

Supplementary table 1 Diet quality score calculation

Dietary component	Dietary recommendations by the Dutch Health Council and/or the Netherlands Nutrition Centre	% contribution to the dietary component score	Units	Dietary component score		
				MINIMUM SCORE (=0 POINTS)	5 POINTS	MAXIMUM SCORE (=10 POINTS)
Vegetables	Consume at least 200 grams of vegetables daily	100	g/d	0	Continuous	≥200
Fruit	Consume at least 200 grams of fruit daily	100	p/d	0	Continuous	≥2
Legumes	Consume one serving legumes a week	100	g/w	0	Continuous	≥135
Unsalted nuts	Consume at least 15 grams of unsalted nuts daily	100	g/d	0	Continuous	≥15
Fish	Consume one serving of fish weekly, preferably fatty fish	50	s/w	0	Continuous	≥1
		50	-	No fish consumed	Lean or both lean and fatty fish	Mostly fatty fish
Grain products	Consume at least 90 grams of whole grain products daily	50	g/d	0	Continuous	≥90
	Replace refined grain products by whole grain products	50	-	Mostly refined	Both refined and whole grain	Mostly whole grain
Dairy	Consume 2-3 servings of dairy daily, preferably (semi-) skimmed dairy	50	s/d	0	Continuous	≥2
		50	-	Full fat dairy products	Both whole dairy and (semi-) skimmed dairy products	(Semi-) skimmed dairy products
Tea	Consume 3-4 cups of green/black tea a day	100	s/d	<1 AND mostly green/black tea <3 AND both herbal tea and green/black tea Mostly herbal tea Not consumed	1 to 2 AND mostly green/black tea ≥ 3 AND both herbal tea and green/black tea	≥ 3 AND mostly green/black tea
Coffee	Replace unfiltered coffee with filtered coffee	100	-	Boiled coffee, cafetière coffee, Greek coffee, Turkish coffee	Vending-machine coffee ² , coffee from cups and espresso	Not consumed or filter coffee, coffee from pads and instant coffee
Oils and fats	Replace butter, hard margarines and cooking fats with soft margarines, liquid cooking fats, and vegetable oils	50	-	Butter or hard margarines	Both butter/hard margarines and oils/soft margarines	Oils or soft margarines
		50	-	Butter on bread or bread is not buttered at all	Semi-skimmed butter or hard margarine on bread	Diet margarine on bread
Sugar containing beverages	Minimize consumption of sugar-containing beverages.	100	s/d	≥ 1	<1	0

Savory snacks	For products outside the Wheel of Five: consume an item from the daily selection no more than three to five times per day, and something from the weekly selection no more than three times a week	50	lrg s/w	≥ 3	Continuous	0
		50	sml s/d	≥ 3	Continuous	0
Sweet snacks	For products outside the Wheel of Five: consume an item from the daily selection no more than three to five times per day, and something from the weekly selection no more than three times a week	100	s/w	≥ 3	Continuous	0

g = grams; p = pieces; s = servings; d = day; w = week; lrg = large; sml = small