**Appendix A**

In this appendix we present the baseline diet used in the analysis presented in this paper. It contains average servings per week for an adult Dutch woman. The data is derived from the Dutch National Consumption Survey (RIVM, 2012; Rossum et al., 2011), adapted to be constrained to 206 products. These 206 products cover about 80% of the total weight consumed during the survey.

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Food Group | Food Item | Servings / week | Serving Size (g) | Description Serving |
| Alcoholic beverages | Beer >7 vol% alcohol | 0 | 300 | 1 bottle |
| Beer pilsner | 0 | 300 | 1 bottle |
| Whisky | 0 | 50 | 1 glass |
| Wine red | 1.3 | 150 | 1 glass |
| Wine white dry | 0 | 150 | 1 glass |
| Cakes | Almond paste filled tarts average | 0 | 50 | 1 cake |
| Apple pie Dutch w shortbread w margarine | 0 | 100 | 1 piece |
| Biscuit brown/wholemeal | 1.3 | 10 | 1 piece |
| Biscuit fruit | 1.3 | 10 | 1 piece |
| Biscuit spiced Speculaas | 1.3 | 10 | 1 piece |
| Biscuit sweet | 1.3 | 5 | 1 piece |
| Biscuits averaged | 1.3 | 10 | 1 piece |
| Cake Dutch spiced Ontbijtkoek | 1.3 | 30 | 1 slice |
| Cake sponge Dutch Eierkoek | 0 | 30 | 1 cake |
| Cake wo butter | 0 | 30 | 1 slice |
| Chocolate chip cookie | 1.3 | 10 | 1 piece |
| Waffle syrup average | 0 | 35 | 1 piece |
| Cereals and cereal products | Bread brown wheat | 0 | 35 | 1 slice |
| Bread white water based | 0 | 35 | 1 slice |
| Bread wholemeal average | 42 | 35 | 1 slice |
| Breakfast cereal Cornflakes | 0 | 4 | 1 tablespoon |
| Bun currant/raisin | 0 | 50 | 1 piece |
| Crisp bakes Dutch | 0 | 10 | 1 piece |
| Crisp bakes Dutch wholemeal | 0 | 10 | 1 piece |
| Crisp bread averaged | 0 | 10 | 1 piece |
| Crisps potato average | 2.7 | 10 | 1 hand |
| Muesli crunchy plain/w fruit | 0 | 10 | 1 tablespoon |
| Pasta plain average boiled | 0 | 45 | 1 serving spoon |
| Rice brown boiled | 0 | 55 | 1 serving spoon |
| Rice white boiled | 0 | 55 | 1 serving spoon |
| Roll brown hard | 0 | 50 | 1 piece |
| Roll white soft | 0 | 50 | 1 piece |
| Condiments and sauces | Ketchup curry | 0 | 20 | 1 tablespoon |
| Ketchup tomato | 0 | 20 | 1 tablespoon |
| Mayonnaise | 1.3 | 20 | 1 tablespoon |
| Peanut sauce prepared | 1.3 | 20 | 1 tablespoon |
| Sauce for chips 25% oil | 0 | 20 | 1 tablespoon |
| Sauce tomato ready-made | 0 | 50 | 1 serving spoon |
| Dairy products | Buttermilk | 0 | 250 | 1 mug |
| Cheese 20+ | 0 | 20 | for 1 bread slice |
| Cheese 30+ | 0 | 20 | for 1 bread slice |
| Cheese Edam 40+ | 0 | 20 | for 1 bread slice |
| Cheese Gouda 48+ average | 0 | 20 | for 1 bread slice |
| Cheese spread 48+ | 0 | 15 | for 1 bread slice |
| Cheese Gouda 48+ semi-mature | 11 | 20 | for 1 bread slice |
| Coffee creamer full fat | 0 | 8 | for 1 cup |
| Coffee creamer half fat | 0 | 8 | for 1 cup |
| Custard chocolate full fat | 0 | 150 | 1 bowl |
| Custard several flavours full fat | 0 | 150 | 1 bowl |
| Custard vanilla full fat | 0 | 150 | 1 bowl |
| Fromage frais half fat w fruit | 0 | 150 | 1 portion |
| Milk chocolate-flavoured full fat | 0 | 250 | 1 mug |
| Milk chocolate-flavoured semi-skimmed | 0 | 250 | 1 mug |
| Milk semi-skimmed | 13 | 250 | 1 mug |
| Milk skimmed | 0 | 250 | 1 glass |
| Milk whole | 0 | 250 | 1 glass |
| Yoghurt drink | 0 | 250 | 1 mug |
| Yoghurt full fat | 0 | 150 | 1 bowl |
| Yoghurt full fat with fruit | 0 | 150 | 1 bowl |
| Yoghurt half fat | 0 | 150 | 1 bowl |
| Yoghurt low fat | 0 | 150 | 1 bowl |
| Yoghurt low fat with fruit | 0 | 150 | 1 bowl |
| Egg and Egg products | Eggs chicken boiled average | 2.9 | 50 | 1 piece |
| Fat | Butter product half fat | 0 | 5 | for 1 bread slice |
| Butter salted | 0 | 5 | for 1 bread slice |
| Butter unsalted | 0 | 5 | for 1 bread slice |
| Cooking fat liquid 97% fat <17 g sat | 1.3 | 15 | 1 splash |
| Low fat margarine 40% fat <17 g sat | 38.4 | 5 | for 1 bread slice |
| Margarine 80% fat 17-24 g saturates | 0 | 13 | 1 lump |
| Margarine liq 80% fat < 17g sat unsalted | 0 | 10 | 1 tablespoon |
| Margarine liq 80% fat <17 g saturates | 1.1 | 10 | 1 tablespoon |
| Margarine product 60% fat <17 g sat | 3.6 | 5 | for 1 bread slice |
| Oil olive | 3.4 | 10 | 1 tablespoon |
| Oil soya | 2.4 | 10 | 1 tablespoon |
| Oil sunflower | 1.6 | 10 | 1 tablespoon |
| Fish and shellfish | Cod boiled | 0.4 | 120 | 1 piece |
| Herring salted | 0.6 | 75 | 1 piece |
| Mackerel steamed | 0 | 10 | for 1 piece of toast |
| Mussels boiled | 0 | 120 | 1 portion |
| Pangasius prepared | 0 | 120 | 1 piece |
| Salmon farmed prepared | 0.6 | 120 | 1 portion |
| Salmon smoked | 4 | 10 | for 1 piece of toast |
| Shrimps Grey peeled boiled | 4.8 | 10 | 1 tablespoon |
| Tuna in oil tinned | 0 | 10 | for 1 piece of toast |
| White fish fillet in batter deep-fried | 0 | 145 | 1 piece |
| Fruits, seeds, nuts | Apple sauce tinned | 0 | 125 | 1 bowl |
| Apple with skin average | 3.6 | 120 | 1 piece |
| Banana | 3.5 | 100 | 1 piece |
| Cashew nuts unsalted | 0 | 20 | 1 hand |
| Grapes with skin average | 1.1 | 100 | 1 small bunch |
| Kiwi fruit | 1.2 | 75 | 1 piece |
| Mandarins | 3 | 55 | 1 piece |
| Melon netted | 0 | 125 | 1 slice |
| Nuts mixed unsalted | 0 | 20 | 1 hand |
| Olives tinned/glass | 0 | 10 | 1 tablespoon |
| Orange | 1.2 | 125 | 1 piece |
| Peanut butter | 1.3 | 15 | for 1 bread slice |
| Peanuts unsalted | 0 | 20 | 1 hand |
| Pear with skin | 0 | 125 | 1 piece |
| Pineapple | 0 | 100 | 1 slice |
| Strawberries | 0.9 | 125 | 1 bowl |
| Walnuts unsalted | 0 | 20 | 1 hand |
| Legumes | Beans brown tinned | 0 | 60 | 1 serving spoon |
| Lentils boiled | 0 | 60 | 1 serving spoon |
| Peas chick boiled | 0 | 60 | 1 serving spoon |
| Peas marrowfat legumes boiled | 0 | 60 | 1 serving spoon |
| Meat and meat products | Bacon rashers streaky | 0 | 15 | for 1 bread slice |
| Beef frying steak prepared | 0.3 | 75 | 1 portion |
| Beef rump steak prepared | 0.5 | 75 | 1 portion |
| Beef smoke-dried | 0 | 15 | for 1 bread slice |
| Beef steak tartar spiced Filet Americain | 0 | 15 | for 1 bread slice |
| Chicken fillet prepared | 2.2 | 75 | 1 portion |
| Chicken with skin prepared | 0 | 75 | 1 portion |
| Ham lean boiled | 2.2 | 15 | for 1 bread slice |
| Ham shoulder medium fat boiled | 0 | 15 | for 1 bread slice |
| Liver pate | 0 | 15 | for 1 bread slice |
| Liver pate sausage | 0 | 15 | for 1 bread slice |
| Minced beef shallow fried | 0 | 75 | 1 portion |
| Minced beef/pork shallow fried | 0 | 75 | 1 portion |
| Pork shoulder chop prepared | 0 | 75 | 1 portion |
| Pork tenderloin prepared | 0.3 | 75 | 1 portion |
| Salami | 0 | 15 | for 1 bread slice |
| Salami sausage saveloy | 0 | 15 | for 1 bread slice |
| Sandwich meat chicken | 1.5 | 15 | for 1 bread slice |
| Sausage cooked | 0 | 15 | for 1 bread slice |
| Sausage luncheon meat | 0 | 15 | for 1 bread slice |
| Sausage pork Braadworst prepared | 0 | 75 | 1 portion |
| Sausage smoked cooked average | 0 | 100 | 1 portion |
| Miscellaneous | Croquette meat ragout deep-fried | 0 | 65 | 1 piece |
| Hamburger vegetarian | 0 | 100 | 1 piece |
| Soy drink average | 0 | 250 | 1 mug |
| Mincemeat vegetarian unprepared | 0 | 100 | 1 portion |
| Snack sausage roll puff pastry | 0 | 70 | 1 piece |
| Non-alcoholic beverages | Cappuccino freshly made | 0 | 125 | 1 cup |
| Coffee prepared | 11.5 | 125 | 1 cup |
| Cola light soft drink with caffeine | 0 | 250 | 1 glass |
| Ice tea | 1.3 | 250 | 1 glass |
| Juice apple | 0 | 150 | 1 glass |
| Juice drink | 1.3 | 150 | 1 glass |
| Juice drink light | 0 | 150 | 1 glass |
| Juice orange freshly squeezed | 0 | 150 | 1 glass |
| Juice orange pasteurized | 0 | 150 | 1 glass |
| Soft drink cola with caffeine | 1.3 | 250 | 1 glass |
| Soft drink light without caffeine | 0 | 250 | 1 glass |
| Soft drink wo caffeine | 0 | 250 | 1 glass |
| Tea herbal instant prepared | 0 | 150 | 1 glass |
| Tea prepared | 14.5 | 150 | 1 glass |
| Water average | 15 | 250 | 1 glass |
| Potatoes and other tubers | Chips fried in liquid frying fat | 0 | 50 | 1 serving spoon |
| Potatoes wo skins boiled average | 28 | 50 | 1 piece |
| Soy Products | Soy drink fortified | 0 | 250 |  |
| Soups, bouillon | Soup clear with meat and vegetables | 0 | 250 | 1 bowl |
| Soup vegetable based dried packet prepared | 0 | 250 | 1 bowl |
| Stock from cube prepared | 0 | 250 | 1 bowl |
| Sugar and confectionary | Chocolate confetti averaged | 0 | 15 | for 1 bread slice |
| Chocolate milk | 2.7 | 5 | 1 small piece |
| Chocolate plain | 1.3 | 5 | 1 small piece |
| Chocolates filled/Belgian chocolate | 0 | 15 | 1 piece |
| Fruit drink concentrate fruit mix | 0 | 35 | for 1 glass |
| Fruit drink concentrate undiluted | 0 | 35 | for 1 glass |
| Honey | 0 | 15 | for 1 bread slice |
| Ice cream dairy cream based | 0 | 50 | 1 scoop |
| Ice lolly/ Sorbet | 0 | 50 | 1 piece |
| Jam | 1.3 | 15 | for 1 bread slice |
| Jam without sugar | 0 | 15 | for 1 bread slice |
| Liquorice Dutch type average | 0 | 5 | 1 piece |
| Spread chocolate hazelnut | 1.3 | 15 | for 1 bread slice |
| Spread duo w chocolate | 0 | 15 | for 1 bread slice |
| Sugar granulated | 8 | 5 | 1 teaspoon |
| Syrup apple | 1.3 | 15 | for 1 bread slice |
| Vegetables | Bean sprouts boiled | 0 | 50 | 1 serving spoon |
| Beans French boiled | 4.1 | 50 | 1 serving spoon |
| Beetroot boiled | 0 | 50 | 1 serving spoon |
| Broccoli boiled | 0 | 50 | 1 serving spoon |
| Brussels sprouts boiled | 0 | 50 | 1 serving spoon |
| Cabbage oxheart boiled | 0 | 50 | 1 serving spoon |
| Cabbage sauerkraut cooked | 0 | 50 | 1 serving spoon |
| Carrots boiled average | 4.5 | 50 | 1 serving spoon |
| Carrots raw average | 0 | 50 | 1 serving spoon |
| Cauliflower boiled | 5.5 | 50 | 1 serving spoon |
| Celeriac boiled | 0 | 50 | 1 serving spoon |
| Chicory boiled | 0 | 50 | 1 serving spoon |
| Courgettes boiled | 0 | 50 | 1 serving spoon |
| Cucumber w skin raw | 4.3 | 50 | 1 serving spoon |
| Endive boiled | 0 | 50 | 1 serving spoon |
| Endive raw | 0 | 35 | 1 bowl |
| Garlic fresh | 0 | 5 | 1 clove |
| Kale curly boiled | 0 | 50 | 1 serving spoon |
| Leek boiled | 0 | 50 | 1 serving spoon |
| Leek raw | 0 | 15 | 1 tablespoon |
| Lettuce green average raw | 0 | 35 | 1 bowl |
| Mushrooms boiled | 0 | 50 | 1 serving spoon |
| Onions boiled | 4.5 | 50 | 1 serving spoon |
| Onions raw | 0 | 15 | 1 tablespoon |
| Peas and carrots tinned | 0 | 50 | 1 serving spoon |
| Peas frozen boiled | 0 | 50 | 1 serving spoon |
| Rocket raw | 0 | 35 | 1 bowl |
| Spinach frozen boiled | 0 | 50 | 1 serving spoon |
| Sweet pepper average boiled | 0 | 50 | 1 serving spoon |
| Sweet pepper green boiled | 0 | 50 | 1 serving spoon |
| Sweet pepper red boiled | 0 | 50 | 1 serving spoon |
| Sweet pepper red raw | 0 | 50 | 1 serving spoon |
| Tomato average boiled | 0 | 50 | 1 serving spoon |
| Tomato average raw | 5.2 | 50 | 1 serving spoon |
| Tomato puree concentrated tinned | 0 | 12.5 | 1 quarter tin |