

Supplementary Table 1 Components and Dutch dietary guidelines of the DHD15-index and their threshold (minimum score) and cut-off (maximum score)

Components	Component type	Dutch dietary guidelines 2015	Minimum score (=0)	Maximum score (=10)
1. Vegetables	A	Eat at least 200 grams of vegetables daily.	0g/day	≥200 g/day
2. Fruit	A	Eat at least 200 grams of fruit daily.	0 g/day	≥200 g/day
3. Wholegrain products*	A	a. Eat at least 90 grams of wholegrain products daily.	0 g/day	≥90 g/day
	R	b. Replace refined grain products with wholegrain products.	No consumption of wholegrain products OR ratio wholegrain/refined grains ≤ 0.7	No consumption of refined grain products OR ratio wholegrain/refined grains ≥ 11
4. Legumes	A	Eat legumes weekly.	0 g/day	≥10 g/day
5. Nuts	A	Eat at least 15 grams of unsalted nuts daily.	0 g/day	≥ 15 g/day
6. Dairy†	O	Eat a few portions of dairy products daily, including milk or yoghurt.	0 g/day OR ≥750 g/day	300-450 g/day
7. Fish‡	A	Eat one serving of fish weekly, preferably oily fish.	0 g/day	≥15 g/day
8. Tea	A	Drink three cups of black or green tea daily.	0 g/day	≥450 g/day
9. Fats and oils	R	Replace butter, hard margarines, and cooking fats with soft margarines, liquid cooking fats, and vegetable oils.	No consumption of soft margarines, liquid cooking fats, and vegetable oils	No consumption of butter, hard margarines, and cooking fats
			OR ratio liquid cooking fats/solid cooking fats ≤ 0.6	OR ratio liquid cooking fats/solid cooking fats ≥ 13
10. Coffee	Q	Replace unfiltered coffee with filtered coffee.	Any consumption of unfiltered coffee	Consumption of only filtered coffee OR no coffee consumption
11. Red meat	M	Limit consumption of red meat.	≥100 g/day	≤45 g/day
12. Processed meat	M	Limit consumption of processed meat.	≥50 g/day	0 g/day
13. Sweetened beverages and fruit juices	M	Limit consumption of sweetened beverages and fruit juices.	≥250 g/day	0 g/day
14. Alcohol	M	If alcohol is consumed, intake should be limited to one Dutch unit (10 grams of ethanol) daily.	Women: ≥ 20 g ethanol/day Men: ≥30 g ethanol/day	Women: ≤10 g ethanol/day Men: ≤10 g ethanol/day
15. Salt	M	Limit consumption of table salt to 6 grams daily.	≥ 3.8 g sodium/day	≤ 1.9 g sodium/day
16. Unhealthy choices	M	Limit consumption of unhealthy choices	> 7 choices/week	≤ 3 choices/week

Abbreviations: A, adequacy component; M, moderation component; O, optimum component; Q, qualitative component; R, ratio component.

Adequacy components are derived from a guideline that recommends increasing intake. Moderation components are derived from a guideline that recommends limiting intake. Dairy is an optimum component based on an optimal range of intakes, whereas coffee is a qualitative component based on the type of coffee. Ratio components are based on the ratio of intake of healthy and unhealthy products in that food group.

* This component consists of two subcomponents (a and b). Each subcomponent has a maximum score of 5 points.

† maximum of 40g cheese can be included.

‡ maximum of 4g lean fish can be included.