**Additional file 4. Weighted means in serves of food group consumption at eating occasions between Australian men with low level of adherence and high level of adherence to dietary guidelines2, stratified by age group. (n = 4245)**

|  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | 19-50 years | | | | 51-70 years | | | | 71 years and over | | | |
| n (person) | 2380 | | | | 1334 | | | | 531 | | | |
|  | **Low**er  DQ | | **High**er  **DQ** | | **Low**er  DQ | | **High**er  **DQ** | | **Low**er  DQ | | **High**er  **DQ** | |
| n (person) | 1673 | | 707 | | 973 | | 361 | | 372 | | 159 | |
|  | **Mean** | **95%**  **CI** | **Mean** | **95%**  **CI** | **Mean** | **95%**  **CI** | **Mean** | **95%**  **CI** | **Mean** | **95%**  **CI** | **Mean** | **95%**  **CI** |
| Breakfast (serve/s) | | | | | | | | | | | | |
| Fruit  Vegetables  Dairy  Proteins  Grains  Discret. | 1.2  1.3  0.8  1.0  2.1  1.2 | 1.0, 1.4  1.0, 1.7  0.8, 0.9  0.8, 1.1  2.0, 2.2  1.1, 1.3 | 1.5  1.3  1.0  0.9  2.4  0.9 | 1.3, 1.7  1.0, 1.7  0.9, 1.1  0.7, 1.0  2.3, 2.6  0.8, 1.1 | 0.9  1.1  0.6  0.9  2.1  0.9 | 0.8, 1.0  0.9, 1.3  0.5, 0.6  0.8, 1.0  1.9, 2.3  0.8, 1.1 | 1.3  1.4  0.9  0.9  2.5  0.6 | 1.0, 1.5  0.8, 2.0  0.8, 1.0  0.7, 1.1  2.3, 2.7  0.5, 0.7 | 0.9  1.1  0.5  0.7  2.0  0.8 | 0.8, 1.1  0.6, 1.5  0.5, 0.6  0.5, 0.9  1.9, 2.1  0.6, 0.9 | 1.5  1.3  0.7  0.9  2.5  0.6 | 1.0, 2.0  0.8, 1.8  0.6, 0.8  0.6, 1.3  2.2, 2.8  0.4, 0.7 |
| Lunch (serve/s) | | | | | | | | | | | | |
| Fruit  Vegetables  Dairy  Proteins  Grains  Discret. | 0.8  1.3  0.8  1.3  2.6  2.4 | 0.7, 1.0  1.2, 1.4  0.7, 0.8  1.2, 1.4  2.5, 2.8  2.1, 2.7 | 1.2  1.9  0.9  1.5  2.6  1.4 | 1.0, 1.4  1.5, 2.2  0.7, 1.0  1.3, 1.6  2.4, 2.7  1.1, 1.6 | 0.8  1.3  0.7  1.2  2.2  1.7 | 0.7, 1.0  1.1, 1.5  0.6, 0.8  1.1, 1.4  2.1, 2.4  1.5, 1.9 | 1.2  1.8  0.8  1.3  2.2  1.1 | 1.0, 1.4  1.5, 2.2  0.6, 0.9  1.1, 1.4  2.0, 2.4  0.8, 1.3 | 0.9  1.6  0.5  1.1  2.0  1.7 | 0.7, 1.0  1.3, 1.9  0.4, 0.6  1.0, 1.2  1.8, 2.1  1.5, 2.0 | 1.5  2.1  0.7  1.0  2.1  1.2 | 1.0, 2.0  1.4, 2.7  0.5, 1.0  0.8, 1.2  1.9, 2.4  0.7, 1.7 |
| Dinner (serve/s) | | | | | | | | | | | | |
| Fruit  Vegetables  Dairy  Proteins  Grains  Discret. | 0.5  2.3  0.8  2.0  2.7  3.1 | 0.4, 0.5  2.1, 2.4  0.7, 0.8  1.9, 2.1  2.6, 2.9  2.8, 3.3 | 0.8  3.2  0.8  2.1  2.9  1.8 | 0.7, 1.0  2.9, 3.5  0.7, 0.9  1.9, 2.2  2.6, 3.2  1.6, 2.0 | 0.7  2.4  0.8  1.8  2.4  3.0 | 0.5, 0.8  2.2, 2.6  0.7, 0.9  1.7, 2.0  2.1, 2.6  2.8, 3.2 | 1.1  3.6  0.7  2.0  2.4  2.1 | 0.9, 1.2  3.3, 3.9  0.5, 0.8  1.8, 2.3  2.2, 2.7  1.6, 2.5 | 0.8  2.2  0.6  1.5  1.9  2.6 | 0.6, 1.1  1.9, 2.5  0.5, 0.6  1.3, 1.7  1.7, 2.1  2.2, 3.1 | 1.2  3.4  0.6  1.7  1.5  1.8 | 0.9, 1.5  2.9, 3.8  0.5, 0.7  1.5, 1.8  1.2, 1.9  1.4, 2.2 |
| Snack (serve/s) | | | | | | | | | | | | |
| Fruit  Vegetables  Dairy  Proteins  Grains  Discret. | 1.5  1.2  1.0  0.8  1.8  4.2 | 1.3, 1.6  1.0, 1.4  0.9, 1.1  0.7, 0.9  1.6, 2.0  3.9, 4.4 | 1.8  1.4  1.1  1.3  1.7  2.2 | 1.6, 2.0  1.1, 1.8  1.0, 1.3  1.1, 1.5  1.5, 2.0  2.0, 2.5 | 1.2  1.2  0.8  0.8  1.3  3.4 | 1.0, 1.4  0.5, 1.9  0.7, 0.9  0.6, 0.9  1.1, 1.5  3.1, 3.7 | 1.9  0.9  0.8  1.2  1.5  2.1 | 1.6, 2.3  0.6, 1.3  0.7, 0.9  0.9, 1.5  1.2, 1.8  1.8, 2.4 | 1.1  1.5  0.6  0.3  1.2  2.4 | 0.8, 1.3  0.6, 2.4  0.4, 0.7  0.2, 0.4  1.0, 1.4  2.1, 2.7 | 1.5  1.1  0.7  0.7  0.7  1.9 | 1.2, 1.8  0.3, 1.8  0.5, 1.0  0.4, 0.9  0.6, 0.9  1.3, 2.4 |
| Total (serve/s) | | | | | | | | | | | | |
| Fruit  Vegetables  Dairy  Proteins  Grains  Discret. | 1.8  3.3  1.9  3.2  6.4  7.4 | 1.6,1.9  3.1, 3.4  1.8, 2.1  3.0, 3.4  6.2, 6.7  7.4, 8.0 | 2.8  4.8  2.4  3.9  7.2  3.9 | 2.6, 3.0  4.3, 5.2  2.2, 2.5  3.7, 4.1  6.8, 7.6  3.6, 4.3 | 1.7  3.1  1.6  3.0  5.6  6.4 | 1.5, 1.8  2.9, 3.4  1.5, 1.8  2.8, 3.2  5.3, 6.0  6.1, 6.7 | 3.0  5.0  2.0  3.5  6.5  3.6 | 2.7, 3.3  4.6, 5.4  1.8, 2.1  3.2, 3.7  6.0, 6.9  3.2, 4.0 | 1.8  3.1  1.4  2.4  5.3  5.5 | 1.6, 2.1  2.8, 3.5  1.3, 1.5  2.2, 2.6  5.0, 5.7  4.9, 6.0 | 3.0  4.7  1.8  2.7  5.6  3.4 | 2.5, 3.4  4.1, 5.3  1.6, 2.1  2.4, 3.0  5.2, 6.0  2.8, 4.1 |

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.