Additional file 1

Categorization of diet composition based on German dietary guidelines

Article: Changes in diet from pregnancy to one year after birth: a longitudinal study

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Journal: BMC Pregnancy and Childbirth

| Response categories | 0 portions | max. 1 portion | 2-3 portions | 4-5 portions | 6-7 portions | > 7 portions |
|---------------------|------------|---------------|--------------|--------------|--------------|-------------|
| **Consumption per day** |
| Fruits/vegetables  | -10 points | -10 points | 0 points | 10 points | 10 points | 10 points |
| Unsweetened milk products | -10 points | 0 points | 10 points | 0 points | -10 points | -10 points |
| Sweetened beverages | 10 points | 0 points | -10 points | -10 points | -10 points | -10 points |
| Wholegrain bread | -10 points | 0 points | 10 points | 0 points | -10 points | -10 points |
| White bread | 10 points | 10 points | 0 points | -10 points | -10 points | -10 points |

| **Consumption per week** |
| Meat | 0 points | 0 points | 0 points | 10 points | 0 points | -10 points |
| Fish | 0 points | 10 points | 10 points | 0 points | -10 points | -10 points |
| Ready-made meals | 10 points | 0 points | -10 points | -10 points | -10 points | -10 points |
| Fried potatoes | 10 points | 0 points | -10 points | -10 points | -10 points | -10 points |
| Potatoes | -10 points | 0 points | 10 points | 10 points | 10 points | 10 points |
| Rice/noodles | -10 points | 0 points | 10 points | 10 points | 0 points | 0 points |

For “treats” (sum of weekly portions of sweetened milk products, cakes, and sweet/savory snacks), up to 7 portions/week are categorized as “green”, between 8 and 11 portions/week are categorized as “yellow”, and ≥ 12 portions/week are categorized as “red”.

Reference: Kersting M, Alexy U, Clausen K. Using the concept of Food Based Dietary Guidelines to develop an Optimized Mixed Diet (OMD) for German children and adolescents. J Pediatr Gastroenterol Nutr. 2005;40:301–8.