**Additional file 3. Weighted means1 in serves of food group consumption at eating occasions between Australian women with lower and higher level of diet quality2, stratified by age group. (n = 4809)**

|  |  |  |  |
| --- | --- | --- | --- |
|  |  |  |  |
|  | **19-50 years** | **51-70 years** | **71 years and over** |
| n (person) | 2512 | 1556 | 741 |
|  | **Low**erDQ | **High**er**DQ** | **Low**erDQ | **High**er**DQ** | **Low**erDQ | **High**er**DQ** |
| n (person) | 1567 | 945 | 1011 | 545 | 441 | 300 |
|  | **Mean** | **95%****CI** | **Mean** | **95%****CI** | **Mean** | **95%****CI** | **Mean** | **95%****CI** | **Mean** | **95%****CI** | **Mean** | **95%****CI** |
| Breakfast (serve/s) |
| FruitVegetablesDairyProteinsGrainsDiscret. | 0.80.90.60.61.50.8 | 0.7, 0.90.7, 1.10.6, 0.70.5, 0.61.5, 1.60.7, 0.9 | 0.91.40.70.61.70.6 | 0.8, 0.91.1, 1.80.7, 0.80.5, 0.61.6, 1.80.5, 0.7 | 0.81.00.50.51.60.6 | 0.7, 0.90.7, 1.40.5, 0.60.4, 0.61.4, 1.70.5, 0.7 | 1.01.20.70.61.70.4 | 0.8, 1.10.8, 1.60.6, 0.70.5, 0.71.6, 1.90.3, 0.4 | 0.70.70.50.31.50.6 | 0.6, 0.80.3, 1.00.4, 0.60.2, 0.41.4, 1.60.4, 0.7 | 1.01.20.60.51.70.5 | 0.8, 1.20.5, 1.80.5, 0.7 0.3, 0.61.5, 1.90.4, 0.6 |
| Lunch (serve/s) |
| FruitVegetablesDairyProteinsGrainsDiscret. | 0.71.20.70.91.81.6 | 0.6, 0.81.1, 1.30.6, 0.70.9, 1.01.7, 2.01.5, 1.8 | 1.01.50.71.01.91.0 | 0.8, 1.21.4, 1.60.7, 0.80.9, 11.8, 20.8, 1.1 | 0.71.20.60.91.61.4 | 0.6, 0.81.1, 1.40.5, 0.60.8, 1.01.5, 1.71.3, 1.6 | 1.02.00.61.11.90.9 | 0.8, 1.21.5, 2.40.5, 0.70.9, 1.31.7, 2.00.7, 1.0 | 0.71.20.50.91.51.3 | 0.6, 0.81.0, 1.40.4, 0.60.8, 1.01.4, 1.61.2, 1.5 | 0.91.50.61.11.60.9 | 0.8, 1.11.3, 1.80.5, 0.70.9, 1.21.4, 1.80.7, 1.1 |
| Dinner (serve/s) |
| FruitVegetablesDairyProteinsGrainsDiscret. | 0.71.80.61.42.12.5 | 0.5, 0.81.7, 1.90.6, 0.71.3, 1.52.0, 2.22.3, 2.7 | 0.62.80.61.62.11.5 | 0.5, 0.82.6, 3.00.5, 0.71.5, 1.61.9, 2.31.3, 1.7 | 0.62.10.61.41.82.2 | 0.5, 0.81.8, 2.30.5, 0.71.3, 1.51.7, 2.02.0, 2.4 | 0.73.10.61.81.91.5 | 0.6, 0.82.8, 3.40.5, 0.71.6, 1.91.7, 2.11.3, 1.8 | 0.62.00.51.31.61.8 | 0.5, 0.71.7, 2.30.4, 0.61.2, 1.41.4, 1.71.5, 2.0 | 1.02.80.61.61.31.5 | 0.8, 1.22.5, 3.20.5, 0.71.4, 1.71.1, 1.51.3, 1.8 |
| Snack (serve/s) |
| FruitVegetablesDairyProteinsGrainsDiscret. | 1.10.90.7 0.61.22.9 | 1.0, 1.2 0.7, 1.10.7, 0.8 0.5, 0.71.1, 1.32.7, 3.1 | 1.51.00.90.71.01.9 | 1.4, 1.70.8, 1.30.8, 1.00.6, 0.90.9, 1.21.7, 2.0 | 1.20.80.70.51.02.5 | 1.0, 1.40.6, 1.00.6, 0.80.4, 0.60.9, 1.22.2, 2.7 | 1.51.00.80.90.91.4 | 1.3, 1.70.7, 1.20.7, 0.90.7, 1.10.8, 1.11.2, 1.6 | 0.90.70.60.20.82.0 | 0.7, 1.00.4, 1.00.5, 0.70.2, 0.30.7, 0.91.7, 2.3 | 1.31.10.70.51.11.4 | 1.1, 1.6-0.1, 2.30.6, 0.80.3, 0.70.7, 1.41.1, 1.7 |
| Total (serve/s) |
| FruitVegetablesDairyProteinsGrainsDiscret. | 1.52.71.62.14.75.3 | 1.4, 1.62.5, 2.81.5, 1.72.0, 2.24.5, 4.85.0, 5.5 | 2.24.21.92.65.03.0 | 2.0, 2.34.0, 4.51.8, 2.02.4, 2.84.7, 5.32.8, 3.2 | 1.62.81.52.14.44.6 | 1.4, 1.82.6, 3.01.4, 1.62.0, 2.24.1, 4.64.3, 4.9 | 2.44.71.82.84.72.5 | 2.2, 2.64.2, 5.21.7, 1.92.6, 3.14.3, 5.02.2, 2.7 | 1.42.51.41.84.14.1 | 1.3, 1.62.2, 2.81.3, 1.51.7, 1.93.8, 4.33.8, 4.5 | 2.33.81.62.54.22.7 | 2.0, 2.73.4, 4.21.4, 1.82.3, 2.73.8, 4.52.4, 2.9 |

1 Weighted mean (in serve/s) of food consumption when consumption of food groups occurred. Non-consumers (for each food group and eating occasion) were not included in analysis.

2 Higher diet quality (DQ) – the top tertile of dietary guidelines index score (0-130) which assessed adherence to the Australian Dietary Guidelines. Lower diet quality (DQ) – bottom two tertiles of the score.

All results were weighted to be nationally representative of Australian population.