**Supplemental Table 1. Consumption of discretionary foods/beverages by demographic and anthropometric characteristics: proportion (%) and per-capita consumption (g)**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Characteristics** |  | **Discretionary foods/beverages** | **Discretionary foods** | **Discretionary beverages** |
| **(solid)** | **(liquid)** |
|   |   | % | Mean (S.D.) | % | Mean (S.D.) | % | Mean (S.D.) |
| **Gender** | Male | 97.3^^ | 668.7 (521.6)\*\* | 94.1^^ | 166.1 (88.6)\*\* | 70.8^^ | 502.6 (435)\*\* |
| Female | 96.6 | 443.1 (327.5) | 93.6 | 140.2 (69.7) | 58.2 | 302.9 (246.6) |
| **Age(year)** | 19-30 | 96.7 | 610.9 (501.9)\*\* | 93.3 | 166.5 (96.8)\*\* | 68.5^^ | 444.4 (391.2)\*\* |
| 31-50 | 97.3 | 576.9 (464.5) | 94.4 | 154.7 (79.7) | 65.3 | 422.2 (367.7) |
| 51-70 | 96.3 | 544.6 (438.5) | 92.5 | 146.6 (74) | 63.9 | 398.0 (375.4) |
| 70+ | 98.0 | 412.8 (281.3) | 96.1 | 141.6 (68.2) | 54.8 | 271.2 (235.4) |
| **SEIFA quintile** | Lowest | 96.3 | 571.4 (494.7)\*\* | 93.4 | 153.3 (81.3)\* | 62.8 | 418.1 (395.2)\*\* |
| 2nd | 97.3 | 565.8 (476.5) | 94.0 | 155.8 (81.5) | 64.0 | 410.1 (378.6) |
| 3rd | 97.5 | 547.1 (441.1) | 94.5 | 154.3 (81.9) | 64.1 | 392.8 (365.0) |
| 4th | 97.0 | 532.4 (408.6) | 93.6 | 154.5 (86.8) | 63.0 | 377.9 (318.6) |
| Highest | 96.7 | 535.8 (417.4) | 93.6 | 145.9 (71) | 65.6 | 389.9 (350.6) |
| **Country of birth** | Australia | 99.0^ | 582.4 (462.7)\*\* | 97.0^ | 157.3 (81.7)\*\* | 70.1^^ | 425 (381.4)\*\* |
|  | English speaking countries | 98.3 | 554.3 (452.4) | 96 | 153.7 (76.9) | 69.6 | 400.6 (354.7) |
|  | Others | 96.7 | 414.1 (338.7) | 93.6 | 131.5 (73) | 53.6 | 282.6 (251.3) |
| **BMI category** | Underweight | 97.4 | 555.6 (510.1) | 94.0 | 161.8 (81.3) | 62.1 | 393.9 (399.5) |
| Normal | 96.6 | 516.8 (440.7) | 93.8 | 153.2 (84.4) | 61.9 | 363.6 (338.4) |
| Overweight | 97.4 | 570.6 (444.9) | 94.4 | 153.2 (79.6) | 66.7 | 417.4 (372.7) |
| Obesity | 97.6 | 564.4 (458.4) | 94.5 | 150.3 (75.8) | 66.5 | 414.1 (374.2) |
| **WC category** | Not at risk | 94.3^ | 545.3 (462.5) | 91.1^ | 157.0 (86.3)\* | 61.7 | 388.4 (351.7) |
| At risk | 94.9 | 552.3 (439.1) | 92.3 | 152.3 (77.6) | 64.7 | 399.9 (358.7) |
| Central obesity | 97.7 | 553.8 (441.7) | 94.7 | 149.2 (76.4) | 66.3 | 404.6 (373.5) |
| **Fruit**  | <1 serve^^ | 97.9 | 594.3 (500.2)\*\* | 95.0 | 156.3 (81)\*\* | 64.3 | 437.9 (401.8)\*\* |
| **consumption** | 1 - 2 serves | 97.1 | 523.0 (404.3) | 94.6 | 149.8 (79.0) | 61.2 | 373.2 (335.8) |
|  | >2 serves | 96.1 | 483.3 (351.7) | 93.3 | 147.9 (81.6) | 56.7 | 335.4 (277.2) |
| **Vegetable**  | <2.5 serves^^ | 99.9 | 548.5 (430.2) | 96.8 | 146.4 (75.4)\* | 68.8 | 402.1 (371.2)\* |
| **consumption** | 2.5 - 5 serves | 96.3 | 553.5 (450.7) | 93.7 | 155.4 (80.8) | 62.9 | 398.1 (355.9) |
|   | >5 serves | 96.3 | 530.3 (564.0) | 92.6 | 172 (105.5) | 57.2 | 358.3 (371.8) |

n=7873, including plausible, under-, and over-reporters

S.D.: Standard Deviation

^ Significant Chi-squared analysis by characteristic category (P<0.05)

^^ Significant Chi-squared analysis by characteristic category (P<0.01)

\* Significance of ANOVA by characteristic category (P<0.05)

\*\* Significant of ANOVA for mean by characteristic category (P<0.01)

**Supplemental Table 2. Associations with discretionary foods/beverages consumption (g)**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Discretionary foods/beverages (g)** |  | B | SE | Standadized Coefficients | P value |
| Gender (Male) |  | 75.7 | 10.4 | 0.08 | <0.001 |
| Age (year) |  | -2 | 0.27 | -0.08 | <0.001 |
| SEIFA (Ref. 1st quintile) | 2nd quintile | -16.1 | 13.3 | -0.02 | 0.23 |
|  | 3rd quintile | -49.9 | 13.4 | -0.05 | <0.001 |
|  | 4th quintile | -68.3 | 13.9 | -0.06 | <0.001 |
|  | 5th quintile | -53.7 | 13.1 | -0.05 | <0.001 |
| Country of birth (Ref. Australia) | English speaking countries | -11.4 | 12.9 | -0.01 | 0.38 |
|  | Others | -153.6 | 11.4 | -0.13 | <0.001 |
| BMI (kg/m2) |  | -4.3 | 1.5 | -0.05 | 0.05 |
| WC (cm) |  | 3.69 | 0.6 | 0.01 | 0.32 |
| Fruit consumption (per serve) |  | -106.9 | 6.0 | -0.17 | <0.001 |
| Vegetable consumption (per serve) |   | -43.2 | 3.8 | -0.11 | <0.001 |
| **Discretionary foods (g)** |  | B | SE |   | P value |
| **(solid)** |  |   |
| Gender (Male) |  | -1.9 | 1.9 | -0.01 | 0.32 |
| Age (year) |  | 0.0 | 0.0 | 0.00 | 0.90 |
| SEIFA (Ref. 1st quintile) | 2nd quintile | -0.7 | 2.5 | -0.004 | 0.77 |
|  | 3rd quintile | -5.2 | 2.5 | -0.03 | 0.04 |
|  | 4th quintile | -3.0 | 2.6 | -0.01 | 0.25 |
|  | 5th quintile | -10.9 | 2.4 | -0.06 | <0.001 |
| Country of birth (Ref. Australia) | English speaking countries | -2.3 | 2.4 | -0.01 | 0.34 |
|  | Others | -19.9 | 2.1 | -0.09 | <0.001 |
| BMI (kg/m2) |  | 0.1 | 0.3 | 0.004 | 0.84 |
| WC (cm) |  | -0.02 | 0.1 | -0.003 | 0.88 |
| Fruit consumption (per serve) |  | -4.8 | 0.1 | -0.10 | <0.001 |
| Vegetable consumption (per serve) | 0.02 | 0.7 | -0.10 | <0.001 |
| **Discretionary beverage (g)** |  | B | SE |   | P value |
| **(liquid)** |  |   |
| Gender (Male) |  | 104.1 | 9.3 | 0.14 | <0.001 |
| Age (year) |  | -2.0 | 0.2 | -0.10 | <0.001 |
| SEIFA (Ref. 1st quintile) | 2nd quintile | -12.8 | 11.9 | -0.01 | 0.29 |
|  | 3rd quintile | -35.3 | 12.0 | -0.04 | 0.00 |
|  | 4th quintile | -47.9 | 12.4 | -0.05 | <0.001 |
|  | 5th quintile | -25.7 | 11.7 | -0.03 | 0.03 |
| Country of birth (Ref. Australia) | English speaking countries | -12.7 | 11.5 | -0.01 | 0.27 |
|  | Others | -116.8 | 10.2 | -0.12 | <0.001 |
| BMI (kg/m2) |  | -4.7 | 1.4 | -0.07 | 0.001 |
| WC (cm) |  | 3.8 | 0.6 | 0.15 | 0.05 |
| Fruit consumption (per serve) |  | -56.7 | 5.4 | -0.11 | <0.001 |
| Vegetable consumption (per serve) | -35.1 | 3.4 | -0.11 | <0.001 |

n=7873, including plausible, under-, and over-reporters