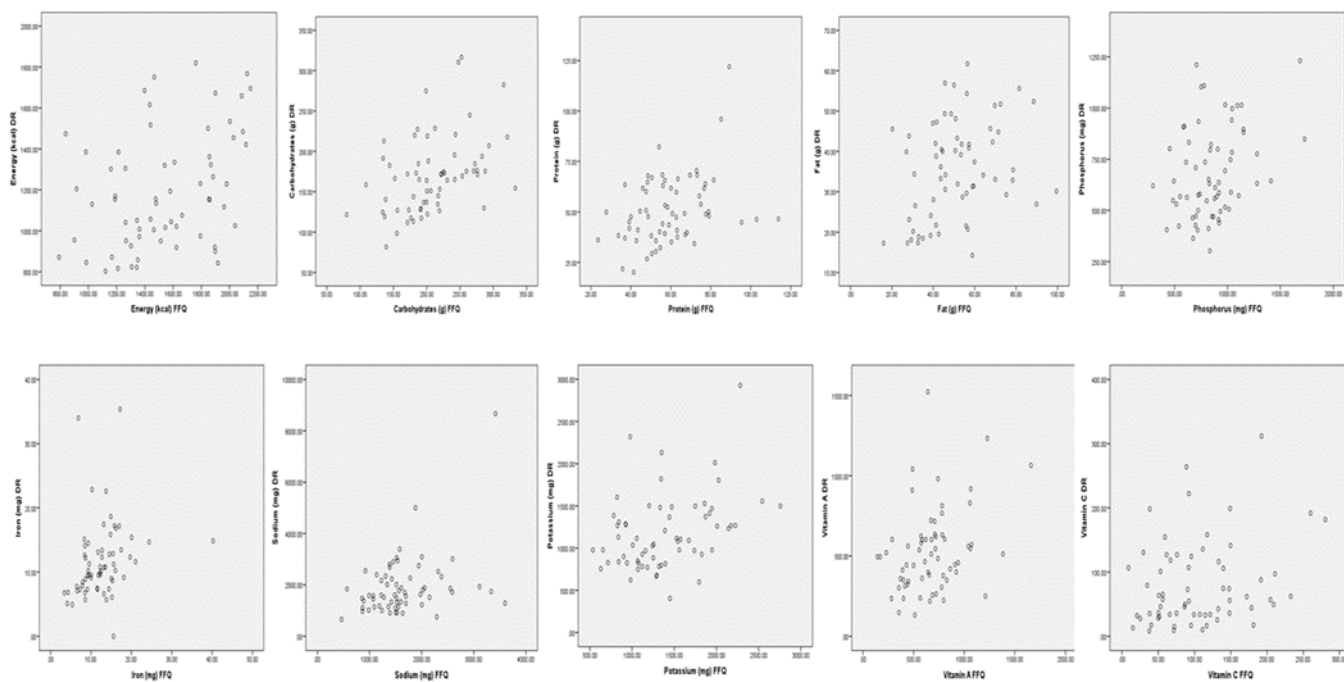


Supplementary Table S1: Complete food group and list included in the semi-quantitative FFQ.

A. Cereals & cereals products 1. White rice 2. Basmati rice 3. Brown rice 4. Fried rice 5. Rice/ 'Nasi Dagang' 6. Rice/ 'Nasi Arab'/ 'Nasi Briyani'/ 'Nasi Jagung'/ 'Nasi Minyak'/ 'Nasi Tomato' 7. Rice cooked with coconut milk/ 'Nasi Lemak' 8. Chicken Rice 9. Rice/ 'Nasi Kerabu' 10. Plain Porridge 11. Porridge (e.g.: chicken porridge/ fish porridge/ meat porridge/ <i>lambuk</i> porridge) 12. Fried Noodles ('mee/ mee-hoon/ kueh-teow/ wantan mee') 13. Noodles cooked with gravy (e.g.: 'hailam/ kicap/ kolok/ sizzling') 14. Noodles cooked with coconut milk gravy (e.g.: 'bandung/ kari/ rebus') 15. Noodles with soup (e.g.: 'mee/ mee-hoon/ kueh-teow/ wantan mee soup') 16. Penang Noodle 'Laksa' 17. Noodle 'Laksa/laksam' with coconut milk gravy 18. 'Roti Canai' 19. Chapatti 20. 'Tosai' 21. Breakfast cereals 22. Oats 23. White bread 24. Wholemeal bread 25. Whole grain bread 26. Sweet bun 27. Sandwich 28. Plain Crackers 29. Wholemeal cracker 30. Sweet biscuits (e.g.: sugar/ Marie/ chocolate) 31. Biscuits with cream (e.g.: chocolate cream/ peanut butter cream/ cheese cream) 32. Fried dimsum/ wantan	D. Eggs 74. Boiled egg 75. Fried egg 76. Salted egg E. Vegetables 77. Fried green leafy vegetables 78. Green leafy vegetables soup 79. Green leafy vegetables cooked with coconut milk gravy (e.g.: curry/ 'lemak') 80. Green leafy vegetables cooked by steamed/ boiled 81. Fried cruciferous vegetables 82. Cruciferous vegetables soup 83. Cruciferous vegetables cooked with coconut milk gravy (e.g.: curry/ 'lemak') 84. Cruciferous vegetables cooked by steamed/ boiled 85. Fried bean vegetables 86. Bean vegetables soup 87. Bean vegetables cooked with coconut milk gravy (e.g.: curry/ 'lemak') 88. Bean vegetables cooked by steamed/ boiled 89. Fried starchy vegetables 90. Starchy vegetables soup 91. Starchy vegetables cooked with coconut milk gravy (e.g.: curry/ 'lemak') 92. Starchy vegetables cooked by steamed/ boiled 93. Fried fruit vegetables 94. Fruit vegetables soup 95. Fruit vegetables cooked with coconut milk gravy eg: curry/ 'lemak') 96. Fruit vegetables cooked by steamed/ boiled 97. 'Ulam' (e.g.: cucumber/ tomato/ salad/ 'petai') F. Starchy Roots Tubers & Products 98. Fried Potato 99. Potato cooked with coconut milk (e.g.: curry/ 'kurma/ lemak')	L. Traditional Malaysian 'Kuih' & Confectionaries 144. Fried & spicy traditional kuih (e.g.: curry puff/ samosa/ popia rolls/ vadai) 145. Fried & sweet traditional kuih (e.g.: doughnut / 'ham chi peng/ laddoo/ cakoi') 146. Grilled/ Steamed spicy traditional kuih (e.g.: grilled glutinous rice/ 'cara berlauk/ meat pau') 147. Grilled/ Steamed sweet traditional kuih (e.g.: apam/ kuih angkoo/ kaya pau/ kuih talam) 148. Sweet porridge (e.g.: durians porridge/ green beans porridge/ sweet potato porridge) 149. Cakes 150. Pastry (e.g.: pie/ croissant) 151. Jelly/ 'agar-agar' 152. 'Ais kacang/ Cendol' 153. Ice cream 154. Chocolate 155. Sweets 156. 'Kerepek/ keropok/ muruku' M. Fastfood 157. Fried chicken with flour (e.g.: chicken chop) 158. Burger/ hotdog 159. Special Burger (e.g.: burger 'bakar'/ extra cheese/ extra egg) 160. Pizza 161. Spaghetti Bolognese 162. Spaghetti Carbonara 163. Sausage/ Frankfurter 164. Nugget 165. French fries 166. Wedges 167. Mashed potato 168. Coleslaw 169. Creamy mushroom soup N. Drink & Beverages 170. Plain water 171. Tea 'O' (with sugar) 172. Tea 'Tarik' (with milk) 173. 3 in 1 instant tea 174. Coffee 'O' (with sugar)
--	--	---

<p>33. Dimsum/ wantan cooked by steamed/ boiled</p> <p>B. Meat & Meat product</p> <p>34. Fried chicken</p> <p>35. Chicken cooked with coconut milk (e.g.: curry/ 'kurma/ lemak/ percik/ rendang')</p> <p>36. Chicken cooked without coconut milk (e.g.: with chilli/ cooked in soy sauce/ with tomato)</p> <p>37. Chicken cooked in soup/ 'asam pedas/ tomyam'</p> <p>38. Roasted/Grilled Chicken</p> <p>39. Chicken satay</p> <p>40. Fried Meat</p> <p>41. Meat cooked with coconut milk (e.g.: curry/ 'kurma/ lemak/ rendang')</p> <p>42. Meat cooked without coconut milk (e.g.: with chilli/ cooked in soy sauce/ with tomato)</p> <p>43. Meat cooked in soup/ 'asam pedas/ tomyam'</p> <p>44. Roasted/Grilled Meat</p> <p>45. Meat Satay</p> <p>46. Fried internal organ</p> <p>47. Internal organ cooked with coconut milk (e.g.: curry/ 'kurma/ lemak/ percik/ rendang')</p> <p>48. Internal organ cooked without coconut milk (e.g.: with chilli/ cooked in soy sauce/ with tomato)</p> <p>49. Internal organ satay</p> <p>50. Fried pork</p> <p>51. Pork cooked without coconut milk (e.g.: with chilli/ cooked in soy sauce/ with tomato)</p> <p>52. Pork cooked in soup/ 'asam pedas/ tomyam'</p> <p>53. Roasted/ grilled pork</p> <p>C. Fish & Fish product</p> <p>54. Fried fish</p> <p>55. Fish cooked with coconut milk (e.g.: curry/ 'kurma/ lemak/ percik/ rendang')</p> <p>56. Fish cooked without coconut milk (e.g.: with chilli/ cooked in soy sauce/ with tomato)</p> <p>57. Fish cooked in soup/ 'asam pedas/ tomyam'</p>	<p>100. Potato cooked without coconut milk (e.g.: with chilli/ cooked in soy sauce)</p> <p>101. Potato cooked by steamed/ boiled</p> <p>G. Soys & soy product</p> <p>102. Fried soy product</p> <p>103. Soy product cooked with coconut oil (e.g.: curry/ 'lemak')</p> <p>104. Soy product cooked without coconut oil milk (e.g.: with chilli/ cooked in soy sauce)</p> <p>105. Soy product cooked by steamed/ boiled</p> <p>106. Soy product grilled</p> <p>H. Nuts</p> <p>107. Fried nuts</p> <p>108. Nuts cooked by steamed/ boiled</p> <p>109. Nuts gravy</p> <p>110. Sambhar</p> <p>I. Seasonings & Condiments</p> <p>111. Salted / Sweet soy sauces/ 'sambal kicap'</p> <p>112. Chilli / Tomato sauces</p> <p>113. 'Sambal belacan'/ 'budu'/ 'cencalok'</p> <p>114. Stir fry sauces ('sambal tumis')</p> <p>115. Rasam</p> <p>116. Chutney</p> <p>J. Spread</p> <p>117. Margarine</p> <p>118. Butter</p> <p>119. Fruits jam</p> <p>120. Kaya jam</p> <p>121. Peanut butter</p> <p>122. Chocolate spread</p> <p>123. Mayonise/ salad dressing</p> <p>K. Fruits</p> <p>124. Grapes</p> <p>125. Papaya</p> <p>126. Pears</p> <p>127. Dragon fruit</p> <p>128. Jackfruit</p> <p>129. Green/ red apples</p> <p>130. Guava</p> <p>131. Kiwi</p>	<p>175. Coffee with milk</p> <p>176. 3 in 1 instant coffee</p> <p>177. Malted drink/ chocolate malted drink 'O' (with sugar)</p> <p>178. Malted drink/ chocolate malted drink with milk</p> <p>179. 3 in 1 instant malted drink</p> <p>180. Chinese tea</p> <p>181. Green tea</p> <p>182. Cordial drink</p> <p>183. Carbonated drink/ isotonic drink</p> <p>184. Energy drink</p> <p>185. Soy drink</p> <p>186. Fresh fruits juice (e.g.: apple/ mango/ orange)</p> <p>187. Commercial fruits juice (e.g.: apple/ mango/ orange)</p> <p>O. Food additives</p> <p>188. Condensed milk</p> <p>189. White sugar</p> <p>190. Honey</p> <p>191. Artificial sweetener</p> <p>P. Milk & milk products</p> <p>192. Fresh milk</p> <p>193. Skimmed milk powder</p> <p>194. Low fat milk powder</p> <p>195. Full cream milk powder</p> <p>196. Low fat UHT Milk</p> <p>197. Full cream UHT Milk</p> <p>198. Yogurt unflavoured</p> <p>199. Yogurt with flavours</p> <p>200. Cheese</p> <p>Q. Alcoholic beverages</p> <p>201. Beer/ ale</p> <p>202. Wine/ champagne/ brandy</p> <p>203. Whiskey/ vodka/ 'samsu/ toddy/ tuak/ langkau'</p>
--	--	---

58. Roasted/grilled fish 59. Fried anchovies/ with chilli 60. Canned fish with chilli (e.g.: sardines/tuna) 61. Fried salted fish 62. Fish ball/ fishcakes 63. Fried seafood 64. Seafood cooked with coconut milk (e.g.: curry/ 'kurma/ lemak') 65. Seafood cooked without coconut milk (e.g.: with chilli/ cooked in soy sauce/ with tomato) 66. Seafood cooked in soup/ 'asam pedas/ tomyam' 67. Roasted/grilled seafood 68. Shellfish cooked with coconut milk (e.g.: 'lemak/ rendang') 69. Shellfish cooked with chilli 70. Shellfish cooked by steamed/ boiled 71. Crab cooked with coconut milk (e.g.: 'lemak/ rendang') 72. Crab cooked with chilli 73. Crab cooked by steamed/ boiled	132. Tangerines / oranges 133. Mango 134. Pineapples 135. Banana 136. Watermelon 137. Honeydew/ rock melon 138. <i>Plum</i> 139. Fruit cooked with coconut oil (e.g.: curry/ 'lemak') 140. Fruit 'acar' / Fruit 'kerabu' 141. Lychee/ Longan 142. Dates 143. Raisins	
--	---	--



Supplementary Figure S1: Comparison of nutrient intakes between FFQ and 3DR