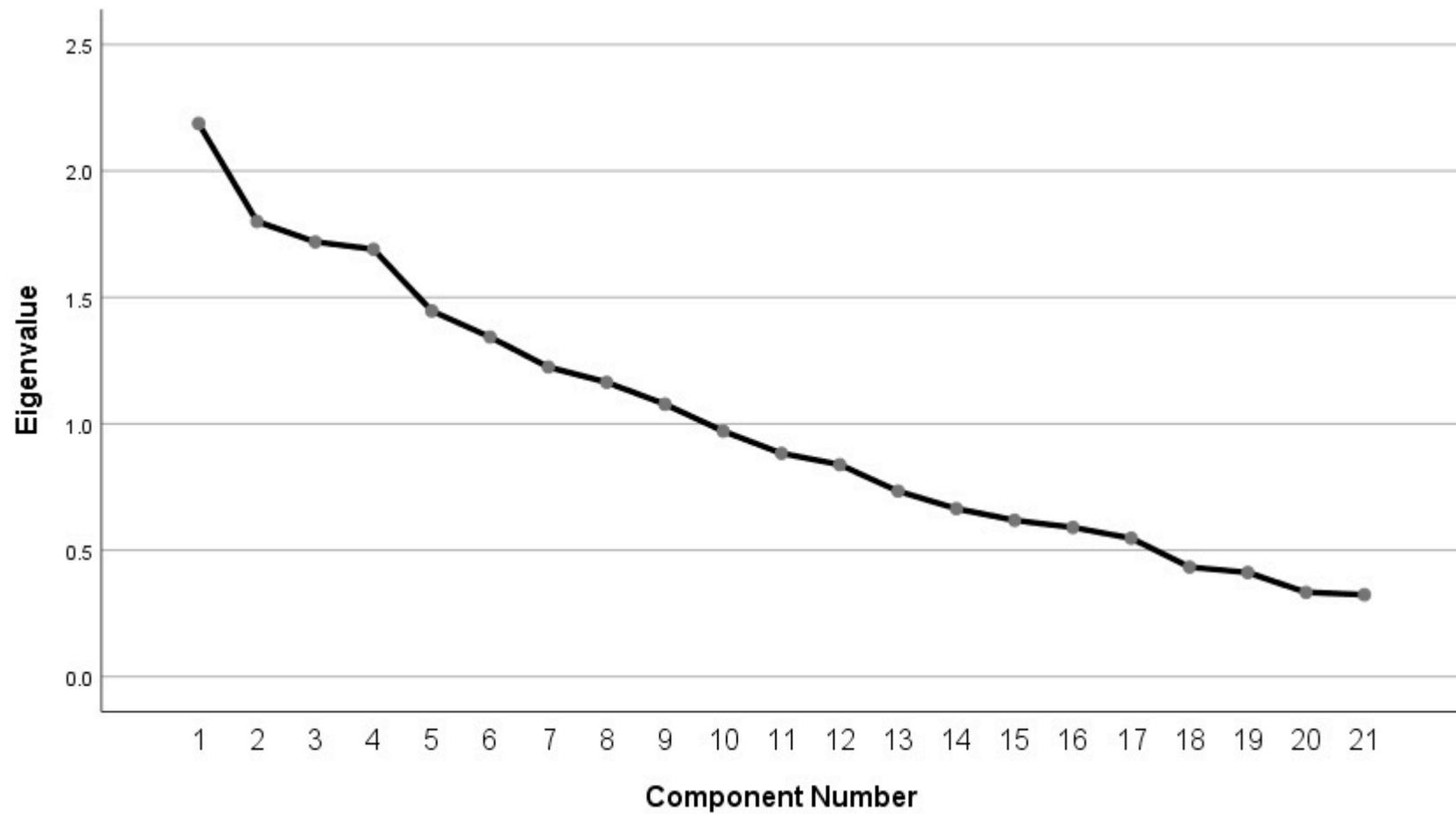
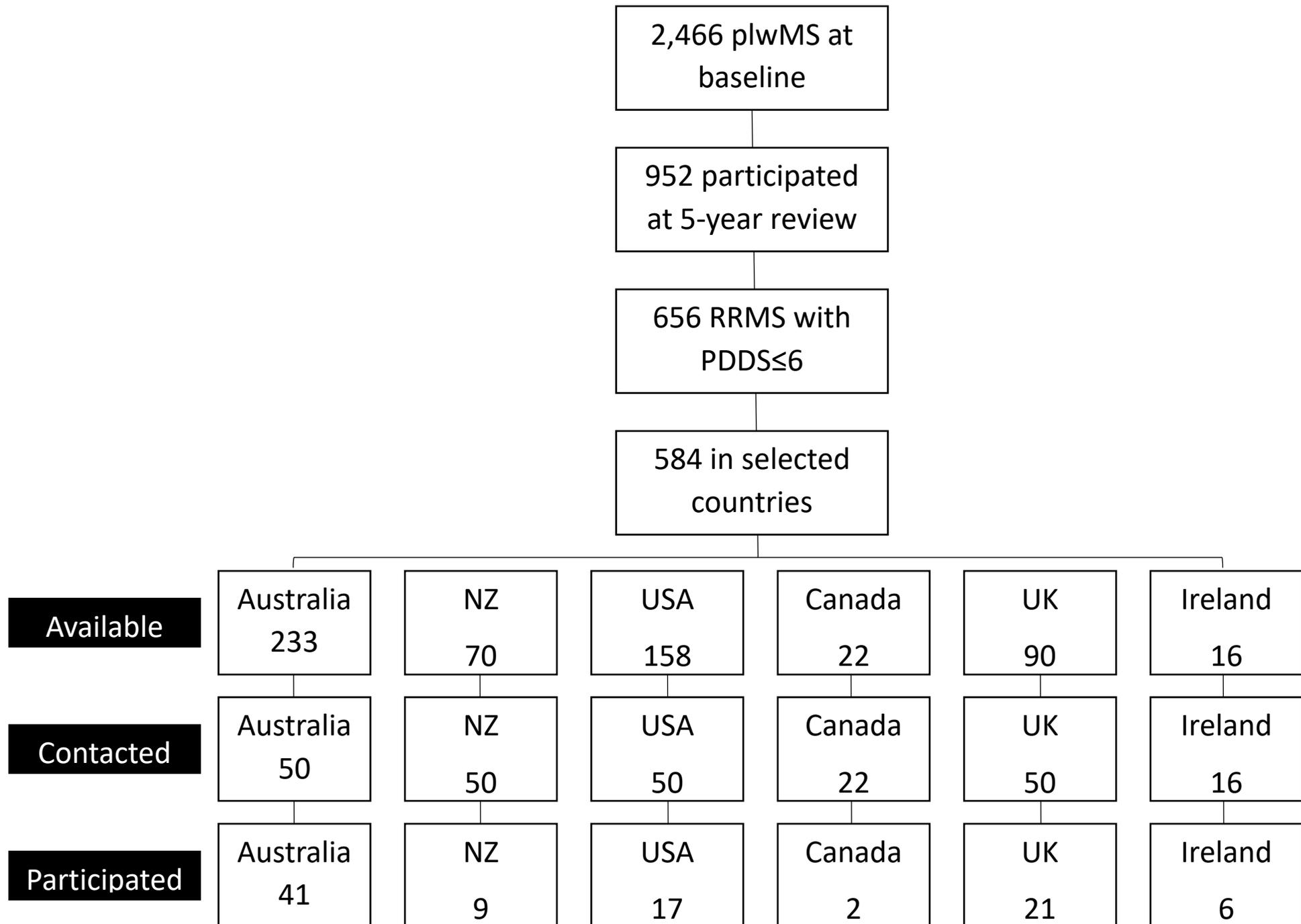


**Supplementary Table S1:** Australian Food, Supplement, and Nutrient Database for Estimation of Population Nutrient Intakes 2011-2013 major food groups and examples

| <b>Major food groups</b>                     | <b>Examples</b>  |
|--|--|
| Alcoholic beverages                          | Beers, wines, spirits, cocktails, liqueurs   |
| Cereal based products and dishes             | Biscuits, cakes, muffins, pastries, pizza, burger, pancakes  |
| Cereals and cereal products                  | Bread, breakfast cereals, noodles, pasta, rice   |
| Confectionery and cereal/nut/fruit/seed bars | Chocolate, muesli bar, fruit bar, lollies, chewing gum   |
| Dairy & meat substitutes                     | Soy beverages, tofu, tofu stir fry   |
| Egg products and dishes                      | Eggs, egg dishes such as scrambled eggs, omelet, mousse  |
| Fats and oils                                | Butter, margarine, oils  |
| Fish and seafood products and dishes         | Fresh fin fish, frozen fin fish, smoked fish, canned fish, prawn, squid, fish cake, tuna mornay with cheese, garlic prawn          |
| Fruit products and dishes                    | Apple, pear, berries, oranges, peaches, banana, melon, dried fruit, apple crumble  |
| Legume and pulse products and dishes         | Soy beans, chickpeas, kidney beans, lentils, falafel, dhal   |
| Meat, poultry and game products and dishes   | Beef, veal, lamb, pork, chicken, sausage, bacon, ham, dried meats, crumbled meats, meat bolognaise pasta sauce, casserole, curries |
| Milk products and dishes                     | Milk, yoghurt, cream, cheese, ice cream, rice pudding, cheese cake   |
| Miscellaneous                                | Yeast, salt, intense sweeteners, herbs, stock, essences, gelatin, spreadable yeast extract   |
| Non-alcoholic beverages                      | Coffee, tea, fruit juice, cordial, soft drink, water, electrolyte drinks   |
| Savoury sauces and condiments                | Gravies, savoury sauces, pickles, salad dressing   |
| Seed and nut products and dishes             | Pumpkin seeds, linseed, sesame seed, peanuts, peanut butter, almond, coconut milk  |
| Snack foods                                  | Potato crisps, popcorn, corn chips, pretzels   |
| Soup   | Canned and homemade soup, dried soup mix   |
| Special dietary foods                        | Liquid and powdered meal replacements, protein drinks and powders, oral supplement powder and beverages                            |
| Sugar products and dishes                    | Sugar, honey, jam, icing sugar, apple sauce, meringue  |
| Vegetable products and dishes                | Potatoes, cabbage, carrots, lettuce, beans, fresh herbs, tomato, pumpkin, sweetcorn, onion, salad                                  |



**Supplementary Figure S1:** Scree plot from principal components analysis of major food groups



**Supplementary Figure S2:** Participants flow diagram

Abbreviations: MS: multiple sclerosis, plwMS Person living with MS, RRMS: relapsing remitting MS, PDDS: patient determined disease steps, NZ: New Zealand, USA: United States of America, UK: United Kingdom