**Appendix A**

**‘Associations between dietary variety, portion size, and body weight: Prospective evidence from 35 449 UK Biobank participants’**

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**Description of supplementary results:**

**Table A.1.** Correlations (Spearman’s) between model predictors and outcomes at baseline​.

**Table A.2.** Correlations (Spearman’s) between model predictors and outcomes at follow-up.

**Table A.3.** Unstandardised beta coefficients for pathways predicting body weight outcomes, where baseline models include ‘age completing full-time education’ as an additional covariate. Dietary variety was entered as the predictor (X), portion size as the mediator (M), and energy density as the moderator (W) across models.

**Table A.4.** Unstandardised beta coefficients for pathways predicting body weight outcomes, where follow-up models include ‘age completing full-time education’ as an additional covariate. Dietary variety was entered as the predictor (X), portion size as the mediator (M), and energy density as the moderator (W) across models.

**Table A.7.** DVS-B and DVS-W scores as predictors of portion size and body weight outcomes at baseline (T0), where X is the predictor (dietary variety) and W is the moderator (energy density).

**Table A.8.** DVS,DVS-B, and DVS-W (T0) as predictors of portion size (T1) and body weight outcomes (T2/ T3) at follow-up, where X is the predictor (dietary variety) and W is the moderator (energy density; T1).

**OSF Project link:** https://osf.io/hfrej/

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**Table A.1.** Correlations (Spearman’s) between model predictors and outcomes at baseline.1

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **Variable** | **BMI (Kg/m2) (T0)** | **Whole body fat (%) (T0)** | **Fat-free mass (Kg) (T0)** | **1** | **2** | **3** | **4** |
| 1. Portion size (g) | .013 | -.111 \* | .145 \* | - |  |  |  |
| 1. Energy density (Kj/ g) | .030 | -.122 \* | .159 \* | -.338 \* | - |  |  |
| 1. Sex 2 | .185 \* | -.675 \* | .842 \* | .109 \* | .167 \* | - |  |
| 1. Age completing full-time education (yrs) | -.100 \* | -.077 | .009 | .056 | -.010 | -.018 | - |
| DVS 3 | -.121 \* | -.030 | -.069 | .504 \* | .021 | -.084 | .129 \* |
| DVS-B 4 | -.112 \* | -.030 | -.057 | .251 \* | .069 | -.055 | .061 |
| DVS-W (%) 5 |  |  |  |  |  |  |  |
| Breakfast foods | -.028 | -.061 | .037 | .128 \* | .081 | .051 | -.002 |
| Lunch and dinner entrees | .005 | -.014 | .030 | .175 \* | .058 | .008 | .082 |
| Sweets, snacks, and carbohydrates | -.036 | -.049 | .024 | .171 \* | .406 \* | .007 | .040 |
| Fruits | -.121 \* | .014 | -.131 \* | .291 \* | -.174 \* | -.132 \* | .069 |
| Vegetables | -.099 | .035 | -.122 \* | .319 \* | -.157 \* | -.123 \* | .079 |
| Energy-containing beverages | -.014 | -.073 | .079 | .385 \* | -.041 | .068 | .087 |
| Other dairy products | -.052 | -.033 | -.001 | .076 | .097 | -.017 | .050 |

1 Significance denoted for coefficients ≥ .10, and indicated as \* < .001.

2 ‘Sex’ binary coded as 0 = female, 1 = male.

3 Dietary variety score calculated as the count of individual foods and beverages consumed across food groups.

4 Dietary variety score calculated as the count of food groups from which participants consumed ≥ 1 food or beverage, scored from 1 – 10.

5 Dietary variety score calculated as the percentage of items consumed from within each food group.

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**Table A.2.** Correlations (Spearman’s) between model predictors and outcomes at follow-up.1

| **Variable** | **BMI (Kg/ m2) (T2)** | **BMI (Kg/ m2) (T3)** | **Whole body fat (%) (T2)** | **Fat-free mass (Kg) (T2)** | **1** | **2** | **3** | **4** | **5** | **6** | **7** | **8** | **9** | **10** |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 1. Portion size (g) (T1) | .065 | .044 | -.089 | .157\*\* | - |  |  |  |  |  |  |  |  |  |
| 1. Energy density (Kj/ g) (T1) | .012 | .008 | -.132\*\* | .188\*\* | -.372\*\* | - |  |  |  |  |  |  |  |  |
| 1. Sex 2 | .177\*\* | .218\*\* | -.684\*\* | .848\*\* | .105\*\* | .180\*\* | - |  |  |  |  |  |  |  |
| 1. Age completing full-time education (yrs) | -.160\* | -.066 | -.082 | -.052 | .025 | -.006 | -.018 | - |  |  |  |  |  |  |
| 1. Age (yrs) | .143\*\* | .027 | .077 | .004 | -.000 | .004 | .050 | -.018 | - |  |  |  |  |  |
| 1. Index of Multiple Deprivation (IMD) England 6 | .070 | .105\*\* | .014 | .027 | -.034 | .007 | .013 | -.140\*\* | -.088 | - |  |  |  |  |
| 1. Vigorous physical activity 7 | -.040 | -.014 | -.158\*\* | .093 | .057 | -.027 | .082 | -.053 | .011 | .015 | - |  |  |  |
| 1. BMI (Kg/m2) (T0) | .948\*\* | .918\*\* | .398\*\* | .432\*\* | .035 | .002 | .185\*\* | -.100\*\* | .080 | .091 | -.010 | - |  |  |
| 1. Whole body fat (%) (T0) | .423\*\* | .361\*\* | .947\*\* | -.485\*\* | -.090 | -.150\*\* | -.675\*\* | -.077 | .099 | .046 | -.099 | .458\*\* | - |  |
| 1. Fat-free mass (Kg) (T0) | .418\*\* | .452\*\* | -.467\*\* | .982\*\* | .145\*\* | .158\*\* | .842\*\* | .009 | -.046 | .019 | .069 | .468\*\* | -.452\*\* | - |
| DVS (T0) 3 | -.092 | -.112\*\* | -.027 | -.067 | .265\*\* | -.041\*\* | -.084 | .129\*\* | .105\*\* | -.125 | .002 | -.121\*\* | -.030 | -.069 |
| DVS-B (T0) 4 | -.078 | -.079 | -.026 | -.033 | .136\*\* | .031 | -.055 | .061 | .126\*\* | -.120 | -.010 | -.112\*\* | -.030 | -.057 |
| DVS-W (%) (T0) 5 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Breakfast foods | -.033 | -.020 | -.056 | .021 | .080 | .039 | .051 | -.002 | .102\*\* | -.058 | .009 | -.028 | -.061 | .037 |
| Lunch and dinner entrees | .010 | .038 | .014 | .007 | .076 | .009 | .008 | .082 | -.043 | -.054 | -.030 | .005 | -.014 | .030 |
| Sweets, snacks, and carbohydrates | -.047 | -.042 | -.067 | .030 | .079 | .189\*\* | .007 | .040 | .003 | -.038 | -.013 | -.036 | -.049 | .024 |
| Fruits | -.114\*\* | -.152\*\* | -.032 | -.099 | .199\*\* | -.158\*\* | -.132 | .069 | .157\*\* | -.095 | .013 | -.121\*\* | .014 | -.131\*\* |
| Vegetables | -.078 | -.099 | .043 | -.118\*\* | .151\*\* | -.117\*\* | -.123\*\* | .079 | .086 | -.067 | -.002 | -.099 | .035 | -.122\*\* |
| Energy-containing beverages | .004 | .004 | -.041 | .036 | .187\*\* | -.013 | .068 | .087 | .046 | -.092 | .010 | -.014 | -.073 | .079 |
| Other dairy products | -.041 | -.030 | -.020 | .003 | .042 | .036 | -.017 | .050 | .002 | -.048 | -.007 | -.052 | -.033 | -.001 |

1 Significance denoted for coefficients ≥ .10, and indicated as \* p < .01, \*\* p < .001.

2 ‘Sex’ binary coded as 0 = female, 1 = male.

3 Dietary variety score calculated as the count of individual foods and beverages consumed across food groups.

4 Dietary variety score calculated as the count of food groups from which participants consumed ≥ 1 food or beverage, scored from 1 – 10.

5 Dietary variety score calculated as the percentage of items consumed from within each food group.

6 Higher scores indicate residential areas have greater levels of deprivation.

7 ‘Vigorous physical activity’ binary coded as 0 = 0 – 60 minutes of activity, 1 = 1 – 6+ hours of activity.

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**Table A.3.** Unstandardised beta coefficients for pathways predicting body weight outcomes, where baseline models include ‘age completing full-time education’ as an additional covariate. Dietary variety was entered as the predictor (X), portion size as the mediator (M), and energy density as the moderator (W) across models. 1, 2

| **Predictor** | **Portion size (g)** | **BMI (Kg/m2)** | | | | **Body fat (%)** | | | | **Fat-free mass (Kg)** | | | |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **X** | **X \* W** | **M** | **M \* W** | **X** | **X \* W** | **M** | **M \* W** | **X** | **X \* W** | **M** | **M \* W** |
| DVS | 86 (1.09) \*\* | -.108 (.01) \*\* | .006 (.01) | Null | Null | -.119 (.01) | .014 (.01) | Null | Null | -.121 (.01) \*\* | -.005 (.01) | .001 (.00) | Null |
| DVS-B | 154 (4.37) \*\* | -.304 (.02) \*\* | -.039 (.03) | Null | Null | -.277 (.03) | -.046 (.04) | Null | Null | -.316 (.03) | -.038 (.04) | .001 (.00) | Null |
| Self-evaluated dietary variety | 39 (12.74) \* | .855 (.06) \*\* | -.048 (.08) | Null | Null | 1.115 (.09) \*\* | -.021 (.11) | Null | Null | .682 (.09) \*\* | -.053 (.11) | .001 (.00) | Null |
| DVS-W |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Breakfast foods | 17 (1.02) \*\* | -.022 (.01) | -.007 (.01) | Null | Null | -.020 (.01) | -.010 (.01) | Null | Null | -.033 (.01) | -.003 (.01) | .001 (.00) | Null |
| Lunch and dinner entrees | 52 (2.15) \*\* | .014 (.01) | .010 (.01) | Null | Null | .019 (.02) | .004 (.02) | Null | Null | .030 (.02) | .001 (.02) | .001 (.00) | Null |
| Sweets, snacks, and carbohydrates | 54 (2.19) \*\* | -.083 (.01) | .035 (.02) | Null | Null | -.123 (.02) | .032 (.02) | Null | Null | -.074 (.02) | .022 (.02) | .001 (.00) | Null |
| Fruits | 32 (.76) \*\* | -.048 (.00) | .003 (.01) | Null | Null | -.066 (.01) | -.003 (.01) | Null | Null | -.055 (.01) | -.005 (.01) | .001 (.00) | Null |
| Vegetables | 37 (.73) \*\* | -.038 (.00) | -.003 (.01) | Null | Null | -.035 (.01) | .006 (.01) | Null | Null | -.057 (.01) | -.010 (.01) | .001 (.00) | Null |
| Energy-containing beverages | 74 (1.26) \*\* | -.020 (.01) | -.001 (.01) | Null | Null | .009 (.010) | .013 (.01) | Null | Null | -.023 (.01) | -.001 (.012) | .001 (.00) | Null |
| Other dairy products | 12 (1.13) \*\*\* | -.025 (.01) | -.006 (.01) | Null | Null | -.041 (.01) | .007 (.01) | Null | Null | .012 (.01) | -.009 (.01) | .001 (.00) | Null |

1 Unstandardised beta coefficients (adjusted SE). Where coefficients < .001, effects are indicated as ‘null’.

2 Significance denoted for coefficients indicating ‘meaningful’ effects, as \*p < .01, \*\*p < .001. If p < .05 but confidence intervals contain or cross zero, p-values are not noted as significant.

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**Table A.4.** Unstandardised beta coefficients for pathways predicting body weight outcomes, where follow-up models include ‘age completing full-time education’ as an additional covariate. Dietary variety was entered as the predictor (X), portion size as the mediator (M), and energy density as the moderator (W) across models. 1, 2

| **Predictor (T0)** | **Portion size (g) (T1)** | **BMI (Kg/m2) (T2)** | | | | **BMI (Kg/m2) (T3)** | | | | **Body fat (%) (T2)** | | | | **Fat-free mass (Kg) (T2)** | | | |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **X** | **X \* W** | **M** | **M \* W** | **X** | **X \* W** | **M** | **M \* W** | **X** | **X \* W** | **M** | **M \* W** | **X** | **X \* W** | **M** | **M \* W** |
| DVS | 40 (7.94) \*\*\* | .008 (.01) | .005 (.02) | Null | Null | -.003 (.01) | -.007 (.02) | Null | Null | .010 (.04) | -.020 | Null | Null | -.005 (.02) | .015 (.03) | Null | Null |
| DVS-B | 61 (29.96) \* | -.008 (.05) | .113 (.07) | Null | Null | -.099 (.05) | .052 (.08) | Null | Null | .009 (.12) | .028 (.15) | Null | Null | -.042 (.08) | .23 (.11) \* | Null | Null |
| DVS-W |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Breakfast foods | 16 (6.00) \*\* | .009 (.01) | -.002 (.01) | Null | Null | -.006 (.01) | -.015 (.01) | Null | Null | .017 (.02) | -.049 (.03) | Null | Null | -.009 (.02) | .035 (.02) | Null | Null |
| Lunch and dinner entrees | 28 (14.36) | -.016 (.02) | .013 (.03) | Null | Null | -.003 (.02) | .063 (.03) | Null | Null | .034 (.05) | -.055 (.07) | Null | Null | -.034 (.04) | .065 (.05) | Null | Null |
| Sweets, snacks, and carbohydrates | 22 (12.21) | .027 (.03) | .040 (.04) | Null | Null | .001 (.02) | -.012 (.03) | Null | Null | .046 (.06) | .012 (.09) | Null | Null | .033 (.04) | .037 (.05) | Null | Null |
| Fruits | 27 (4.85) \*\*\* | -.010 (.01) | .015 (.01) | Null | Null | -.013 (.01) | .011 (.01) | Null | Null | -.054 (.02) | .025 (.03) | Null | Null | .027 (.02) | .023 (.02) | Null | Null |
| Vegetables | 12 (5.12) \* | .002 (.01) | -.021 (.01) | Null | Null | .010 (.01) | -.008 (.01) | Null | Null | .014 (.02) | -.029 (.03) | Null | Null | -.019 (.01) | -.028 (.02) | Null | Null |
| Energy-containing beverages | 25 (9.29) \*\* | .007 (.02) | .021 (.02) | Null | Null | -.003 (.01) | -.027 (.02) | Null | Null | -.004 (.04) | .016 (.05) | Null | Null | -.004 (.03) | .021 (.04) | Null | Null |
| Other dairy products | -9 (7.34) | -.019 (.02) | .01 (.02) | Null | Null | -.007 (.01) | .010 (.02) | Null | Null | -.011 (.03) | .054 (.04) | Null | Null | -.020 (.02) | -.008 (.03) | Null | Null |

1 Where coefficients < .001, effects are indicated as ‘null’.

2 Significance denoted for coefficients indicating ‘meaningful’ effects, as \*p < .05, \*\*p < .01, \*\*\* p < .001. If p < .05 but confidence intervals contain or cross zero, p-values are not noted as significant.

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**Table A.5.** Baseline models predicting body weight outcomes, where pathways include portion size (Kcal) as the mediator (M). Dietary variety was entered as the predictor (X) and energy density as the moderator (W) across models. 1, 2

| **Predictor** | **Portion size (kcal)** | **BMI (Kg/m2)** | | **Body fat (%)** | | **Fat-free mass (Kg)** | |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **M** | **M \* W** | **M** | **M \* W** | **M** | **M \* W** |
| DVS | 58, .58 (57, 59) \* | .001, .00 (.001, .001) | Null | Null | Null | .002, .00 (.002, .002) | Null |
| DVS-B | 133, 2.34 (129, 138) \* | Null | Null | Null | Null | .002, .00 (.002, .002) | Null |
| DVS-W |  |  |  |  |  |  |  |
| Breakfast foods | 18, .55 (17, 19) \* | Null | Null | Null | Null | .002, .00 (.002, .002) | Null |
| Lunch and dinner entrees | 44, 1.14 (42, 47) \* | Null | Null | -.001, .00 (-.001, -.001) | Null | .002, .00 (.001, .002) | Null |
| Sweets, snacks, and carbohydrates | 119, 1.05 (117, 121) \* | Null | Null | Null | Null | .002, .00 (.002, .002) | Null |
| Fruits | 9, .42 (9, 10) | Null | Null | Null | Null | .002, .00 (.002, .002) | Null |
| Vegetables | 12, .42 (11, 13) | Null | Null | -.001, .00 (-.001, .00) | Null | .002, .00 (.002, .002) | Null |
| Energy-containing beverages | 39, .72 (38, 41) \* | Null | Null | -.001, .00 (-.001, .00) | Null | .002, .00 (.002, .002) | Null |
| Other dairy products | 18, .60 (17, 20) \* | Null | Null | -.001, .00 (-.001, .00) | Null | .002, .00 (.001, .002) | Null |

1 Unstandardised beta coefficients, adjusted SE (bootstrap LLCI, ULCI). Where coefficients < .001, effects are indicated as ‘null’.

2 Significance denoted for coefficients indicating ‘meaningful’ effects, as \*p < .001. If p < .05 but confidence intervals contain or cross zero, p-values are not noted as significant.

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**Table A.6.** Follow-up models predicting body weight outcomes, where pathways include portion size (Kcal) as the mediator (M). Dietary variety was entered as the predictor (X) and energy density as the moderator (W) across models. 1, 2

| **Predictor (T0)** | **Portion size (kcal) (T1)** | **BMI (Kg/m2) (T2)** | | **BMI (Kg/m2) (T3)** | | **Body fat (%) (T2)** | | **Fat-free mass (Kg) (T2)** | |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **M** | **M \* W** | **M** | **M \* W** | **M** | **M \* W** | **M** | **M \* W** |
| DVS | 27, 3.42 (20, 34) \*\* | Null | Null | Null | Null | Null | Null | .001, .00 (.000, .001) | Null |
| DVS-B | 63, 13.89 (36, 90) \*\* | Null | Null | Null | Null | Null | Null | .001, .00 (.000, .001) | Null |
| DVS-W |  |  |  |  |  |  |  |  |  |
| Breakfast foods | 8, 2.70 (3, 13) | Null | Null | Null | Null | Null | Null | .001, .00 (.000, .001) | Null |
| Lunch and dinner entrees | 18, 6.07 (6, 30) \* | Null | Null | Null | Null | Null | Null | .001, .00 (.000, .001) | Null |
| Sweets, snacks, and carbohydrates | 51, 5.56 (40, 62) \*\* | Null | Null | Null | Null | Null | Null | Null | Null |
| Fruits | 6, 2.30 (1, 10) | Null | Null | Null | Null | Null | Null | Null | Null |
| Vegetables | 6, 2.20 (1, 10) | Null | Null | Null | Null | Null | Null | .001, .00 (.000, .001) | Null |
| Energy-containing beverages | 18, 4.15 (10, 26) \*\* | Null | Null | Null | Null | Null | Null | .001, .00 (.000, .001) | Null |
| Other dairy products | 1, 2.71 (-4, 7) | Null | Null | Null | Null | Null | Null | .001, .00 (.000, .001) | Null |

1 Unstandardised beta coefficients, adjusted SE (bootstrap LLCI, ULCI). Where coefficients < .001, effects are indicated as ‘null’.

2 Significance denoted for coefficients indicating ‘meaningful’ effects, as \*p < .01, \*\*p < .001. If p < .05 but confidence intervals contain or cross zero, p-values are not noted as significant.

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**Table A.7.** DVS-B and DVS-W scores as predictors of portion size and body weight outcomes at baseline (T0), where X is the predictor (dietary variety) and W is the moderator (energy density).1, 2

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Predictor** | **Portion size (g)** | **BMI (Kg/m2)** | | **Body fat (%)** | | | **Fat-free mass (Kg)** | |
| **X** | **X \* W** | **X** | **X \* W** | | **X** | **X \* W** |
| DVS-B | 152.883, 3.31 (146.521, 159.336) \*\*\* | -.371, .02  (-.407, -.336) \*\*\* | -.047, .02  (-.093, -.003) | -.396, .03  (-.445, -.347) \*\*\* | | -.073, .03  (-.129, -.015) | -.334, .03  (-.384, -.284) \*\*\* | -.030, .03  (-.089, .028) |
| DVS-W |  |  |  |  | |  |  |  |
| Breakfast foods | 16.071, .77  (14.562, 17.581) \*\*\* | -.028, .00  (-.035, -.021) | -.004, .01  (-.014, .005) | -.031, .01  (-.041, -.020) | | -.011, .01  (-.024, .002) | -.034, .01  (-.045, -.023) | .002, .01  (-.011, .016) |
| Lunch and dinner entrees | 50.686, 1.58  (47.589, 53.782) \*\*\* | .004, .01  (-.011, .019) | .008, .01  (-.010, .027) | -.002, .01  (-.025, .019) | | -.001, .01  (-.025, .025) | .026, .01  (.005, .048) | .003, .01  (-.024, .030) |
| Sweets, snacks, and carbohydrates | 51.636, 1.646  (48.410, 54.863) \*\*\* | -.091, .01  (-.109, -.072) | .037, .01  (.015, .062) | -.124, .01  (-.152, -.095) | | .034, .01  (.005, .062) | -.102, .01  (-.128, -.073) \*\*\* | .017, .02  (-.012, .047) |
| Fruits | 31.550, .56  (30.465, 32.673) \*\*\* | -.055, .00  (-.061, -.050) | -.001, .00  (-.009, .007) | -.078, .00  (-.087, .-.070) | | -.007, .01  (-.018, .004) | -.059, .00  (-.067, -.051) | -.001, .01  (-.011, .010) |
| Vegetables | 34.536, .56  (33.432, 35.602) \*\*\* | -.04, .00  (-.046, -.034) | -.005, .00  (-.013, .002) | -.041, .00  (-.049, -.032) | | <.001, .01  (-.011, .011) | -.056, .00  (-.064, -.048) | -.013, .01  (-.023, -.002) |
| Energy-containing beverages | 71.044, .94  (69.210, 72.889) \*\*\* | -.037, .01  (-.047, -.026) | -.006, .01  (-.019, .008) | -.026, .01  (-.041, -.011) | | .010, .01  (-.009, .030) | -.026, .01  (-.041, -.011) | -.011, .01  (-.030, .008) |
| Other dairy products | 12.393, .79  (10.883, 13.952) \*\*\* | -.035, .00  (-.043, -.028) | -.002, .01  (-.012, .007) | -.059, .01  (-.071, -.048) | | .006, .01  (-.009, .020) | .006, .01  (-.005, .017) | -.001, .01  (-.015, .013) |

1 Unstandardised beta coefficients, adjusted SE (bootstrap LLCI, ULCI).

2 Significance is noted as \*p < .05, \*\*p < .01, \*\*\* p < .001. If p < .05 but confidence intervals contain or cross zero, p-values are not noted as significant.

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**Table A.8.** DVS,DVS-B, and DVS-W (T0) as predictors of portion size (T1) and body weight outcomes (T2/ T3) at follow-up, where X is the predictor (dietary variety) and W is the moderator (energy density; T1).1, 2

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Predictor** | **Portion size (g) (T1)** | **BMI (Kg/m2) (T2)** | | **BMI (Kg/m2) (T3)** | | **Body fat (%) (T2)** | | **Fat-free mass (Kg) (T2)** | |
| **X** | **X \* W** | **X** | **X \* W** | **X** | **X \* W** | **X** | **X \* W** |
| DVS | 41.898, 4.83  (32.167, 51.093) \*\*\* | -.001, .01  (-.017, .016) | .010, .01  (-.014, .034) | -.011, .01  (-.027, .006) | -.004, .01  (-.027, .020) | -.005, .02  (-.046, .035) | -.020, .03  (-.081, .040) | -.010, .01  (-.038, .017) | .030, .02  (-.009, .067) |
| DVS-B | 62.159, 19.77 (23.575, 100.803) \*\* | -.033, .03  (-.095, .026) | -.015, .05  (-.104, .077) | -.087, .03  (-.143, -.030) | .012, .04  (-.073, .098) | -.058, .08  (-.211, .095) | -.048, .10  (-.243, .147) | -.051, .05  (-.153, .051) | .012, .07  (-.123, .147) |
| DVS-W |  |  |  |  |  |  |  |  |  |
| Breakfast foods | 8.998, 4.06  (1.377, 17.185) \* | .001, .01  (-.010, .012) | -.001, .01  (-.018, .016) | -.008, .01  (-.020, .003) | -.008, .07  (-.025, .011) | .005, .02  (-.025, .034) | -.021, .02  (-.063, .020) | -.015, .01  (-.036, .005) | .023, .02  (-.010, .051) |
| Lunch and dinner entrees | 21.564, 9.13  (3.646, 39.196) \* | -.008, .01  (-.032, .015) | .010, .02  (-.025, .045) | .004, .01  (-.020, .028) | .025, .02  (-.014, .061) | .028, .03  (-.031, .084) | -.046, .04  (-.125, .030) | -.022, .02  (-.066, .022) | .069, .03  (.009, .129) |
| Sweets, snacks, and carbohydrates | 18.357, 8.21  (2.234, 34.481) \* | .017, .02  (-.012, .045) | .031, .02  (-.007, .071) | .003, .02  (-.027, .031) | -.017, .02  (-.059, .022) | .003, .04  (-.063, .070) | .014, .04  (-.067, .099) | .031, .03  (-.022, .082) | .037, .03  (-.026, .100) |
| Fruits | 23.360, 3.23  (17.011, 29.709) \*\*\* | -.003, .01  (-.014, .008) | .008, .01  (-.010, .026) | -.013, .01  (-.022, -.004) | .003, .01  (-.012, .017) | -.031, .01  (-.060, -.003) | .019, .02  (-.022, .062) | .019, .01  (.001, .037) | .009, .01  (-.019, .036) |
| Vegetables | 16.472, 3.22  (10.157, 22.787) \*\*\* | -.005, .01  (-.015, .005) | -.015, .01  (-.030, .002) | -.002, -.01  (-.011, .007) | <.001, .01  (-.014, .014) | -.003, .01  (-.029, .020) | -.034, .02  (-.070, .002) | -.015, .01  (-.032, .002) | -.008, .01  (-.031, .015) |
| Energy-containing beverages | 33.176, 5.74  (21.854, 44.576) \*\*\* | .003, .01  (-.017, .023) | .024, .01  (-.002, .048) | .004, .01  (-.012, .020) | -.013, .01  (-.038, .012) | .013, .02  (-.034, .059) | .038, .03  (-.020, .096) | -.016, .02  (-.050, .017) | .005, .02  (-.043, .049) |
| Other dairy products | 3.238, 3.756  (-4.135, 10.612) | -.012, .01  (-.025, .001) | .016, .01  (-.004, .037) | -.006, .01  (-.017, .006) | -.002, .01  (-.019, .014) | -.010, .02  (-.040, .019) | .037, .02  (-.007, .084) | -.014, .01  (-.036, .009) | .009, .02  (-.026, .043) |

1 Unstandardised beta coefficients, adjusted SE (bootstrap LLCI, ULCI).

2 Significance is noted as \*p < .05, \*\*p < .01, \*\*\* p < .001. If p < .05 but confidence intervals contain or cross zero, p-values are not noted as significant.