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| Supplementary Table 1 Food items for the *ad libitum* food selection and consumption test1 | | | | | | | |  |
| Classification2 | Food item3 | Energy | Carbohydrate | Protein | Fat / Saturated fat | Sodium | Serving Amount4 | Serving Energy |
| (KJ/100g) | (g /100g) | (g /100g) | (g /100g) | (mg/100g) | (g) | KJ |
| LFS | Apple | 218 | 13.81 | 0.26 | 0.17 / NA | 1 | 100 | 218 |
|  | Banana | 372 | 22.84 | 1.1 | 0.33 / NA | 1 | 200 | 744 |
|  | Melon | 151 | 9.1 | 0.54 | 0.14 / NA | 16 | 250 | 375 |
|  | Fruit Loaf | 1510 | 66.8 | 10.5 | 4.5 / 0.8 | 370 | 150 | 2265 |
| HFS | Muffin | 1920 | 57 | 5 | 23.1 / 4 | 300 | 135 | 2592 |
|  | Shortbread | 2210 | 58.4 | 5.6 | 30.3 / 18.9 | 277 | 66 | 1459 |
| LFNS | Tomato | 75 | 3.9 | 0.9 | 0.2 / NA | 5 | 150 | 113 |
|  | Green pepper | 84 | 4.64 | 0.86 | 0.17 / NA | 7 | 100 | 84 |
|  | Carrot | 172 | 10 | 1 | 0.24 / NA | 69 | 100 | 150 |
|  | Ham | 364 | 1.3 | 14.9 | 2.4 / 0.8 | 790 | 150 | 546 |
| HFNS | Nuts | 2885 | 13.4 | 22.7 | 54.6 / 7.9 | 275 | 100 | 2885 |
|  | Cheese | 1720 | 1 | 24.8 | 34.7 / 23.8 | 650 | 66 | 1135 |
| 1 Energy and nutrients content from manufactures’ package information;  2 LFS: Low-fat sweet; HFS: High-fat sweet; LFNS: Low-fat non-sweet; HFNS: High-fat non-sweet; | | | | | | | | |
| 3 Apple: Coles Pink Lady Apple; Banana: Coles banana; Melon: Coles Rock Melon; Fruit Loaf: Tip Top café raisin toast; Muffin: Coles Chocolate chip Muffin bars; Shortbread: Walkers Cello Shortbread Finger; Tomato/Green pepper/Carrot: Fresh from Coles; Sliced Ham: Coles English Ham; Nuts: Coles Salted Mixed Nuts; Cheese: Beqa tasty cheese slices.  4. Initial serving size; | | | | | | | | |