|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Online Supporting Material Table 1** Daily intake (g/day) of fruit and vegetables in Irish preschool children aged 1-4 years by age, total population (n=500) | | | | | | | | | | | | | | |
|  |  |  | Aged 1 years (n=126) | | | Aged 2 years (n=124) | | | Aged 3 years (n=126) | | | Aged 4 years (n=124) | | |
|  |  |  | Mean | Median | S.D. | Mean | Median | S.D. | Mean | Median | S.D. | Mean | Median | S.D. |
| **All sources** | | | 213 | 190 | 113 | 239 | 235 | 116 | 262 | 247 | 130 | 274 | 242 | 131 |
|  | *Discrete vegetables* | | 30 | 20 | 33 | 28 | 21 | 28 | 31 | 26 | 28 | 38 | 32 | 30 |
|  |  | Peas, bean & lentils | 7 | 1 | 11 | 8 | 3 | 12 | 8 | 0 | 12 | 10 | 1 | 16 |
|  |  | Carrots | 6 | 0 | 11 | 5 | 0 | 9 | 8 | 3 | 12 | 8 | 4 | 12 |
|  |  | Onions, peppers, squashes & other vegetables | 8 | 1 | 14 | 7 | 0 | 13 | 6 | 1 | 10 | 8 | 0 | 12 |
|  |  | Green vegetables (including green beans) | 5 | 0 | 9 | 4 | 0 | 8 | 5 | 0 | 11 | 6 | 0 | 10 |
|  |  | Salad vegetables | 2 | 0 | 5 | 3 | 0 | 8 | 2 | 0 | 6 | 3 | 0 | 8 |
|  |  | Tinned & jarred vegetables | 1 | 0 | 5 | 1 | 0 | 3 | 1 | 0 | 3 | 2 | 0 | 6 |
|  |  | Sweet potatoes | 1 | 0 | 8 | 1 | 0 | 4 | 1 | 0 | 9 | 0 | 0 | 2 |
|  |  | Fresh herbs | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
|  | *Discrete fruit* | | 132 | 115 | 100 | 163 | 144 | 103 | 191 | 171 | 125 | 198 | 172 | 125 |
|  |  | Bananas | 29 | 23 | 28 | 30 | 25 | 29 | 30 | 23 | 34 | 30 | 25 | 30 |
|  |  | Fruit purées & smoothies (100% fruit) | 25 | 0 | 45 | 23 | 0 | 45 | 21 | 0 | 43 | 19 | 0 | 43 |
|  |  | Fruit juices (100% juice) | 23 | 0 | 50 | 38 | 0 | 61 | 65 | 46 | 82 | 77 | 49 | 99 |
|  |  | Apples | 11 | 3 | 15 | 22 | 11 | 31 | 23 | 13 | 32 | 28 | 24 | 30 |
|  |  | Kiwi, melons, pineapples, plums & other fruit | 9 | 0 | 20 | 8 | 0 | 21 | 8 | 0 | 24 | 5 | 0 | 15 |
|  |  | Berries | 9 | 0 | 16 | 9 | 0 | 20 | 11 | 0 | 23 | 14 | 0 | 29 |
|  |  | Citrus fruits | 8 | 0 | 17 | 12 | 0 | 22 | 12 | 0 | 27 | 11 | 0 | 24 |
|  |  | Grapes | 8 | 0 | 15 | 11 | 0 | 21 | 12 | 0 | 21 | 8 | 0 | 12 |
|  |  | Pears | 5 | 0 | 12 | 7 | 0 | 16 | 5 | 0 | 11 | 4 | 0 | 14 |
|  |  | Dried fruit | 4 | 0 | 7 | 4 | 0 | 6 | 3 | 0 | 6 | 2 | 0 | 5 |
|  |  | Tinned fruit | 1 | 0 | 3 | 1 | 0 | 4 | 0 | 0 | 2 | 1 | 0 | 3 |
|  | *Vegetables in composite foods & dishes* | | 33 | 26 | 27 | 25 | 16 | 26 | 22 | 16 | 22 | 23 | 18 | 21 |
|  |  | Grains, rice, pasta & savouries | 2 | 0 | 7 | 2 | 0 | 6 | 3 | 0 | 6 | 4 | 0 | 7 |
|  |  | Breads & rolls | 0 | 0 | 0 | 0 | 0 | 1 | 0 | 0 | 2 | 0 | 0 | 1 |
|  |  | Eggs & egg dishes | 0 | 0 | 1 | 0 | 0 | 2 | 0 | 0 | 1 | 0 | 0 | 0 |
|  |  | Potato dishes | 0 | 0 | 0 | 0 | 0 | 1 | 0 | 0 | 1 | 0 | 0 | 0 |
|  |  | Vegetable dishes | 5 | 0 | 12 | 4 | 0 | 11 | 2 | 0 | 7 | 3 | 0 | 9 |
|  |  | Fish & fish dishes | 2 | 0 | 5 | 1 | 0 | 3 | 0 | 0 | 3 | 1 | 0 | 3 |
|  |  | Meat & meat products/dishes | 19 | 14 | 20 | 13 | 5 | 20 | 10 | 5 | 16 | 9 | 4 | 11 |
|  |  | Soups, sauces & miscellaneous foods | 5 | 0 | 12 | 5 | 0 | 11 | 5 | 0 | 13 | 6 | 0 | 14 |
|  | *Fruit in composite foods & dishes* | | 19 | 9 | 40 | 22 | 9 | 44 | 18 | 9 | 41 | 15 | 11 | 16 |
|  |  | Breakfast cereals | 1 | 0 | 3 | 0 | 0 | 2 | 0 | 0 | 1 | 0 | 0 | 1 |
|  |  | Biscuits, cakes & pastries | 1 | 0 | 2 | 1 | 0 | 3 | 0 | 0 | 2 | 0 | 0 | 1 |
|  |  | Fruited yoghurt | 5 | 4 | 4 | 4 | 2 | 4 | 4 | 3 | 5 | 3 | 3 | 3 |
|  |  | Ice-creams & chilled desserts | 1 | 0 | 3 | 1 | 0 | 3 | 0 | 0 | 1 | 1 | 0 | 3 |
|  |  | Fruit dishes | 1 | 0 | 5 | 1 | 0 | 12 | 1 | 0 | 10 | 1 | 0 | 4 |
|  |  | Beverages | 11 | 0 | 39 | 14 | 3 | 42 | 10 | 3 | 40 | 7 | 2 | 15 |
|  |  | Confectionary & preserves | 0 | 0 | 1 | 2 | 0 | 3 | 1 | 0 | 3 | 2 | 0 | 4 |
|  |  | Sauces | 0 | 0 | 1 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 2 |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Online Supporting Material Table 2** Daily intake (g/day) of fruit and vegetables in Irish preschool children aged 1-4 years by age, in consumers only (n=500) | | | | | | | | | | | | | | | | | | | | | |
|  |  |  | Aged 1 years | | | |  | Aged 2 years | | | |  | Aged 3 years | | | |  | Aged 4 years | | | |
|  |  |  | n | Mean | Median | S.D. |  | n | Mean | Median | S.D. |  | n | Mean | Median | S.D. |  | n | Mean | Median | S.D. |
| **All sources** | | | 126 | 213 | 190 | 113 |  | 124 | 239 | 235 | 116 |  | 126 | 262 | 247 | 130 |  | 124 | 274 | 242 | 131 |
|  | *Discrete vegetables* | | 116 | 32 | 24 | 34 |  | 109 | 32 | 24 | 27 |  | 109 | 36 | 30 | 27 |  | 113 | 41 | 37 | 29 |
|  |  | Peas, bean & lentils | 66 | 14 | 12 | 12 |  | 68 | 14 | 10 | 12 |  | 61 | 16 | 12 | 12 |  | 63 | 20 | 15 | 18 |
|  |  | Carrots | 61 | 12 | 9 | 13 |  | 52 | 12 | 10 | 10 |  | 67 | 15 | 12 | 13 |  | 68 | 15 | 11 | 13 |
|  |  | Onions, peppers, squashes & other vegetables | 67 | 14 | 9 | 16 |  | 57 | 16 | 11 | 16 |  | 64 | 12 | 7 | 11 |  | 60 | 16 | 12 | 13 |
|  |  | Green vegetables (including green beans) | 53 | 11 | 8 | 12 |  | 37 | 12 | 8 | 11 |  | 51 | 13 | 8 | 15 |  | 56 | 14 | 12 | 10 |
|  |  | Salad vegetables | 18 | 12 | 10 | 8 |  | 26 | 14 | 10 | 12 |  | 18 | 14 | 11 | 10 |  | 31 | 14 | 12 | 11 |
|  |  | Tinned & jarred vegetables | 15 | 10 | 6 | 10 |  | 12 | 8 | 7 | 7 |  | 6 | 12 | 11 | 6 |  | 18 | 13 | 9 | 11 |
|  |  | Sweet potatoes | 6 | 25 | 8 | 31 |  | 5 | 17 | 18 | 11 |  | 3 | 55 | 47 | 16 |  | 1 | 25 | 25 | n/a |
|  |  | Fresh herbs | 3 | 2 | 2 | 1 |  | 2 | 1 | 1 | 1 |  | 3 | 1 | 1 | 1 |  | 0 | n/a | n/a | n/a |
|  | *Discrete fruit* | | 124 | 134 | 116 | 100 |  | 122 | 166 | 146 | 102 |  | 121 | 199 | 172 | 122 |  | 122 | 202 | 174 | 123 |
|  |  | Apples | 68 | 21 | 20 | 15 |  | 79 | 34 | 25 | 33 |  | 71 | 41 | 28 | 33 |  | 93 | 37 | 31 | 29 |
|  |  | Berries | 49 | 24 | 20 | 18 |  | 44 | 26 | 15 | 28 |  | 44 | 31 | 24 | 29 |  | 48 | 37 | 29 | 35 |
|  |  | Grapes | 48 | 22 | 16 | 17 |  | 43 | 31 | 19 | 26 |  | 51 | 30 | 24 | 24 |  | 49 | 19 | 16 | 12 |
|  |  | Kiwi, melons, pineapples, plums & other fruit | 41 | 29 | 22 | 25 |  | 24 | 39 | 29 | 34 |  | 31 | 34 | 19 | 39 |  | 28 | 24 | 16 | 25 |
|  |  | Pears | 26 | 22 | 18 | 17 |  | 26 | 32 | 28 | 22 |  | 27 | 22 | 19 | 14 |  | 16 | 29 | 21 | 30 |
|  |  | Fruit juices (100% juice) | 41 | 69 | 50 | 68 |  | 58 | 81 | 63 | 66 |  | 78 | 105 | 85 | 81 |  | 81 | 118 | 85 | 100 |
|  |  | Bananas | 100 | 36 | 30 | 27 |  | 89 | 42 | 39 | 26 |  | 84 | 45 | 40 | 33 |  | 82 | 45 | 40 | 27 |
|  |  | Fruit purées & smoothies (100% fruit) | 51 | 61 | 45 | 54 |  | 37 | 76 | 63 | 52 |  | 36 | 75 | 55 | 50 |  | 33 | 70 | 55 | 58 |
|  |  | Citrus fruits | 41 | 26 | 18 | 20 |  | 49 | 30 | 23 | 25 |  | 45 | 34 | 27 | 35 |  | 44 | 32 | 25 | 31 |
|  |  | Dried fruit | 57 | 9 | 8 | 7 |  | 47 | 10 | 8 | 6 |  | 31 | 10 | 10 | 7 |  | 24 | 10 | 8 | 8 |
|  |  | Tinned fruit | 10 | 10 | 10 | 6 |  | 7 | 12 | 9 | 13 |  | 5 | 10 | 7 | 8 |  | 6 | 14 | 15 | 5 |
|  | *Vegetables in composite foods & dishes* | | 114 | 36 | 29 | 26 |  | 114 | 28 | 18 | 26 |  | 109 | 25 | 20 | 21 |  | 111 | 25 | 21 | 20 |
|  |  | Grains, rice, pasta & savouries | 35 | 9 | 5 | 11 |  | 38 | 8 | 4 | 10 |  | 49 | 8 | 5 | 8 |  | 58 | 9 | 6 | 8 |
|  |  | Breads & rolls | 8 | 1 | 1 | 1 |  | 9 | 2 | 2 | 1 |  | 10 | 4 | 2 | 7 |  | 6 | 2 | 2 | 2 |
|  |  | Eggs & egg dishes | 1 | 14 | 14 | n/a |  | 3 | 10 | 11 | 6 |  | 3 | 5 | 4 | 2 |  | 0 | n/a | n/a | n/a |
|  |  | Potato dishes | 0 | n/a | n/a | n/a |  | 4 | 2 | 3 | 2 |  | 4 | 3 | 2 | 3 |  | 4 | 1 | 1 | 0 |
|  |  | Vegetable dishes | 33 | 19 | 14 | 17 |  | 24 | 19 | 15 | 19 |  | 21 | 13 | 6 | 15 |  | 22 | 18 | 13 | 15 |
|  |  | Fish & fish dishes | 21 | 10 | 8 | 7 |  | 10 | 9 | 6 | 8 |  | 4 | 13 | 11 | 11 |  | 6 | 12 | 9 | 10 |
|  |  | Meat & meat products/dishes | 95 | 25 | 18 | 19 |  | 89 | 19 | 14 | 21 |  | 80 | 16 | 12 | 17 |  | 72 | 15 | 12 | 11 |
|  |  | Soups, sauces & miscellaneous foods | 38 | 16 | 12 | 18 |  | 41 | 14 | 12 | 15 |  | 38 | 18 | 11 | 19 |  | 41 | 17 | 11 | 19 |
|  | *Fruit in composite foods & dishes* | | 124 | 19 | 9 | 40 |  | 120 | 23 | 9 | 44 |  | 124 | 18 | 9 | 42 |  | 123 | 15 | 11 | 16 |
|  |  | Breakfast Cereals | 22 | 5 | 3 | 6 |  | 7 | 4 | 1 | 8 |  | 21 | 2 | 1 | 3 |  | 14 | 3 | 1 | 3 |
|  |  | Biscuits, cakes & pastries | 29 | 3 | 1 | 3 |  | 26 | 3 | 2 | 5 |  | 26 | 2 | 1 | 3 |  | 23 | 2 | 2 | 3 |
|  |  | Fruited yoghurt | 114 | 5 | 4 | 4 |  | 102 | 5 | 4 | 4 |  | 109 | 4 | 3 | 5 |  | 107 | 4 | 3 | 3 |
|  |  | Ice-creams & chilled desserts | 9 | 10 | 7 | 8 |  | 14 | 6 | 2 | 8 |  | 10 | 4 | 4 | 3 |  | 12 | 7 | 7 | 5 |
|  |  | Fruit dishes | 2 | 37 | 37 | 23 |  | 4 | 41 | 17 | 59 |  | 4 | 44 | 43 | 36 |  | 3 | 24 | 29 | 12 |
|  |  | Beverages | 59 | 23 | 5 | 55 |  | 87 | 20 | 5 | 49 |  | 86 | 15 | 6 | 48 |  | 88 | 10 | 4 | 17 |
|  |  | Confectionary & preserves | 45 | 1 | 1 | 1 |  | 67 | 3 | 2 | 3 |  | 68 | 3 | 1 | 3 |  | 72 | 4 | 2 | 5 |
|  |  | Sauces | 1 | 11 | 11 | n/a |  | 0 | n/a | n/a | n/a |  | 0 | n/a | n/a | n/a |  | 3 | 6 | 1 | 10 |