**Supplementary Files**

**Supplementary Table S1: Energy and select nutrients from discretionary choices of 5- to 12-year-old children during school hours and total day using the NNPAS 2011-12 (N=795)**

|  |  |  |  |
| --- | --- | --- | --- |
|  | Discretionary in school hours | Mean % contribution of discretionary to total school intake | Discretionary across Total Day |
|   | **Median** | **IQR** | **%** | **Median** | **IQR** |
| Quantity (g) | 83 | 37, 206 | 22.5 | 337 | 165, 592 |
| Energy (kJ)  | 1033 | 491, 1920 | 43.8 | 2729 | 1603, 4079 |
| Energy (kcal) | 247 | 117, 459 | 653 | 384, 976 |
| Protein (g)  | 4.4 | 1.9, 9.7 | 33.9 | 12.1 | 6.0, 22.5 |
| Carbohydrate (g)  | 28.5 | 13.8, 58.0 | 40.8 | 83.7 | 47.9, 129.0 |
| Total fat (g)  | 10.6 | 4.6, 20.4 | 55.9 | 27.0 | 14.7, 44.2 |
| Saturated fat (g)  | 4.2 | 1.7, 9.1 | 58.9 | 11.7 | 6.3, 19.3 |
| Added sugars (g)  | 10.3 | 3.6, 25.0 | 85.5 | 37.7 | 17.8, 66.0 |
| Fibre (g)  | 1.3 | 0.5, 2.9 | 26.9 | 3.5 | 1.5, 5.6 |
| Calcium (mg)  | 29.4 | 9.0, 78.2 | 28.2 | 112.9 | 49.3, 212.5 |
| Sodium (mg)  | 307 | 133, 648 | 43.9 | 696 | 353, 1271 |
| Vitamin C (mg)  | 1.2 | 0, 6.1 | 29.7 | 6.8 | 1.0, 17.9 |
| Iron (mg)  | 0.8 | 0.3, 1.6 | 37.8 | 2.2 | 1.1, 3.7 |

**Supplementary Table S2: Associations of individual and family characteristics of Australian 5- to 12-year-old children from the NNPAS 2011-12 with the percentage of energy from discretionary foods during school hours (n=627) \***

|  |  |  |
| --- | --- | --- |
|   | Model 1  | Model 2  |
| Variable  | **B** | **SE B** | **Standardized b** | **p** | **B** | **SE B** | **Standardized b** | **p** |
| Child age  | 1.4 | 0.5 | 0.126 | 0.002 | 1.4 | 0.5 | 0.126 | .003 |
| Child weight status vs. healthy weight |
|  Underweight  | 0.2 | 4.4 | 0.002 | 0.967 | 0.1 | 4.5 | 0.001 | 0.979 |
|  Overweight  | -2.3 | 2.8 | -0.034 | 0.416 | -2.3 | 2.8 | -0.034 | 0.418 |
|  Obesity | -1.1 | 4.2 | -0.011 | 0.792 | -1.3 | 4.2 | -0.013 | 0.758 |
| SEIFA† | -0.4 | 0.7 | -0.023 | 0.581 | -0.4 | 0.7 | -0.024 | 0.571 |
| Equivalised income of household | -0.1 | 0.0 | -0.060 | 0.147 | -0.1 | 0.0 | -0.060 | 0.148 |

|  |
| --- |
| Model 1: Child Age, Child Weight Status, SEIFA, Household Income. F=(6,587) =1.982, p=0.066 Model 2: Child Age, Child Weight Status, SEIFA, Household Income, adjusting for child sex and number of days physical activity recommendations were met . F=(8,585) = 1.539, p=0.140  |

\* Multivariate Linear Regression

† Socio-economic index For Areas - Index of Relative Socio-Economic Disadvantage - 2011 - SA1 – Quintiles

**Supplementary Table S3: Characteristics of the sample of 5- to 12-year-old children from the NNPAS 2011-12 reporting dietary intake on a conservative school day (N=560)**

|  |  |  |
| --- | --- | --- |
| Characteristic  | N or mean  | % or SD  |
| Sex |   |   |
| Male  | 286  | 51.1  |
| Female  | 274  | 48.9  |
| Child Age (years), mean and SD  | 8.5  | 2.3  |
| SEIFA Index a, n and %  |   |   |
| Quintile 1 (lowest)  | 105  | 18.8  |
| Quintile 2  | 104  | 18.6  |
| Quintile 3  | 102  | 18.2  |
| Quintile 4  | 109  | 19.5  |
| Quintile 5 (highest)  | 140  | 25.0  |
| Equivalised income of household †  |   |   |
| Decile 1 (lowest)  | 66 | 11.8 |
| Decile 2  | 27 | 4.8 |
| Decile 3  | 53 | 9.5 |
| Decile 4  | 48 | 8.6 |
| Decile 5  | 57 | 10.2 |
| Decile 6  | 61 | 10.9 |
| Decile 7  | 63 | 11.3 |
| Decile 8  | 53 | 9.5 |
| Decile 9  | 35 | 6.3 |
| Decile 10 (highest)  | 35 | 6.3 |
| Weight status‡ |   |   |
| Underweight | 26  | 5.9 |
| Healthy Weight | 313  | 71.3  |
| Overweight | 70  | 15.9  |
| Obesity | 30  | 6.8 |
| Physical Activity §  |   |   |
| None  | 23 | 4.1 |
| 1-2 days  | 77 | 13.8 |
| 3-5 days  | 189 | 33.7 |
| 6-7 days  | 271 | 48.4 |

\* Measured by the Socio-economic Indexes for Areas including the Index of Relative Socio-Economic Disadvantage, Quintiles
† Equivalised by household size

‡ Missing weight data n = 121. Weight status determined through age- and sex-specific BMI cut-off points.

**§** Number of days each child physical activity for at least 60 mins in 7 days prior to interview

**Supplementary Table S4: Energy and nutrient intake of Australian 5- to 12-year-old children of the conservative school dates sample during school hours and across the total day using the NNPAS 2011-12 (N=560)**

|  |  |  |
| --- | --- | --- |
|  | In School hours | Total Day |
|   | **Median** | **IQR** | **Mean % contribution to the total day** | **Median** | **IQR** |
| Weight of Food  | 676 | 415, 1122 | 36.0 | 2238 | 1775, 2819 |
| Energy (kJ)  | 2472 | 1884, 3308 | 34.7 | 7648 | 6170, 9223 |
| Energy (kcal) | 591 | 450, 791 | 1828 | 1475, 2204 |
| Protein (g)  | 17.8 | 12.1, 24.6 | 29.1 | 68.9 | 53.2, 86.8 |
| Carbohydrate (g)  | 80.2 | 58.9, 107.7 | 37.2 | 232.8 | 185.8, 286.8 |
| Total fat (g)  | 18.7 | 11.9, 29.8 | 33.4 | 63.5 | 47.6, 83.4 |
| Saturated fat (g)  | 7.6 | 4.1, 12.2 | 33.0 | 26.1 | 18.3, 34.9 |
| Added sugars (g)  | 10.8 | 4.2, 23.6 | 35.0 | 43.5 | 23.5, 73.3 |
| Fibre (g)  | 7.7 | 5.2, 10.3 | 39.2 | 20.3 | 15.0, 26.0 |
| Calcium (mg)  | 184.2 | 92.1, 319.2 | 30.1 | 757.1 | 502.8, 1080.6 |
| Sodium (mg)  | 809 | 571, 1116 | 41.2 | 2189 | 1565, 2865 |
| Vitamin C (mg)  | 14.3 | 65.2, 1774.7 | 37.2 | 64.4 | 33.6, 120.0 |
| Iron (mg)  | 2.4 | 1.8, 3.3 | 29.7 | 9.3 | 7.1, 12.1 |