

Supplementary material.

English translated version (translated solely as exemplification) of The Perceived Dietary Adherence Questionnaire – a Food Frequency Questionnaire. The Danish version (not exemplified) is used in the study.

The Perceived Dietary Adherence Questionnaire – a Food Frequency Questionnaire

What have you eaten the last seven days?

Question	Circle number of days
1. For how many of the LAST 7 DAYS have you eaten plant-based? That is, foods with lots of vegetables, legumes, fruits, nuts, seeds, and whole grain products?	0 1 2 3 4 5 6 7
2. For how many of the LAST 7 DAYS have you eaten a varied diet? That is both fruits, vegetables, grain products, fish, dairy products, but also different vegetables and fruits, different grain products, different fish, etc.	0 1 2 3 4 5 6 7
3. For how many of the LAST 7 DAYS have you paid attention when eating, and only eaten until you were full?	0 1 2 3 4 5 6 7
4. For how many of the LAST 7 DAYS have you eaten a minimum of 600 grams of vegetables and fruits '6 a day'? (where the half is vegetables)	0 1 2 3 4 5 6 7
5. For how many of the LAST 7 DAYS have you eaten fish and seafood?	0 1 2 3 4 5 6 7
6. For how many of the LAST 7 DAYS have you eaten meat (from four-legged animals) or cold cuts (that were not keyhole marked / max. 10% fat)?	0 1 2 3 4 5 6 7
7. For how many of the LAST 7 DAYS have you chosen whole grain varieties when eating bread, pasta, rice, crispbread, breakfast cereals, and porridge? E.g., products with the whole grain logo.	0 1 2 3 4 5 6 7
8. For how many of the LAST 7 DAYS have you chosen plant oils, such as rapeseed and olive oil, instead of hard fats, such as butter and coconut oil when cooking?	0 1 2 3 4 5 6 7
9. For how many of the LAST 7 DAYS have you used butter on bread?	0 1 2 3 4 5 6 7
10. For how many of the LAST 7 DAYS have you eaten lean dairy products, such as milk, cultured milk products, and cheese?	0 1 2 3 4 5 6 7
11. For how many of the LAST 7 DAYS have you eaten high-fat foods such as pizza, fries, burgers, biscuits, or chips?	0 1 2 3 4 5 6 7
12. For how many of the LAST 7 DAYS have you eaten sugary foods like cake, dinner rolls, cookies, dessert, candy, etc.?	0 1 2 3 4 5 6 7
13. For how many of the LAST 7 DAYS have you primarily drunk water when you were thirsty, with your meals, and when you were physically active?	0 1 2 3 4 5 6 7