

**Example data: reported weekly intake frequencies for 10 participants**

Obs	PID	Veg	Yog	Fries	Rice	Juice	Meat	Cereal
1	001	21	5	7	4	7	2	5
2	002	5	3	10	7	14	5	10
3	003	15	7	2	10	5	0	2
4	004	25	10	0	5	0	3	0
5	005	18	6	5	2	1	7	7
6	006	7	4	3	6	3	1	4
7	007	30	8	1	8	10	6	14
8	008	11	2	6	0	4	4	3
9	009	13	0	12	6	8	11	1
10	010	18	1	4	3	6	5	5