NA	NA	66.75
Mackerel in water, tinned	Processed/tinned but unclear if fermented as well.	NA	NA	NA	65.96

Flan filling, tinned	Processed/tinned but unclear if fermented as well.	NA	NA	NA	65.00
Asparagus, tinned	Processed/tinned but unclear if fermented as well.	NA	NA	NA	63.50
Teacakes, chocolate-coated marshmallow	Composite dish/contains a fermented ingredient but is not itself fermented.	NA	NA	NA	63.00
Roti Surinam pancake	Composite dish/contains a fermented ingredient but is not itself fermented.	NA	NA	NA	62.00
Tuna in water, tinned	Processed/tinned but unclear if fermented as well.	NA	NA	NA	61.82
Cherries in syrup, tinned	Processed/tinned but unclear if fermented as well.	NA	NA	NA	59.56
Snack sausage roll with bread dough frozen	Composite dish/contains a fermented ingredient but is not itself fermented.	NA	NA	NA	56.50
Sauce, cheese	Processed cheese.	NA	NA	NA	56.04
Biscuits, fortified (Fruitkick Extra)	Unclear if yeast or another leavening agent is used.	NA	NA	NA	54.00
Advocaat liqueur	Composite dish/contains a fermented ingredient but is not itself fermented.	NA	NA	NA	53.41
Biscuits, spiced Speculaas with almond paste	Unclear if yeast or another leavening agent is used.	NA	NA	NA	51.46
Sauce, w arm liquid, ready-made (>12% fat)	Composite dish/contains a fermented ingredient but is not itself fermented.	NA	NA	NA	50.50
Processed meat product, low sodium, average	Unclear if processing is fermentation or another method.	NA	NA	NA	50.00
Sauce, oriental, ready-made in jar/bag	Composite dish/contains a fermented ingredient but is not itself fermented.	NA	NA	NA	47.67
Pineapple in syrup, tinned	Processed/tinned but unclear if fermented as well.	NA	NA	NA	47.58
Cake wrapped in marzipan and chocolate	Composite dish/contains a fermented ingredient but is not itself fermented.	NA	NA	NA	46.23
Luncheon meat, tinned	Processed/tinned but unclear if fermented as well.	NA	NA	NA	46.00
Muesli, crunchy with chocolate	Composite dish/contains a fermented ingredient but is not itself fermented.	NA	NA	NA	44.80

Eel, smoked	Processed/tinned but unclear if fermented as well.	NA	NA	NA	44.00
Sweet pepper, sweet/sour, pickled	Pickled (probably with vinegar) but unclear if fermented.	NA	NA	NA	43.55
Pastry puff cheese, filled, unprepared	Composite dish/contains a fermented ingredient but is not itself fermented.	NA	NA	NA	43.54
Mango chutney	Composite dish/contains a fermented ingredient but is not itself fermented.	NA	NA	NA	42.00
Biscuits, oatmeal	Unclear if yeast or another leavening agent is used.	NA	NA	NA	41.17
Fruit in syrup, tinned	Processed/tinned but unclear if fermented as well.	NA	NA	NA	40.07
Biscuits fortified with currants (LigaEvergreen)	Unclear if yeast or another leavening agent is used.	NA	NA	NA	38.63
Sauce Chinese, sweet & sour, home-made preparation	Composite dish/contains a fermented ingredient but is not itself fermented.	NA	NA	NA	38.34
Biscuits, Jaffa cakes/Cake (PM's)	Unclear if yeast or another leavening agent is used.	NA	NA	NA	38.00
Cake, chocolate made with butter	Composite dish/contains a fermented ingredient but is not itself fermented.	NA	NA	NA	37.88
Biscuits, fortified (Liga Milkbreak)	Unclear if yeast or another leavening agent is used.	NA	NA	NA	37.50
M&M's, chocolate with peanuts	Composite dish/contains a fermented ingredient but is not itself fermented.	NA	NA	NA	37.43
Raspberry/red currant puree, tinned	Processed/tinned but unclear if fermented as well.	NA	NA	NA	36.67
Sausage excluding liver, average	Unclear if fermented.	NA	NA	NA	34.89
Bamboo shoots, tinned	Processed/tinned but unclear if fermented as well.	NA	NA	NA	34.63
Biscuits, fruit	Unclear if yeast or another leavening agent is used.	NA	NA	NA	33.67
Candybar, KitKat	Composite dish/contains a fermented ingredient but is not itself fermented.	NA	NA	NA	33.35
Biscuits, fortified (Liga Evergreen? assortment)	Unclear if yeast or another leavening agent is used.	NA	NA	NA	31.92

Tomatoes dried in oil tin/glass	Processed/tinned but unclear if fermented as well.	NA	NA	NA	31.90
Candybar, Twix	Composite dish/contains a fermented ingredient but is not itself fermented.	NA	NA	NA	31.73
Sausage raw beef (ossenworst)	Unclear if fermented.	NA	NA	NA	31.33
Candybar, Snickers	Composite dish/contains a fermented ingredient but is not itself fermented.	NA	NA	NA	30.62
Gherkins, sweet, pickled	Pickled (probably with vinegar) but unclear if fermented.	NA	NA	NA	30.28
Candybar, Bounty	Composite dish/contains a fermented ingredient but is not itself fermented.	NA	NA	NA	29.67
Cake made with butter	Composite dish/contains a fermented ingredient but is not itself fermented.	NA	NA	NA	29.63
Cake, butter, Dutch (Boterkoek)	Composite dish/contains a fermented ingredient but is not itself fermented.	NA	NA	NA	29.42
Sauce, barbecue	Composite dish/contains a fermented ingredient but is not itself fermented.	NA	NA	NA	29.41
Eclair, cheese cream filled	Composite dish/contains a fermented ingredient but is not itself fermented.	NA	NA	NA	29.33
Sauce (Joppie)	Composite dish/contains a fermented ingredient but is not itself fermented.	NA	NA	NA	28.75
Herb paste (boemboe)	Composite dish/contains a fermented ingredient but is not itself fermented.	NA	NA	NA	27.74
Biscuits, chocolate-coated (Chocoprins)	Unclear if yeast or another leavening agent is used.	NA	NA	NA	27.16
Beef, salted, cooked	Processed/tinned but unclear if fermented as well.	NA	NA	NA	27.00
Sauce for chips (35% oil)	Composite dish/contains a fermented ingredient but is not itself fermented.	NA	NA	NA	26.73
Biscuits with dried fruit & yoghurt (Yofruit)	Unclear if yeast or another leavening agent is used.	NA	NA	NA	25.89
Tomato puree, concentrated, tinned	Processed/tinned but unclear if fermented as well.	NA	NA	NA	25.85
Biscuits, filled (Prince)	Unclear if yeast or another leavening agent is used.	NA	NA	NA	25.75

Biscuits & snacks, cheesy, average	Unclear if yeast or another leavening agent is used.	NA	NA	NA	25.36
Bacon rashers, streaky	Processed/tinned but unclear if fermented as well.	NA	NA	NA	25.18
Ketchup, curry	Composite dish/contains a fermented ingredient but is not itself fermented.	NA	NA	NA	25.16
Onions, silverskin, sweet, pickled without sugar	Pickled (probably with vinegar) but unclear if fermented.	NA	NA	NA	25.00
Syrup from tinned fruit	Processed/tinned but unclear if fermented as well.	NA	NA	NA	24.75
Gherkins, sour, pickled	Pickled (probably with vinegar) but unclear if fermented.	NA	NA	NA	24.69
Cheese spread 60+ (Kiri)	Processed cheese.	NA	NA	NA	24.50
Ketchup, tomato	Composite dish/contains a fermented ingredient but is not itself fermented.	NA	NA	NA	24.38
Sauce, cocktail/party/table (>25% oil)	Composite dish/contains a fermented ingredient but is not itself fermented.	NA	NA	NA	23.93
Biscuits, fortified (Liga Fruitkick)	Unclear if yeast or another leavening agent is used.	NA	NA	NA	23.50
Olives, tinned/glass	Pickled (probably with vinegar) but unclear if fermented.	NA	NA	NA	23.44
Salad dressing (20% oil with yogurt)	Composite dish/contains a fermented ingredient but is not itself fermented.	NA	NA	NA	23.38
Biscuits, salted, average	Unclear if yeast or another leavening agent is used.	NA	NA	NA	23.15
Cheese spread 45+	Processed cheese.	NA	NA	NA	23.00
Dairy spread, plain/herbs light	Processed cheese.	NA	NA	NA	22.98
Sausage including liver products, average	Unclear if fermented.	NA	NA	NA	22.80
Muesli bar with chocolate	Composite dish/contains a fermented ingredient but is not itself fermented.	NA	NA	NA	22.80
Bilberries in syrup tinned	Processed/tinned but unclear if fermented as well.	NA	NA	NA	22.33

Salad dressing/sauce, approximately 13% oil	Composite dish/contains a fermented ingredient but is not itself fermented.	NA	NA	NA	22.26
Sauce, chocolate, for pudding	Composite dish/contains a fermented ingredient but is not itself fermented.	NA	NA	NA	21.58
Liver paté	Processed/tinned but unclear if fermented as well.	NA	NA	NA	21.55
Cheese spread 40+	Processed cheese.	NA	NA	NA	21.50
Biscuits, Dutch, shortbread (sprintsstukken)	Unclear if yeast or another leavening agent is used.	NA	NA	NA	21.37
Salad cream (25% oil)	Composite dish/contains a fermented ingredient but is not itself fermented.	NA	NA	NA	21.26
Biscuits, muesli	Unclear if yeast or another leavening agent is used.	NA	NA	NA	21.13
Salad dressing, honey/mustard	Composite dish/contains a fermented ingredient but is not itself fermented.	NA	NA	NA	20.64
Paté, averag	Processed/tinned but unclear if fermented as well.	NA	NA	NA	20.50
Cheese spread 30+	Processed cheese.	NA	NA	NA	20.17
Sauce, cocktail/party/table (25% oil)	Composite dish/contains a fermented ingredient but is not itself fermented.	NA	NA	NA	19.94
Mayonnaise, low fat (40% oil)	Composite dish/contains a fermented ingredient but is not itself fermented.	NA	NA	NA	19.86
Biscuits, brown/w holemeal	Unclear if yeast or another leavening agent is used.	NA	NA	NA	19.66
Biscuits with chocolate layer (Scholiertje)	Unclear if yeast or another leavening agent is used.	NA	NA	NA	19.50
Capers	Pickled (probably with vinegar) but unclear if fermented.	NA	NA	NA	18.85
Ham, smoked, raw	Unclear if fermented.	NA	NA	NA	18.81
Sauce for chips (25% oil)	Composite dish/contains a fermented ingredient but is not itself fermented.	NA	NA	NA	18.77
Cocoa powder, sweetened (Nesquik Plus)	Composite dish/contains a fermented ingredient but is not itself fermented.	NA	NA	NA	18.50

Biscuits, sugar free	Unclear if yeast or another leavening agent is used.	NA	NA	NA	18.43
Dairy spread, plain/herbs	Processed cheese.	NA	NA	NA	18.33
Chocolate chip cookie	Composite dish/contains a fermented ingredient but is not itself fermented.	NA	NA	NA	18.31
Cheese spread 48+	Processed cheese.	NA	NA	NA	18.31
Spread, chocolate hazelnut	Composite dish/contains a fermented ingredient but is not itself fermented.	NA	NA	NA	18.28
Corned beef	Processed/tinned but unclear if fermented as well.	NA	NA	NA	18.27
Cheese spread 20+	Processed cheese.	NA	NA	NA	18.10
Biscuits, chocolate	Unclear if yeast or another leavening agent is used.	NA	NA	NA	17.98
Sausage luncheon meat (boterham worst)	Unclear if fermented.	NA	NA	NA	17.70
M&M's chocolate	Composite dish/contains a fermented ingredient but is not itself fermented.	NA	NA	NA	17.69
Tapenade olive	Pickled (probably with vinegar) but unclear if fermented.	NA	NA	NA	17.55
Salad dressing (40% oil) (Becel)	Composite dish/contains a fermented ingredient but is not itself fermented.	NA	NA	NA	17.40
Mayonnaise, yoghurt-based (25% oil)	Composite dish/contains a fermented ingredient but is not itself fermented.	NA	NA	NA	17.32
Mayonnaise	Composite dish/contains a fermented ingredient but is not itself fermented.	NA	NA	NA	17.30
Biscuits, digestive with chocolate	Unclear if yeast or another leavening agent is used.	NA	NA	NA	17.00
Spread, chocolate, milk	Composite dish/contains a fermented ingredient but is not itself fermented.	NA	NA	NA	16.94
Processed meat products, 10-20 g fat/100 g	Unclear if processing is fermentation or another method.	NA	NA	NA	16.93
Processed meat products, average	Processed/tinned but unclear if fermented as well.	NA	NA	NA	16.67



Biscuits, Dutch (krakeling)	Unclear if yeast or another leavening agent is used.	NA	NA	NA	16.52
Biscuits, spiced (Speculaas)	Unclear if yeast or another leavening agent is used.	NA	NA	NA	16.38
Melon in syrup, canned	Processed/tinned but unclear if fermented as well.	NA	NA	NA	16.00
Spread, chocolate, plain	Composite dish/contains a fermented ingredient but is not itself fermented.	NA	NA	NA	15.95
Biscuits, shortbread, Bastogne	Unclear if yeast or another leavening agent is used.	NA	NA	NA	15.88
Salad dressing / vinaigrette	Composite dish/contains a fermented ingredient but is not itself fermented.	NA	NA	NA	15.82
Biscuits, fortified (Liga Continue vitamin)	Unclear if yeast or another leavening agent is used.	NA	NA	NA	15.75
Spread, chocolate (Duo Penotti hazelnut)	Composite dish/contains a fermented ingredient but is not itself fermented.	NA	NA	NA	15.35
Beans, runner, tinned	Processed/tinned but unclear if fermented as well.	NA	NA	NA	15.00
Processed meat products (>30 g fat/ 100g)	Unclear if processing is fermentation or another method.	NA	NA	NA	15.00
Processed meat products (20-30 g fat/100g)	Unclear if processing is fermentation or another method.	NA	NA	NA	15.00
Syrup, malt barley	Fermentation ingredient but not fermented itself.	NA	NA	NA	15.00
Spread, duo with chocolate	Composite dish/contains a fermented ingredient but is not itself fermented.	NA	NA	NA	14.79
Piccailly (South Asian pickles product)	Composite dish/contains a fermented ingredient but is not itself fermented.	NA	NA	NA	14.75
Forcemeat balls for soup, canned	Processed/tinned but unclear if fermented as well.	NA	NA	NA	14.50
Brawn, pork pickled in vinegar	Composite dish/contains a fermented ingredient but is not itself fermented.	NA	NA	NA	14.35
Biscuits, sponge fingers	Unclear if yeast or another leavening agent is used.	NA	NA	NA	14.33
Cocoa powder, sweetened (Benco)	Composite dish/contains a fermented ingredient but is not itself fermented.	NA	NA	NA	14.25

Candybar, Milky Way	Composite dish/contains a fermented ingredient but is not itself fermented.	NA	NA	NA	14.20
Cocoa product, powder (Ovomaltine)	Composite dish/contains a fermented ingredient but is not itself fermented.	NA	NA	NA	14.00
Maltesers	Composite dish/contains a fermented ingredient but is not itself fermented.	NA	NA	NA	14.00
Biscuits, assorted with butter	Unclear if yeast or another leavening agent is used.	NA	NA	NA	13.85
Pork side, cured and smoked (casselerrib)	Unclear if fermented.	NA	NA	NA	13.83
Salad dressing, naturel, without oil	Composite dish/contains a fermented ingredient but is not itself fermented.	NA	NA	NA	13.78
Biscuits, average	Unclear if yeast or another leavening agent is used.	NA	NA	NA	13.74
Anchovy in oil, canned	Processed/tinned but unclear if fermented as well.	NA	NA	NA	13.57
Toffee with chocolate	Composite dish/contains a fermented ingredient but is not itself fermented.	NA	NA	NA	13.29
Crab in water, tinned	Processed/tinned but unclear if fermented as well.	NA	NA	NA	12.94
Chocolate spread, white	Composite dish/contains a fermented ingredient but is not itself fermented.	NA	NA	NA	12.50
Mayonnaise product (approximately 35% oil)	Composite dish/contains a fermented ingredient but is not itself fermented.	NA	NA	NA	12.20
Beef, smoke-dried	Unclear if fermented.	NA	NA	NA	12.18
Silver-skin onions, sweet, pickled, glass	Pickled (probably with vinegar) but unclear if fermented.	NA	NA	NA	11.92
Biscuits, sweet	Unclear if yeast or another leavening agent is used.	NA	NA	NA	11.68
After eight chocolate mints	Composite dish/contains a fermented ingredient but is not itself fermented.	NA	NA	NA	11.25
Biscuits, gluten-free (Glutafin)	Unclear if yeast or another leavening agent is used.	NA	NA	NA	11.00
Ginger stem in syrup, tinned	Processed/tinned but unclear if fermented as well.	NA	NA	NA	9.00

Ketchup, spicy	Composite dish/contains a fermented ingredient but is not itself fermented.	NA	NA	NA	8.79
Biscuits, Dutch (Frou frou)	Unclear if yeast or another leavening agent is used.	NA	NA	NA	8.21
Mustard	Composite dish/contains a fermented ingredient but is not itself fermented.	NA	NA	NA	7.43
Pepper, red hot paste	Composite dish/contains a fermented ingredient but is not itself fermented.	NA	NA	NA	4.49
Pepper, red hot, fried paste	Composite dish/contains a fermented ingredient but is not itself fermented.	NA	NA	NA	2.00

NA = not applicable

<sup>a</sup> Ordered by fermentation status, food group, then subgroup. The following items are included in this table: foods with a fermentation status of “fermented”, composite dishes containing a fermented ingredient, and foods with unclear fermentation status. Other food items in the FFQ or 24-h recall that were clearly not fermented are not included in this table.

<sup>b</sup> Cheeses could be classified as skim, semi-skim, and full-fat based on the guidelines set by the Dutch Dairy Commodities Act (Overheid.nl. Warenwetbesluit Zuivel). Cheeses with designations of 45+ to 60+ were considered to be full-fat, 10+ to 40+ semi-skim, and ≤10 skim.