**Supplemental Table 1.** Included and excluded foods in each food group and intake recommendations for children.

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| --- | --- | --- | --- |
| Food groups | Foods included | Foods excluded | Intake recommendation for children |
| Cereals  | Whole or refined pasta, bread, rice, couscous, rusks, sliced bread. | Flours, cereals with chocolate, biscuits, pastries, energy bars, rice or corn snacks. | 3 servings/day (90g/day). Preferably whole cereals (AHA)(1).  |
| Fruits and vegetables  | All kind of vegetables, home-made tomato sauce or crushed tomato. All kind of fresh fruits, natural fruit-juices. | Potatoes, commercial fried tomato sauce, canned corn, green peas. Dried or sweetened fruits (peaches in syrup, industrial fruit-salad).  | 4.5 servings/day (>360g/day) (AHA) (1). |
| Legumes | French beans, green peas, chickpeas, lentils. | Green beans, nuts.  | 2-3 servings/week (>80g/week)(2).  |
| Nuts | Natural walnut, hazelnut, almond, pistachio, sunflower pipe. | Sugared or high-processed nuts. | 3-7 servings/week(>60g/week) (SENC)(3). |
| Dairy products | Milk, yoghurt, cheese, curd | Ice-creams, vegetal drinks. | 2-4 servings/day, >500ml/day to ensure calcium intake(2).  |
| Fish and shellfish  | Fresh, frozen or canned fish, mollusk, squid, octopus, crusty  | Surimi.  | >2 servings/week (>200g/week)(2). Preferably both white and fatty fish (AHA)(1).  |
| Meat and meat products  | White or red meat, processed meat, lunchmeat. | Vegetarian-meat alternatives, such as tofu or soy products. | <3-4 servings/week (<400g/week). Preferably lean meat(2). |
| Sugar-sweetened beverages | Soft drinks, sweetened soda, fizzy drinks, artificial fruit-juices, energy drinks. | Light or zero drinks (non-caloric beverages). | Try to avoid them by replacing with water or natural fruit-juices The recommended intake is 0.  |
| Dairy desserts and substitutes | Sugared or flavored yoghurt, commercial chocolate milk-shakes and smoothies, rice-puddings, mousse, ice-creams, vegetal drinks. | Home-made smoothies or rice-puddings, yoghurts with non-caloric sweeteners, yoghurts with <6g/100g sugar content. | Try to avoid them by replacing with less-processed dairy products without added sugar. The recommended intake is 0. |
| Simple sugars | All dietary simple sugars; including natural sugar sources and artificially added. | Polysaccharides. | Less than 10% of total energy intake from free sugars, ideally less than 5% of total energy intake (WHO)(4). |
| Added sugar | Sugars and syrups put in foods during preparation or processing, or added at the table. | Natural sugar from fruits and dairy products. | <25g/day for all children aged 2-19 years regardless of age (AHA)(1). |

AHA: American Heart Association; SENC: Spanish Society for Community Nutrition; WHO: World Health Organization; Perseo Program of NAOS strategy.

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