

Supplementary Table 1: Procedure to classify foods consistent with the Australian Guide to Healthy Eating

Question	Details	If yes...	If no or unsure...
Q1. Is the product easily identifiable as a five food group food, or water?	<p>Vegetables - All fresh, frozen, canned and dried, but not fried</p> <p>Fruit - All fresh, frozen, canned, dried, and fruit juice</p> <p>Grains - Whole and rolled grains, flour, bread, pasta, noodles, breakfast cereals, including refined and whole grain varieties</p> <p>Lean meat, fish, and alternatives - All fresh, frozen and canned meat, poultry and fish; salt and fat reduced sausages; eggs, tofu, nuts and nut spreads, legumes, seeds</p> <p>Milk, yoghurt, cheese, and alternatives - Fresh, dried, evaporated or UHT milk, yoghurt, all cheese, and calcium-enriched alternatives</p> <p>Water</p>	Classify into the appropriate food group	Go to Q2
Q2. Is the product easily identifiable as a discretionary food, using the examples provided in the Eat for Health Educators Guide?	<p>Foods with higher added sugars - energy drinks, fruit drinks, honey, jams, marmalade, some sauces, sports drinks, sugar, confectionery, soft drinks, cordials, sweetened waters, iced tea, syrups</p> <p>Foods with higher saturated fat - bacon, ham, butter, cream, ghee, some tacos/nachos/enchiladas, commercially fried foods, commercial burgers, crisps, extruded snacks, dairy blends, frankfurts, chips, meat pie, pasties, pastry, pizza, processed meat, quiche, salami, mettwurst, sausages, some crackers, some sauces, spring roll</p> <p>Foods with higher saturated fat and added sugars - biscuits, cakes, chocolate, chocolate bars, dessert style custards, doughnuts, iced buns, ice cream, muesli bars, puddings, slices, some confectionery, some sauces, muffins, pastries, pies, crumbles</p> <p>Foods with high salt - marinades and sauces e.g. fish sauce, soy sauce; salty snack foods; spreads e.g. Vegemite; savoury biscuits</p>	Classify as discretionary	Go to Q3

Question	Details	If yes...	If no or unsure...
Q3. Do the ABS principles for identifying discretionary foods identify this food as discretionary?	<p>All milk drinks including flavoured milk</p> <p>All soft drinks including those with intense sweeteners</p> <p>All fruit drinks other than fruit juices</p> <p>Tea or coffee with added sugar</p> <p>Breakfast cereals without added fruit > 30g sugar/100g</p> <p>Breakfast cereals with added fruit > 35g sugar/100g</p> <p>All dry soup mixes</p> <p>Mixed dishes containing grains e.g. sandwiches, burgers, wraps, sushi, pizza >5g saturated fat/100g</p>	<p>Classify as milk, yoghurt, cheese and alternatives</p> <p>Classify as discretionary</p>	Go to Q4
Q4. Does the product contain any of the following: added saturated fat, added salt, or added sugar?	<p>added saturated fat e.g. butter, cream, coconut milk/cream, mayonnaise</p> <p>added salt e.g. marinades, soy/fish sauce, stock/bouillon</p> <p>added sugar or other sweeteners e.g. honey, syrups</p>	Go to Q5	Classify as 'mixed product using mainly five food group foods'
Q5. Does the nutrition content of the product meet any of the following criteria from the Eat for Health Educators Guide?	<p>-- total fat > 10g per 100g</p> <p>-- saturated fat > 3g per 100g</p> <p>-- total sugar > 15g per 100g</p> <p>-- sodium > 400mg per 100g</p>	Classify as discretionary or 'mixed product high in fat salt or sugar'	Go to Q6
Q6. Is there enough information provided to classify the product as five food group foods or mixed product using mainly core foods?	<p>For products where only front-of-pack information is available, products will be classified as discretionary/ mixed product high in fat salt or sugar unless there is sufficient information to classify it as five food group food/ mixed product using mainly five food group foods</p>	Classify into the appropriate food group, or as 'mixed product using mainly five food group foods'	Classify as discretionary or 'mixed product high in fat salt or sugar'