

Table S3. Food items from the food frequency questionnaire sorted into the categories wholegrains, fruits and vegetables, and dairy products.

| Wholegrains n = 15 | Fruits and vegetables n = 14 | Dairy products n = 15 |
|-----------------------------|---------------------------------|------------------------------|
| Brown rice | Raw roots | Milk |
| Wholegrain pasta | Boiled roots | Soured milk |
| Rolled oats | Roots in dishes | Yoghurt |
| Rolled oats with bran | Raw vegetables | Cream |
| Rolled rye | Boiled vegetables | Crème fraîche |
| Barley | Vegetables in dishes | Soft whey butter |
| Cereals with bran | Beans | Ice cream |
| Muesli | Lentils | Feta cheese |
| Muesli with dried fruit | Soup with peas | Sour cream |
| Rye crisp bread | Berries | Cottage cheese |
| Oat crisp bread | Fruits with skin | Cream cheese |
| Whole meal bread | Peeled fruits | Cheese spread |
| Whole meal bread with seeds | Canned fruits | Ready-to-eat sauce with |
| Whole meal biscuits | Dried fruits | dairy |
| Whole meal cookies | | Ready-to-eat soup with dairy |
| | | Rice pudding |