

Alpha Omega Cohort

Data dictionary

- Food Frequency Questionnaire -



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1 Dietary pattern

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 than 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 Bread and wheat products

Variable	Label
Baseline	
bf206	white bread
bf207	brown bread, wheat bread
bf208	whole wheat bread
bf209	multigrain bread

Variable	Label
bf210	other bread
bf003	croissants
bf211	white buns, currant bun
bf212	white rusk
bf213	brown buns (with muesli)
bf214	crispbread, whole-wheat rusk
bf215	whole-wheat crispbread, rye bread
bf216	other bread substitutes
bf006	gingerbread (loaf)

Midterm Examination

Final Examination

3 Butter and margarine

Variable	Label
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Baseline

See '13. Fats and oils'. All fat variables are summed up per type of fat.

Midterm Examination

Final Examination

4 Bread toppings

Variable	Label
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Baseline

bf217	cheese, 20% fat
bf218	cheese, 30% fat
bf219	regular cheese
bf011	luxury cheese, full fat
bf012	luxury cheese, reduced fat
bf013	unknown type of cheese
bf220	other cheese
bf016	cooked liver
bf017	liver products
bf018	gammon
bf019	luncheon meat
bf020	bacon
bf021	unknown types of meat
bf022	other types of meat
bf024	chocolate spread
bf023	peanutbutter
bf221	coconut topping (bread)
bf222	sweet toppings
bf026	sandwichspread
bf027	eggs

Midterm Examination

Variable	Label
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Final Examination

5 Breakfast and milk products

Variable	Label
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Baseline

bf030	packaged breakfast yoghurt
bf224	granola
bf225	cornflakes
bf226	fibre-rich breakfast products
bf227	other breakfast products
bf033	full-fat milk
bf034	low-fat/semi-skimmed milk
bf231	skimmed milk
bf232	buttermilk
bf233	other types of milk
bf039	full-fat chocolate milk
bf040	low-fat/semi-skimmed chocolate milk, yoghurt drink etc
bf041	skimmed chocolate milk, yoghurt drink etc
bf234	other chocolate milk, yogurt drink
bf235	full-fat yoghurt, custard etc
bf046	low-fat/semi-skimmed yoghurt, custard etc
bf236	skimmed yoghurt, custard etc
bf237	other yoghurt, custard etc
bf229	pudding
bf230	porridge
bf050	ice cream
bf051	popsicle
bf238	other ice cream
bf053	whipped cream
bf052	sugar in dairy products

Midterm Examination

Final Examination

6 Coffee and tea

Variable	Label
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Baseline

bf239	coffee with caffeine
bf240	coffee without caffeine
bf241	cappuccino
bf243	black tea
bf244	green tea
bf245	herbal tea
bf246	other types of tea

Variable	Label
bf247	sugar in coffee
bf248	sugar in cappucino
bf249	sugar in tea
bf058	coffee-creamer
bf253	low fat/semi-skimmed coffee milk
bf061	evaporated milk/coffee milk powder
bf062	regular full fat milk in coffee
bf063	regular low fat/semi-skimmed milk in coffee
bf254	regular skimmed milk in coffee
bf064	unknown coffee milk
bf065	other coffee milk

Midterm Examination

Final Examination

7 Diner

7.1 Starch base

Variable	Label
Baseline	
bf259	rice
bf260	noodles
bf070	pizza
bf261	Italian pasta dishes
bf072	savoury pie, quiche
bf073	pancakes

Midterm Examination

Final Examination

7.2 Soups

Variable	Label
Baseline	
bf263	onion soup
bf264	tomato soup
bf265	broth without filling
bf266	broth with filling
bf267	soup with legumes
bf268	other soup

Midterm Examination

Final Examination

7.3 Potatoes

Variable	Label
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Baseline

bf080	hotchpot
bf269	boiled potatoes
bf270	mashed potatoes
bf271	baked potatoes
bf272	other potatoes
bf082	oven fries
bf273	fried fries
bf274	fries unknown preparation

Midterm Examination

Final Examination

7.4 Vegetables

Variable	Label
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Baseline

bf275	endive
bf276	spinach and purslane
bf277	sprouts
bf278	cauliflower
bf279	broccoli
bf280	other cabbage
bf281	carrots
bf282	peas
bf283	broad beans
bf284	green beans
bf285	legumes
bf286	leek
bf287	chicory
bf288	kohlrabi
bf289	beets
bf290	mushrooms
bf291	bell pepper
bf293	onion
bf295	other kind of vegetables
bf292	tomatoes
bf294	lettuce and crudités
bf088	vinegar or dressing for crudités
bf296	olive oil/vinegar dressing for crudités
bf297	other oil/vinegar dressing for crudités
bf090	low fat mayonnaise etc. for crudités
bf091	mayonnaise for crudités
bf092	unknown dressing for crudités
bf093	other dressing for crudités

Midterm Examination

Final Examination

7.5 Meat, fish and meat replacers

Variable	Label
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Baseline

bf298	steak etc
bf299	blind finch etc
bf300	gammon steak
bf301	pork fillet
bf302	hamburger etc
bf303	chicken/turkey without skin etc
bf304	chicken with skin etc
bf305	minced meat etc
bf105	liver- and kidney products
bf106	snackbar products
bf306	other kind of meat
bf095	ready-bought fried fish
bf307	shellfish
bf096	ready-bought fried fish
bf308	trout, gurnard
bf309	herring
bf310	eel, mackerel, salmon
bf311	other kind of fish
bf312	quorn
bf313	vegetarian burger
bf314	soya products: tahoe, tofu
bf315	soya products: tempeh
bf316	cheese soufflé
bf317	other meat substitutes

Midterm Examination

Final Examination

7.6 Addings

Variable	Label
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Baseline

bf115	nuts and seeds with the warm meal
bf116	cheese with the warm meal
bf117	cream with the warm meal
bf119	satay - or peanut sauce
bf318	tomato sauce
bf319	other warm sauces
bf122	mayonnaise
bf123	low fat mayonnaise
bf124	ketchup etc
bf320	mustard
bf321	other cold sauces

Midterm Examination

Final Examination

Variable	Label
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8 Cook, bake and fry

Variable	Label
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Baseline

See '13. Fats and oils'. All fat variables are summed up per type of fat.

Midterm Examination

Final Examination

9 Snacks

9.1 Sweet snacks

Variable	Label
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Baseline

bf130	biscuits and cookies
bf137	sweets / candies
bf131	large cookies
bf133	pie or cake
bf132	food rusk
bf322	candybars
bf323	pieces of chocolates etc
bf325	dark chocolate
bf326	milk chocolate
bf327	white chocolate

Midterm Examination

Final Examination

9.2 Savory snacks, warm

Variable	Label
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Baseline

bf139	snack: meatball etc
bf140	snackbar product
bf141	snack: mini croquette
bf142	snack: fries
bf143	snack: small springroll
bf144	snack: large springroll
bf145	snack: satay
bf146	snack: sausage roll etc

Variable	Label
bf147	snack: shawarma sandwich
bf148	with mayonnaise
bf149	with low-fat mayonnaise
bf150	with ketchup
bf151	with peanut sauce
bf328	with mustard
bf329	with other sauce

Midterm Examination

Final Examination

9.3 Savory snacks, cold

Variable	Label
Baseline	
bf154	Salad (huzarenslaatje)
bf155	nuts
bf156	potato chips and pretzels
bf157	cubes of cheese
bf158	sausage
bf330	toast with fish salad
bf331	toast with fish
bf332	toast without fish

Midterm Examination

Final Examination

10 Fruit

Variable	Label
Baseline	
bf334	citrus fruits
bf335	apples, pears
bf336	bananas
bf337	apple sauce
bf338	strawberries
bf339	blueberries
bf340	cherries
bf341	grapes
bf342	peaches, nectarines
bf343	plums
bf344	apricot
bf345	kiwi
bf346	dried fruit
bf347	other fruit

Midterm Examination

Variable	Label
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Final Examination

11 Juice and soft drinks

Variable	Label
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Baseline

bf348	orange juice
bf349	apple juice
bf350	grape fruit
bf351	grapefruit juice
bf352	tomato juice
bf353	vegetable juice
bf354	other juices
bf355	ice tea
bf356	rosehip syrup
bf357	coke with caffeine
bf358	tap water or diet soda
bf359	other soda
bf360	other drinks

Midterm Examination

Final Examination

12 Alcoholic beverages

Variable	Label
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Baseline

bf160	beer
bf161	low-alcohol or alcohol-free beer
bf361	red wine
bf362	rosé wine
bf363	white wine
bf364	sherry, vermouth, port
bf165	strong liquor
bf163	advocaat
bf164	mixed/longdrinks
bf365	other alcoholic beverages

Midterm Examination

Final Examination

13 Fats and oils

Variable	Label
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Baseline

bf401	butter
bf402	low-fat butter
bf403	low fat margarine
bf404	low-fat diet margarine
bf405	cholesterol-lowering low-fat margarine
bf406	tub margarine
bf407	stick margarine
bf408	diet margarine
bf409	cholesterol-lowering margarine
bf410	liquid margarine
bf411	solid bake and frying fat
bf412	liquid bake and frying fat
bf414	other types of oil
bf415	solid deep frying oil
bf416	liquid deep frying oil
bf417	lard
bf419	unknown type of spread
bf420	other type of spread
bf421	unknown types of fat cooked vegetables
bf422	other types of fat cooked vegetables
bf423	unknown type of fat cooked meal
bf424	other type of fat cooked meal
bf425	olive oil
bf426	deep frying oil
bf427	butter / low-fat butter

Midterm Examination

mf483	Intervention margarine – placebo
mf484	Intervention margarine – ALA
mf485	Intervention margarine – EPA-DHA
mf486	Intervention margarine – EPA-DHA+ALA

Final Examination

ff483	Intervention margarine – placebo
ff484	Intervention margarine – ALA
ff485	Intervention margarine – EPA-DHA
ff486	Intervention margarine – EPA-DHA+ALA

14 Additional information

Variable	Label	Format	Values
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Baseline

bM1A	Strawberries	ffqfreq	0=missing 1=not this month 2=less than 1/wk 3=1/wk 4=2-3/wk
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Variable	Label	Format	Values
			5=4-6/wk 6=1/day 7=2 or more/day
bM1B	Blueberries, currants, blackberries, raspberries	ffqfreq	ld.
bM1C	Cherries	ffqfreq	ld.
bM1D	Grapes	ffqfreq	ld.
bM1E	Peaches, nectarines	ffqfreq	ld.
bM1F	Mandarins	ffqfreq	ld.
bM1G	Plums	ffqfreq	ld.
bM1H	Apricots	ffqfreq	ld.
bM2A	Stew – kale	ffqfreq	ld.
bM2B	Stew – endive	ffqfreq	ld.
bM2C	Stew – carrots and onions	ffqfreq	ld.
bM2D	Stew – sauerkraut	ffqfreq	ld.
bM2E	Stew – other	ffqfreq	ld.
bM2F	Legumes	ffqfreq	ld.
bM2G	Soups with legumes (bruine bonen, erwten)	ffqfreq	ld.
bM2H	Marzipan, treats with almond (amandelspijs, banketstaaf), spiced bisquit	ffqfreq	ld.
bM3A	Peanuts	ffqfreq	ld.
bM3B	Walnuts	ffqfreq	ld.
bM3C	Almonds	ffqfreq	ld.
bM3D	Other nuts	ffqfreq	ld.
bM3E	Almond bread, kerststol	ffqfreq	ld.
bM3F	Figs	ffqfreq	ld.
bM3G	Dates	ffqfreq	ld.
bM3H	Seeds	ffqfreq	ld.
Midterm Examination			
Final examination			

15 Nutrients

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

Variable	Label
bpufa	Poly unsaturated fatty acids, g
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

Variable	Label
bvitc	Vitamin C, mg
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
bmg	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, %

Variable	Label
bc13	Tridecylic acid, %
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, %

Variable	Label
bc18_1c_n5	Oleic acid cis N5, %
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	Palmitoleic 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, %

Variable	Label
bc18_1c_ot	Oleic acid cis rest, %
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
Baseline	
blari	lariciresinol, µg
bseco	secoisolariciresinol, µg
bpino	pinoresinol, µg
bmat	matairesinol, µg
blignans	total lignans, µg

15.8 Miscellaneous

Variable	Label
Baseline	
bft	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'
bfuita	'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'
bfuitaq5	'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
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