

Supplemental Table 1. Characteristics of **meals and snacks** in children aged 4-10 years reporting acceptable energy intake (EI) (*n* 649)\*

(Mean values and standard deviations)

	Total intake		Meals and snacks based on time†				<i>P</i> §	Meals and snacks based on EI contribution‡				<i>P</i> §
			Intake from meals		Intake from snacks			Intake from meals		Intake from snacks		
	Mean	SD	Mean	SD	Mean	SD		Mean	SD	Mean	SD	
EI (kJ/d)												
Total energy	7002	1228	5235	1192	1767	914	<0.0001	5445	1173	1557	805	<0.0001
Food energy	6067	1177	4592	1104	1476	820	<0.0001	4892	1107	1175	658	<0.0001
Beverage energy	935	449	643	350	292	238	<0.0001	553	328	382	282	<0.0001
Weight consumed (g/d)												
Total weight (g/d)	1563	338	1138	293	425	214	<0.0001	1046	262	516	267	<0.0001
Food weight (g/d)	702	156	550	154	152	97	<0.0001	569	149	133	83	<0.0001
Beverage weight (g/d)	861	282	588	213	273	159	<0.0001	477	181	383	222	<0.0001
Energy density (kJ/g)	8.79	1.30	8.55	1.39	10.62	3.22	<0.0001	8.78	1.35	9.87	3.45	<0.0001
Food intake (g/10 MJ)												
Vegetables	54.4	48.8	60.3	57.6	35.1	95.3	<0.0001	60.6	56.7	30.9	66.5	<0.0001
Legumes	35.3	35.6	39.5	40.7	21.3	53.9	<0.0001	42.1	43.3	9.3	27.6	<0.0001
Fruits	99.7	84.3	91.6	84.1	132.7	232.1	<0.0001	65.7	72.1	210.6	256.5	<0.0001
Nuts and seeds	1.8	5.4	1.8	6.0	2.0	11.4	0.72	2.0	6.5	1.0	5.8	0.003
Cereals	214.5	79.6	232.0	90.4	146.4	133.0	<0.0001	229.8	92.0	161.1	127.8	<0.0001
Biscuits, cakes and pastries	68.0	37.7	60.4	38.9	94.4	82.0	<0.0001	65.7	42.6	74.6	65.6	0.002
Fish	22.3	24.6	25.5	30.0	11.6	39.0	<0.0001	26.4	29.6	5.9	20.7	<0.0001
Meat	128.3	64.6	141.6	76.0	80.8	107.0	<0.0001	155.9	82.8	34.7	58.2	<0.0001
Dairy products	406.7	206.2	395.1	210.6	444.6	414.4	0.002	311.7	187.8	731.2	506.6	<0.0001
Soft drinks	349.1	288.1	309.2	277.0	511.3	575.1	<0.0001	273.7	229.0	673.0	822.4	<0.0001
Sugar, preserves and confectionery	56.5	36.5	43.8	33.9	100.1	86.3	<0.0001	41.8	31.7	107.9	98.3	<0.0001
Tea, coffee and water	168.5	199.5	156.7	186.9	236.1	442.7	<0.0001	108.5	143.3	435.4	738.2	<0.0001

Supplemental Table 1. Continued

	Total intake		Meals and snacks based on time†				<i>P</i> §	Meals and snacks based on EI contribution‡				<i>P</i> §
			Intake from meals		Intake from snacks			Intake from meals		Intake from snacks		
	Mean	SD	Mean	SD	Mean	SD		Mean	SD	Mean	SD	
Nutrient intake												
Protein (% of energy)	12.6	1.8	13.2	2.1	10.4	3.5	<0.0001	13.3	2.1	10.2	2.9	<0.0001
Fat (% of energy)	35.7	3.9	35.7	4.3	35.6	6.9	0.61	37.3	4.4	30.0	6.7	<0.0001
Saturated fat (% of energy)	14.8	2.3	14.5	2.4	15.7	4.0	<0.0001	14.8	2.4	14.6	4.0	0.15
Monounsaturated fat (% of energy)	11.6	1.6	11.6	1.8	11.3	2.7	0.006	12.3	1.9	8.9	2.3	<0.0001
Polyunsaturated fat (% of energy)	5.6	1.4	5.8	1.5	4.7	2.1	<0.0001	6.2	1.6	3.3	1.5	<0.0001
Carbohydrate (% of energy)	51.6	4.3	51.0	4.7	54.0	8.3	<0.0001	49.4	4.8	59.8	7.7	<0.0001
Starch (% of energy)	26.7	4.0	27.9	4.1	22.2	7.4	<0.0001	28.2	4.1	21.2	7.4	<0.0001
Total sugar (% of energy)	24.9	5.1	23.1	5.1	31.8	11.3	<0.0001	21.2	5.2	38.6	10.1	<0.0001
Non-milk extrinsic sugar (% of energy)	17.6	5.0	15.9	4.9	23.7	11.1	<0.0001	14.9	4.7	27.2	10.8	<0.0001
Dietary fiber (g/10 MJ)	13.9	3.6	14.6	3.9	11.9	5.4	<0.0001	14.4	3.8	12.2	5.9	<0.0001

\* Acceptable EI reporters were defined as subjects with the ratio of EI to estimated energy requirement 0.72 to 1.28.

† Meals were defined as eating events reported during select times of the day (0600-0900, 1200-1400, and 1700-2000 hours); all other eating occasions were considered as snacks.

‡ A meal was defined as any eating episode comprising ≥ 15% of total EI, regardless of the time of day or composition of foods and beverages consumed; all other eating episodes were classified as snacks.

§ *P* values for differences between meal and snack based on the paired *t*-test.

|| Calculated based on solid foods only; excluding all caloric and non-caloric beverages (tea, coffee, water, alcoholic beverages, soft drinks, fruit juice, and milk).

Supplemental Table 2. Characteristics of meals and snacks in adolescents aged 11-18 years reporting acceptable energy intake (EI) (n 387)\*

(Mean values and standard deviations)

	Total intake		Meals and snacks based on time†				P §	Meals and snacks based on EI contribution‡				P §
	Mean	SD	Intake from meals		Intake from snacks			Intake from meals		Intake from snacks		
			Mean	SD	Mean	SD		Mean	SD	Mean	SD	
EI (kJ/d)												
Total energy	9204	1892	6169	1625	3035	1593	<0.0001	7176	1530	2028	1077	<0.0001
Food energy	8054	1663	5500	1493	2554	1384	<0.0001	6521	1388	1533	867	<0.0001
Beverage energy	1150	702	669	401	481	445	<0.0001	655	441	495	423	<0.0001
Weight consumed (g/d)												
Total weight (g/d)	2038	583	1309	409	729	414	<0.0001	1321	352	717	426	<0.0001
Food weight (g/d)	903	215	646	199	257	164	<0.0001	746	177	157	100	<0.0001
Beverage weight (g/d)	1135	494	663	294	472	328	<0.0001	575	265	560	381	0.49
Energy density (kJ/g)	9.06	1.27	8.72	1.43	10.74	2.80	<0.0001	8.87	1.26	10.78	3.48	<0.0001
Food intake (g/10 MJ)												
Vegetables	61.9	59.3	71.9	72.3	35.5	65.7	<0.0001	71.1	72.4	32.4	79.4	<0.0001
Legumes	34.3	36.1	38.6	46.7	24.7	50.3	<0.0001	41.9	45.0	6.8	23.6	<0.0001
Fruits	63.5	71.7	57.9	78.5	79.9	135.4	0.002	38.6	53.7	146.4	215.0	<0.0001
Nuts and seeds	2.0	7.0	1.4	7.0	3.3	15.7	0.013	2.1	7.8	1.2	5.4	0.06
Cereals	227.1	87.0	240.3	97.6	188.0	135.6	<0.0001	249.2	102.9	148.2	102.6	<0.0001
Biscuits, cakes and pastries	59.9	41.4	52.1	40.7	77.6	72.1	<0.0001	54.8	44.2	74.2	69.4	<0.0001
Fish	18.6	25.6	22.8	34.2	9.5	29.7	<0.0001	21.9	31.6	7.0	26.3	<0.0001
Meat	153.6	78.3	174.4	97.1	102.4	110.6	<0.0001	186.7	96.4	35.5	62.5	<0.0001
Dairy products	303.9	185.6	277.3	185.2	361.6	300.1	<0.0001	228.7	174.4	577.4	434.0	<0.0001
Soft drinks	355.7	294.7	329.4	299.9	456.5	506.3	<0.0001	263.9	227.4	736.1	862.4	<0.0001
Sugar, preserves and confectionery	57.3	41.4	47.1	44.7	86.5	75.3	<0.0001	42.8	40.5	106.6	84.1	<0.0001
Tea, coffee and water	294.7	331.6	251.8	325.8	431.8	580.2	<0.0001	150.4	190.0	866.8	1197.4	<0.0001

Supplemental Table 2. Continued

	Total intake		Meals and snacks based on time†				<i>P</i> §	Meals and snacks based on EI contribution‡				<i>P</i> §
			Intake from meals		Intake from snacks			Intake from meals		Intake from snacks		
	Mean	SD	Mean	SD	Mean	SD		Mean	SD	Mean	SD	
Nutrient intake												
Protein (% of energy)	12.8	1.9	13.5	2.3	11.0	3.1	<0.0001	13.7	2.1	9.6	3.0	<0.0001
Fat (% of energy)	35.8	4.3	36.3	4.6	34.6	7.2	<0.0001	37.7	4.7	29.0	7.9	<0.0001
Saturated fat (% of energy)	14.2	2.2	14.1	2.3	14.4	3.4	0.08	14.4	2.3	13.3	4.0	<0.0001
Monounsaturated fat (% of energy)	11.8	1.8	12.1	2.0	11.2	2.9	<0.0001	12.6	2.1	8.9	2.8	<0.0001
Polyunsaturated fat (% of energy)	6.1	1.5	6.4	1.7	5.3	2.1	<0.0001	6.7	1.7	3.8	1.9	<0.0001
Carbohydrate (% of energy)	50.7	4.7	49.8	5.2	53.2	8.0	<0.0001	48.2	5.1	60.0	8.4	<0.0001
Starch (% of energy)	27.5	4.2	28.7	4.2	24.2	7.1	<0.0001	29.3	4.6	20.9	7.3	<0.0001
Total sugar (% of energy)	23.2	5.2	21.1	5.8	29.1	9.6	<0.0001	18.9	5.4	39.1	10.6	<0.0001
Non-milk extrinsic sugar (% of energy)	17.3	5.1	15.4	5.5	22.4	9.1	<0.0001	13.8	5.0	30.0	11.1	<0.0001
Dietary fiber (g/10 MJ)	13.9	3.5	14.6	3.9	12.3	4.9	<0.0001	14.6	3.6	11.6	6.0	<0.0001

\* Acceptable EI reporters were defined as subjects with the ratio of EI to estimated energy requirement 0.72 to 1.28.

† Meals were defined as eating events reported during select times of the day (0600-0900, 1200-1400, and 1700-2000 hours); all other eating occasions were considered as snacks.

‡ A meal was defined as any eating episode comprising  $\geq 15\%$  of total EI, regardless of the time of day or composition of foods and beverages consumed; all other eating episodes were classified as snacks.

§ *P* values for differences between meal and snack based on the paired *t*-test.

|| Calculated based on solid foods only; excluding all caloric and non-caloric beverages (tea, coffee, water, alcoholic beverages, soft drinks, fruit juice, and milk).

Supplemental Table 3. Associations of energy density of **meals and snacks** with total dietary intakes in children aged 4-10 years reporting acceptable energy intake (EI) (*n* 649)\*  
(Regression coefficients with their standard errors)

	Meals and snacks based on time†						Meals and snacks based on EI contribution‡					
	Energy density of meals			Energy density of snacks			Energy density of meals			Energy density of snacks		
	β§	SE§	<i>P</i>	β§	SE§	<i>P</i>	β§	SE§	<i>P</i>	β§	SE§	<i>P</i>
Food intake from meals and snacks (g/10 MJ)												
Vegetables	-14.95	1.24	<0.0001	-2.48	0.53	<0.0001	-15.40	1.27	<0.0001	-2.66	0.49	<0.0001
Legumes	-7.06	0.98	<0.0001	-0.82	0.42	0.05	-8.42	1.00	<0.0001	0.68	0.39	0.08
Fruits	-25.85	1.97	<0.0001	-7.46	0.84	<0.0001	-21.32	1.98	<0.0001	-10.38	0.77	<0.0001
Nuts and seeds	-0.23	0.16	0.14	0.05	0.07	0.44	-0.16	0.16	0.33	-0.03	0.06	0.63
Cereals	-7.51	2.27	0.001	-1.03	0.96	0.28	-10.41	2.32	<0.0001	-0.60	0.91	0.51
Biscuits, cakes and pastries	3.78	1.05	0.0003	2.09	0.45	<0.0001	4.83	1.10	<0.0001	0.53	0.43	0.22
Fish	-2.71	0.69	<0.0001	-0.37	0.29	0.21	-2.90	0.71	<0.0001	-0.21	0.28	0.44
Meat	-10.45	1.79	<0.0001	-2.60	0.76	0.0007	-14.87	1.82	<0.0001	0.23	0.71	0.75
Dairy products	-10.69	5.69	0.06	-0.77	2.42	0.75	-6.49	5.88	0.27	-2.45	2.29	0.29
Soft drinks	16.50	8.28	0.05	0.32	3.52	0.93	23.68	8.52	0.006	-3.10	3.32	0.35
Sugar, preserves and confectionery	3.65	1.04	0.0005	0.18	0.44	0.68	6.68	1.05	<0.0001	-0.89	0.41	0.03
Tea, coffee and water	-8.28	5.62	0.14	0.40	2.39	0.87	-10.12	5.79	0.08	1.11	2.26	0.62
Nutrient intake from meals and snacks												
Protein (% of energy)	-0.49	0.05	<0.0001	-0.07	0.02	0.0003	-0.61	0.05	<0.0001	0.00	0.02	0.88
Fat (% of energy)	0.69	0.11	<0.0001	0.13	0.05	0.006	0.83	0.11	<0.0001	0.11	0.04	0.011
Saturated fat (% of energy)	0.37	0.06	<0.0001	0.10	0.03	0.0002	0.48	0.06	<0.0001	0.05	0.02	0.04
Monounsaturated fat (% of energy)	0.25	0.04	<0.0001	0.03	0.02	0.08	0.27	0.05	<0.0001	0.05	0.02	0.003
Polyunsaturated fat (% of energy)	0.05	0.04	0.16	-0.02	0.02	0.17	0.03	0.04	0.46	0.01	0.02	0.67
Carbohydrate (% of energy)	-0.21	0.12	0.09	-0.05	0.05	0.31	-0.22	0.13	0.08	-0.11	0.05	0.02
Starch (% of energy)	0.04	0.11	0.73	-0.04	0.05	0.43	-0.32	0.12	0.005	0.18	0.04	<0.0001
Total sugar (% of energy)	-0.25	0.14	0.09	-0.02	0.06	0.80	0.10	0.15	0.48	-0.29	0.06	<0.0001
Non-milk extrinsic sugar (% of energy)	0.48	0.14	0.0007	0.12	0.06	0.05	0.75	0.14	<0.0001	-0.09	0.05	0.11
Dietary fiber (g/10 MJ)	-1.18	0.09	<0.0001	-0.23	0.04	<0.0001	-1.28	0.09	<0.0001	-0.16	0.04	<0.0001

Supplemental Table 3. Continued

	Meals and snacks based on time†						Meals and snacks based on EI contribution‡					
	Energy density of meals			Energy density of snacks			Energy density of meals			Energy density of snacks		
	$\beta$ §	SE§	<i>P</i>	$\beta$ §	SE§	<i>P</i>	$\beta$ §	SE§	<i>P</i>	$\beta$ §	SE§	<i>P</i>
Mediterranean diet score	-0.33	0.04	<0.0001	-0.08	0.02	<0.0001	-0.35	0.04	<0.0001	-0.07	0.02	<0.0001
Total EI (kJ/d)	27.8	28.4	0.33	9.7	12.1	0.42	46.6	29.2	0.11	-19.2	11.4	0.09

\* Energy density was calculated based on solid foods only, excluding all caloric and non-caloric beverages (tea, coffee, water, alcoholic beverages, soft drinks, fruit juice, and milk).

Acceptable EI reporters were defined as subjects with the ratio of EI to estimated energy requirement 0.72 to 1.28. Adjustment was made for age (years, continuous), sex (boys or girls), and social class (manual, non-manual, or unclassified). Both energy density of meal and energy density of snack based on the same definition were entered simultaneously into the regression model.

† Meals were defined as eating events reported during select times of the day (0600-0900, 1200-1400, and 1700-2000 hours); all other eating occasions were considered as snacks.

‡ A meal was defined as any eating episode comprising  $\geq 15\%$  of total EI, regardless of the time of day or composition of foods and beverages consumed; all other eating episodes were classified as snacks.

§ Regression coefficients mean the change of dietary variables with 1-unit increase of energy density (kJ/g).

|| Possible score ranging from 0 to 8.

Supplemental Table 4. Associations of energy density (ED) of meals and snacks with total dietary intakes in adolescents aged 11-18 years reporting acceptable energy intake (EI) (*n* 387)\*  
(Regression coefficients with their standard errors)

	Meals and snacks based on time†						Meals and snacks based on EI contribution‡					
	Energy density of meals			Energy density of snacks			Energy density of meals			Energy density of snacks		
	β§	SE§	<i>P</i>	β§	SE§	<i>P</i>	β§	SE§	<i>P</i>	β§	SE§	<i>P</i>
Food intake from meals and snacks (g/10 MJ)												
Vegetables	-13.83	1.91	<0.0001	-2.87	0.96	0.003	-18.21	2.18	<0.0001	-1.78	0.77	0.02
Legumes	-6.35	1.28	<0.0001	-1.31	0.65	0.04	-8.81	1.48	<0.0001	0.04	0.52	0.93
Fruits	-15.77	2.28	<0.0001	-7.99	1.15	<0.0001	-11.73	2.55	<0.0001	-8.86	0.90	<0.0001
Nuts and seeds	0.53	0.25	0.04	0.12	0.13	0.33	0.90	0.29	0.003	-0.07	0.10	0.50
Cereals	-7.29	3.08	0.02	-7.48	1.55	<0.0001	-13.85	3.62	0.0002	-2.92	1.28	0.02
Biscuits, cakes and pastries	0.66	1.48	0.66	2.41	0.74	0.001	3.53	1.74	0.04	0.17	0.61	0.78
Fish	-1.22	0.93	0.19	-0.80	0.47	0.09	-2.72	1.09	0.013	0.32	0.38	0.40
Meat	-9.25	2.81	0.001	-3.56	1.41	0.012	-11.47	3.30	0.0006	-0.57	1.16	0.63
Dairy products	-16.11	6.69	0.02	0.31	3.37	0.93	-14.63	7.80	0.06	-4.02	2.75	0.14
Soft drinks	3.09	10.81	0.77	4.02	5.44	0.46	2.85	12.64	0.82	0.49	4.46	0.91
Sugar, preserves and confectionery	3.66	1.49	0.014	1.06	0.75	0.16	4.91	1.74	0.005	0.12	0.61	0.85
Tea, coffee and water	-15.91	11.51	0.17	-1.84	5.80	0.75	-31.63	13.37	0.02	-3.02	4.71	0.52
Nutrient intake from meals and snacks												
Protein (% of energy)	-0.51	0.06	<0.0001	-0.10	0.03	0.001	-0.57	0.07	<0.0001	-0.08	0.03	0.003
Fat (% of energy)	0.70	0.15	<0.0001	0.28	0.08	0.0002	1.05	0.17	<0.0001	0.18	0.06	0.004
Saturated fat (% of energy)	0.39	0.08	<0.0001	0.14	0.04	0.0003	0.51	0.09	<0.0001	0.08	0.03	0.007
Monounsaturated fat (% of energy)	0.28	0.06	<0.0001	0.11	0.03	0.0005	0.43	0.07	<0.0001	0.06	0.03	0.02
Polyunsaturated fat (% of energy)	0.00	0.05	0.97	0.01	0.03	0.85	0.04	0.06	0.50	0.01	0.02	0.50
Carbohydrate (% of energy)	-0.24	0.17	0.14	-0.07	0.08	0.42	-0.54	0.19	0.006	-0.09	0.07	0.20
Starch (% of energy)	-0.11	0.15	0.47	-0.11	0.08	0.14	-0.52	0.18	0.004	-0.10	0.06	0.11
Total sugar (% of energy)	-0.13	0.19	0.48	0.05	0.10	0.64	-0.01	0.22	0.93	-0.19	0.08	0.02
Non-milk extrinsic sugar (% of energy)	0.38	0.18	0.04	0.21	0.09	0.02	0.44	0.22	0.04	0.02	0.08	0.82
Dietary fiber (g/10 MJ)	-0.96	0.12	<0.0001	-0.20	0.06	0.0007	-1.08	0.13	<0.0001	-0.19	0.05	<0.0001

Supplemental Table 4. Continued

	Meals and snacks based on time†						Meals and snacks based on EI contribution‡					
	Energy density of meals			Energy density of snacks			Energy density of meals			Energy density of snacks		
	$\beta$ §	SE§	<i>P</i>	$\beta$ §	SE§	<i>P</i>	$\beta$ §	SE§	<i>P</i>	$\beta$ §	SE§	<i>P</i>
Mediterranean diet score	-0.29	0.05	<0.0001	-0.10	0.03	<0.0001	-0.29	0.06	<0.0001	-0.09	0.02	<0.0001
Total EI (kJ/d)	23.3	54.7	0.67	42.4	27.6	0.12	135.4	63.6	0.03	-44.4	22.4	0.05

\* Energy density was calculated based on solid foods only, excluding all caloric and non-caloric beverages (tea, coffee, water, alcoholic beverages, soft drinks, fruit juice, and milk).

Acceptable EI reporters were defined as subjects with the ratio of EI to estimated energy requirement 0.72 to 1.28. Adjustment was made for age (years, continuous), sex (boys or girls), and social class (manual, non-manual, or unclassified). Both energy density of meal and energy density of snack based on the same definition were entered simultaneously into the regression model.

† Meals were defined as eating events reported during select times of the day (0600-0900, 1200-1400, and 1700-2000 hours); all other eating occasions were considered as snacks.

‡ A meal was defined as any eating episode comprising  $\geq 15\%$  of total EI, regardless of the time of day or composition of foods and beverages consumed; all other eating episodes were classified as snacks.

§ Regression coefficients mean the change of dietary variables with 1-unit increase of energy density (kJ/g).

|| Possible score ranging from 0 to 8.



**Supplemental Table 5.** Associations of energy density (ED) of meals and snacks with adiposity measures in acceptable energy intake (EI) reporters\*

(Regression coefficients with their standard errors)

	Model 1†			Model 2‡		
	β§	SE§	P	β§	SE§	P
<b>Children aged 4-10 years (n 649)</b>						
ED of meals based on time (kJ/g)						
BMI z-score	-0.01	0.03	0.72	-0.01	0.03	0.71
ED of snacks based on time (kJ/g)						
BMI z-score	0.01	0.01	0.53	0.01	0.01	0.54
ED of meals based on EI contribution (kJ/g)¶						
BMI z-score	-0.02	0.03	0.49	-0.02	0.03	0.48
ED of snacks based on EI contribution (kJ/g)¶						
BMI z-score	0.00	0.01	0.98	0.00	0.01	0.98
ED of total diet (kJ/g)						
BMI z-score	-0.01	0.03	0.77	-0.01	0.03	0.76
<b>Adolescents aged 11-18 years (n 387)</b>						
ED of meals based on time (kJ/g)						
BMI z-score	-0.04	0.04	0.32	-0.03	0.04	0.41
WHtR	-0.002	0.002	0.39	-0.002	0.002	0.40
ED of snacks based on time (kJ/g)						
BMI z-score	-0.03	0.02	0.10	-0.03	0.02	0.14
WHtR	0.000	0.001	0.74	0.000	0.001	0.75
ED of meals based on EI contribution (kJ/g)¶						
BMI z-score	-0.02	0.04	0.61	-0.01	0.04	0.76
WHtR	0.000	0.002	0.97	0.000	0.002	1.00
ED of snacks based on EI contribution (kJ/g)¶						
BMI z-score	-0.03	0.01	0.03	-0.03	0.01	0.03
WHtR	0.000	0.001	0.67	0.000	0.001	0.67
ED of total diet (kJ/g)						
BMI z-score	-0.06	0.04	0.16	-0.05	0.04	0.23
WHtR	-0.001	0.002	0.72	-0.001	0.002	0.74

EI, energy intake; WHtR, waist-height ratio.

\* Energy density was calculated based on solid foods only, excluding all caloric and non-caloric beverages (tea, coffee, water, alcoholic beverages, soft drinks, fruit juice, and milk). Acceptable EI reporters were defined as subjects with the ratio of EI to estimated energy requirement 0.72 to 1.28.

† Adjusted for age (years, continuous), sex (boys or girls), social class (manual, non-manual, or unclassified), physical activity (low active, active, or very active), meal frequency based on the same definition (times/d, continuous), snack frequency based on the same definition (times/d, continuous), and energy intake from beverages (kJ/d, continuous). Both energy density of meal and energy density of snack based on the same definition were entered simultaneously into the regression model.

‡ Adjusted for variables used in model 1 and ratio of EI to estimated energy requirement (continuous). Both energy density of meal and energy density of snack based on the same definition were entered simultaneously into the regression model.

§ Regression coefficients mean the change of adiposity measures with 1-unit increase of energy density (kJ/g).

|| Meals were defined as eating events reported during select times of the day (0600-0900, 1200-1400, and 1700-2000 hours); all other eating occasions were considered as snacks.

¶ A meal was defined as any eating episode comprising  $\geq 15\%$  of total EI, regardless of the time of day or composition of foods and beverages consumed; all other eating episodes were classified as snacks.