|  |  |
| --- | --- |
|  | **Recommended dietary cut-points** |
| **Food Variables** | **Mother** | **Child** |
| Fruit\* | 2 serves/day | 1 serve/day |
| Vegetables\* | 5 serves/day | 2.5 serves/day |
| Water# | ≥8 cups/day | ≥4 cups/day |
| Milk\* | 2.5 serves/day | 1.5 serves/day |
| Fruit Juice\* | ≤1cup/day | ≤1/2 cup/day |
| Sugary Drinks# | ≤1cup/day | ≤1/2 cup/day |
| Soft drinks# | ≤1cup/day | ≤1/2 cup/day |
| Hot chips# | <2×/week | <2×/week |
| Fast food# | <2×/week | <2×/week |
| Processed meat# | <2×/week | <2×/week |
| Sweet Snacks | <2x/week | - |
| Salty snacks | <2x/week | - |
| Confectionary | <2x/week | - |

**Table S1: Recommended dietary cut-points for mother and child**

\*Recommendations based on Australian dietary guidelines (2013)

#Recommendations based on best practice standards and distribution of group responses when measures were divided into corresponding tertiles

-Dietary variables not measured for mothers.