

Appendix 1 – Correlation coefficients between food frequency questionnaires and mean monthly 24 hour recall questionnaires over one year, or weighed food records, for different countries

| Country | Carbohydrate | Starch | Sugar (Mono- and di-saccharides) | Reference |
|-------------|------------------------------|------------------------------|--|-----------|
| UK | 0.55 | 0.53 | 0.51 | (23) |
| Germany | 0.58 | 0.65 | 0.64 (monosaccharides) 0.65 (disaccharides) | (26) |
| Italy | 0.52 (male) 0.54 (female) | - | 0.51 (male) 0.26 (female) | (29) |
| Sweden | 0.65 (male) 0.46 (female) | - | 0.62 (male) 0.67 (female) | (24) |
| Denmark | 0.40 (male) 0.47 (female) | - | - | (25) |
| France | 0.58 | - | - | (30) |
| Netherlands | 0.74 (male) 0.76 (female) | - | - | (28) |
| Greece | 0.36 (male) 0.20 (female) | 0.36 (male) 0.32 (female) | 0.35 (male) 0.45 (female) | (21, 27) |

Denmark, the UK and Sweden compared their FFQs with 7, 16 and 18 day weighed food records respectively. All other countries compared FFQs with the mean of 24 hour recall questionnaires repeated monthly, on a different day of each month, over 1 year.