**Supplemental Table 1**. Beverages and food categories definitions

|  |  |
| --- | --- |
| **Beverages or food groups** | **Food items included** |
| Drinking water (DW) | Tap water; Mineral water; Spring water. |
| Children formula | Infant formula (IF); Follow-on formula (FOF);  Young child formula (YCF);  Specific milk drinks ready to use (infant formula mixed with cereals, vegetables, fruit or cocoa). |
| Cow’s milk | Whole, half skimmed, condensed cow’s milk. |
| Dairy products | Yogurt, "petit-suisse", curd; Milky desserts, flan, cream; Cheese. |
| Juices | 100% fruit or vegetable juices. |
| Sugar-Sweetened Beverages (SSBs) | Sodas, nectars, syrup, fruit juice-based drink, flavoured water. |
| Soup | Milk soup (formula mixed with vegetables and/or starch);  Homemade, canned, or reconstituted dehydrated soup. |
| Vegetables and fruits | All vegetables and potatoes; All fruits and compote. |
| Meat, fish and eggs | All, including ham and delicatessen. |
| Industrial ready meals | Babyfood (meat or fish mixed with vegetables);  Adult type ready to use meal |
| Starch products | Legumes (beans, lentils)  Cereals (wheat, quinoa, bulgur, corn, rice);  Bread, pastry, biscuits, cookies; Pasta, semolina. |
| Miscellaneous | Butter; Vegetable oil and margarine;  Sauces;  Chocolate powder; Jam; Candy. |

**Supplemental table 2.** Daily total water intake (mL/d) per age group (n = 1,035), expressed as median, Q1 (25th percentile), Q3 (75th percentile) and mean ± SD.

|  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **Age group (months)** | | | | | | | | | | |
|  | **0.5-3** | **4** | **5** | **6** | **7** | **8-9** | **10-11** | **12-17** | **18-23** | **24-29** | **30-35** |
| **EFSA AI\*** | 680 | | | | 800-1000 | | | 1100-1200 | | 1300 | |
| **n** | 91 | 80 | 91 | 90 | 77 | 77 | 82 | 121 | 120 | 125 | 81 |
| **Q1** | 654.6 | 748.3 | 767.9 | 786.1 | 816.9 | 804.3 | 871.5 | 884.0 | 849.1 | 815.9 | 815.9 |
| **Median** | 732.3 | 815.1 | 841.5 | 893.7 | 880.7 | 911.7 | 990.4 | 998.9 | 985.1 | 991.0 | 991.0 |
| **Q3** | 814.5 | 909.4 | 938.6 | 985.4 | 973.8 | 1060.3 | 1086.2 | 1124.1 | 1160.1 | 1167.0 | 1167.0 |
| **Mean** | 752.5 | 830.8 | 856.5 | 891.1 | 920.3 | 942.5 | 1007.4 | 1028.1 | 1033.2 | 1001.6 | 1021.9 |
| **SD** | 113.0 | 81.1 | 84.5 | 98.2 | 103.8 | 188.0 | 207.7 | 296.3 | 355.4 | 355.4 | 444.0 |

\*: ref 5, 18

**Supplemental Table 3.** Mean contribution (SD) of each food group to the total water intake (mL/d) in each age group (n= 1,035)

|  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **Age group (months)** | | | | | | | | | | |
|  | **0.5-3** | **4** | **5** | **6** | **7** | **8-9** | **10-11** | **12-17** | **18-23** | **24-29** | **30-35** |
| **n** | 91 | 80 | 91 | 90 | 77 | 77 | 82 | 121 | 120 | 125 | 81 |
| **Sources** | | | | | | | | | | | |
| **Drinking water** | 11.1 (48.5) | 11.2 (13.2) | 27.0 (42.7) | 31.8 (24.8) | 37.7 (36.7) | 83.4 (106.7 | 67.3 (68.4) | 134.7 (153.6) | 194.0 (219.9) | 229.1 (258.8) | 256.7 (259.6) |
| **Formula** | 731.3 (106.3) | 760.8 (91.6) | 661.7 (114.3) | 565.9 (123.3) | 510.5 (106.2) | 406.8 (175.1 | 379.0 (170.0) | 246.2 (275.1) | 229.3 (282.7) | 118.9 (237.1) | 72.8 (228.8) |
| **Cow’s milk** | 0.0 (0.0) | 10.0 (42.4) | 32.0 (86.5) | 22.5 (57.7) | 18.6 (42.6) | 48.0 (102.3 | 47.9 (113.0) | 147.1) (249.3) | 136.3 (244.3) | 190.9 (242.7) | 187.4 (268.0) |
| **Dairy products** | 1.2 (8.1) | 3.0 (5.5) | 15.0 (17.0) | 47.5 (32.7) | 72.9 (35.3) | 90.5 (50.6)) | 123.3 (66.7) | 109.8 (77.8) | 111.0 (82.8) | 108.2 (72.8) | 101.6 (95.5) |
| **Fruit juices** | 0.6 (2.9) | 2.0 (6.4) | 2.6 (6.9) | 3.8 (9.1) | 3.6 (7.4) | 4.2 (10.8) | 6.3 (21.0) | 10.4 (31.8) | 20.2 (54.3) | 30.8 (58.3) | 44.6 (100.6) |
| **Soda & Sweet beverages** | 0.1 (0.9) | 0.0 (0.0) | 0.3 (1.1) | 0.0 (0.0) | 0.3 (1.4) | 0.8 (4.0) | 1.3 (7.8) | 5.8 (32.6) | 15.3 (73.8) | 33.7 (107.7) | 27.7 (151.3) |
| **Soup** | 0.0 (0.0) | 5.3 (14.5) | 4.6 (13.2) | 12.9 (37.0) | 27.1 (27.1) | 21.3 (40.4) | 48.0 (94.9) | 67.3 (168.9) | 47.5 (120.8) | 44.7 (113.4) | 43.7 (108.1) |
| **Vegetables & fruits** | 7.4 (33.5) | 36.6 (31.5) | 106.0 (46.7) | 163.0 (57.4) | 184.4 (77.2) | 190.7 (112.8) | 226.8 (154.8) | 212.3 (173.1) | 169.3 (136.4) | 146.5 (118.8) | 178.7 (143.5)) |
| **Meat, fish & eggs** | 0.1 (0.7) | 0.0 (0.0) | 0.6 (1.7) | 3.6 (5.5) | 5.4 (5.9) | 6.1 (6.4) | 13.2 (15.1) | 22.9 (28.8) | 30.7 (31.6) | 34.3 (27.5) | 38.8 (37.3) |
| **Industrial ready meals** | 0.6 (4.2) | 1.8 (9.6) | 6.5 (17.1) | 38.0 (35.7) | 55.1 (43.0) | 85.8 (60.5) | 88.3 (72.1) | 50.2 (72.6) | 50.8 (88.2) | 31.1 (49.8) | 32.6 (64.1) |
| **Starch products** | 0.0 (0.1) | 0.1 (0.1) | 0.2 (0.2) | 1.6 (6.7) | 3.0 (6.5) | 4.3 (8.6) | 5.5 (9.4) | 16.7 (25.9) | 25.9 (31.6) | 29.9 (33.4) | 30.2 (29.0) |
| **Miscellaneous** | 0.0 (0.0) | 0.0 (0.1) | 0.0 (0.1) | 0.4 (1.6) | 1.8 (8.0) | 0.6 (2.0) | 0.6 (4.0) | 4.7 (30.4) | 3.1 (9.9) | 3.4 (7.8) | 7.1 (28.7) |
| **Total** | 752.5 (113.0) | 830.8 (81.1) | 856.5 (84.5) | 891.1 (98.2) | 920.3 (103.8) | 942.5 (188.0) | 1007.4 (207.7) | 1028.1 (296.3 | 1033.2) (355.4) | 1001.6 (355.4) | 1021.9 (444.0) |
|  | | | | | | | | | | | |

**Supplemental table 4**. Drinking water (DW) intake (mL/d) per age groups (n = 1,035) expressed as 25th (Q1), median, 75th (Q3) and mean ± SD, and percentage of children in each age group consuming DW as bottled water (mineral or spring water) or tap water. The total may be higher than 100% because some children may consume two different types of water during the 3 days recording.

|  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **Age group (months)** | | | | | | | | | | |
|  | **0.5-3** | **4** | **5** | **6** | **7** | **8-9** | **10-11** | **12-17** | **18-23** | **24-29** | **30-35** |
| **n** | 91 | 80 | 91 | 90 | 77 | 77 | 82 | 121 | 120 | 125 | 81 |
| **Drinking water intake (mL/d)** | | | | | | | | | | | |
| **Q1** | 0 | 0 | 0 | 0 | 3.3 | 20 | 20.0 | 60 | 86.7 | 96.6 | 139.9 |
| **Median** | 0 | 0 | 0 | 13.3 | 21.7 | 46.7 | 43.3 | 101.7 | 131 | 188.1 | 233.2 |
| **Q3** | 0 | 10.0 | 30.0 | 46.7 | 43.3 | 90.0 | 83.3 | 156.7 | 246.4 | 286.7 | 343.0 |
| **Mean** | 11.1 | 11.2 | 27,0 | 31.8 | 37.7 | 83.4 | 67.3 | 134.7 | 194.0 | 229.1 | 256.7 |
| **SD** | 48.5 | 13.2 | 42.7 | 24.8 | 36.7 | 106.7 | 68.4 | 153.6 | 219.9 | 258.8 | 258.6 |
| **Percentage of children drinking each type of water** | | | | | | | | | | | |
| **Total DW** | 13% | 31% | 44% | 64% | 79% | 95% | 89% | 93% | 98% | 97% | 99% |
| **Mineral water** | 11% | 15% | 22% | 37% | 53% | 56% | 51% | 48% | 42% | 29% | 32% |
| **Spring water** | 3% | 15% | 21% | 30% | 27% | 38% | 30% | 45% | 43% | 36% | 37% |
| **Tap water** | 0% | 3% | 1% | 4% | 4% | 12% | 13% | 23% | 38% | 45% | 58% |