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   |                |