

File S3: Screenshot of Digital FFQ with explanation of Extra item list usage

The screenshot of the digital FFQ platform shows the Bread food subgroup, with two items on the main FFQ list (1-white flour and 2-wholemeal/mixed grain bread/toast). Clicking on the 'Extra items check' button, opens the list of additional bread group items in the food database, which were reported in the NATSINPAS 24HR data or added on the advice of dietitian/community consultants), but were included in the parsimonious main FFQ food list. The list was checked and additional foods the respondent reported consuming at least once in the past month were added. Consumption information (frequency per day or month, and if consumed, number of portions) must be entered for all items on the FFQ, whether from the main list or added from extra items, in order to complete the assessment.

The screenshot displays the 'Food Frequency Questionnaire' interface. At the top, there is a header with a fork and spoon icon, the title 'Food Frequency Questionnaire', and the assessment type 'Full assessment'. Below the header, a button labeled 'Collapse all major groups' is visible. The main content area shows a table with columns: 'Food name', 'Portion', 'Num. of units', 'Frequency', and 'N. Portions'. The table is currently displaying the 'B-Bread' subgroup. Two items are listed: 'Bread/toast, white flour' and 'Bread/toast, wholemeal/mixed grain flour'. An 'Extra items check' dialog box is open, showing a list of additional bread items with checkboxes. The 'Bread, damper, white flour' and 'Fruit bread' items are checked. The dialog box also includes 'Add items' and 'No items' buttons. The background table shows consumption data for the listed items, with values for 'Num. of units', 'Frequency', and 'N. Portions'.

Food name	Portion	Num. of units	Frequency	N. Portions
Total:				
B-Bread				
Bread/toast, white flour	slice	1.00	0	
Bread/toast, wholemeal/mixed grain flour	slice	1.00	7	1.00
Extra items check				
Please choose a food item to add:-B-Bread-				
<input type="checkbox"/> Bread, white flour, sour dough				
<input type="checkbox"/> Bread, white flour, added fibre				
<input checked="" type="checkbox"/> Bread, damper, white flour	teasp...	1.00	7	1.00
<input type="checkbox"/> Bread, damper, wholemeal	teasp...	1.00	0	
<input type="checkbox"/> Bread roll, white flour	teasp...	1.00	0	
<input type="checkbox"/> Bread roll, wholemeal flour	tables...	1.00	7	1.00
<input type="checkbox"/> Bread, rye flour				
<input type="checkbox"/> Thin bread				
<input type="checkbox"/> Bread, flat wrap or tortilla, white flour				
<input type="checkbox"/> Bread, flat wrap or tortilla, wholemeal				
<input checked="" type="checkbox"/> Fruit bread				
<input type="checkbox"/> Savoury biscuits/crispbread, wheat				
<input type="checkbox"/> Savoury biscuits/crispbread, wholegrain				
<input type="checkbox"/> Savoury biscuits/crispbread, rice/corn	cup	1.00	0	
<input type="checkbox"/> Crumpet	conta...	1.00	7	1.00
<input type="checkbox"/> Crepe/pancake				