Supplemental Table 1: Examples of foods and beverages in each category

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| Food Category | Example foods |
| Chips | Potato chips, cheese puffs, tortilla chips |
| Crackers, popcorn, pretzels, snack mix | Cheddar crackers, animal crackers, cheese crackers, flavored popcorn, pretzels |
| Nuts & salty snacks | Pumpkin seeds, pear crisps, trail mix, onion crisps, salted peanuts |
| Cereals, bars, breakfast items | Bagels, granola bars, cereal bars, cereal bowls |
| Cookies & brownies | Graham crackers, chocolate chip cookies, sandwich cookies |
| Other sweets | Chocolate-covered peanut candy, fruit cups, fruit gummies, hard candies |
| Ice cream, popsicles, frozen treats | Ice cream bars and cups, popsicles, sorbet, sherbet |
| Yogurt & cheese | String cheese, yogurt cups |
| Juice | 100% orange, apple, or grape juice |
| Milk | Reduced fat and fat free milk, chocolate and strawberry milk |
| Other beverages | Lemonade, iced tea, soda, |
| Sports drinks | Sweetened electrolyte drinks |