

Supplementary Table S1. Food groups and food items.

	Food Groups	Food Items (69)
1	Dairy (High-fat)	High fat milk/yogurt Yellow cheese/cream cheese White cheese (e.g. feta cheese) Ice-cream/milk-shake/cream/rice pudding
2	Dairy (Low-fat)	Low fat milk/yogurt Low fat cheese (light/ cottage)
3	Eggs	
4	Refined grains	White bread/toast white rice Pasta/ pearl barley Potatoes boiled/baked/mashed
5	Whole grains	Whole meal bread/rusk brown rice Whole meal pasta
6	Fast Food	Toasted sandwich/sandwich burger-bread French fried potatoes
7	Red Meat	Veal (steak, filet) Burger/ meat balls/ minced-meat Pork (steak, filet) Lamb/goat/game/ lamb-chops Pastitsio/moysakas/papoytsakia
8	Processed Meat	Sausage / bacon Light/no fat cold sliced meats Cold sliced meats
9	Poultry	Chicken/turkey (all kind)
10	Fish	Small fish large fish sea-food (octopus, sleeve-fish, prawns)
11	Pulses	Pulses (lentils, beans, chickpeas)
12	Vegetables cooked mixed vegetables	Tomato/cucumber/carrot/pepper Broccoli/cauliflower/courgetti Lettuce/cabbage/spinach/rocket Greens/celery/spinach Spinach-rice/ cabbage-rice Petit pois (peas) / green beans / okra /artichoke
13	Fruits fruit juices	Orange Apple/pear Other winter-fruits banana Other summer – fruits fruit juice
14	Dried fruits	
15	Nuts	
16	Pies	Home made pies (e.g. Cheese-pie, spinach-pie) Pies
17	Sweets	Sweets made in tray Sweet preserves/stewed fruit/fruit – jelly Gateau/tart Croissant/gofer/cake/biscuits chocolate Honey/marmalade/sugar Cereal/cereal bars
18	Salty Snacks	Chips/pop-corn crisp bread
19	Olive oil olives	
20	Alcohol	Wine Beer other alcohol
21	Soft drinks	Soft drinks Light soft drinks
22	Coffee and Tea	Coffee, Tea/other teas
23	Sauces	Mayonnaise/sauce Light mayonnaise/light sauce
24	Seed oil	
25	Animal & Hydrogenated Fats	Butter margarine