

ESM Table 1 Definition and contents of the food groups considered in the analysis, EPIC-InterAct study

Food group	Definition and content
Vegetables ^a	All kinds of vegetables including leafy, fruiting and root vegetables, cabbages, mushrooms, grain and pod vegetables, onions, stalk vegetables, sprouts
Root vegetables ^a	E.g. carrots, radish, turnip
Cabbages	Broccoli, cauliflower, Brussels sprouts and other cabbages
Legumes	Peas, lentils and beans
Fruits	All kinds of fruits, e.g. apples, grapes, citrus fruits, stone fruits, berries
Nuts	Nuts and seeds
Dairy products	Milk and milk beverages, yoghurt, curd, cheese, cream desserts and puddings (milk based), dairy creams
Grains / Cereals	All kinds of cereals, e.g. bread, pasta, rice, breakfast cereals, flour, semolina, dough
Breakfast cereals ^b	E.g. cornflakes, muesli, puffed rice, porridge
Non-white bread	Wholemeal bread, rye bread, cereal bread, brown/wheat bread
White bread	White bread, hamburger bread
Refined grains	Includes white bread, pasta and rice and biscuits
Salty biscuits	E.g. tortilla chips, potato chips, cheese crackers
Red meat	Beef, veal, pork, mutton/lamb, horse, goat
Poultry	Chicken, turkey, duck, goose and rabbit

Processed meat	Processed meat from red meat or poultry (e.g. ham, bacon, sausages, etc.)
Fish	Fish and fish products, crustaceans and molluscs
Fats and oils	Vegetable oils, butter, margarine
Sweets	Chocolate, candy bars, ice cream, water ice, sugar-sweetened soft drinks
Honey, jam, sugar	Honey, jam/syrup, sugars (white or brown sugar, fructose)
Sugar-sweetened soft drinks	Carbonated/soft/isotonic drinks, diluted syrups, sweetened
Diet soft drinks	Carbonated/soft/isotonic drinks, diluted syrups, artificially sweetened, unsweetened
Coffee	Caffeinated and decaffeinated coffee
Wine	Red/white/rose wine and non-specified wines
Beer	Beer, cider and drinks based on beer/cider
Dressing sauces	E.g. salad dressing sauce, vinaigrette, oil and vinegar-salad sauce, French dressing

^a The intake of potatoes is not included.

^b The intake of breakfast cereals in g/day was weighted by the fibre content of the breakfast cereals.