

Supplementary Table 1: Foods included in the 45 food groups from the Gemini study three-day diet diaries

Food groups	Included foods
Milk (animal-based)	skimmed, semi-skimmed and whole cow's milk, other animal-based milk, milk-based flavoured drinks
Milk (plant-based)	plant-based milk
Water	water
Juice drinks	fruit-based drinks, baby/infant processed juice drinks
Formula milk	all formula milks
Hot beverages	powdered beverages, coffee, tea
Sugar-sweetened beverages	carbonated soft drinks
Breast milk	breast milk
Pizza	pizza
Pasta & rice	pasta and pasta dishes, rice and rice dishes
Cereal (low fibre)	other cereals and dishes
Cereal (high fibre)	oat-based cereals
Fruit	fresh, dried, canned and cooked fruit
Yoghurt	yoghurt, drinking yoghurts
Cream & cheese	cream, fromage frais, cheese
Dairy desserts (& milk-based puddings)	ice cream, dairy desserts & milk-based puddings*
Vegetables	tomatoes, brassicacea, yellow, red and dark green leafy vegetables, other vegetables,
Pulses	pulses, lentils, baked beans
Red meat	beef and veal and dishes, lamb and dishes, red meat, venison, bacon and ham, processed pies, other processed meats, sausages and burgers and kebab, liver and dishes, other offal and dishes
White meat	pork and dishes, chicken and turkey and dishes, other game birds
Fish	white fish, oily fish, shellfish
Bread (low fibre)	white, other breads, crisp breads
Bread (high fibre)	wholemeal, brown, granary, wheat germ
Animal fats	butter, animal based fats
Plant fats	oils, plant based fats
Potatoes	potatoes, potato products
Sweet cereal products & biscuits	biscuits, pastries, buns, pies, cereal bars
Cereal-based puddings (not milk)	cereal-based puddings (not milk)
Chocolate	chocolate-based products
Sugars	jam, marmalade, chutney, pickles, pure sugars, other sugars including syrups, honey, sugar-based products, sorbets, lollies
Snacks (cereal-based)	savoury biscuits, crackers, cereal-based snacks

Online supporting material

Snacks (vegetable-based)	potato-based snacks, vegetable-based snacks
Nuts & seeds	nuts & seeds
Commercial infant vegetable-based foods	vegetable-based manufactured ready meals
Commercial infant meat-based foods	meat-based manufactured ready meals
Commercial infant cereal-based foods	dried cereals
Commercial infant desserts	fruit only purees, biscuits
Eggs	egg and egg dishes.
Supplements (vegetal-based)	supplements (vegetal)
Supplements (animal-based)	supplements (animal)
Supplements (other sources)	supplements (other)
Nutrition powders	nutrition powders
Soups	soups
Sauces	dressings and mayonnaise, cooking sauces (gravies, pesto, brown sauce, soy sauce ketchup)
Miscellaneous	dried herbs & spices, salt and artificial sweeteners