Online Supporting Material

Supplemental Table S1: Complete case analyses comparing nutrient and food group intakes of the intervention and control group children at 2 years of age

|  | Interventionn = 138 | Controln = 129 | Unadjusted | Adjusted\*\* |
| --- | --- | --- | --- | --- |
|  | Mean | SD | Mean | SD | Mean difference | 95% CI | p | Mean difference | 95% CI | p |
| %EI from sugar in discretionary food | 8.5 | 0.6 | 9.8 | 0.7 | -1.4 | -3.1, 0.6 | 0.170 | -1.3 | -3.1, 0.4 | 0.133 |
| Total energy (kj) | 4909 | 126 | 4882 | 147 | 27 | -406, 352 | 0.890 | 11 | -340, 362 | 0.952 |
| Protein (g) | 49.3 | 1.6 | 49.1 | 1.8 | 0.2 | -4.5, 4.9  | 0.939 | 0.1 | -4.5, 4.3 | 0.964 |
| Total carbohydrates (g) | 138.2 | 3.7 | 137.9 | 4.5 | 0.3 | -11.3, 11.8 | 0.965 | 0.2 | -10.3, 10.8 | 0.965 |
| Sugar (g) | 66.6 | 2.4 | 68.5 | 2.9 | -1.9  | -9.2, 5.4 | 0.614 | -1.8 | -8.8, 5.2 | 0.609 |
| Starch (g) | 71.1 | 2.5 | 68.9 | 2.6 | 2.1  | -4.9, 9.2 | 0.552 | 2.2 | -4.4, 8.7 | 0.519 |
| Fibre (g) | 11.1 | 0.4 | 10.9 | 0.5 | 0.1 | -1.2, 1.4 | 0.847 | 0.1 | -1.1, 1.2 | 0.939 |
| Total fat (g) | 45.5 | 1.4 | 45.3 | 1.6 | 0.2 | -3.9, 4.3 | 0.918 | 0.1 | -3.9, 4.1 | 0.959 |
| Saturated fat (g) | 20.9 | 0.7 | 20.8 | 0.8 | 0.1 | -2.4, 2.2 | 0.944 | -0.03 | -2.1, 2.1 | 0.976 |
| Monounsaturated fatty acids (g) | 16.0 | 0.5 | 15.8 | 0.6 | 0.2 | -1.3, 1.8 | 0.772 | 0.2 | -1.3, 1.7 | 0.778 |
| Polyunsaturated fatty acids (g) | 5.2 | 0.2 | 5.4 | 0.2 | -0.1  | -0.7, 0.5 | 0.695 | -0.1 | -0.5, 0.7 | 0.733 |
| Sodium (mg) | 1562 | 54 | 1489 | 58 | 73 | -82, 227 | 0.355 | 77 | -76, 230 | 0.325 |
| Secondary food-based outcomes (food groups are categorised according to the Australian Guide to Healthy Eating) |
| Grains (g) | 168 | 9 | 149 | 7 | 18 | -4, 41 | 0.114 | 20 | -2, 42 | 0.075 |
| Fruits (g) | 97 | 10 | 84 | 10 | 14 | -14, 41 | 0.328 | 12 | -15, 39 | 0.374 |
| Vegetables (g) | 87 | 7 | 101 | 9 | -14 | -35, 8 | 0.227 | -12 | -32, 9 | 0.264 |
| Milk, yoghurt, cheese and/or alternatives (g) | 340 | 21 | 367 | 25 | -26 | -91, 27 | 0.424 | -31 | -95, 34 | 0.352 |
| Meat and alternatives (g) | 85 | 5 | 81 | 6 | 4 | -11, 18 | 0.587 | 3 | -13, 18 | 0.748 |

Supplemental Table S2: Sensitivity analyses comparing the nutrient and food group intakes of the intervention and control group children at 2 years of age, among plausible reporters\*

|  | Interventionn = 123 individualsn=237 recalls | Controln = 103 individualsn=198 recalls | Unadjusted | Adjusted\*\* |
| --- | --- | --- | --- | --- |
|  | Mean | SD | Mean | SD | Mean difference | 95% CI | p | Mean difference | 95% CI | p |
| %EI from sugar in discretionary food | 8.2 | 0.7 | 9.6 | 0.7 | -1.4 | -3.4, 0.5 | 0.152 | -1.2 | -3.0, 0.7 | 0.210 |
| Total energy (kj) | 5068 | 132 | 5206 | 196 | -138  | -602, 325 | 0.559 | -126 | -553, 299 | 0.506 |
| Protein (g) | 51.7 | 2.0 | 52.3 | 2.3 | -0.7  | -6.6, 5.2 | 0.821 | -1.5 | -6.9, 3.9 | 0.595 |
| Total carbohydrates (g) | 143.1 | 3.9 | 145.9 | 6.3 | -2.8  | -17.3, 11.7 | 0.701 | -1.7 | -14.6, 11.1 | 0.790 |
| Sugar (g) | 71.4 | 2.5 | 71.8 | 4.3 | -0.5  | -10.1, 9.4 | 0.943 | -0.3 | 9.6, 8.9 | 0.944 |
| Starch (g) | 71.0 | 3.2 | 73.5 | 3.1 | -2.5  | -11.1, 6.2 | 0.573 | -2.1 | -10.0, 5.8 | 0.602 |
| Fibre (g) | 11.6 | 0.5 | 11.4 | 0.6 | 0.4  | -1.1, 1.9 | 0.570 | 0.3 | -1.1, 1.6 | 0.708 |
| Total fat (g) | 46.4 | 1.5 | 48.5 | 2.1 | -2.1  | -7.2, 2.9 | 0.410 | -1.9 | -6.9, 3.0 | 0.448 |
| Saturated fat (g) | 21.5 | ± 0.8 | 23.3 | 1.2 | -1.7  | -4.6, 1.1 | 0.231 | -1.6 | -4.3, 1.0 | 0.230 |
| Monounsaturated fatty acids (g) | 16.1 | 0.6 | 16.6 | 0.7 | -0.5  | -2.3, 1.3 | 0.586 | -0.5 | -2.3, 1.4 | 0.620 |
| Polyunsaturated fatty acids (g) | 5.3 | 0.3 | 5.5 | 0.3 | -0.1  | -0.9, 0.6 | 0.704 | -0.1 | -0.9, 0.6 | 0.759 |
| Sodium (mg) | 1594 | 62 | 1587 | 85 | 7  | -199, 213 | 0.948 | 0.1 | -207, 207 | 0.999 |
| Secondary food-based outcomes (food groups are categorised according to the Australian Guide to Healthy Eating) |
| Grains (g) | 164 | 12 | 160 | 10 | 3 | -26, 33 | 0.820 | 6 | -21, 33 | 0.661 |
| Fruits (g) | 108 | 12 | 77 | 10 | 31 | 2, 61 | 0.036 | 32 | 2, 61 | 0.039 |
| Vegetables (g) | 92 | 11 | 111 | 12 | -19 | -51, 12 | 0.235 | -18 | -43, 8 | 0.170 |
| Milk, yoghurt, cheese and/or alternatives (g) | 376 | 29 | 408 | 39 | -33 | -127, 62 | 0.498 | -34 | -120, 52 | 0.441 |
| Meat and alternatives (g) | 87 | 7 | 81 | 6 | 6 | -12, 24 | 0.490 | 2 | -16, 19 | 0.853 |

\*Plausibility was determined by applying upper and lower cut-points to the ratio of energy intake to basal metabolic rate. From the intervention group, a total of 237/263 (90%) recalls had a plausible energy intake, and these were from n=123/138 (89%) individual children with dietary recall data. From the control group, at total of 198/245 (81%) recalls were deemed plausible, from a total of 103/129 (80%) children with dietary recall data.

\*\*Analyses adjusted for randomization strata, weekday and interviewer.