**Supplementary Figure 4 Instructions for creating 12-item prudent diet score** **for UK Primary School-Aged Children**

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| --- | --- | --- | --- |
| **Food** | **Mean** | **SD** | **Coefficient** |
| Salad and other raw vegetables | 2.26 | 3.82 | 0.26 |  |
| Uncooked tomatoes | 0.72 | 1.56 | 0.23 |  |
| Uncooked carrots | 0.41 | 1.10 | 0.20 |  |
| Tropical fruit | 0.58 | 1.50 | 0.18 |  |
| Nuts and seeds | 0.37 | 1.59 | 0.19 |  |
| Crisps and savoury snacks | 2.99 | 2.82 | -0.11 |  |
| Crispy coated chicken or turkey | 0.99 | 1.67 | -0.15 |  |
| Meat pies and pastries not made at home | 0.56 | 1.56 | -0.09 |  |
| Chips | 1.67 | 1.82 | -0.16 |  |
| White bread | 5.84 | 4.38 | -0.10 |  |
| Tap water | 8.09 | 8.56 | 0.24 |  |
| Soft drinks | 15.64 | 14.04 | -0.19 |  |

**Steps to derive 12-item prudent diet score**

* For each food variable in a new dataset, ensure the data are recorded as frequencies per week.
* Create ‘standardised’ food variables by subtracting the mean and dividing by the SD associated with that food in the above table.
* Create the 12-item prudent diet score by multiplying the coefficient for each food by the standardised food variables, and summing them, resulting in one score for each participant.
* This score has no units. Subtract the mean and divide by the SD of the score in the dataset to get a standardised score with internal standard deviation units.
* Alternatively, if the score is not normally distributed and a normally distributed score is required, consider transformations such as the logarithm (which may require addition of a constant) before internal standardisation as described in the bullet point above.