

**Table S1.** List of food items identified as key factors to assess dietary GI/GL.

<b>Food group</b>	<b>Food item</b>
<b>Potatoes</b>	Potatoes fried
	Potatoes sliced frozen unprepared
	Potatoes without skins boiled
	French fries
<b>Beverages</b>	
<i>Alcoholic beverages</i>	Beer
	Wine (red, white, rose)
<i>Sugar-sweetened beverages</i>	Soft drink with and without caffeine
	Ice tea
	Lemonade squash Dubbelfriss light
	Fruit drink concentrate (undiluted, diluted)
	Whey drink Taksi with sugar
	Juice drink (Dubbelfriss, Vruchtenfris, Tintelfruit, light)
<i>Juices</i>	Orange juice (fresh, pasteurized)
	Apple juice
	Fruit juice with >2 fruits
<b>Bread</b>	
<i>Rusks, crackers</i>	Crispbakes (plain, wholemeal)
	Crispbread wholemeal
	Toast
<i>Breads</i>	Bread brown wheat
	Bread wholemeal (with or without seeds)
	Bread multigrain (with or without seeds)
	Bread white (water- , milk-based)
	Roll white (soft, hard)
	Roll brown (soft, hard)
	Bun currant/raisin
	Croissant
	Pita
	Baguette white
	Bread crumbs
	<b>Fruit</b>
	Banana
	Orange
	Grapes
	Melon
	Kiwi fruit
	Apple sauce tinned
<b>Cakes and cookies</b>	Cake spiced Dutch (ontbijtkoek)
	Cake sponge Dutch (eierkoek)
	Cupcake iced
	Apple pie Dutch
	Biscuit (spiced, wholemeal, plain)
	Biscuit filled (with chocolate, fruit)
	Children's biscuit average
	Chocolate chip cookie
<b>Cereals</b>	Muesli with fruit
	Muesli crunchy (plain, with fruit)

	Pasta plain boiled
	Rice boiled (white, brown)
<b>Vegetables</b>	Zucchini
	Cucumber
	Carrots
	Onion
	Pea garden
	Lettuce iceberg
	Sweet corn
	French beans
	Sweet pepper green
<b>Sandwich filling</b>	Peanut butter (with or without nut pieces)
	Chocolate spread (duo, hazelnut)
	Chocolate confetti plain
	Coloured confetti fruit-flavoured
	Jam
<b>Dairy (excluding cheese)</b>	Milk (skimmed, semi-skimmed, whole)
	Buttermilk
	Chocolate milk
	Yogurt (low, half, full fat)
	Yogurt drink (with or without sweeteners)
	Custard (all flavours, full-fat)
	Whipped cream (with or without sugar)
	Ice cream dairy-based
<b>Nuts, seeds, snacks</b>	Nuts and seeds
	Mixed nuts, raisins, and currants
	Crisps potato (flavoured, unflavoured)
	Dough for pizza and savoury pie
	Pancake
<b>Sugar and confectionary</b>	Boiled sweets
	Wine gums
	Liquorice (sweet, salted)
	Sugar granulated
	Waffle syrup
	Ice lolly / sorbet
	Candybar
	Chocolate (white, milk, dark)

Note that for the final FFQ, food items were grouped when there was not a large variation between their GI. For example, vegetables largely have the same GI; therefore, we did not assess all types of vegetables separately.

**Supplemental Table 2.** Validation results for the GI-FFQ vs. general-FFQ stratified for sex.

	Men (n=263)				Women (n=212)			
	Absolute intakes		similar Q or T	Crude	Absolute intakes		similar Q or T	Crude
	mean	SD	%	<i>r</i>	Mean	SD	%	<i>r</i>
Energy, kJ/day	6315	1730	46	0.51	5281	1539	46	0.56
Carbohydrates, g/d	231	64	48	0.60	193	59	47	0.62
Mono/disaccharides, g/d	106	40	45	0.60	92	37	45	0.55
Polysaccharides, g/d	125	36	45	0.57	101	31	52	0.59
Fibres, g/d	21	6	43	0.56	19	5	45	0.58
Bread, g/d	143	62	53	0.71	108	52	56	0.67
Breakfast cereals, g/d	7.5	14	64	0.45	8	13	58	0.36
Potatoes, g/d	72	43	43	0.55	50	29	43	0.48
Pasta, g/d	29	23	43	0.60	24	19	44	0.51
Rice, g/d	26	25	45	0.43	22	18	45	0.47
Vegetables, g/d	98	73	37	0.39	126	66	47	0.52
Fruit, g/d	204	126	51	0.66	210	127	54	0.67
Dairy, g/d	345	225	47	0.63	314	189	43	0.50
Soup, g/d	42	43	36	0.45	46	43	37	0.46
Coffee, g/d	558	293	50	0.72	396	254	47	0.82
SSB, g/d	66	128	59	0.52	35	94	56	0.41
ASB, g/d	18	68	-	0.44	32	123	-	0.44
Fruit juices, g/d	99	119	52	0.64	77	124	50	0.52
Alcoholic beverages, g/d	116	167	56	0.73	25	90	48	0.41
Savoury snacks, g/d	48	44	41	0.49	38	35	35	0.36
Cake/cookies, g/d	38	29	44	0.61	38	27	51	0.63
Sweets, g/d	35	27	43	0.57	30	28	41	0.55
GI	55	3	47	0.51	53	3	48	0.55
GL	128	37	45	0.58	103	33	41	0.62

SSB: sugar sweetened beverages; ASB: artificially sweetened beverages; ASB intake data as obtained by the GI-FFQ did not allow cross-classification analyses.