**Supplemental Table 1** FFQ food items of the 33 food groups

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| **Food Group** | **Items from FFQ in Food group** |
| Processed meats | Bacon, ham, salami, sausage |
| Red meats | Beef, veal, lamb, pork |
| Fish | Fish, fried fish, tinned fish |
| Poultry | Chicken |
| Meat pies | Meat pies |
| Hamburgers | Hamburgers |
| Eggs | Eggs |
| Butter | Butter, butter and margarine blends |
| Margarine | Polyunsaturated margarine, monounsaturated margarine, margarine |
| Low-fat dairy | Skim milk, reduced-fat milk, yoghurt, low-fat cheese |
| High-fat dairy | Hard cheese, soft cheese, ricotta or cottage cheese, firm cheese, cream cheese, full-cream milk, ice-cream, flavoured milk drink |
| Whole grains | Muesli, porridge, wholemeal bread, multi-grain bread, rye bread |
| Refined grains | High-fibre white bread, white bread, rice, pasta, |
| Other breakfast cereals | All bran, Branflakes, Weet bix, Cornflakes |
| Pizza | Pizza |
| Snacks | Crisps, crackers |
| Chips | Chips |
| Sweets | Chocolate, cake, sweet biscuits, sugar |
| Condiments | Jam, vegemite |
| Nuts | Nuts, peanut butter |
| Potatoes | Potatoes |
| Garlic | Garlic |
| Other vegetables | Celery, mushrooms, capsicum, beetroot, onion |
| Legumes | Green beans, peas, other beans, tofu, bean sprouts, soya milk, baked beans |
| Green leafy vegetables | Spinach, lettuce |
| Dark-yellow vegetables | Carrots, pumpkin, zucchini, cucumber |
| Tomatoes | Tomatoes, tomato sauce |
| Cruciferous vegetables | Broccoli, cauliflower, cabbage |
| Fruit juice | Fruit juice |
| Fruit | Avocado, oranges, strawberries, apricots, peaches, mango, apples, pears, bananas, melon, pineapple, tinned fruit |
| Beer | Light beer, heavy beer |
| Wine | Red wine, white wine, fortified wines |
| Spirits | Spirits |