Supplementary Table 1a: Number of serves\* (mean and standard deviation) consumed of each food group by eating occasion, for males, by age category (years).

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Food Group and Eating Occasion | Males | | | | | | | | | | | | | | | | | | | |
| 2-3 | | 4-8 | | 9-11 | | 12-13 | | 14-18 | | 19-30 | | 31-50 | | 51-70 | | 71+ | | Total | |
| Mean | SD | Mean | SD | Mean | SD | Mean | SD | Mean | SD | Mean | SD | Mean | SD | Mean | SD | Mean | SD | Mean | SD |
| Grains and cereals |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Breakfast | 1.1 | 0.7 | 1.4 | 1.1 | 1.5 | 1.3 | 1.5 | 1.3 | 1.3 | 1.4 | 1.5 | 1.6 | 1.5 | 1.6 | 1.8 | 1.8 | 1.9 | 1.3 | 1.6 | 1.5 |
| Lunch | 1.0 | 0.9 | 1.5 | 1.3 | 1.4 | 1.1 | 1.4 | 1.2 | 1.6 | 1.7 | 1.9 | 1.9 | 1.7 | 1.8 | 1.5 | 1.6 | 1.4 | 1.3 | 1.6 | 1.7 |
| Dinner | 0.8 | 1.1 | 1.1 | 1.3 | 1.4 | 1.5 | 2.4 | 2.4 | 1.9 | 2.2 | 2.0 | 2.6 | 1.6 | 2.1 | 1.4 | 1.9 | 0.9 | 1.3 | 1.6 | 2.1 |
| Snacks (Total) | 0.3 | 0.6 | 0.4 | 0.9 | 0.8 | 1.3 | 0.7 | 1.4 | 0.9 | 1.8 | 0.6 | 1.5 | 0.5 | 1.4 | 0.4 | 1.0 | 0.2 | 0.5 | 0.5 | 1.3 |
| Morning Snack | 0.2 | 0.5 | 0.2 | 0.5 | 0.2 | 0.6 | 0.2 | 0.6 | 0.2 | 0.7 | 0.2 | 0.9 | 0.2 | 0.6 | 0.2 | 0.6 | 0.1 | 0.4 | 0.2 | 0.7 |
| Afternoon Snack | 0.1 | 0.3 | 0.2 | 0.5 | 0.4 | 0.9 | 0.4 | 1.1 | 0.4 | 1.3 | 0.2 | 0.7 | 0.1 | 0.6 | 0.1 | 0.5 | 0.0 | 0.3 | 0.2 | 0.7 |
| Evening Snack | 0.0 | 0.2 | 0.1 | 0.5 | 0.2 | 0.7 | 0.1 | 0.3 | 0.3 | 0.9 | 0.2 | 0.9 | 0.2 | 1.0 | 0.1 | 0.5 | 0.0 | 0.2 | 0.2 | 0.8 |
| Vegetables |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Breakfast | 0.0 | 0.1 | 0.0 | 0.3 | 0.1 | 0.4 | 0.0 | 0.3 | 0.1 | 0.6 | 0.2 | 0.7 | 0.1 | 0.5 | 0.2 | 0.7 | 0.1 | 0.6 | 0.1 | 0.6 |
| Lunch | 0.3 | 0.7 | 0.3 | 0.8 | 0.3 | 0.7 | 0.2 | 0.6 | 0.4 | 1.0 | 0.7 | 1.4 | 0.8 | 1.4 | 0.8 | 1.5 | 1.0 | 1.7 | 0.7 | 1.3 |
| Dinner | 1.0 | 1.3 | 1.3 | 1.4 | 1.4 | 1.7 | 1.5 | 1.8 | 1.5 | 1.8 | 1.8 | 2.8 | 1.9 | 2.2 | 2.1 | 2.4 | 2.0 | 2.3 | 1.8 | 2.3 |
| Snacks (Total) | 0.1 | 0.4 | 0.1 | 0.5 | 0.1 | 0.6 | 0.2 | 0.6 | 0.1 | 0.5 | 0.2 | 0.9 | 0.2 | 0.8 | 0.1 | 0.8 | 0.1 | 0.6 | 0.2 | 0.8 |
| Morning Snack | 0.0 | 0.3 | 0.0 | 0.1 | 0.0 | 0.3 | 0.1 | 0.4 | 0.0 | 0.1 | 0.1 | 0.4 | 0.0 | 0.3 | 0.1 | 0.4 | 0.0 | 0.4 | 0.0 | 0.3 |
| Afternoon Snack | 0.0 | 0.3 | 0.1 | 0.5 | 0.0 | 0.3 | 0.0 | 0.2 | 0.0 | 0.2 | 0.1 | 0.4 | 0.1 | 0.6 | 0.0 | 0.4 | 0.0 | 0.5 | 0.1 | 0.5 |
| Evening Snack | 0.0 | 0.2 | 0.0 | 0.0 | 0.1 | 0.3 | 0.0 | 0.0 | 0.1 | 0.4 | 0.1 | 0.6 | 0.1 | 0.5 | 0.0 | 0.4 | 0.0 | 0.2 | 0.1 | 0.4 |
| Fruit |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Breakfast | 0.3 | 0.5 | 0.3 | 0.6 | 0.2 | 0.8 | 0.4 | 0.9 | 0.3 | 0.9 | 0.4 | 0.9 | 0.5 | 1.1 | 0.4 | 0.8 | 0.5 | 1.0 | 0.4 | 0.9 |
| Lunch | 0.3 | 0.7 | 0.3 | 0.6 | 0.3 | 0.7 | 0.1 | 0.4 | 0.2 | 0.7 | 0.2 | 0.7 | 0.2 | 0.7 | 0.3 | 0.7 | 0.4 | 0.8 | 0.2 | 0.7 |
| Dinner | 0.3 | 0.7 | 0.2 | 0.5 | 0.2 | 0.6 | 0.2 | 0.5 | 0.2 | 0.8 | 0.1 | 0.5 | 0.1 | 0.5 | 0.2 | 0.6 | 0.3 | 0.8 | 0.2 | 0.6 |
| Snacks (Total) | 1.2 | 1.5 | 1.1 | 1.1 | 1.3 | 1.4 | 1.1 | 1.6 | 0.6 | 1.3 | 0.8 | 1.5 | 0.7 | 1.4 | 0.6 | 1.3 | 0.5 | 1.0 | 0.8 | 1.4 |
| Morning Snack | 0.6 | 1.0 | 0.6 | 0.8 | 0.6 | 0.8 | 0.4 | 0.8 | 0.3 | 0.8 | 0.2 | 0.7 | 0.3 | 0.9 | 0.2 | 0.9 | 0.2 | 0.6 | 0.3 | 0.8 |
| Afternoon Snack | 0.5 | 0.9 | 0.5 | 0.8 | 0.5 | 1.0 | 0.5 | 1.1 | 0.2 | 0.9 | 0.4 | 1.1 | 0.2 | 0.7 | 0.2 | 0.7 | 0.2 | 0.6 | 0.3 | 0.8 |
| Evening Snack | 0.1 | 0.3 | 0.1 | 0.4 | 0.2 | 0.5 | 0.1 | 0.5 | 0.1 | 0.6 | 0.2 | 0.7 | 0.2 | 0.6 | 0.2 | 0.6 | 0.1 | 0.5 | 0.2 | 0.6 |
| Dairy and alternatives |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Breakfast | 0.5 | 0.5 | 0.6 | 0.6 | 0.6 | 0.6 | 0.7 | 0.8 | 0.5 | 0.6 | 0.6 | 0.8 | 0.5 | 0.7 | 0.4 | 0.5 | 0.5 | 0.5 | 0.5 | 0.7 |
| Lunch | 0.2 | 0.3 | 0.2 | 0.4 | 0.2 | 0.6 | 0.2 | 0.3 | 0.2 | 0.5 | 0.3 | 0.7 | 0.3 | 0.5 | 0.2 | 0.5 | 0.3 | 0.5 | 0.3 | 0.5 |
| Dinner | 0.2 | 0.4 | 0.2 | 0.5 | 0.2 | 0.5 | 0.4 | 0.6 | 0.3 | 0.6 | 0.3 | 0.6 | 0.2 | 0.6 | 0.2 | 0.6 | 0.2 | 0.3 | 0.2 | 0.6 |
| Snacks (Total) | 0.9 | 1.0 | 0.5 | 0.8 | 0.5 | 0.7 | 0.6 | 1.0 | 0.6 | 1.0 | 0.6 | 1.0 | 0.6 | 0.9 | 0.5 | 0.8 | 0.3 | 0.6 | 0.6 | 0.9 |
| Morning Snack | 0.5 | 0.9 | 0.2 | 0.5 | 0.1 | 0.5 | 0.1 | 0.4 | 0.1 | 0.5 | 0.2 | 0.6 | 0.3 | 0.6 | 0.2 | 0.5 | 0.1 | 0.3 | 0.2 | 0.5 |
| Afternoon Snack | 0.2 | 0.4 | 0.2 | 0.5 | 0.2 | 0.4 | 0.3 | 0.8 | 0.2 | 0.5 | 0.2 | 0.5 | 0.1 | 0.4 | 0.1 | 0.4 | 0.1 | 0.4 | 0.2 | 0.5 |
| Evening Snack | 0.2 | 0.4 | 0.1 | 0.3 | 0.2 | 0.4 | 0.2 | 0.5 | 0.3 | 0.8 | 0.2 | 0.6 | 0.2 | 0.4 | 0.1 | 0.5 | 0.1 | 0.3 | 0.2 | 0.5 |
| Meat and alternatives |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Breakfast | 0.0 | 0.2 | 0.1 | 0.2 | 0.1 | 0.3 | 0.1 | 0.3 | 0.2 | 0.6 | 0.3 | 0.7 | 0.2 | 0.5 | 0.2 | 0.5 | 0.2 | 0.4 | 0.2 | 0.5 |
| Lunch | 0.2 | 0.4 | 0.3 | 0.7 | 0.4 | 0.7 | 0.2 | 0.6 | 0.4 | 0.8 | 0.8 | 1.3 | 0.8 | 1.2 | 0.6 | 1.0 | 0.5 | 0.8 | 0.6 | 1.1 |
| Dinner | 0.6 | 0.7 | 0.7 | 0.8 | 0.8 | 1.0 | 1.1 | 1.2 | 1.2 | 1.3 | 1.5 | 1.8 | 1.4 | 1.5 | 1.3 | 1.4 | 1.0 | 1.2 | 1.3 | 1.4 |
| Snacks (Total) | 0.1 | 0.3 | 0.1 | 0.3 | 0.2 | 0.7 | 0.1 | 0.3 | 0.2 | 0.7 | 0.3 | 0.9 | 0.3 | 0.8 | 0.3 | 0.9 | 0.1 | 0.4 | 0.2 | 0.8 |
| Morning Snack | 0.0 | 0.1 | 0.0 | 0.2 | 0.0 | 0.4 | 0.0 | 0.2 | 0.1 | 0.3 | 0.1 | 0.5 | 0.1 | 0.4 | 0.0 | 0.3 | 0.0 | 0.2 | 0.1 | 0.4 |
| Afternoon Snack | 0.0 | 0.2 | 0.0 | 0.3 | 0.1 | 0.5 | 0.0 | 0.2 | 0.1 | 0.3 | 0.1 | 0.7 | 0.1 | 0.6 | 0.1 | 0.5 | 0.1 | 0.3 | 0.1 | 0.5 |
| Evening Snack | 0.0 | 0.1 | 0.0 | 0.1 | 0.1 | 0.3 | 0.0 | 0.0 | 0.1 | 0.4 | 0.1 | 0.4 | 0.1 | 0.4 | 0.1 | 0.6 | 0.0 | 0.1 | 0.1 | 0.4 |
| Discretionary food and beverages |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Breakfast | 0.2 | 0.4 | 0.3 | 0.6 | 0.4 | 0.6 | 0.5 | 0.9 | 0.6 | 1.1 | 0.6 | 1.2 | 0.6 | 1.0 | 0.5 | 1.0 | 0.5 | 0.7 | 0.5 | 1.0 |
| Lunch | 0.4 | 0.8 | 0.9 | 1.2 | 1.0 | 1.4 | 1.6 | 1.9 | 1.5 | 1.9 | 1.2 | 2.1 | 1.1 | 1.9 | 0.9 | 1.5 | 1.0 | 1.8 | 1.1 | 1.8 |
| Dinner | 0.9 | 1.6 | 1.1 | 1.7 | 1.2 | 1.8 | 1.2 | 2.0 | 1.6 | 2.6 | 1.4 | 2.4 | 1.5 | 2.3 | 1.8 | 2.4 | 1.4 | 2.1 | 1.5 | 2.3 |
| Snacks (Total) | 1.4 | 1.4 | 2.6 | 2.4 | 3.2 | 2.8 | 2.8 | 3.1 | 3.5 | 3.8 | 3.5 | 3.8 | 3.3 | 3.6 | 2.6 | 3.0 | 1.9 | 2.2 | 3.0 | 3.3 |
| Morning Snack | 0.4 | 0.6 | 0.8 | 1.2 | 1.0 | 1.7 | 1.0 | 1.7 | 0.9 | 1.9 | 0.8 | 1.7 | 0.7 | 1.5 | 0.5 | 1.4 | 0.4 | 1.0 | 0.7 | 1.5 |
| Afternoon Snack | 0.8 | 1.1 | 1.4 | 1.9 | 1.5 | 2.0 | 0.9 | 1.4 | 1.7 | 3.0 | 1.5 | 2.5 | 1.3 | 2.3 | 1.1 | 1.9 | 0.9 | 1.4 | 1.3 | 2.2 |
| Evening Snack | 0.2 | 0.5 | 0.4 | 0.9 | 0.7 | 1.1 | 0.8 | 1.7 | 0.9 | 1.5 | 1.2 | 2.2 | 1.2 | 2.1 | 1.0 | 1.8 | 0.6 | 1.2 | 1.0 | 1.9 |

\* Results shown using weighted data.

Supplementary Table 1b: Number of serves\* (mean and standard deviation) consumed of each food group by eating occasion, for females, by age category (years).

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Food Group and Eating Occasion | Females | | | | | | | | | | | | | | | | | | | |
| 2-3 | | 4-8 | | 9-11 | | 12-13 | | 14-18 | | 19-30 | | 31-50 | | 51-70 | | 71+ | | Total | |
| Mean | SD | Mean | SD | Mean | SD | Mean | SD | Mean | SD | Mean | SD | Mean | SD | Mean | SD | Mean | SD | Mean | SD |
| Grains and cereals |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Breakfast | 1.0 | 0.6 | 1.1 | 1.0 | 1.2 | 1.1 | 1.0 | 1.0 | 1.2 | 1.4 | 1.0 | 1.2 | 1.2 | 1.2 | 1.3 | 1.2 | 1.4 | 1.0 | 1.2 | 1.2 |
| Lunch | 1.0 | 0.9 | 1.2 | 1.0 | 1.4 | 1.3 | 1.2 | 1.1 | 1.3 | 1.3 | 1.4 | 1.3 | 1.3 | 1.5 | 1.2 | 1.3 | 1.0 | 1.0 | 1.3 | 1.3 |
| Dinner | 0.9 | 1.1 | 0.9 | 1.3 | 1.1 | 1.3 | 1.4 | 1.6 | 1.2 | 1.5 | 1.4 | 1.8 | 1.2 | 1.6 | 1.0 | 1.4 | 0.7 | 1.1 | 1.1 | 1.5 |
| Snacks (Total) | 0.2 | 0.5 | 0.5 | 1.0 | 0.5 | 1.0 | 0.6 | 1.2 | 0.5 | 1.2 | 0.4 | 1.0 | 0.3 | 0.7 | 0.3 | 0.8 | 0.3 | 1.3 | 0.4 | 0.9 |
| Morning Snack | 0.1 | 0.4 | 0.2 | 0.6 | 0.1 | 0.4 | 0.1 | 0.3 | 0.1 | 0.4 | 0.1 | 0.5 | 0.1 | 0.3 | 0.1 | 0.4 | 0.2 | 1.2 | 0.1 | 0.5 |
| Afternoon Snack | 0.1 | 0.2 | 0.3 | 0.7 | 0.3 | 0.7 | 0.3 | 0.9 | 0.4 | 1.0 | 0.2 | 0.6 | 0.1 | 0.5 | 0.1 | 0.5 | 0.1 | 0.3 | 0.2 | 0.6 |
| Evening Snack | 0.0 | 0.2 | 0.1 | 0.4 | 0.1 | 0.5 | 0.1 | 0.5 | 0.1 | 0.3 | 0.1 | 0.5 | 0.1 | 0.4 | 0.1 | 0.4 | 0.1 | 0.3 | 0.1 | 0.4 |
| Vegetables |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Breakfast | 0.0 | 0.1 | 0.0 | 0.4 | 0.1 | 0.4 | 0.1 | 0.3 | 0.1 | 0.5 | 0.1 | 0.6 | 0.1 | 0.5 | 0.1 | 0.6 | 0.1 | 0.5 | 0.1 | 0.5 |
| Lunch | 0.3 | 0.6 | 0.3 | 0.7 | 0.4 | 0.9 | 0.2 | 0.6 | 0.5 | 1.0 | 0.7 | 1.1 | 0.9 | 1.4 | 0.9 | 1.8 | 0.8 | 1.3 | 0.7 | 1.4 |
| Dinner | 0.7 | 1.0 | 0.8 | 1.1 | 1.2 | 1.5 | 1.1 | 1.4 | 1.1 | 1.6 | 1.5 | 1.8 | 1.8 | 2.2 | 1.9 | 2.1 | 1.8 | 2.2 | 1.6 | 2.0 |
| Snacks (Total) | 0.1 | 0.3 | 0.2 | 0.6 | 0.3 | 0.7 | 0.1 | 0.4 | 0.2 | 0.6 | 0.1 | 0.5 | 0.1 | 0.6 | 0.1 | 0.4 | 0.2 | 1.2 | 0.1 | 0.6 |
| Morning Snack | 0.0 | 0.2 | 0.1 | 0.3 | 0.1 | 0.3 | 0.0 | 0.1 | 0.0 | 0.2 | 0.0 | 0.2 | 0.0 | 0.3 | 0.0 | 0.3 | 0.2 | 1.2 | 0.0 | 0.5 |
| Afternoon Snack | 0.0 | 0.2 | 0.1 | 0.4 | 0.2 | 0.6 | 0.0 | 0.1 | 0.1 | 0.5 | 0.1 | 0.4 | 0.1 | 0.4 | 0.0 | 0.2 | 0.0 | 0.1 | 0.1 | 0.4 |
| Evening Snack | 0.0 | 0.1 | 0.0 | 0.3 | 0.0 | 0.2 | 0.1 | 0.4 | 0.1 | 0.3 | 0.0 | 0.3 | 0.0 | 0.3 | 0.0 | 0.2 | 0.0 | 0.1 | 0.0 | 0.2 |
| Fruit |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Breakfast | 0.2 | 0.5 | 0.2 | 0.5 | 0.3 | 0.6 | 0.6 | 1.1 | 0.4 | 0.8 | 0.3 | 0.7 | 0.3 | 0.7 | 0.4 | 0.7 | 0.4 | 0.8 | 0.3 | 0.7 |
| Lunch | 0.2 | 0.5 | 0.3 | 0.7 | 0.3 | 0.6 | 0.1 | 0.4 | 0.3 | 0.9 | 0.2 | 0.6 | 0.2 | 0.6 | 0.2 | 0.6 | 0.3 | 0.6 | 0.2 | 0.6 |
| Dinner | 0.1 | 0.4 | 0.1 | 0.4 | 0.2 | 0.5 | 0.1 | 0.3 | 0.2 | 0.9 | 0.2 | 0.7 | 0.1 | 0.6 | 0.2 | 0.5 | 0.2 | 0.6 | 0.2 | 0.6 |
| Snacks (Total) | 1.0 | 1.1 | 1.2 | 1.2 | 1.1 | 1.2 | 0.9 | 1.0 | 0.6 | 1.2 | 0.7 | 1.1 | 0.8 | 1.2 | 0.8 | 1.3 | 0.5 | 0.9 | 0.8 | 1.2 |
| Morning Snack | 0.5 | 0.8 | 0.6 | 0.8 | 0.5 | 0.9 | 0.4 | 0.6 | 0.2 | 0.5 | 0.2 | 0.7 | 0.3 | 0.7 | 0.3 | 0.6 | 0.2 | 0.5 | 0.3 | 0.7 |
| Afternoon Snack | 0.4 | 0.6 | 0.5 | 0.8 | 0.4 | 0.8 | 0.4 | 0.6 | 0.3 | 0.7 | 0.3 | 0.6 | 0.4 | 0.7 | 0.3 | 0.7 | 0.2 | 0.6 | 0.3 | 0.7 |
| Evening Snack | 0.0 | 0.2 | 0.1 | 0.4 | 0.1 | 0.4 | 0.1 | 0.4 | 0.1 | 0.7 | 0.2 | 0.6 | 0.1 | 0.5 | 0.2 | 0.8 | 0.2 | 0.5 | 0.2 | 0.6 |
| Dairy and alternatives |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Breakfast | 0.4 | 0.5 | 0.5 | 0.6 | 0.5 | 0.6 | 0.6 | 0.6 | 0.4 | 0.6 | 0.4 | 0.6 | 0.4 | 0.6 | 0.4 | 0.5 | 0.4 | 0.4 | 0.4 | 0.6 |
| Lunch | 0.2 | 0.4 | 0.2 | 0.4 | 0.3 | 0.5 | 0.2 | 0.4 | 0.2 | 0.4 | 0.2 | 0.4 | 0.3 | 0.6 | 0.3 | 0.5 | 0.2 | 0.4 | 0.2 | 0.5 |
| Dinner | 0.2 | 0.3 | 0.2 | 0.5 | 0.3 | 0.6 | 0.2 | 0.4 | 0.2 | 0.5 | 0.2 | 0.5 | 0.2 | 0.4 | 0.2 | 0.5 | 0.2 | 0.4 | 0.2 | 0.5 |
| Snacks (Total) | 1.1 | 1.1 | 0.5 | 0.7 | 0.5 | 0.7 | 0.5 | 0.7 | 0.5 | 0.9 | 0.4 | 0.8 | 0.5 | 0.7 | 0.5 | 0.7 | 0.4 | 0.7 | 0.5 | 0.8 |
| Morning Snack | 0.5 | 0.8 | 0.1 | 0.3 | 0.1 | 0.3 | 0.1 | 0.4 | 0.1 | 0.4 | 0.2 | 0.5 | 0.2 | 0.5 | 0.2 | 0.4 | 0.2 | 0.3 | 0.2 | 0.4 |
| Afternoon Snack | 0.3 | 0.5 | 0.2 | 0.4 | 0.2 | 0.5 | 0.2 | 0.4 | 0.3 | 0.6 | 0.1 | 0.4 | 0.1 | 0.4 | 0.2 | 0.4 | 0.1 | 0.3 | 0.2 | 0.4 |
| Evening Snack | 0.3 | 0.5 | 0.1 | 0.3 | 0.1 | 0.3 | 0.3 | 0.5 | 0.1 | 0.4 | 0.1 | 0.4 | 0.1 | 0.4 | 0.1 | 0.3 | 0.1 | 0.4 | 0.1 | 0.4 |
| Meat and alternatives |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Breakfast | 0.1 | 0.3 | 0.1 | 0.2 | 0.1 | 0.3 | 0.1 | 0.2 | 0.1 | 0.2 | 0.1 | 0.3 | 0.1 | 0.3 | 0.1 | 0.4 | 0.1 | 0.3 | 0.1 | 0.3 |
| Lunch | 0.1 | 0.3 | 0.2 | 0.3 | 0.3 | 0.5 | 0.2 | 0.5 | 0.4 | 0.8 | 0.5 | 0.9 | 0.5 | 0.8 | 0.5 | 1.0 | 0.5 | 0.8 | 0.5 | 0.8 |
| Dinner | 0.5 | 0.7 | 0.6 | 0.7 | 0.8 | 0.9 | 0.9 | 0.8 | 0.9 | 1.0 | 0.9 | 1.1 | 1.1 | 1.2 | 1.1 | 1.2 | 0.9 | 1.1 | 1.0 | 1.1 |
| Snacks (Total) | 0.0 | 0.2 | 0.1 | 0.5 | 0.1 | 0.4 | 0.1 | 0.3 | 0.1 | 0.4 | 0.2 | 0.7 | 0.2 | 0.6 | 0.2 | 0.7 | 0.1 | 0.4 | 0.2 | 0.6 |
| Morning Snack | 0.0 | 0.1 | 0.0 | 0.1 | 0.0 | 0.0 | 0.1 | 0.3 | 0.0 | 0.1 | 0.0 | 0.3 | 0.0 | 0.2 | 0.1 | 0.5 | 0.0 | 0.3 | 0.0 | 0.3 |
| Afternoon Snack | 0.0 | 0.1 | 0.0 | 0.1 | 0.1 | 0.4 | 0.0 | 0.2 | 0.1 | 0.4 | 0.1 | 0.6 | 0.1 | 0.3 | 0.1 | 0.4 | 0.0 | 0.3 | 0.1 | 0.4 |
| Evening Snack | 0.0 | 0.1 | 0.1 | 0.4 | 0.0 | 0.1 | 0.0 | 0.1 | 0.0 | 0.1 | 0.0 | 0.2 | 0.0 | 0.3 | 0.0 | 0.3 | 0.0 | 0.2 | 0.0 | 0.3 |
| Discretionary food and beverages |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Breakfast | 0.2 | 0.4 | 0.3 | 0.5 | 0.4 | 0.6 | 0.4 | 0.7 | 0.4 | 0.8 | 0.4 | 0.8 | 0.3 | 0.7 | 0.3 | 0.5 | 0.3 | 0.5 | 0.3 | 0.7 |
| Lunch | 0.7 | 1.1 | 0.8 | 1.1 | 0.9 | 1.2 | 0.8 | 1.4 | 1.1 | 2.0 | 0.9 | 1.4 | 0.7 | 1.3 | 0.7 | 1.4 | 0.7 | 1.1 | 0.8 | 1.4 |
| Dinner | 0.6 | 1.1 | 0.9 | 1.3 | 1.2 | 1.8 | 1.0 | 1.5 | 1.7 | 2.5 | 1.1 | 2.0 | 1.1 | 1.9 | 1.1 | 1.7 | 1.2 | 1.7 | 1.1 | 1.8 |
| Snacks (Total) | 1.5 | 1.9 | 1.9 | 1.8 | 2.8 | 2.4 | 3.3 | 3.1 | 2.4 | 2.6 | 2.2 | 2.7 | 2.0 | 2.5 | 1.8 | 2.5 | 1.4 | 1.8 | 2.0 | 2.5 |
| Morning Snack | 0.5 | 1.1 | 0.6 | 1.0 | 1.0 | 1.4 | 0.7 | 1.2 | 0.5 | 1.0 | 0.5 | 1.4 | 0.5 | 1.1 | 0.3 | 1.0 | 0.4 | 0.8 | 0.5 | 1.1 |
| Afternoon Snack | 0.8 | 1.3 | 1.0 | 1.2 | 1.1 | 1.9 | 2.0 | 2.8 | 1.2 | 1.9 | 1.0 | 1.9 | 0.8 | 1.6 | 0.8 | 1.4 | 0.7 | 1.3 | 0.9 | 1.7 |
| Evening Snack | 0.2 | 0.5 | 0.4 | 0.8 | 0.7 | 1.2 | 0.7 | 1.0 | 0.7 | 1.4 | 0.8 | 1.5 | 0.7 | 1.3 | 0.7 | 1.5 | 0.4 | 0.7 | 0.6 | 1.3 |

\* Results shown using weighted data.

Supplementary Table 2a: Number of children (n) consuming discretionary categories at each eating occasion, by gender and age category (years). The five categories with the highest number of consumers are shown for each occasion.

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Eating Occasion and Discretionary Food Group | Males (n) | | | | | |  | Females (n) | | | | | |
| 2-3 | 4-8 | 9-11 | 12-13 | 14-18 | Total |  | 2-3 | 4-8 | 9-11 | 12-13 | 14-18 | Total |
| Breakfast | | | | | | | | | | | | | |
| Sugar, honey and syrups | 37 | 87 | 36 | 36 | 81 | 277 |  | 39 | 76 | 36 | 25 | 66 | 242 |
| Butters, fats and oils | 33 | 33 | 26 | 20 | 29 | 141 |  | 22 | 37 | 26 | 19 | 44 | 148 |
| Yeast, and yeast vegetable or meat extracts | 32 | 37 | 31 | 20 | 26 | 146 |  | 30 | 28 | 20 | 13 | 33 | 124 |
| Jam and lemon spreads, chocolate spreads, sauces | 18 | 34 | \*\* | \*\* | 14 | 86 |  | \*\* | 38 | 15 | \*\* | 18 | 89 |
| Other beverage flavourings and prepared beverages | 16 | 30 | 20 | \*\* | 13 | 85 |  | 12 | 24 | 12 | 14 | 13 | 75 |
| Lunch | | | | | | | | | | | | | |
| Processed meat | 31 | 89 | 51 | 40 | 58 | 269 |  | 45 | 81 | 48 | 31 | 46 | 251 |
| Butters, fats and oils | 25 | 51 | 31 | 22 | 31 | 160 |  | 32 | 61 | 29 | 18 | 20 | 160 |
| Gravies and savoury sauces | 19 | 22 | 15 | 15 | 57 | 128 |  | 14 | 25 | 23 | 12 | 36 | 110 |
| Yeast, and yeast vegetable or meat extracts | 22 | 51 | 12 | 11 | 15 | 111 |  | 20 | 44 | 17 | \*\* | 12 | 97 |
| Soft drinks, and flavoured mineral waters | \*\* | 16 | 11 | 20 | 65 | 115 |  | \*\* | 25 | 11 | 14 | 26 | 80 |
| Dinner | | | | | | | | | | | | | |
| Gravies and savoury sauces | 27 | 50 | 36 | 17 | 50 | 180 |  | 27 | 41 | 36 | 26 | 58 | 188 |
| Soft drinks, and flavoured mineral waters | \*\* | 13 | 24 | 31 | 66 | 140 |  | \*\* | 32 | 24 | 25 | 56 | 146 |
| Potato products | 23 | 37 | 25 | 14 | 41 | 140 |  | 25 | 44 | 26 | 12 | 30 | 137 |
| Processed meat | 21 | 36 | 15 | 16 | 39 | 127 |  | 26 | 28 | 15 | \*\* | 27 | 106 |
| Frozen milk products | 16 | 45 | 18 | 17 | 25 | 121 |  | 13 | 31 | 20 | 11 | 21 | 96 |
| Morning Snack | | | | | | | | | | | | | |
| Sweet biscuits | 27 | 48 | 39 | 18 | 27 | 159 |  | 30 | 58 | 36 | \*\* | 34 | 168 |
| Savoury snacks including potato, corn, extruded, and other snacks | 12 | 48 | 34 | 26 | 30 | 150 |  | \*\* | 46 | 39 | 21 | 21 | 136 |
| Muesli, fruit, nut and seed-bars | \*\* | 44 | 31 | 21 | 36 | 141 |  | 13 | 29 | 32 | 16 | 31 | 121 |
| Cakes, muffins, scones, cake-type desserts | \*\* | 21 | 12 | \*\* | 14 | 60 |  | \*\* | 17 | 18 | 12 | 17 | 71 |
| Savoury biscuits | \*\* | 15 | \*\* | \*\* | \*\* | 50 |  | \*\* | 12 | 12 | \*\* | \*\* | 51 |
| Afternoon Snack | | | | | | | | | | | | | |
| Sweet biscuits | 47 | 71 | 28 | 17 | 31 | 194 |  | 53 | 58 | 33 | 23 | 31 | 198 |
| Savoury snacks including potato, corn, extruded, and other snacks | 22 | 57 | 29 | 23 | 31 | 162 |  | 17 | 50 | 26 | 19 | 24 | 136 |
| Confectionery | 18 | 37 | 23 | 11 | 18 | 107 |  | \*\* | 45 | 19.0 | 18 | 24 | 116 |
| Chocolate and chocolate-based confectionery | 12 | 29 | 17 | \*\* | 20 | 86 |  | 19 | 34 | 18 | 14 | 33 | 118 |
| Soft drinks, and flavoured mineral waters | \*\* | 19 | 25 | 14 | 49 | 112 |  | \*\* | 19 | 14 | 19 | 27 | 81 |
| Evening Snack | | | | | | | | | | | | | |
| Chocolate and chocolate-based confectionery | \*\* | 17 | 14 | 14 | 34 | 87 |  | 12 | 26 | 20 | 19 | 38 | 115 |
| Frozen milk products | \*\* | 25 | 21 | 13 | 27 | 91 |  | \*\* | 14 | 18 | 16 | 23 | 78 |
| Sweet biscuits | \*\* | \*\* | \*\* | \*\* | 14 | 48 |  | \*\* | 22 | 12 | \*\* | 16 | 64 |
| Soft drinks, and flavoured mineral waters | \*\* | \*\* | \*\* | \*\* | 43 | 66 |  | \*\* | \*\* | \*\* | \*\* | 18 | 37 |
| Confectionery | \*\* | \*\* | \*\* | \*\* | 15 | 51 |  | \*\* | 11 | \*\* | \*\* | 18 | 52 |

\*\* Data not shown where cell size are n=10 or less.

Supplementary Table 2b: Number of adults (n) consuming discretionary categories at each eating occasion, by gender and age category (years). The five categories with the highest number of consumers are shown for each occasion.

|  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Eating Occasion and Discretionary Food Group | Males (n) | | | | | | Females (n) | | | | |
| 19-30 | 31-50 | 51-70 | 71+ | Total |  | 19-30 | 31-50 | 51-70 | 71+ | Total |
| Breakfast | | | | | | | | | | | |
| Sugar, honey and syrups | 164 | 525 | 467 | 218 | 1374 |  | 196 | 498 | 361 | 234 | 1289 |
| Butters, fats and oils | 43 | 146 | 151 | 83 | 423 |  | 66 | 214 | 171 | 94 | 545 |
| Yeast, and yeast vegetable or meat extracts | 35 | 123 | 97 | 42 | 297 |  | 69 | 157 | 127 | 63 | 416 |
| Jam and lemon spreads, chocolate spreads, sauces | 25 | 62 | 125 | 78 | 290 |  | 34 | 119 | 125 | 109 | 387 |
| Processed meat | 53 | 123 | 92 | 20 | 288 |  | 28 | 79 | 53 | \*\* | 170 |
| Lunch | | | | | | | | | | | |
| Processed meat | 88 | 267 | 222 | 102 | 679 |  | 98 | 259 | 211 | 119 | 687 |
| Gravies and savoury sauces | 77 | 158 | 110 | 30 | 375 |  | 76 | 166 | 102 | 55 | 399 |
| Butters, fats and oils | 24 | 97 | 130 | 72 | 323 |  | 42 | 116 | 119 | 93 | 370 |
| Salad dressings | 54 | 110 | 70 | 22 | 256 |  | 70 | 157 | 135 | 55 | 417 |
| Sugar, honey and syrups | 16 | 86 | 120 | 67 | 289 |  | 26 | 88 | 118 | 66 | 298 |
| Dinner | | | | | | | | | | | |
| Gravies and savoury sauces | 110 | 216 | 197 | 56 | 579 |  | 116 | 227 | 180 | 64 | 587 |
| Wines | 19 | 131 | 188 | 67 | 405 |  | 33 | 188 | 222 | 67 | 510 |
| Processed meat | 38 | 133 | 123 | 55 | 349 |  | 54 | 106 | 102 | 58 | 320 |
| Salad dressings | 35 | 81 | 74 | 30 | 220 |  | 50 | 162 | 128 | 56 | 396 |
| Soft drinks, and flavoured mineral waters | 76 | 118 | 53 | 19 | 266 |  | 88 | 129 | 59 | 20 | 296 |
| Morning snack | | | | | | | | | | | |
| Sugar, honey and syrups | 111 | 456 | 316 | 126 | 1009 |  | 123 | 428 | 278 | 130 | 959 |
| Sweet biscuits | 15 | 82 | 85 | 61 | 243 |  | 44 | 100 | 95 | 103 | 342 |
| Cakes, muffins, scones, cake-type desserts | 18 | 60 | 50 | 25 | 153 |  | 18 | 94 | 61 | 27 | 200 |
| Soft drinks, and flavoured mineral waters | 34 | 60 | 34 | \*\* | 137 |  | 26 | 43 | 23 | 13 | 105 |
| Muesli, fruit, nut and seed-bars | 31 | 50 | \*\* | \*\* | 92 |  | 23 | 61 | 23 | \*\* | 108 |
| Afternoon snack | | | | | | | | | | | |
| Sugar, honey and syrups | 33 | 201 | 179 | 74 | 487 |  | 71 | 207 | 164 | 90 | 532 |
| Sweet biscuits | 42 | 99 | 103 | 71 | 315 |  | 59 | 124 | 136 | 131 | 450 |
| Beers | 65 | 208 | 200 | 69 | 542 |  | 17 | 29 | 31 | \*\* | 87 |
| Soft drinks, and flavoured mineral waters | 70 | 106 | 64 | 19 | 259 |  | 60 | 83 | 72 | 22 | 237 |
| Chocolate and chocolate-based confectionery | 36 | 72 | 49 | 15 | 172 |  | 70 | 134 | 77 | 26 | 307 |
| Evening Snack | | | | | | | | | | | |
| Sugar, honey and syrups | 34 | 178 | 137 | 47 | 396 |  | 70 | 150 | 138 | 53 | 411 |
| Chocolate and chocolate-based confectionery | 39 | 147 | 103 | 59 | 348 |  | 63 | 172 | 135 | 66 | 436 |
| Sweet biscuits | 35 | 121 | 103 | 37 | 296 |  | 44 | 105 | 113 | 62 | 324 |
| Frozen milk products | 50 | 91 | 76 | 28 | 245 |  | 47 | 91 | 75 | 33 | 246 |
| Wines | \*\* | 63 | 65 | 32 | 170 |  | 22 | 102 | 85 | 22 | 231 |

\*\* Data not shown where cell size are n=10 or less.