## Electronic Supplementary Table 1

Supplementary Table 1 title:

Ten guidelines for wholesome eating and drinking from the German Nutrition Society.

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| Enjoy food diversity | Make use of the diversity of foods and eat versatile. Choose mainly plant-based foods. |
| Vegetables and fruit – take 5 a day | Enjoy at least 3 portions of vegetables and 2 portions of fruit each day. This could also include legumes such as lentils, chickpeas and beans as well as (unsalted) nuts. |
| Favour whole-grain foods | The whole-grain varieties of cereal products like bread, pasta, rice and flour are the best choice for your health. |
| Complete the choice with animal-based foods | Consume milk and dairy products such as yoghurt and cheese daily, fish once or twice a week. If you eat meat, you should not consume more than 300 to 600 g per week. |
| Choose health-promoting fats | Prefer vegetable oils like rapeseed oil and margarines produced therefrom. Avoid hidden fats. Fat is often „invisibly“ present in processed foods like sausages, pastry, sweets, fast food and convenience products. |
| Reduce sugar and salt intake | Sugar-sweetened foods and beverages are not recommendable and should be avoided whenever possible. Limit the consumption of salt and reduce the proportion of high-salt foods. Be creative in flavouring with herbs and spices. |
| Water is the best choice | Drink about 1.5 litres per day. Water or other calorie-free beverages, such as unsweetened tea, are the best choice. Sugar-sweetened and alcoholic beverages are not recommendable. |
| Prepare carefully cooked dishes | Cook food as long as necessary but as short as possible, using little amount of water and fat. Avoid burning the food during roasting, grilling, baking and frying. |
| Mindful eating and enjoying | Take a break while you eat and allow plenty of time for eating. |
| Watch your weight and stay active | Combine a wholesome diet with plenty of physical activity. It is not only regular exercise which is helpful, but also an active daily life which includes frequent walking and cycling. |

Supplementary Table 1 legend: based on [22].