**Supplementary Table: Food groups with inclusions and exclusions**

|  |  |  |
| --- | --- | --- |
| Food Group | Inclusions | Exclusions |
| Fruit | All fresh, frozen and tinned fruitOlives | Dried fruitFruit juice |
| Vegetables | All fresh, frozen and tinned vegetables, including avocado, potato and sweet potatoSeaweedTomato paste  | Fried potatoTomato based pasta sauces |
| Grain (cereal) foods | Grain (cereal) based foods | Grain and cereal foods that form part of a discretionary item (e.g. of pizza, burger) |
| Meat and alternatives | Red and white meatSeafoodNuts, seeds and pastesLegumesSoy and soya products (excluding soy beverage) | Meat that forms part of a discretionary item (e.g. pizza, burger)Discretionary meat (e.g. bacon, sausages, ham, salami, burger patties) |
| Dairy and alternatives | Milk, flavoured milk, cheese, yoghurtDairy alternatives (e.g. almond, rice, oat and soy milks) |  |
| Discretionary food | Items classified as discretionary according to the AGHE User Guide (2011)Sausage rolls, meat pies, burgers, pizza, hot chips, pizza, processed meats (e.g. ham, salami, bacon, sausages)Cakes, muffins, pastries, sweet and savoury biscuitsChocolate, confectioneryHoney, sugar, syrups, jam, nutella, vegemite, beverage basesCream-based sauces, cream, dips, mayonnaise | Canned and instant soupPasta and simmer saucesGravies |
| Discretionary non-alcoholic beverages | Artificially and sugar-sweetened carbonated beverages;Fruit drinks and cordials;Sports drinks and energy drinks | Tea and coffee (milk separated)Lemon and lime juiceFlavoured milk |
| Alcoholic beverages | Beer, wine, cider, spirits, premixed drinks |  |