Supplementary material

Measure	Assessment point	Survey question	Response categories (codes)	Variables included in analysis ^a				
Independent variables								
Group	Baseline			Control: 0				
				Intervention: 1				
Dependent variables								
Fruit consumption	Post-intervention	'How often do you usually eat fresh	1. Never/seldom (0)	Fruit consumption: 0-21 times/week				
		fruit?'	2. Less than once a week (0.5)					
			3. 1-2 times per week (1.5)					
			4. 3-4 times per week (3.5)					
			5. 5-6 times per week (5.5)					
			6. Once per day (7)					
			7. Twice per day (14)					
			8. 3 times or more per day (21)					
Vegetable consumption	Post-intervention	'How often do you usually eat	1. Never/seldom (0)	Vegetable consumption: 0-42				
		raw/cooked vegetables?'	2. Less than once a week (0.5)	times/week				
			3. 1-2 times per week (1.5)					
			4. 3-4 times per week (3.5)					
			5. 5-6 times per week (5.5)					
			6. Once per day (7)					
			7. Twice per day (14)					
			8. 3 times or more per day (21)					

Table S1 Description of independent variables, dependent variables, mediators, and covariates/moderators included in the analysis.

Mediators

Availability at home	Mid-way	'How often are fruit/vegetables that	1. Always (5)	Availability at home: 1-5
	Post-intervention	you like available at home?'	2. Most days (4)	
			3. Occasionally (3)	
			4. Rarely (2)	
			5. Never (1)	
Availability at dinner	Mid-way	'At home we usually have	1. Completely disagree (1)	Availability at dinner: 1-5
	Post-intervention	vegetables for dinner every day'	2. Slightly disagree (2)	
			3. Neither agree nor disagree (3)	
			4. Somewhat agree (4)	
			5. Totally agree (5)	
Accessibility at home	Post-intervention	'When there are fruit/vegetables that	1. Always (5)	Accessibility at home: 1-5
		you like at home, can you eat	2. Most days (4)	
		whenever you want?'	3. Occasionally (3)	
			4. Rarely (2)	
			5. Never (1)	
			6. Do not have fruit/vegetables in my	
			house (1)	
Taste preferences	Post-intervention	'Which of the following	1. Like very much (1)	Taste preferences fruit/vegetables: 0-
		fruit/vegetables do you like or	2. Like a bit (1)	11 types
		dislike?' (11 fruit and 11 vegetables	3. Dislike a little (0)	
		listed)	4. Dislike very much (0)	
			5. Have not tasted (0)	
Parental encouragement	Mid-way	'My mom and/or dad encourages me	1. Completely disagree (1)	Parental encouragement: 1-5
	Post-intervention	to taste the vegetables we have for	2. Slightly disagree (2)	
		dinner'	3. Neither agree nor disagree (3)	

			4. Somewhat agree (4)	
			5. Totally agree (5)	
			6. They do not have to encourage me,	
			because I taste because I want to (3)	
Knowledge of	Mid-way	'How many servings of fruit and	1. None (0)	No knowledge: 0
recommendations	Post-intervention	vegetables are recommended that	2. 1 serving (0)	Knowledge: 1
		someone your age eats every day?'	3. 2 servings (0)	
			4. 3 servings (0)	Continuous: 1-7
			5. 4 servings (0)	
			6. 5 servings (1)	
			7. More than 5 servings (1)	
Covariates/Moderators				
Age	Baseline			Age: 10.5-12.5
Sex	Baseline	'Are you a girl or a boy?'	1. Girl (0)	Girl: 0
			2. Boy (1)	Boy: 1
Parental education	Baseline		1. Less than 7 years of education (1)	Low: 1
			2. Primary school/secondary school (7-9	Medium: 2
			years) (1)	High: 3
			3. High school/vocational school or	
			similar (up to 12 years) (1)	
			4. University/college education (up to 4	
			years) (2)	
			5. University/college education (more	
			than 4 years) (3)	

Weight status	Baseline	Normal weight (including
		underweight): 0
		Overweight (including obesity): 1

	Exclu	ıded	Inclu	ıded	
	(n = 4)	159 ª)	(n = 1)	.121)	
	Mean	SD	Mean	SD	<i>p</i> -value ^b
	%)	%		
Age (years)	11.2	(0.3)	11.2	0.33	
Sex					
Girl	43	.2	50	0.02*	
Boy	56	.8	49	.7	
Parental education ^c					
Low	32	.0	28	.9	0.37
Medium	36	.2	36	.0	
High	31	.8	35	.1	
Weight status ^d					
Normal weight	80	.3	87	.7	<0.01*
Overweight	19	.7	12	.3	
Condition					
Control	58	.4	66	.5	<0.01*
Intervention	41	.6	33	.5	

Table S2 Baseline demographic and anthropometric characteristics of the excluded and included participants in the primary analysis in the HEIA study.

* p < 0.05

^a n varies slightly for all characteristics

^b Independent t-test (age) and chi-square test

^c Based on the parent with the highest level of education or else the one available: low (≤ 12 years), medium (13–16 years), and high (>16 years)

^d Based on age and sex specific BMI cut-off values proposed by the International Obesity Task Force: normal weight (including underweight) and overweight (including obese)⁽²⁹⁾

Table S3 Mediation of the mid-way and post-intervention determinants in the associations between the intervention condition and fruit and vegetable consumption in theHEIA study (n = 1046).

	c-path ^a		a-path ^b		b·	·path ^a	c'	c'-path ^a		ated effect	Proportion
											mediated
	β	95% CI	β	95% CI	β	95% CI	β	95% CI	a*b	95% CI ^c	(a*b)/c
Mid-way											
Fruit consumption	1.6*	0.8; 2.4									
Availability at home			0.1*	0.0; 0.2	1.3*	0.7; 1.8	1.5*	0.7; 2.3	0.1	0.0; 0.3	-
Knowledge – continuous			0.3*	0.1; 0.5	0.5*	0.2; 0.8	1.4*	0.6; 2.2	0.1*	0.0; 0.3	9%
Knowledge – dichotomous			0.5*	0.2; 0.8	1.0*	0.2; 1.8	1.5*	0.7; 2.3	0.5	0.0; 1.0	-
Vegetable consumption	1.2*	0.1; 2.3									
Availability at home			0.1	0.0; 0.2	1.0*	0.4; 1.6	1.0	0.0; 2.1	0.1	0.0; 0.2	-
Availability at dinner			0.1	0.0; 0.3	0.8*	0.4; 1.2	1.0	-0.1; 2.1	0.1	0.0; 0.2	-
Parental encouragement			0.0	-0.1; 0.2	0.4	-0.1; 0.8	1.2*	0.1; 2.3	0.0	0.0; 0.1	-
Knowledge – continuous			0.3*	0.1; 0.5	0.3	-0.1; 0.8	1.1*	0.0; 2.2	0.1	0.0; 0.3	-
Knowledge – dichotomous			0.5*	0.2; 0.8	0.8	-0.3; 1.9	1.2*	0.0; 2.3	0.4	-0.2;1.0	-
Post-intervention											
Fruit consumption	1.6*	0.8; 2.4									
Availability at home			0.0	-0.1; 0.1	2.0*	1.5; 2.6	1.6*	0.8; 2.3	0.0	-0.2; 0.2	-
Accessibility at home			0.0	-0.1; 0.1	1.9*	1.3; 2.5	1.6*	0.8; 2.4	0.0	-0.2; 0.1	-
Taste preferences			-0.1	-0.3; 0.1	0.7*	0.4; 0.9	1.7*	0.9; 2.4	-0.1	0.3; 0.1	-
Knowledge – continuous			0.2*	0.0; 0.3	0.6*	0.3; 0.9	1.5*	0.7; 2.3	0.1*	0.0; 0.2	7%
Knowledge – dichotomous			0.5*	0.2; 0.7	1.1*	0.3; 1.9	1.5*	0.7; 2.3	0.5*	0.0; 1.0	32%
Vegetable consumption	1.2*	0.1; 2.3									
Availability at home			-0.1	-0.2; 0.0	2.3*	1.7; 2.9	1.3*	0.3; 2.4	-0.2	-0.5; 1.0	-

Availability at dinner	0.1	-0.1; 0.2	1.8*	1.4; 2.2	1.0	-0.1; 2.0	0.2	-0.1; 0.4	-
Accessibility at home	0.0	-0.1; 0.1	1.1*	0.4; 1.7	1.3*	0.2; 2.4	0.0	-0.2; 0.1	-
Taste preferences	-0.1	-0.3; 0.2	0.8*	0.5; 1.0	1.1*	0.1; 2.2	0.0	-0.2; 0.2	-
Parental encouragement	0.0	-0.1; 0.2	0.2	-0.2; 0.6	1.2*	0.1; 2.3	0.0	0.0; 0.1	-
Knowledge – continuous	0.2*	0.0; 0.3	0.6*	0.2; 1.1	1.1*	0.0; 2.2	0.1*	0.0; 0.3	7%
Knowledge – dichotomous	0.5*	0.2; 0.7	1.0	-0.1; 2.1	1.1	0.0; 2.2	0.5	-0.1; 1.0	-

* p < 0.05

^a Linear regression

^b Linear regression (continuous mediators), logistic regression (dichotomous mediators)

^c Bootstrapping with 1000 resamples of the data (continuous mediators), Sobel test (dichotomous mediators)

		a-pat	h ^a	b-pat	h ^b	Media	ted effect	Moderate	ed mediation
		β interaction	<i>p</i> -value	β interaction	<i>p</i> -value	a*b	95% CI ^c	Index	95% CI
Sex									
Fruit consumption									
Availability at home	Girl					0.1	-0.1; 0.4		
	Boy	-0.1	0.20	0.4	0.40	-0.1	-0.4; 0.2	-0.2	-0.7; 0.2
Accessibility at home	Girl					0.0	-0.1; 0.2		
	Boy	-0.1	0.31	0.5	0.43	-0.1	-0.4; 0.2	-0.1	-0.5; 0.1
Taste preferences	Girl					-0.1	-0.2; 0.1		
	Boy	-0.1	0.67	0.2	0.26	-0.1	-0.5; 0.1	-0.1	-0.4; 0.2
Knowledge – continuous	Girl					0.1	0.0; 0.3		
	Boy	-0.2	0.15	0.4	0.20	0.0	-0.2; 0.2	-0.1	-0.3; 0.2
Knowledge – dichotomous	Girl					0.1	-0.5; 0.7		
	Boy	-0.3	0.31	0.8	0.33	0.3	-0.3; 1.0		
Vegetable consumption									
Availability at home	Girl					-0.1	-0.4; 0.3		
	Boy	-0.2	0.13	-0.3	0.65	-0.4**	-0.9; -0.1	-0.3	-0.9; 0.1
Availability at dinner	Girl					0.2	-0.2; 0.6		
	Boy	-0.1	0.42	-0.3	0.48	0.0	-0.4; 0.3	-0.2	-0.8; 0.4
Accessibility at home	Girl					0.0	-0.1; 0.2		
	Boy	-0.2	0.13	-0.2	0.70	-0.1	-0.4; 0.0	-0.1	-0.4; 0.1
Taste preferences	Girl					0.0	-0.2;0.3		
	Boy	-0.4	0.13	0.4**	0.05	-0.3	-0.8; 0.1	-0.4	-0.9; 0.1
Parental encouragement	Girl					0.0	-0.1;0.2		

Table S4 Moderation by sex, parental education, and weight status of the mediation of the post-intervention determinants in the associations between the intervention condition and fruit and vegetable consumption in the HEIA study (n = 1121).

Fuilt consumption 0.1 -0.3; 0.6 Availability at home Low 0.0 0.87 -0.6 0.34 0.1 -0.3; 0.3 -0.1 -0.6; 0.4 Accessibility at home High -0.1 0.46 -0.4 0.50 -0.1 -0.5; 0.2 -0.2 -0.8; 0.3 Accessibility at home Low 0.1 -0.4; 0.1 -0.2 -0.7; 0.3 Medium -0.1 0.41 -0.4 0.59 -0.1 -0.4; 0.1 -0.2 -0.7; 0.3 Medium -0.1 0.47 -1.0 0.17 0.0 -0.3; 0.1 -0.1 -0.6; 0.3 Taste preferences Low 0.47 -1.0 0.17 0.0 -0.2; 0.2 -0.5; 0.0 -0.2 -0.6; 0.1 Medium -0.4 0.16 0.2 0.35 -0.2 -0.5; 0.0 -0.2 -0.6; 0.1 Knowledge - continuous Low 0.4 0.48 0.09 -0.1 -0.5; 0.2 -0.1 -0.4; 0.2 Knowledge - dichotomous<										
Boy 0.2 0.15 0.3 0.44 0.0 -0.2; 0.2 -0.1 -0.4; 0.2 Knowledge - dichotomous Girl 0.4 -0.4; 1.3 -0.4 -0.4; 0.3 -0.3 0.31 0.1 0.92 0.3 -0.3; 0.9 Parental education		Boy	-0.2	0.25	0.0	0.99	0.0	-0.1; 0.1	0.0	-0.2; 0.1
Knowledge – dichotomous Grid 0.4 -0.4 1.3 Parental education Parental education -0.3 0.31 0.1 0.92 0.3 $-0.3; 0.9$ Fruit consumption Image: Construct on the state on the st	Knowledge – continuous	Girl					0.1	0.0; 0.4		
Boy -0.3 0.31 0.1 0.92 0.3 -0.3; 0.9 Parental education Fruit consumption Availability at home Low 0.1 -0.3; 0.6 High 0.0 0.87 -0.6 0.34 0.1 -0.3; 0.3 -0.1 -0.6; 0.2 Accessibility at home Low 0.1 -0.3; 0.5 -0.1 -0.5; 0.2 -0.2 -0.6; 0.4 Accessibility at home Low 0.1 -0.3; 0.5 -0.1 -0.3; 0.5 Accessibility at home Low 0.1 -0.3; 0.5 -0.1 -0.2; 0.2 -0.2 -0.6; 0.3 Medium 0.1 0.41 -0.4 0.1 -0.2 -0.7; 0.3 -0.7; 0.3 Taste preferences Low 0.1 0.17 0.0 -0.2; 0.2 -0.1 -0.5; 0.2 -0.1 -0.5; 0.2 -0.1 -0.5; 0.2 -0.1 -0.5; 0.2 -0.1 -0.5; 0.2 -0.1 -0.5; 0.2 -0.1 -0.5; 0.2 -0.1 -0.5; 0.2 -0.1		Boy	-0.2	0.15	0.3	0.44	0.0	-0.2; 0.2	-0.1	-0.4; 0.2
Parental education Fuil consumption Availability at home Low 0.1 -0.3; 0.6 Medium 0.0 0.87 -0.6 0.34 0.1 -0.3; 0.3 -0.1 -0.6; 0.4 Medium 0.0 0.87 -0.6 0.34 0.1 -0.3; 0.3 -0.1 -0.6; 0.4 Accessibility at home Low 0.1 -0.5; 0.2 -0.2 -0.8; 0.3 Accessibility at home Low 0.1 -0.4; 0.1 -0.2 -0.7; 0.3 Medium -0.1 0.41 -0.4 0.59 -0.1 -0.4; 0.1 -0.2 -0.7; 0.3 Taste preferences Low 0.47 -1.0 0.17 0.0 -0.3; 0.1 -0.1 -0.6; 0.3 Taste preferences Low 0.0 0.2 0.2 -0.6; 0.1 High -0.2 0.42 0.49 0.4* 0.09 -0.1 -0.5; 0.2 -0.1 -0.5; 0.3 Knowledge - continuous Low 0.1	Knowledge – dichotomous	Girl					0.4	-0.4; 1.3		
Fruit consumption 0.1 -0.3; 0.6 Availability at home Low 0.1 -0.3; 0.3 -0.1 -0.6; 0.4 High -0.1 0.46 -0.4 0.50 -0.1 -0.5; 0.2 -0.2 -0.8; 0.3 Accessibility at home Low 0.1 -0.4; 0.1 -0.2 -0.7; 0.3 Medium -0.1 0.41 -0.4 0.59 -0.1 -0.4; 0.1 -0.2 -0.7; 0.3 Medium -0.1 0.41 -0.4 0.59 -0.1 -0.4; 0.1 -0.2 -0.7; 0.3 Medium -0.1 0.47 -1.0 0.17 0.0 -0.3; 0.1 -0.1 -0.6; 0.3 Taste preferences Low 0.0 0.2 0.35 -0.2 -0.5; 0.0 -0.2 -0.6; 0.1 High -0.2 0.49 0.4* 0.0 -0.1 -0.5; 0.2 -0.1 -0.5; 0.3 Knowledge - continuous Low 0.1 0.77 0.1 0.0; 0.4 0.0 -0.3; 0.4 <td></td> <td>Boy</td> <td>-0.3</td> <td>0.31</td> <td>0.1</td> <td>0.92</td> <td>0.3</td> <td>-0.3; 0.9</td> <td></td> <td></td>		Boy	-0.3	0.31	0.1	0.92	0.3	-0.3; 0.9		
Availability at homeLow 0.1 $0.3; 0.6$ Medium 0.0 0.87 -0.6 0.34 0.1 $0.3; 0.3$ -0.1 $-0.6; 0.4$ Medium 0.0 0.46 -0.4 0.50 -0.1 $-0.5; 0.2$ -0.2 $0.8; 0.3$ Accessibility at homeLow 0.1 0.46 0.4 0.59 -0.1 $0.4; 0.1$ -0.2 $0.7; 0.3$ Medium -0.1 0.41 -0.4 0.59 -0.1 $0.4; 0.1$ -0.2 $0.7; 0.3$ Medium -0.1 0.47 -1.0 0.17 0.0 $0.3; 0.1$ -0.1 $0.6; 0.3$ Taste preferencesLow 0.41 0.6 0.2 0.35 -0.2 $-0.5; 0.0$ -0.2 $-0.6; 0.3$ Medium -0.4 0.16 0.2 0.35 -0.2 $-0.5; 0.0$ -0.2 $-0.6; 0.3$ Knowledge - continuousLow 0.4 0.69 0.4 0.09 -0.1 $-0.5; 0.2$ -0.1 $-0.4; 0.2$ Medium 0.0 0.89 -0.3 0.41 0.1 $-0.1; 0.4$ $-0.4; 0.2$ $-0.3; 0.4$ Knowledge - dichotomousLow 0.6 0.53 0.1 $-0.6; 0.8$ $-0.4; 0.2$ $-0.4; 0.2$ $-0.4; 0.2$ Medium 0.0 0.95 -0.6 0.53 0.1 $-0.6; 0.8$ $-0.4; 0.2; 0.2$ $-0.4; 0.2; 0.3$ $-0.4; 0.2; 0.3$ $-0.4; 0.2; 0.3; 0.3; 0.3$ $-0.4; 0.2; 0.3; 0.3; 0.3; 0.3; 0.3; 0.3; 0.3; 0.3$	Parental education									
Medium 0.0 0.87 -0.6 0.34 0.1 $-0.3; 0.3$ 0.1 $-0.6; 0.4$ Accessibility at homeHigh -0.1 0.46 -0.4 0.50 -0.1 $-0.5; 0.2$ -0.2 $-0.8; 0.3$ Accessibility at homeLow 0.1 -0.4 0.59 -0.1 $-0.4; 0.1$ -0.2 $-0.7; 0.3$ Medium -0.1 0.41 -0.4 0.59 -0.1 $-0.4; 0.1$ -0.2 $-0.7; 0.3$ Taste preferencesLow 0.47 0.47 0.17 0.0 $-0.3; 0.1$ -0.1 $-0.6; 0.1$ Medium -0.4 0.16 0.2 0.35 -0.2 $-0.5; 0.0$ -0.2 $-0.6; 0.1$ Knowledge - continuousHigh -0.2 0.49 $0.4*$ 0.09 -0.1 $-0.5; 0.2$ -0.1 $-0.5; 0.2$ Medium 0.0 0.89 -0.3 0.41 0.1 $-0.5; 0.2$ -0.1 $-0.5; 0.2$ Knowledge - continuousHigh 0.1 0.75 -0.1 0.71 0.1 $-0.5; 0.2$ -0.1 $-0.4; 0.2$ Medium 0.0 0.95 -0.6 0.53 0.1 $-0.6; 0.8$ $-0.5; 0.2$ -0.1 $-0.5; 0.2$ $-0.5; 0.2$ $-0.5; 0.2$ $-0.5; 0.2$ $-0.5; 0.2$ $-0.5; 0.2$ $-0.5; 0.2$ $-0.5; 0.2$ $-0.5; 0.2$ $-0.5; 0.2; 0.5; 0.5; 0.5; 0.5; 0.5; 0.5; 0.5; 0.5$	Fruit consumption									
High -0.1 0.46 -0.4 0.50 -0.1 -0.5; 0.2 -0.2 -0.8; 0.3 Accessibility at home Low 0.1 -0.4; 0.1 -0.3; 0.5 -0.1 -0.4; 0.1 -0.2 -0.7; 0.3 Medium -0.1 0.41 -0.4 0.59 -0.1 -0.4; 0.1 -0.2 -0.7; 0.3 Taste preferences High -0.1 0.41 -1.0 0.17 0.0 -0.3; 0.1 -0.1 -0.6; 0.3 Medium -0.4 0.16 0.2 0.35 -0.2 -0.5; 0.0 -0.2 -0.6; 0.1 Medium -0.4 0.16 0.2 0.35 -0.2 -0.1 -0.5; 0.2 -0.1 -0.5; 0.3 Knowledge - continuous High -0.2 0.49 0.4* 0.09 -0.1 -0.5; 0.2 -0.1 -0.5; 0.3 Knowledge - continuous Low - - - -0.4; 0.2 -0.1 -0.4; 0.2 Knowledge - dichotomous Low - 0.7 0.1 0.0; 0.4 - - - - - - <	Availability at home	Low					0.1	-0.3; 0.6		
Accessibility at home Low 0.1 -0.3; 0.5 Medium -0.1 0.41 -0.4 0.59 -0.1 -0.4; 0.1 -0.2 -0.7; 0.3 High -0.1 0.47 -1.0 0.17 0.0 -0.3; 0.1 -0.1 -0.6; 0.3 Taste preferences Low 0.0 -0.2 -0.5; 0.0 -0.2 -0.6; 0.1 Medium -0.4 0.16 0.2 0.35 -0.2 -0.5; 0.0 -0.2 -0.6; 0.1 Medium -0.4 0.16 0.2 0.35 -0.2 -0.5; 0.0 -0.2 -0.6; 0.1 Knowledge - continuous High -0.2 0.49 0.4* 0.09 -0.1 -0.5; 0.2 -0.1 -0.5; 0.3 Knowledge - continuous Low 0.1 0.75 -0.1 0.77 0.1 -0.0; 0.4 -0.4 -0.4; 0.2 Knowledge - dichotomous Low 0.2 0.1 -0.5; 0.2 -0.1 -0.4; 0.2 High 0.1 0.26 0.1 0.73 0.1 -0.6; 0.8 - Knowledge - dichotomous		Medium	0.0	0.87	-0.6	0.34	0.1	-0.3; 0.3	-0.1	-0.6; 0.4
Medium -0.1 0.41 -0.4 0.59 -0.1 $-0.4; 0.1$ -0.2 $-0.7; 0.3$ High -0.1 0.47 -1.0 0.17 0.0 $-0.3; 0.1$ -0.1 $-0.6; 0.3$ Taste preferencesLow -0.4 0.16 0.2 0.35 -0.2 $-0.5; 0.0$ -0.2 $-0.6; 0.1$ Medium -0.4 0.16 0.2 0.35 -0.2 $-0.5; 0.0$ -0.2 $-0.6; 0.1$ Medium -0.4 0.16 0.2 0.35 -0.2 $-0.5; 0.0$ -0.2 $-0.6; 0.1$ Knowledge - continuousLow -0.2 0.49 0.4^{*} 0.09 -0.1 $-0.5; 0.2$ -0.1 $-0.5; 0.3$ Medium 0.0 0.89 -0.3 0.41 0.1 $-0.1; 0.4$ -0.1 $-0.4; 0.2$ Knowledge - dichotomousHigh 0.1 0.75 -0.1 0.77 0.1 $0.0; 0.4$ 0.0 $-0.3; 0.4$ Knowledge - dichotomousLow 0.4 0.26 0.1 0.33 0.1 $-0.6; 0.8$ $-0.4; 0.2$ Knowledge - dichotomousLow 0.4 0.26 0.1 0.93 1.0 $-0.2; 2.0$ -0.1 $-0.6; 0.8$ Knowledge - dichotomousLow -0.6 0.3 0.1 $-0.6; 0.8$ -0.1 $-0.6; 0.8$ -0.1 $-0.6; 0.8$ Knowledge - dichotomousLow -0.6 -0.1 $-0.6; 0.9$ -0.1 $-0.6; 0.9$ -0.1 $-0.6; 0.8$ Medium0.0 <td></td> <td>High</td> <td>-0.1</td> <td>0.46</td> <td>-0.4</td> <td>0.50</td> <td>-0.1</td> <td>-0.5; 0.2</td> <td>-0.2</td> <td>-0.8; 0.3</td>		High	-0.1	0.46	-0.4	0.50	-0.1	-0.5; 0.2	-0.2	-0.8; 0.3
High -0.1 0.47 -1.0 0.17 0.0 -0.3; 0.1 -0.1 -0.6; 0.3 Taste preferences Low 0.0 -0.2; 0.2 0.0 -0.2; 0.2 -0.6; 0.3 Medium -0.4 0.16 0.2 0.35 -0.2 -0.5; 0.0 -0.2 -0.6; 0.1 High -0.2 0.49 0.4* 0.09 -0.1 -0.5; 0.2 -0.1 -0.5; 0.3 Knowledge - continuous Low 0.0 0.89 -0.3 0.41 0.1 -0.1; 0.4 -0.1 -0.4; 0.2 -0.4; 0.2 -0.4; 0.2 -0.4; 0.2 -0.4; 0.2 -0.4; 0.2 -0.1 -0.4; 0.2 -0.1 -0.4; 0.2 -0.1 -0.4; 0.2 -0.1 -0.4; 0.2 -0.1 -0.4; 0.2 -0.1 -0.4; 0.2 -0.1 -0.4; 0.2 -0.1 -0.4; 0.2 -0.1 -0.4; 0.2 -0.1 -0.4; 1.0 -0.4; 1.0 -0.5; 0.2 -0.1 -0.5; 0.2 -0.1 -0.5; 0.2 -0.1 -0.5; 0.2 -0.5; 0.2 -0.5; 0.2 -0.5; 0.2	Accessibility at home	Low					0.1	-0.3; 0.5		
Taste preferences Low 0.0 -0.2; 0.2 Medium -0.4 0.16 0.2 0.35 -0.2 -0.5; 0.0 -0.2 -0.6; 0.1 High -0.2 0.49 0.4* 0.09 -0.1 -0.5; 0.2 -0.1 -0.5; 0.3 Knowledge - continuous Low 0.0 0.4* 0.09 -0.1 -0.5; 0.2 -0.1 -0.5; 0.3 Medium 0.0 0.89 -0.3 0.41 0.1 -0.1; 0.2 -0.1 -0.4; 0.2 Medium 0.0 0.89 -0.3 0.41 0.1 -0.1; 0.2 -0.1 -0.4; 0.2 Knowledge - dichotomous Low 0.1 0.75 -0.1 0.77 0.1 0.0; 0.4 0.0 -0.3; 0.4 Knowledge - dichotomous Low 0.4 0.26 0.1 0.93 1.0 -0.2; 2.0 - - - Vegetable consumption Low - - - - - 0.2 0.1 -0.6; 0.9 Medium 0.0 0.79 -0.8 0.26 -0.1 -		Medium	-0.1	0.41	-0.4	0.59	-0.1	-0.4; 0.1	-0.2	-0.7; 0.3
Medium-0.40.160.20.35-0.2-0.5; 0.0-0.2-0.6; 0.1High-0.20.490.4*0.09-0.1-0.5; 0.2-0.1-0.5; 0.3Knowledge - continuousLow0.1-0.10.1-0.1; 0.4-0.1-0.4; 0.2Medium0.00.89-0.30.410.1-0.1; 0.2-0.1-0.4; 0.2Medium0.00.75-0.10.770.10.0; 0.40.0-0.3; 0.4Knowledge - dichotomousLow0.3; 0.4Knowledge - dichotomousLow0.3; 0.40.0 <td></td> <td>High</td> <td>-0.1</td> <td>0.47</td> <td>-1.0</td> <td>0.17</td> <td>0.0</td> <td>-0.3; 0.1</td> <td>-0.1</td> <td>-0.6; 0.3</td>		High	-0.1	0.47	-1.0	0.17	0.0	-0.3; 0.1	-0.1	-0.6; 0.3
High -0.2 0.49 0.4* 0.09 -0.1 -0.5; 0.2 -0.1 -0.5; 0.3 Knowledge - continuous Low 0.0 0.89 -0.3 0.41 0.1 -0.1; 0.2 -0.1 -0.4; 0.2 Medium 0.0 0.89 -0.3 0.41 0.1 -0.1; 0.2 -0.1 -0.4; 0.2 High 0.1 0.75 -0.1 0.77 0.1 0.0; 0.4 0.0 -0.3; 0.4 Knowledge - dichotomous Low I.ow 0.3 -0.4; 1.0 -0.4; 0.2 -0.4; 0.2 High 0.0 0.95 -0.6 0.53 0.1 -0.6; 0.8 - <t< td=""><td>Taste preferences</td><td>Low</td><td></td><td></td><td></td><td></td><td>0.0</td><td>-0.2; 0.2</td><td></td><td></td></t<>	Taste preferences	Low					0.0	-0.2; 0.2		
Knowledge - continuousLow0.1-0.1; 0.4Medium0.00.89-0.30.410.1-0.1; 0.2-0.1-0.4; 0.2High0.10.75-0.10.770.10.0; 0.40.0-0.3; 0.4Knowledge - dichotomousLow0.3; 0.40.00.3; 0.40.3; 0.40.3; 0.40.3; 0.40.3; 0.4<		Medium	-0.4	0.16	0.2	0.35	-0.2	-0.5; 0.0	-0.2	-0.6; 0.1
Medium 0.0 0.89 -0.3 0.41 0.1 -0.1; 0.2 -0.1 -0.4; 0.2 High 0.1 0.75 -0.1 0.77 0.1 0.0; 0.4 0.0 -0.3; 0.4 Knowledge – dichotomous Low - - 0.3 -0.4; 1.0 - -0.3; 0.4 Medium 0.0 0.95 -0.6 0.53 0.1 -0.6; 0.8 - 0.3; 0.4 0.0 - - 0.3; 0.4 0.0 - - 0.3; 0.4 0.0 - - 0.3; 0.4 0.0 - - 0.3; 0.4 0.0 - - 0.3; 0.4 0.0 - - 0.3; 0.4 1.0 - 0.6; 0.8 - - - - 0.1 - 0.2; 2.0 - - - - - 0.1 - 0.5; 0.2 0.1 - 0.6; 0.9 -		High	-0.2	0.49	0.4*	0.09	-0.1	-0.5; 0.2	-0.1	-0.5; 0.3
High0.10.75-0.10.770.10.0; 0.40.0-0.3; 0.4Knowledge – dichotomousLow <td>Knowledge – continuous</td> <td>Low</td> <td></td> <td></td> <td></td> <td></td> <td>0.1</td> <td>-0.1; 0.4</td> <td></td> <td></td>	Knowledge – continuous	Low					0.1	-0.1; 0.4		
Knowledge – dichotomous Low 0.3 -0.4; 1.0 Medium 0.0 0.95 -0.6 0.53 0.1 -0.6; 0.8 High 0.4 0.26 0.1 0.93 1.0 -0.2; 2.0 Vegetable consumption Low -0.2 -0.9; 0.4 -0.2 -0.9; 0.4 Medium 0.0 0.79 -0.8 0.26 -0.1 -0.5; 0.2 0.1 -0.6; 0.9		Medium	0.0	0.89	-0.3	0.41	0.1	-0.1; 0.2	-0.1	-0.4; 0.2
Medium 0.0 0.95 -0.6 0.53 0.1 -0.6; 0.8 High 0.4 0.26 0.1 0.93 1.0 -0.2; 2.0 Vegetable consumption Low -0.2 -0.9; 0.4 -0.2 -0.9; 0.4 Medium 0.0 0.79 -0.8 0.26 -0.1 -0.5; 0.2 0.1 -0.6; 0.9		High	0.1	0.75	-0.1	0.77	0.1	0.0; 0.4	0.0	-0.3; 0.4
High 0.4 0.26 0.1 0.93 1.0 -0.2; 2.0 Vegetable consumption -0.2 -0.9; 0.4 Availability at home Low -0.2 -0.9; 0.4 Medium 0.0 0.79 -0.8 0.26 -0.1 -0.5; 0.2 0.1 -0.6; 0.9	Knowledge – dichotomous	Low					0.3	-0.4; 1.0		
Vegetable consumption -0.2 -0.9; 0.4 Availability at home Low -0.2 -0.9; 0.4 Medium 0.0 0.79 -0.8 0.26 -0.1 -0.5; 0.2 0.1 -0.6; 0.9		Medium	0.0	0.95	-0.6	0.53	0.1	-0.6; 0.8		
Availability at home Low -0.2 -0.9; 0.4 Medium 0.0 0.79 -0.8 0.26 -0.1 -0.5; 0.2 0.1 -0.6; 0.9		High	0.4	0.26	0.1	0.93	1.0	-0.2; 2.0		
Medium 0.0 0.79 -0.8 0.26 -0.1 -0.5; 0.2 0.1 -0.6; 0.9	Vegetable consumption									
	Availability at home	Low					-0.2	-0.9; 0.4		
High -0.1 0.40 -0.8 0.20 -0.4 -0.8; 0.0 -0.2 -0.9; 0.6		Medium	0.0	0.79	-0.8	0.26	-0.1	-0.5; 0.2	0.1	-0.6; 0.9
		High	-0.1	0.40	-0.8	0.20	-0.4	-0.8; 0.0	-0.2	-0.9; 0.6

Availability at dinner	Low					-0.1	-0.8; 0.6		
	Medium	0.1	0.57	-0.9*	0.06	0.1	-0.3; 0.5	0.2	-0.6; 1.0
	High	0.1	0.49	-1.0**	0.04	0.1	-0.3; 0.5	0.2	-0.5; 1.1
Accessibility at home	Low					-0.1	-0.5; 0.2		
	Medium	0.0	0.81	0.0	0.99	0.0	-0.3; 0.2	0.0	-0.3; 0.5
	High	0.0	0.70	-0.6	0.40	-0.1	-0.3; 0.1	0.0	-0.3; 0.4
Taste preferences	Low					0.1	-0.4; 0.6		
	Medium	-0.2	0.52	-0.3	0.22	-0.1	-0.4; 0.2	-0.2	-0.8; 0.4
	High	-0.4	0.19	-0.3	0.12	-0.2	-0.6; 0.2	-0.3	-1.0; 0.3
Parental encouragement	Low					0.0	-0.2; 0.3		
	Medium	0.1	0.66	-0.6	0.29	0.0	-0.1; 0.1	0.0	-0.3; 0.2
	High	-0.1	0.54	-0.4	0.46	0.0	-0.1; 0.1	0.0	-0.3; 0.1
Knowledge – continuous	Low					0.1	-0.2; 0.6		
	Medium	0.0	0.89	-0.6	0.20	0.0	-0.1; 0.2	-0.1	-0.5; 0.3
	High	0.1	0.77	-0.6	0.18	0.1	0.0; 0.3	-0.1	-0.5; 0.3
Knowledge – dichotomous	Low					0.2	-0.5; 1.0		
	Medium	0.0	0.92	-0.5	0.68	0.2	-0.3; 0.8		
	High	0.4	0.27	-0.6	0.67	0.8	-0.5; 2.0		
Weight status									
Fruit consumption									
Availability at home	Normal weight					0.1	-0.2; 0.3		
	Overweight	-0.1	0.54	0.2	0.82	-0.1	-0.7; 0.4	-0.2	-0.8; 0.4
Accessibility at home	Normal weight					0.0	-0.2; 0.1		
	Overweight	0.0	0.87	-0.6	0.53	0.0	-0.3; 0.3	0.0	-0.4; 0.4
Taste preferences	Normal weight					-0.1	-0.3; 0.0		
	Overweight	0.1	0.75	-0.1	0.64	0.0	-0.6; 0.3	0.1	-0.5; 0.5

Knowledge – continuous	Normal weight					0.1	0.0; 0.2		
	Overweight	-0.3	0.20	0.5	0.27	-0.1	-0.8; 0.3	-0.3	-0.9; 0.2
Knowledge – dichotomous	Normal weight					0.4	0.0; 0.9		
	Overweight	-0.7	0.14	0.8	0.51	-0.4	-1.5; 0.8		
Vegetable consumption									
Availability at home	Normal weight					-0.2	-0.5; 0.1		
	Overweight	-0.2	0.25	-0.7	0.37	-0.5	-1.1; 0.1	-0.3	-1.0; 0.4
Availability at dinner	Normal weight					0.1	-0.2; 0.3		
	Overweight	0.1	0.37	0.4	0.52	0.3	-0.9; 1.4	0.2	-1.0; 1.4
Accessibility at home	Normal weight					0.0	-0.2; 0.1		
	Overweight	-0.1	0.38	-0.5	0.61	-0.1	-0.5; 0.3	-0.1	-0.5; 0.4
Taste preferences	Normal weight					-0.2	-0.4; 0,1		
	Overweight	0.5	0.27	-0.2	0.37	0.2	-0.4; 0.7	0.3	-0.3; 0.9
Parental encouragement	Normal weight					0.0	0.0;0.0		
	Overweight	0.2	0.49	1.3*	0.07	0.3	-0.3; 1.1	0.3	-0.3; 1.1
Knowledge – continuous	Normal weight					0.1**	0.0; 0.3		
	Overweight	-0.3	0.21	0.2	0.72	-0.1	-0.9; 0.3	-0.2	-1.0; 0.2
Knowledge – dichotomous	Normal weight					0.5	-0.1; 1.0		
	Overweight	-0.6	0.16	0.1	0.97	-0.4	-1.6; 0.9		

* p < 0.10, ** p < 0.05

^a Linear regression (continuous mediators), logistic regression (dichotomous mediators)

^b Linear regression

^c Bootstrapping with 1000 resamples of the data (continuous mediators), Sobel test (dichotomous mediators)