

Alpha Omega Cohort

Data dictionary

- Food Frequency Questionnaire -



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1 Voedingspatroon

Variable	Label	Format	Values
Baseline			
bdiet	Did you follow dietary guidelines?	diet	0=missing 1=yes, always 2=yes, sometimes 3=no
bkdiet	Kind of dietary guidelines	kdiet	0=missing 1=energy restricted 2=sodium restricted 3=fat restricted 4=for diabetes mellitus 5=for hypercholesterolemia 6=rich in fibres 7=other diet
bregimen	Did you follow a diet regimen?	diet	0=missing 1=yes, always 2=yes, sometimes 3=no
bkregimen	Kind of diet regimen	regimen	0=missing 1=vegetarian 2=vegan 3=macrobiotic 4=antroposophical 5=other regimen
bpremeal	Do you usually prepare your own meal?	yesno	1=yes 2=no
bfbreakf	Frequency breakfast	ffqfreq	0=missing 1=not this month 2=less then 1/wk 3=1/wk 4=2-3/wk 5=4-6/wk 6=1/day 7=2 or more/day
bflunch	Frequency lunch	ffqfreq	ld.
bfdiner	Frequency diner	ffqfreq	ld.
Midterm Examination			
Final examination			

2 Brood en broodvervangers

Variable	Label
Baseline	
bf206	wit brood
bf207	bruin brood, tarwe brood
bf208	volkoren brood
bf209	meergranen brood

Variable	Label
bf210	ander brood
bf003	croissants
bf211	witte broodjes, krentenbollen
bf212	wit beschuit, enz
bf213	bruine en mueslibroodjes
bf214	knackebrot, volkoren beschuit
bf215	volkoren knackebrot, roggebrood
bf216	ander broodvervanger
bf006	ontbijtkoek

Midterm Examination**Final Examination**

3 Smeersels

Variable	Label
Baseline	
	Zie onderdeel vetten. Losse smeersels opgeteld per soort.

Midterm Examination**Final Examination**

4 Broodbeleg

Variable	Label
Baseline	
bf217	20+ kaas
bf218	30+ kaas
bf219	gewone kaas
bf011	vette luxe kaas
bf012	minder vette luxe kaas
bf013	onbekende soort kaas
bf220	andere soort kaas
bf016	gekookte lever
bf017	leverproducten
bf018	achterham enz
bf019	boterhamworst enz
bf020	bacon enz
bf021	onbekende soort vleeswaren
bf022	andere soort vleeswaren
bf024	chocoladepasta enz
bf023	pindakaas enz
bf221	kokosbrood
bf222	zoet beleg
bf026	sandwichspread of salade
bf027	eieren

Midterm Examination

Variable	Label
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Final Examination

5 Ontbijt- en melkproducten

Variable	Label
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Baseline

bf030	kant en klaar drinkontbijt
bf224	muesli, cruesli
bf225	cornflakes enz
bf226	vezelrijke ontbijtproducten
bf227	andere ontbijtproducten
bf033	volle melk
bf034	halfvolle melk
bf231	magere melk
bf232	karnemelk
bf233	andere soort melk
bf039	volle chocolademelk
bf040	halfvolle chocolademelk, drinkyoghurt enz
bf041	magere chocolademelk, drinkyoghurt
bf234	andere chocolademelk, drinkyoghurt
bf235	volle yoghurt, vla enz
bf046	halfvolle yoghurt, vla enz
bf236	magere yoghurt, vla enz
bf237	andere yoghurt, vla enz
bf229	pudding
bf230	pap
bf050	roomijs
bf051	waterijs
bf238	ander soort ijs
bf053	slagroom
bf052	suiker enz in zuivel

Midterm Examination

Final Examination

6 Koffie en thee

Variable	Label
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Baseline

bf239	koffie met cafeïne
bf240	koffie zonder cafeïne
bf241	cappuccino enz
bf243	zwarte thee
bf244	groene thee
bf245	kruidenthee
bf246	andere thee

Variable	Label
bf247	suiker in koffie
bf248	suiker in cappuccino enz
bf249	suiker in thee
bf058	koffieroom enz
bf253	halfvolle koffiemelk
bf061	koffiemelkpoeder
bf062	gewone volle melk in koffie
bf063	gewone halfvolle melk in koffie
bf254	gewone magere melk in koffie
bf064	onbekende koffiemelk
bf065	andere koffiemelk
Midterm Examination	
Final Examination	

7 Warme maaltijd

7.1 Zetmeelcomponent

Variable	Label
Baseline	
bf259	rijst enz
bf260	mie enz
bf070	pizza
bf261	italiaanse pastagerechten
bf072	hartige taart, quiche
bf073	pannenkoeken
Midterm Examination	
Final Examination	

7.2 Soep

Variable	Label
Baseline	
bf263	uiensoep
bf264	tomatensoep
bf265	bouillon zonder vulling
bf266	bouillon met vulling
bf267	soep met peulvruchten
bf268	andere soep
Midterm Examination	
Final Examination	

7.3 Aardappelen

Variable	Label
Baseline	
bf080	stampot
bf269	gekookte aardappelen
bf270	aardappel puree
bf271	gebakken aardappelen
bf272	andere aardappelen
bf082	patat uit de oven
bf273	patat gefrituurd
bf274	patat onbekend bereid
Midterm Examination	
Final Examination	

7.4 Groente

Variable	Label
Baseline	
bf275	andijvie
bf276	spinazie en postelein
bf277	spruitjes
bf278	bloemkool
bf279	broccoli
bf280	andere koolsoorten
bf281	wortelen
bf282	doperwten
bf283	tuinbonen
bf284	sperziebonen enz
bf285	peulvruchten
bf286	prei
bf287	witlof
bf288	koolraap
bf289	bieten
bf290	champignons
bf291	paprika
bf293	ui
bf295	andere soort groente
bf292	tomaten
bf294	sla en rauwkost
bf088	azijn of dressing voor rauwkost
bf296	olijfolie/azijn dressing voor rauwkost
bf297	andere olie/azijn dressing voor rauwkost
bf090	halvansaise enz voor rauwkost
bf091	mayonaise voor rauwkost
bf092	onbekende dressing voor rauwkost
bf093	andere dressing voor rauwkost
Midterm Examination	
Final Examination	

7.5 Vlees, vis en vleesvervangers

Variable	Label
Baseline	
bf298	biefstuk enz
bf299	blinde vink enz
bf300	hamlap enz
bf301	varkensfiletlap enz
bf302	hamburger enz
bf303	kip/kalkoen zonder vel enz
bf304	kip met vel enz
bf305	gehakt enz
bf105	lever- en nierproducten
bf106	snackbarproducten
bf306	andere soort vlees
bf095	kant en klaar gekochte gebakken vis
bf307	schaal- en schelpdieren
bf096	bot, griet enz
bf308	forel, poon enz
bf309	haring
bf310	paling, makreel, zalm
bf311	andere soort vis
bf312	quorn
bf313	vegetarische burger
bf314	sojaproducten: tahoe, tofu
bf315	sojaproducten: tempé
bf316	kaassoufflé
bf317	andere vleesvervanger
Midterm Examination	
Final Examination	

7.6 Toevoegingen aan warme maaltijd

Variable	Label
Baseline	
bf115	noten en zaden bij warme maaltijd
bf116	kaas bij warme maaltijd
bf117	room bij warme maaltijd
bf119	saté- of pindasaus
bf318	tomatensaus
bf319	andere warme saus
bf122	mayonaise
bf123	halvanaise enz
bf124	kethup enz
bf320	mosterd
bf321	andere koude saus
Midterm Examination	
Final Examination	

Variable	Label
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8 Bakken, braden en frituren

Variable	Label
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Baseline

Zie onderdeel vetten. Opgeteld per vetsoort.

Midterm Examination

Final Examination

9 Tussendoortjes

9.1 Koek, gebak en snoep

Variable	Label
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Baseline

bf130	kaakjes en koekjes
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bf137	snoepjes
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bf131	grote koeken
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bf133	taart of gebak
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bf132	voedingsbiscuit
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bf322	candybars
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bf323	stuks bonbons enz
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bf325	pure chocola
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bf326	melk chocola
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bf327	witte chocola
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Midterm Examination

Final Examination

9.2 Warme hartige tussendoortjes

Variable	Label
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Baseline

bf139	snack: gehaktbal enz
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bf140	snackbarproduct
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bf141	snack: mini als bitterbal
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bf142	snack: patat frites
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bf143	snack: kleine loempia
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bf144	snack: grote loempia
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bf145	snack: saté
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bf146	snack: saucijzenbroodje enz
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Variable	Label
bf147	snack: broodje shoarma
bf148	mayonaise bij snack
bf149	halvanaise enz bij snack
bf150	ketchup enz bij snack
bf151	satésaus bij snack
bf328	mosterd enz bij snack
bf329	andere saus bij snack
Midterm Examination	
Final Examination	

9.3 Koude hartige tussendoortjes

Variable	Label
Baseline	
bf154	slaatje
bf155	nootjes
bf156	chips of zoutjes
bf157	blokje kaas
bf158	worst
bf330	toastje met vissalade
bf331	toastje met vis
bf332	toastje zonder vis
Midterm Examination	
Final Examination	

10 Fruit

Variable	Label
Baseline	
bf334	citrusvruchten
bf335	appels, peren
bf336	bananen
bf337	appelmoes
bf338	aardbeien
bf339	bosbessen enz
bf340	kersen
bf341	druiven
bf342	perziken, nectarines
bf343	pruimen
bf344	abrikozen
bf345	kiwi's
bf346	gedroogd fruit
bf347	ander fruit
Midterm Examination	

Variable	Label
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Final Examination

11 Sap en frisdrank

Variable	Label
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Baseline

bf348	sinaasappelsap
bf349	appelsap
bf350	druivensap
bf351	grapefruitsap
bf352	tomatensap
bf353	groentensap
bf354	overige sappen
bf355	ijsthee
bf356	rozebottelsiroop enz
bf357	cola met cafeïne
bf358	kraanwater of light frisdrank
bf359	overige frisdrank
bf360	andere dranken

Midterm Examination

Final Examination

12 Alcoholische dranken

Variable	Label
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Baseline

bf160	bier
bf161	alcoholarm of -vrij bier
bf361	rode wijn
bf362	rosé
bf363	witte wijn
bf364	sherry, Vermouth, port
bf165	sterke drank
bf163	advocaat
bf164	mixen/longdrinks
bf365	andere alcoholische drank

Midterm Examination

Final Examination

13 Vetten

Variable	Label
Baseline	
bf401	roomboter
bf402	halfvolle roomboter
bf403	halvarine
bf404	dieethalvarine
bf405	cholesterol-verlagende halvarine
bf406	margarine in kuipje
bf407	margarine in pakje
bf408	dieetmargarine
bf409	cholesterol-verlagende margarine
bf410	vloeibare margarine
bf411	vaste bak- en braadvet
bf412	vloeibaar bak- en braadvet
bf414	andere soort olie
bf415	frituurvet vast
bf416	frituurvet vloeibaar
bf417	reuzel
bf419	onbekend soort smeersel
bf420	ander soort smeersel
bf421	onbekende soort vet gekookte groenten
bf422	ander soort vet gekookte groenten
bf423	onbekend soort vet warme maaltijd
bf424	ander soort vet warme maaltijd
bf425	olijfolie
bf426	frituurolie
bf427	roomb/hv roomb
Midterm Examination	
mf483	Interventiemargarine – placebo
mf484	Interventiemargarine – ALA
mf485	Interventiemargarine – EPA-DHA
mf486	Interventiemargarine – EPA-DHA+ALA
Final Examination	
ff483	Interventiemargarine – placebo
ff484	Interventiemargarine – ALA
ff485	Interventiemargarine – EPA-DHA
ff486	Interventiemargarine – EPA-DHA+ALA

14 Aanvullende informatie over voeding

Variable	Label	Format	Values
Baseline			
bM1A	aardbeien	ffqfreq	0=missing 1=not this month 2=less than 1/wk 3=1/wk 4=2-3/wk

Variable	Label	Format	Values
			5=4-6/wk 6=1/day 7=2 or more/day
bM1B	bosbessen, aalbessen, bramen, frambozen	ffqfreq	ld.
bM1C	kersen	ffqfreq	ld.
bM1D	druiven	ffqfreq	ld.
bM1E	perziken, nectarines	ffqfreq	ld.
bM1F	mandarijnen	ffqfreq	ld.
bM1G	pruimen	ffqfreq	ld.
bM1H	abrikozen	ffqfreq	ld.
bM2A	stamppot boerenkool	ffqfreq	ld.
bM2B	stamppot andijvie	ffqfreq	ld.
bM2C	hutspot (met wortel en ui)	ffqfreq	ld.
bM2D	stamppot zuurkool	ffqfreq	ld.
bM2E	andere stamppot	ffqfreq	ld.
bM2F	peulvruchten	ffqfreq	ld.
bM2G	bruine bonensoep, erwtensoep	ffqfreq	ld.
bM2H	marsepein, kerststol/banketstaaf/speculaas met spijs	ffqfreq	ld.
bM3A	pinda`s	ffqfreq	ld.
bM3B	walnoten	ffqfreq	ld.
bM3C	amandelen	ffqfreq	ld.
bM3D	andere noten	ffqfreq	ld.
bM3E	amandelbroodje, krentenbrood met spijs	ffqfreq	ld.
bM3F	vijgen	ffqfreq	ld.
bM3G	dadels	ffqfreq	ld.
bM3H	zaden en pitten	ffqfreq	ld.
Midterm Examination			
Final examination			

15 Nutriënten

15.1 Macronutrients

Variable	Label
Baseline	
benkcal	Kcalories, kcal
benkj	Kilojoules, kj
bn	Total nitrogen, g
bprot	Total protein, g
bprotveg	Vegetable protein, g
bprotan	Animal protein, g
bfat	Total fat, g
bfa	Total fatty acids, g
bsafat	Saturated fats, g
bsafa	Saturated fatty acids, g
bmufat	Mono unsaturated fats cis, g
bmufa	Mono unsaturated fatty acids c, g
bpufat	Poly unsaturated fats, g
bpufa	Poly unsaturated fatty acids, g

Variable	Label
blinf	linolic acid (C18:2(n-6)cc), g
btfa	Trans fatty acids, g
btfat	Trans fat, g
bn3	n-3 polyunsat fatty acids cis, g
bn6	n-6 polyunsat fatty acids cis, g
balaf	C18:3 (n-3) cis linolenic acid, g
bepaf	EPA (C20:5 (n-3) cis), g
bdhaf	DHA (C22:6 (n-3) cis), g
bcholf	Cholesterol, mg
bcarb	Total carbohydrates, g
bmonodis	Total mono and discharides, g
bglucf	Glucose, g
bgalac	Galactose, g
bfruc	Fructose, g
blac	Lactose, g
bmalt	Maltose, g
bsacch	Saccharose, g
btps	Total polysaccharides, g
bpol	Total polyols, g
blact	Lactitol, g
bxyl	Xylitol, g
bsorb	Sorbitol, g
biso	Isomalt, g
bmalt	Maltitol, g
bfrees	Free sugar, g
bdf	Total dietary fibre, g
bpec	Pectin, g
bcell	Cellulose, g
bhemi	Hemicellulose, g
blign	Lignin, g
binu	Inulin, g
bwater	Water, g
bdry	Dry matter, g
balcf	Total alcohol, g
balcfc	Alcohol (nutrient) in categories
bas	Ash, g

15.2 Vitamins

Variable	Label
Baseline	
bret	Retinol, µg
brete	Retinol equivalents, µg
bbcar	Beta-carotene, µg
bcar	Carotenoids exclud. B-carotene, µg
bvitb1	Vitamin B1, mg
bvitb2	Vitamin B2, mg
bvitb6	Total vitamin B6, mg
bvitb12	Vitamin B12, µg
bvitd	Total vitamin D, µg
bvite	Total vitamin E, mg
bvitc	Vitamin C, mg

Variable	Label
bfoln	Folates naturally occurring, µg
bfola	Folic acid added, µg
bnia	Niacin, mg
batoc	Alpha-tocoferol, mg
bbtoc	Beta-tocoferol, mg
bgtoc	Gamma-tocoferol, mg
bdtoc	Delta-tocoferol, mg
bd25	25-hydroxy-vitamin D, µg
balphacat	Alpha-Carotene, µg
blut	Lutein, µg
bzeaxan	Zeaxanthin, µg
bbetacryp	Beta-cryptoxanthine, µg
blyco	Lycopene, µg
balltbcar	All-trans-Beta-carotene, µg
bcisbcar	Cis-Beta-carotene, µg
brae	Retinol activity equivalents, µg
bfole	Total dietary folate equiv., µg

15.3 Minerals

Variable	Label
Baseline	
bca	Calcium, mg
bp	Phosphorus, mg
bfet	Total iron, mg
bfeh	Haem iron, mg
bfenh	Non haem iron, mg
bna	Sodium, mg
bk	Potassium, mg
bmj	Magnesium, mg
bzn	Zinc, mg
bse	Selenium, µg
bcu	Copper, mg
bjod	Iodide, µg

15.4 Fatty acid profiles

Variable	Label
Baseline	
bc2	Acetic acid, %
bc4	Butyric acid, %
bc6	Caproic acid, %
bc8	Caprylic acid, %
bc10	Capric acid, %
bc10_1c	Caproic acid cis, %
bc11	Undecylic acid, %
bc12	Lauric acid, %
bc12_1c	Lauroic acid, %
bc13	Tridecylic acid, %

Variable	Label
bc14	Myristic acid, %
bc14_1c	Myristoleic acid cis, %
bc14_1t	Myristoleic acid trans, %
bc15	Pentadecylic acid, %
bc16	Palmitic acid, %
bc16_1c	Palmitelaidic acid total cis, %
bc16_1t	Palmitelaidic acid total trans, %
bc10_1t	Decenoic acid trans, %
bc17	Margaric acid, %
bc18	Stearic acid, %
bc18_1c	Oleic acid cis, %
bc18_1t	Oleic acid trans, %
bc18_1ot	Oleic acid other, %
bc18_3c_n3	Alpha-linolenic acid cis N3, %
bc18_2ct	Linoleic acid cis trans, %
bc19	Nondecylic acid, %
bc20	Arachidic acid, %
bc20_1c	Eicosenoic acid cis, %
bc20_2c_n6	Eicosadienoic acid cis N6, %
bc20_3c_n3	Eicosatrienoic acid cis N3, %
bc20_4c_n6	Arachidonic acid cis N6, %
bc20_5c_n3	Timnodonic acid (EPA) cis N3, %
bc21	Heneicosylic acid, %
bc22	Behenic acid, %
bc22_1c_tot	Docosenoic acid cis, %
bc22_2c_n3	Docosadienoic acid cis, %
bc22_3c_n3	Docosatrienoic acid cis, %
bc22_4c_n6	DTA cis N6, %
bc22_5c_n3	DPA cis N3, %
bc22_6c_n3	DHA cis N3, %
bc18_2cc_n6	Linoleic acid cis cis N6, %
bc24	Lignoceric acid, %
bc24_1c	nervonic acid cis, %
bc12_1t	Lauroleic acid trans, %
bc18_2tc	Linoleic acid trans cis, %
bc18_2oth	Linoleic acid other, %
bc20_1t	Gadoleic acid trans, %
bc22_1t	Erucic acid trans, %
bc24_1t	Nervonic acid trans, %
fa_unid1	Fatty acids unidentified, %
bc18_3c_n6	Alpha-linolenic acid cis N6, %
bc16_1t_n7	Palmitoleic acid trans N7, %
bc16_1c_n7	Palmitoleic acid cis N7, %
bc18_2tt_n6	Linoleic acid trans trans N6, %
bc18_1t_n13	Oleic acid trans N>12, %
bc18_1t_n12	Oleic acid trans N12, %
bc18_1t_n9	Oleic acid trans N9, %
bc18_1t_n8	Oleic acid trans N8, %
bc18_1t_n7	Oleic acid trans N7, %
bc18_1c_n12	Oleic acid cis N12, %
bc18_1c_n9	Oleic acid cis N9, %
bc18_1c_n8	Oleic acid cis N8, %
bc18_1c_nc	Oleic acid cis N7, %
bc18_1c_n6	Oleic acid cis N6, %
bc18_1c_n5	Oleic acid cis N5, %

Variable	Label
bc18_1c_n4	Oleic acid cis N4, %
bc18_1c_n123	Oleic acid cis N<4, %
bc20_1etc	C20:>1, %
bc22_1etc	C22:>1, %
bc17_1tot	Heptadecenoic acid total, %
bc18_1tot	Oleic acid total, %
bc18_2tot	Linoleic acid total conjugate, %
bc14_1tot	Myristoleic acid total, %
bc16_1tot	Palmitoleic acid total, %
bc20_1tot	Gadoleic acid total, %
bc22_1tot	Erucic acid total, %
bc24_1tot	Nervonic acid total, %
bc18_4c_n3	Stearic acid cis, %
bc20_4c_n3	Eicosatetraenoic acid cis, %
bc4_c8	Short-chain saturated fatty acids C4-C8, %
bc16_1tc	Palmitoleid acid trans + cis, %
bc8_c10	Medium-chain saturated fatty acids C8 + C10, %
bc4_c10	Short-medium chain saturated fatty acids, g
bc12_c16	Long-chain saturated fatty acids C12-16, g
bc18_long	Long-very long chain saturated fatty acids c18-, g
bMUFAc	Mono-unsaturated cis-fatty acids, g
bMUFAtr	Mono-unsaturated trans-fatty acids, g
botMUFAc	Other cis/trans mono-unsaturated fatty acids, g
bc15_1c	pentadecenoic acid, %
bc16_1ot	Palmitoleic acid others, %
bc17_1c	Heptadecenoic acid cis, %
bc18_2cc	Linoleic acid cis N9, %
bc20_3c_n9	Eicosatrienoic acid cis N9, %
bc20_3c_n6	Eicosatrienoic acid cis N6, %
bc22_2c_n6	Docosadienoic acid cis N6, %
bc22_5c_n6	Docosahexaenoic acid (DHA) cis N6, %
bc23	Tricosylic acid, %
bc24_2c_n6	Tetracosadienoic acid cis N6, %
bc22_1_n11	Erucic acid N11, %
bc22_1_n9	Erucic acid N9, %
bMUFAc_ot	Mono-unsaturated fatty acids rest cis+trans, %
bPUFAc_ot	Poly-unsaturated fatty acids rest cis + trans, %
bSFAot	Saturated fatty acids rest, %
bMUFAc_ot	Mono-unsaturated fatty acids cis rest, %
bMUFAtr_ot	Mono-unsaturated fatty acids trans rest, %
bPUFAc_ot	Poly-unsaturated cis rest, %
bPUFAothc_ot	Other remaining poly-unsaturated fatty acids, g
fa_unid2	Fatty acids, unidentified, g
bc18_1t_n11	Oleic acid trans N11, %
bc18_1t_n10	Oleic acid trans N10, %
bc18_1t_n6	Oleic acid trans N6, %
bc18_1t_n5	Oleic acid trans N5, %
bc18_1t_n4	Oleic acid trans N4, %
bc18_1t_n3	Oleic acid trans N3, %
bc18_1t_n2	Oleic acid trans N2, %
bc18_1c_n13	Oleic acid cis N12, %
bc18_1c_n11	Oleic acid cis N11, %
bc18_1c_n3	Oleic acid cis N3, %
bc18_3ttt_n3	Linolenic acid trans N3, %
bc18_1c_ot	Oleic acid cis rest, %

Variable	Label
bc20_2tt_n6	Eicosdienoic acid trans trans N6, %
bc25	Pentacosylic acid, %
bc20_1c_n9	Gadoleic acid cis N9, %
bc24_1c_n9	Nervonic acid cis N9, %
bc16_1c_n9	16:1(n-9)c, %
bc16_1t_n9	16:1(n-9)t, %

15.5 Amino acids

Variable	Label
Baseline	
baa	Total amino acids, mg
bile	Isoleucine, mg
bleu	Leucine, mg
blys	Lysine, mg
bmet	Methionine, mg
bcys	Cysteine, mg
bfen	Phenylalanine, mg
btyr	tyrosine, mg
bthr	Threonine, mg
btrp	Tryptophan, mg
bval	Valine, mg
barg	Arginine, mg
bhis	Histidine, mg
balan	Alanine, mg
basp	Aspartic acid, mg
bglu	Glutamic acid, mg
bgly	Glycine, mg
bpro	Proline, mg
bser	Serine, mg

15.6 Flavonoids

Variable	Label
Baseline	
bQuer	Quercetin, mg
bCat	Catechin, mg
bEpicat	Epicatechin, mg
bEpiCG	Epicatechin gallate, mg
bGalCat	Gallocatechin, mg
bEpiGC	Epigallocatechin, mg
bEpiGCG	Epigallocatechin gallate, mg
bCocoa	Cocoa, g

15.7 Lignans

Variable	Label
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Baseline

blari	lariciresinol, µg
bseco	secoisolariciresinol, µg
bpino	pinoresinol, µg
bmat	matairesinol, µg
blignans	total lignans, µg

15.8 Miscellaneous

Variable	Label
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Baseline

bfmt	Phytates, g
bmalac	Malic acid, g
bcitac	Citric acid, g
blacac	Lactic acid, g
boxalac	Oxalic acid, g
btarac	Tartaric acid, g
borgactot	Organic acid total, g
bfruit	Fruit, g
bwalnut	Walnut, g
bparanoten	Paranoten, g
bpecan	Pecan, g
bhazelnut	Hazelnut, g
bpistachios	Pistachios, g
balmond	Almond, g
bcashew	Cashew, g
bpeanut	Peanut, g
bamandelspijs	Amandelspijs, g
bnuts	Nuts, g
bbeans	Beans, g
blentils	Lentils, g
bpeas	Peas, g
bsoybeans	Soybeans, g
blegumes	Legumes, g
bflaxseed	Flaxseed, g
bsesame	Sesame, g
bsunflower	Sunflower, g
bseeds	Seeds, g
bredmeat	Total red meat, g/d
bwhitemeat	Total white meat, g/d
bprocmeat	Total processed meat, g/d

16 Food groups

Variable Label

Baseline

bvegetablesa	'Basic a: Vegetables, g/d'
bfruita	'Basic a: Fruit, g/d'
bgrainsa	'Basic a: Whole grains, g/d'
bpotatoesa	'Basic a: Potatoes, g/d'
bproteinrichplanta	'Basic a: Protein-rich plant foods, g/d'
bmeata	'Basic a: Lean meat, g/d'
beggsa	'Basic a: Eggs, g/d'
bfisha	'Basic a: Fish, g/d'
bmilka	'Basic a: Low-fat milk and yoghurt, g/d'
bfatsa	'Basic a: Oils and soft margarines, g/d'
bwatera	'Basic a: Noncaloric drinks, g/d'
bcheesea	'Basic a: Low-fat cheese, g/d'
bprocessedfruitb	'Basic b/c: Processed fruit, g/d'
bgrainsb	'Basic b/c: Refined grains, g/d'
bmeatb	'Basic b/c: High-fat meat, g/d'
bprocessedmeatb	'Basic b/c: Processed meat, g/d'
bmilkb	'Basic b/c: Full-fat milk and yoghurt, g/d'
bcheeseab	'Basic a/b/c (combined): Cheese, g/d'
bcheeseb	'Basic b/c: Full-fat cheese, g/d'
bfatsb	'Basic b/c: Butter and margarines, g/d'
bsoupb	'Basic b/c: Soups, g/d'
bspreadsb	'Basic b/c: Spreads, g/d'
bwarmmealsc	'Non-basic: Ready-to-eat meals, g/d'
bsweetextrasc	'Non-basic: Sweet snacks, g/d'
bsavoryextrasc	'Non-basic: Savory snacks, g/d'
bssbeveragesc	'Non-basic: Sugar-sweetened beverages, g/d'
bvegetablesaq5	'Basic a: Vegetables, quintiles'
bfruitaq5	'Basic a: Fruit, quintiles'
bgrainsaq5	'Basic a: Whole grains, quintiles'
bpotatoesaq5	'Basic a: Potatoes, quintiles'
bproteinrichplantaq5	'Basic a: Protein-rich plant foods, quintiles'
bmeataq5	'Basic a: Lean meat, quintiles'
beggsaq5	'Basic a: Eggs, quintiles'
bfishaq5	'Basic a: Fish, quintiles'
bmilkaq5	'Basic a: Low-fat milk and yoghurt, quintiles'
bcheeseaq5	'Basic a: Low-fat cheese, quintiles'
bfatsaq5	'Basic a: Oils and soft margarines, quintiles'
bwateraq5	'Basic a: Noncaloric drinks, quintiles'
bprocessedfruitbq5	'Basic b/c: Processed fruit, quintiles'
bgrainsbq5	'Basic b/c: Refined grains, quintiles'
bmeatbq5	'Basic b/c: High-fat meat, quintiles'
bprocessedmeatbq5	'Basic b/c: Processed meat, quintiles'
bmilkbq5	'Basic b/c: Full-fat milk and yoghurt, quintiles'
bcheeseabq5	'Basic a/b/c (combined): Cheese, quintiles'
bcheesebq5	'Basic b/c: Full-fat cheese, quintiles'
bfatsbq5	'Basic b/c: Butter and margarines, quintiles'
bsoupbq5	'Basic b/c: Soups, quintiles'
bspreadsbq5	'Basic b/c: Spreads, quintiles'
bssbeveragescq5	'Non-basic: Sugar-sweetened beverages, quintiles'
bwarmmealscq5	'Non-basic: Ready-to-eat meals, quintiles'
bsweetextrascq5	'Non-basic: Sweet snacks, quintiles'
bsavoryextrascq5	'Non-basic: Savory snacks, quintiles'

17 Food scores

Variable	Label
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Baseline

bDHNaFS	Dutch Healthy Nutrient and Food Score
bDUNaFS	Dutch Unhealthy Nutrient and Food Score
bDHNaFSq5	Dutch Healthy Nutrient and Food Score, quintiles
bDUNaFSq5	Dutch Unhealthy Nutrient and Food Score, quintiles

Final Examination

fDHNaFS	Dutch Healthy Nutrient and Food Score
fDUNaFS	Dutch Unhealthy Nutrient and Food Score
fDHNaFSq5	Dutch Healthy Nutrient and Food Score, quintiles
fDUNaFSq5	Dutch Unhealthy Nutrient and Food Score, quintiles
