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

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| Food Group | Inclusions | Exclusions |
| Fruit | All fresh, frozen and tinned fruit  Olives | Dried fruit  Fruit juice |
| Vegetables | All fresh, frozen and tinned vegetables, including avocado, potato and sweet potato  Seaweed  Tomato paste | Fried potato  Tomato 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 meat  Seafood  Nuts, seeds and pastes  Legumes  Soy 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, yoghurt  Dairy 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 biscuits  Chocolate, confectionery  Honey, sugar, syrups, jam, nutella, vegemite, beverage bases  Cream-based sauces, cream, dips, mayonnaise | Canned and instant soup  Pasta and simmer sauces  Gravies |
| 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 juice  Flavoured milk |
| Alcoholic beverages | Beer, wine, cider, spirits, premixed drinks |  |