**Supplementary material**

Supplemental Table 1: Description of Food Categories

Food /Beverage Category Description Serving Size

Fruits, excluding fruit juices (includes fresh, canned, frozen and dried fruits) ½ cup

Vegetables and legumes, excluding juices and fried vegetables ½ cup

Grains/breads (includes rolls, bagels, tortillas, pasta, rice, cereals, crackers) 1 ounce

Sweet baked goods (includes cakes, cookies, pastries, pie, doughnuts) 1 ounce

Savory snacks (includes snack chips such as potato chips, popcorn) 1 ounce

Baby food and infant formula ½ cup/ 5 fluid ounces

Cheese and yogurt, including non-dairy substitute varieties 1-2 ounces/ 1 cup

Frozen desserts (includes ice cream, ice cream bars, popsicles) ½ cup

Red meat (includes beef, veal, lamb, pork, game, and organ meats) 1 ounce

Processed meat (includes cured pork, cold cuts, beef jerky) 1 ounce

Poultry, fish, and meat alternatives 1 ounce

Eggs and egg substitutes 1 large egg

Nuts, seeds, and nut/seed butters 1 tablespoon

Fats, sugars, sauces, and condiments variable

Candy 40 grams

Fried vegetables and fruit ½ cup

Miscellaneous foods such as soup broth, sugar substitute, pickled foods variable

100% fruit and vegetable juices 4 fluid ounces

Sugar sweetened beverages (includes soft drinks, fruit drinks, flavored milk) 8 fluid ounces

Artificially sweetened beverages 8 fluid ounces

Milk and milk substitutes, excluding flavored milks 8 fluid ounces

Water, unsweetened 8 fluid ounces

Coffee, tea and other unsweetened beverages 8 fluid ounces

Alcoholic beverages and non-alcoholic beer 1.5 to 12 fluid ounces

depending on beverage

type