**Supplementary Table1** – List of abbreviated names of the top 20 glycaemic load contributing food groups

| **AUSNUT Food Group1** | **Abbreviated Food Group** |
| --- | --- |
| Fruit and vegetables juices and drinks | Fruit and vegetables juices and drinks |
| Soft drinks, flavoured mineral waters and electrolyte drinks | Sweetened beverages |
| Flours and other cereal grains and starches | Flours, cereals and starches |
| Regular breads, and bread rolls (plain/unfilled/untopped varieties) | Bread and bread rolls |
| Breakfast cereals, ready to eat | Breakfast cereals (ready to eat) |
| Fancy breads, flat breads, English-style muffins and crumpets | Fancy breads |
| Pasta and pasta products | Pastas |
| Sweet biscuits | Sweet biscuits |
| Savoury biscuits | Savoury biscuits |
| Cakes, muffins, scones, cake-type desserts | Cake-type dessert |
| Pastries | Pastries |
| Mixed dishes where cereal is the major ingredient | Cereal-based dishes |
| Pome fruit | Pome fruit |
| Tropical and subtropical fruit | Tropical and subtropical fruit |
| Mixed dishes where poultry or feathered game is the major component | Poultry-based dishes |
| Dairy milk (cow, sheep and goat) | Dairy milk |
| Frozen milk products | Frozen milk products |
| Potatoes | Potatoes |
| Sugar, honey and syrups | Sugar, honey and syrups |
| Chocolate and chocolate-based confectionery | Chocolates |

1Food group name used in the AUSNUT2011-2013 classification system.(22)

**Supplementary Table 2** – Number of consumers of the top 20 glycaemic load contributing food groups, stratified by age and sex

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Food Groups** | **2-3**  **years** | | **4-8**  **years** | | **9-13 years** | | **14-18 years** | | **All children** | |
| **M** | **F** | **M** | **F** | **M** | **F** | **M** | **F** | **M** | **F** |
| Bread and bread rolls | 81 | 76 | 241 | 213 | 227 | 223 | 151 | 144 | 700 | 656 |
| Cereal-based dishes | 38 | 36 | 93 | 95 | 156 | 131 | 136 | 118 | 423 | 380 |
| Breakfast cereals (ready to eat) | 56 | 57 | 152 | 131 | 137 | 106 | 89 | 70 | 434 | 364 |
| Flours, cereals and starches | 24 | 24 | 46 | 37 | 60 | 36 | 50 | 39 | 180 | 136 |
| Potatoes | 37 | 24 | 87 | 92 | 125 | 112 | 86 | 86 | 335 | 314 |
| Sweetened beverages | 7 | 8 | 51 | 61 | 118 | 106 | 124 | 92 | 300 | 267 |
| Sugar, honey and syrups | 20 | 26 | 94 | 75 | 92 | 73 | 82 | 63 | 288 | 237 |
| Cake-type dessert | 18 | 18 | 63 | 53 | 51 | 78 | 43 | 46 | 175 | 195 |
| Fruits and vegetables juices and drinks | 49 | 49 | 126 | 106 | 120 | 115 | 78 | 83 | 373 | 353 |
| Fancy breads | 9 | 16 | 48 | 42 | 67 | 53 | 34 | 41 | 158 | 152 |
| Sweet biscuits | 46 | 43 | 102 | 100 | 112 | 123 | 42 | 69 | 302 | 335 |
| Dairy milk | 87 | 90 | 211 | 175 | 211 | 196 | 153 | 132 | 662 | 593 |
| Tropical and subtropical fruit | 45 | 40 | 82 | 50 | 37 | 74 | 28 | 32 | 192 | 196 |
| Pastries | 10 | 11 | 37 | 33 | 51 | 47 | 44 | 38 | 142 | 129 |
| Pome fruit | 48 | 32 | 128 | 130 | 132 | 108 | 57 | 46 | 365 | 316 |
| Savoury biscuits | 28 | 41 | 77 | 83 | 85 | 78 | 40 | 41 | 230 | 243 |
| Poultry-based dishes | 25 | 11 | 45 | 52 | 59 | 62 | 43 | 38 | 172 | 163 |
| Pastas | 6 | 13 | 30 | 22 | 38 | 37 | 29 | 37 | 103 | 109 |
| Chocolates | 15 | 23 | 52 | 57 | 58 | 62 | 43 | 60 | 168 | 202 |
| Frozen milk products | 15 | 12 | 69 | 49 | 93 | 83 | 38 | 53 | 215 | 197 |

**Supplementary Table 3 –** Ranking of the top 20 glycaemic load contributing food groups, stratified by age and sex

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Food Groups** | **2-3**  **years** | | **4-8**  **years** | | **9-13 years** | | **14-18 years** | | **All children** | |
| **M** | **F** | **M** | **F** | **M** | **F** | **M** | **F** | **M** | **F** |
| Bread and bread rolls | 1 | 1 | 1 | 1 | 1 | 1 | 2 | 2 | 1 | 1 |
| Cereal-based dishes | 3 | 3 | 3 | 2 | 2 | 2 | 1 | 1 | 2 | 2 |
| Breakfast cereals (ready to eat) | 2 | 2 | 2 | 3 | 3 | 3 | 4 | 5 | 3 | 3 |
| Flours, cereals and starches | 5 | 7 | 4 | 8 | 5 | 10 | 5 | 6 | 4 | 5 |
| Potatoes | 9 | 11 | 11 | 4 | 4 | 4 | 6 | 3 | 6 | 4 |
| Sweetened beverages | 18 | 20 | 17 | 12 | 6 | 6 | 3 | 4 | 5 | 8 |
| Sugar, honey and syrups | 16 | 13 | 14 | 17 | 18 | 20 | 13 | 16 | 15 | 18 |
| Cake-type dessert | 12 | 10 | 6 | 9 | 9 | 5 | 8 | 7 | 8 | 7 |
| Fruits and vegetables juices and drinks | 6 | 6 | 5 | 6 | 8 | 8 | 7 | 8 | 7 | 6 |
| Fancy breads | 14 | 14 | 10 | 10 | 7 | 11 | 10 | 9 | 11 | 11 |
| Sweet biscuits | 7 | 5 | 7 | 11 | 12 | 7 | 15 | 11 | 10 | 9 |
| Dairy milk | 4 | 4 | 8 | 13 | 13 | 12 | 12 | 15 | 9 | 12 |
| Tropical and subtropical fruit | 8 | 8 | 13 | 14 | 20 | 16 | 20 | 20 | 16 | 15 |
| Pastries | 15 | 18 | 16 | 16 | 14 | 18 | 11 | 13 | 14 | 17 |
| Pome fruit | 11 | 12 | 9 | 7 | 11 | 13 | 16 | 19 | 13 | 13 |
| Savoury biscuits | 13 | 9 | 12 | 5 | 10 | 9 | 9 | 14 | 12 | 10 |
| Poultry-based dishes | 10 | 17 | 20 | 19 | 17 | 19 | 17 | 18 | 18 | 20 |
| Pastas | 20 | 15 | 18 | 15 | 15 | 14 | 14 | 10 | 17 | 14 |
| Chocolates | 17 | 16 | 19 | 18 | 19 | 17 | 18 | 12 | 20 | 16 |
| Frozen milk products | 19 | 19 | 15 | 20 | 16 | 15 | 19 | 17 | 19 | 19 |

**Supplementary Table 4 – per capita contribution to dietary glycaemic load by the top 20 food groups, stratified by sex**

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | 2-3 years | | | | | 4-8 years | | | | | 9-13 years | | | | | 14-18 years | | | | | 2-18 years | | | | |
|  | Boys | | Girls | | *p* value\* | Boys | | Girls | | *p* value\* | Boys | | Girls | | *p* value\* | Boys | | Girls | | *p* value\* | Boys | | Girls | | *p* value\* |
|  | Mean | SD | Mean | SD | Mean | SD | Mean | SD | Mean | SD | Mean | SD | Mean | SD | Mean | SD | Mean | SD | Mean | SD |
| Bread and bread rolls | 14.1 | 11.4 | 15.0 | 12.9 | 0.612 | 17.3 | 13.4 | 19.0 | 13.6 | 0.142 | 14.1 | 12.7 | 13.9 | 12.2 | 0.843 | 13.0 | 14.7 | 10.9 | 11.8 | 0.088 | 14.8 | 13.4 | 14.7 | 12.9 | 0.866 |
| Cereal-based dishes | 6.7 | 11.3 | 6.8 | 11.8 | 0.928 | 6.8 | 11.4 | 8.3 | 14.4 | 0.160 | 11.8 | 14.9 | 11.0 | 16.9 | 0.554 | 16.0 | 19.1 | 12.7 | 16.3 | 0.046 | 10.7 | 15.3 | 10.2 | 15.6 | 0.468 |
| Breakfast cereals (ready to eat) | 7.8 | 9.8 | 7.3 | 9.1 | 0.685 | 8.4 | 10.6 | 6.9 | 8.9 | 0.081 | 6.4 | 8.8 | 5.6 | 9.1 | 0.256 | 7.2 | 12.1 | 5.4 | 9.9 | 0.083 | 7.3 | 10.4 | 6.1 | 9.3 | 0.007 |
| Flours, cereals and starches | 6.4 | 13.9 | 4.9 | 12.3 | 0.417 | 4.2 | 11.1 | 3.6 | 10.5 | 0.502 | 4.8 | 12.3 | 3.1 | 10.7 | 0.066 | 6.0 | 13.3 | 5.3 | 14.6 | 0.577 | 5.1 | 12.4 | 4.0 | 12.0 | 0.056 |
| Potatoes | 3.2 | 5.8 | 2.4 | 5.8 | 0.278 | 3.0 | 6.4 | 4.3 | 8.8 | 0.041 | 4.9 | 8.6 | 5.2 | 10.0 | 0.668 | 4.7 | 8.7 | 6.2 | 11.1 | 0.106 | 4.1 | 7.8 | 4.9 | 9.7 | 0.047 |
| Sweetened beverages | 0.8 | 3.8 | 0.5 | 2.0 | 0.422 | 1.7 | 4.3 | 2.7 | 5.7 | 0.019 | 4.7 | 8.5 | 4.3 | 8.0 | 0.545 | 9.4 | 13.6 | 5.6 | 9.6 | 0.000 | 4.6 | 9.4 | 3.8 | 7.6 | 0.048 |
| Fruit and vegetable juices and drinks | 5.1 | 7.7 | 5.0 | 7.5 | 0.148 | 4.1 | 6.4 | 4.2 | 6.9 | 0.165 | 3.6 | 6.3 | 3.4 | 5.3 | 0.158 | 3.4 | 6.2 | 3.8 | 6.4 | 0.479 | 3.9 | 6.5 | 3.9 | 6.3 | 0.184 |
| Cake-type desserts | 3.0 | 8.4 | 2.7 | 8.4 | 0.783 | 4.0 | 9.2 | 3.1 | 8.5 | 0.259 | 3.3 | 9.2 | 4.7 | 9.6 | 0.062 | 2.9 | 7.4 | 4.2 | 11.3 | 0.137 | 3.4 | 8.7 | 3.9 | 9.7 | 0.221 |
| Sweet biscuits | 4.1 | 7.0 | 5.7 | 8.6 | 0.969 | 3.4 | 6.1 | 2.9 | 5.1 | 0.913 | 2.9 | 5.7 | 3.9 | 6.6 | 0.532 | 1.8 | 5.5 | 2.7 | 5.7 | 0.478 | 2.9 | 6.0 | 3.5 | 6.3 | 0.967 |
| Savoury biscuits | 2.3 | 5.7 | 3.2 | 4.9 | 0.694 | 2.8 | 5.7 | 4.2 | 8.4 | 0.886 | 3.2 | 7.6 | 3.2 | 7.5 | 0.227 | 2.5 | 7.4 | 2.3 | 6.3 | 0.090 | 2.8 | 6.8 | 3.3 | 7.2 | 0.890 |
| Fancy breads | 1.7 | 6.6 | 2.1 | 5.6 | 0.143 | 3.0 | 7.9 | 2.9 | 7.6 | 0.292 | 3.7 | 9.2 | 2.9 | 7.4 | 0.055 | 2.2 | 6.8 | 3.4 | 8.8 | 0.096 | 2.9 | 8.0 | 3.0 | 7.7 | 0.049 |
| Dairy milk | 6.4 | 6.9 | 6.3 | 6.1 | 0.877 | 3.1 | 3.5 | 2.5 | 3.1 | 0.045 | 2.5 | 3.2 | 2.5 | 2.9 | 0.915 | 2.1 | 2.7 | 1.9 | 3.2 | 0.566 | 3.0 | 4.0 | 2.8 | 3.8 | 0.220 |
| Pome fruit | 3.1 | 4.5 | 2.3 | 4.3 | 0.403 | 3.1 | 4.4 | 4.0 | 5.2 | 0.025 | 3.0 | 4.8 | 2.3 | 3.6 | 0.011 | 1.4 | 3.0 | 1.3 | 2.9 | 0.052 | 2.6 | 4.3 | 2.5 | 4.2 | 0.334 |
| Tropical and subtropical fruit | 3.9 | 5.4 | 4.6 | 7.8 | 0.561 | 2.8 | 5.1 | 1.9 | 4.1 | 0.893 | 1.1 | 3.7 | 1.9 | 4.5 | 0.285 | 0.6 | 1.8 | 1.0 | 3.0 | 0.684 | 1.8 | 4.2 | 2.0 | 4.7 | 0.567 |
| Pastas | 0.7 | 3.4 | 1.8 | 5.4 | 0.188 | 1.4 | 4.8 | 1.7 | 6.1 | 0.019 | 2.0 | 6.7 | 2.0 | 6.2 | 0.032 | 1.8 | 5.6 | 3.0 | 8.5 | 0.716 | 1.6 | 5.6 | 2.1 | 6.8 | 0.586 |
| Pastries | 1.3 | 5.3 | 1.0 | 3.1 | 0.242 | 1.7 | 5.2 | 1.7 | 5.1 | 0.018 | 2.1 | 6.2 | 1.6 | 4.9 | 0.992 | 2.2 | 5.5 | 2.5 | 7.4 | 0.788 | 1.9 | 5.6 | 1.8 | 5.6 | 0.155 |
| Sugar, honey and syrups | 1.2 | 3.6 | 2.1 | 5.3 | 0.018 | 2.0 | 4.2 | 1.5 | 3.5 | 0.350 | 1.8 | 4.1 | 1.4 | 3.5 | 0.432 | 2.1 | 4.0 | 1.8 | 4.1 | 0.406 | 1.9 | 4.1 | 1.6 | 3.9 | 0.443 |
| Poultry-based dishes | 3.2 | 8.2 | 1.1 | 4.0 | 0.056 | 1.1 | 3.4 | 1.4 | 3.5 | 0.618 | 1.9 | 5.6 | 1.6 | 3.9 | 0.925 | 1.3 | 3.7 | 1.6 | 5.4 | 0.075 | 1.6 | 5.1 | 1.5 | 4.3 | 0.082 |
| Chocolates | 1.2 | 4.2 | 1.8 | 4.5 | 0.290 | 1.1 | 3.3 | 1.5 | 3.9 | 0.260 | 1.4 | 4.9 | 1.6 | 4.7 | 0.573 | 1.2 | 3.5 | 2.5 | 6.7 | 0.006 | 1.2 | 4.1 | 1.8 | 5.1 | 0.005 |
| Frozen milk products | 0.7 | 2.6 | 0.8 | 2.7 | 0.963 | 1.7 | 4.1 | 1.2 | 2.8 | 0.064 | 1.9 | 4.0 | 2.0 | 3.9 | 0.900 | 1.1 | 3.5 | 1.7 | 3.7 | 0.071 | 1.5 | 3.8 | 1.5 | 3.5 | 0.980 |
| Other food groups | 22.9 | 15.8 | 22.6 | 15.4 | 0.902 | 23.3 | 13.7 | 20.5 | 14.1 | 0.019 | 18.6 | 13.9 | 21.8 | 16.0 | 0.009 | 17.2 | 15.5 | 20.1 | 15.2 | 0.040 | 20.2 | 14.7 | 21.1 | 15.2 | 0.191 |

\**p* value for difference between boys and girls in the same age group, tested by one-way ANOVA.

**Supplementary Table 5 – per consumer contribution to dietary glycaemic load by the top 20 food groups, stratified by sex**

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | 2-3 years | | | | | 4-8 years | | | | | 9-13 years | | | | | 14-18 years | | | | | 2-18 years | | | | |
|  | Boys | | Girls | | *p* value\* | Boys | | Girls | | *p* value\* | Boys | | Girls | | *p* value\* | Boys | | Girls | | *p* value\* | Boys | | Girls | | *p* value\* |
|  | Mean | SD | Mean | SD | Mean | SD | Mean | SD | Mean | SD | Mean | SD | Mean | SD | Mean | SD | Mean | SD | Mean | SD |
| Bread and bread rolls | 19.0 | 9.0 | 20.6 | 10.7 | 0.317 | 21.0 | 11.9 | 23.1 | 11.4 | 0.052 | 19.9 | 10.5 | 19.3 | 10.1 | 0.516 | 20.8 | 13.5 | 18.1 | 10.0 | 0.050 | 20.4 | 11.5 | 20.4 | 10.7 | 0.940 |
| Cereal-based dishes | 19.4 | 11.1 | 19.8 | 12.1 | 0.870 | 21.1 | 10.2 | 22.6 | 15.5 | 0.440 | 24.2 | 12.4 | 26.0 | 16.9 | 0.307 | 29.3 | 17.2 | 25.7 | 14.2 | 0.194 | 24.4 | 14.0 | 24.5 | 15.4 | 0.966 |
| Breakfast cereals (ready to eat) | 15.2 | 8.5 | 13.3 | 8.5 | 0.230 | 16.0 | 9.6 | 14.0 | 7.9 | 0.052 | 14.9 | 7.4 | 16.3 | 8.1 | 0.146 | 19.4 | 12.5 | 18.4 | 9.7 | 0.582 | 16.2 | 9.7 | 15.4 | 8.6 | 0.192 |
| Flours, cereals and starches | 28.7 | 15.0 | 21.4 | 17.7 | 0.128 | 26.5 | 13.3 | 25.4 | 15.0 | 0.720 | 25.8 | 16.2 | 27.0 | 18.9 | 0.745 | 29.3 | 13.5 | 32.4 | 20.6 | 0.402 | 27.4 | 14.6 | 27.1 | 18.4 | 0.902 |
| Potatoes | 9.7 | 6.1 | 10.3 | 8.2 | 0.726 | 10.1 | 8.1 | 12.2 | 11.0 | 0.152 | 12.6 | 9.6 | 14.5 | 12.0 | 0.181 | 13.2 | 9.9 | 17.2 | 12.3 | 0.021 | 11.8 | 9.1 | 14.2 | 11.7 | 0.003 |
| Sweetened beverages | 13.3 | 8.7 | 6.3 | 3.6 | 0.054 | 9.8 | 5.2 | 11.5 | 6.0 | 0.119 | 12.9 | 9.6 | 12.7 | 8.9 | 0.886 | 18.4 | 14.0 | 14.5 | 10.4 | 0.029 | 14.6 | 11.6 | 12.9 | 8.9 | 0.043 |
| Fruit and vegetable juices and drinks | 11.3 | 7.9 | 10.7 | 7.7 | 0.681 | 9.5 | 6.5 | 10.6 | 7.3 | 0.243 | 9.7 | 6.8 | 9.1 | 4.8 | 0.385 | 10.6 | 6.6 | 11.1 | 6.1 | 0.638 | 10.1 | 6.8 | 10.2 | 6.4 | 0.739 |
| Cake-type desserts | 19.0 | 12.0 | 16.2 | 14.4 | 0.541 | 18.5 | 11.0 | 15.6 | 12.8 | 0.201 | 20.9 | 13.1 | 18.8 | 10.3 | 0.301 | 16.3 | 9.5 | 21.8 | 16.8 | 0.069 | 18.7 | 11.4 | 18.4 | 13.3 | 0.805 |
| Sweet biscuits | 9.9 | 7.8 | 13.8 | 8.1 | 0.021 | 9.7 | 6.7 | 7.5 | 5.7 | 0.012 | 8.4 | 7.0 | 9.7 | 7.4 | 0.150 | 10.4 | 9.3 | 9.2 | 7.2 | 0.445 | 9.3 | 7.4 | 9.5 | 7.2 | 0.807 |
| Savoury biscuits | 9.0 | 8.1 | 8.0 | 4.7 | 0.495 | 10.5 | 6.4 | 13.1 | 10.1 | 0.054 | 12.1 | 10.5 | 12.9 | 9.9 | 0.628 | 14.9 | 12.2 | 13.5 | 9.1 | 0.570 | 11.7 | 9.5 | 12.2 | 9.3 | 0.528 |
| Fancy breads | 20.1 | 12.0 | 13.8 | 6.7 | 0.103 | 18.4 | 9.8 | 18.3 | 8.7 | 0.963 | 17.7 | 12.6 | 17.0 | 9.0 | 0.734 | 15.7 | 10.7 | 19.8 | 11.2 | 0.114 | 17.6 | 11.4 | 17.8 | 9.5 | 0.892 |
| Dairy milk | 8.1 | 6.8 | 7.3 | 6.0 | 0.423 | 4.3 | 3.4 | 3.9 | 3.2 | 0.223 | 3.8 | 3.3 | 4.0 | 2.8 | 0.523 | 3.3 | 2.8 | 3.5 | 3.6 | 0.630 | 4.4 | 4.1 | 4.3 | 3.9 | 0.805 |
| Pome fruit | 7.1 | 4.3 | 7.4 | 4.8 | 0.769 | 7.0 | 4.0 | 8.0 | 4.7 | 0.059 | 7.3 | 4.9 | 6.5 | 2.9 | 0.154 | 5.8 | 3.4 | 6.6 | 2.9 | 0.224 | 6.9 | 4.3 | 7.2 | 4.0 | 0.332 |
| Tropical and subtropical fruit | 9.5 | 4.3 | 12.2 | 8.2 | 0.056 | 9.9 | 4.8 | 9.6 | 3.5 | 0.792 | 9.3 | 6.4 | 8.1 | 6.0 | 0.302 | 5.2 | 2.2 | 7.6 | 3.9 | 0.006 | 9.0 | 5.0 | 9.2 | 5.9 | 0.670 |
| Pastas | 11.4 | 9.4 | 14.6 | 7.0 | 0.409 | 13.7 | 7.6 | 19.7 | 9.6 | 0.015 | 17.4 | 10.5 | 16.9 | 8.9 | 0.809 | 15.2 | 7.4 | 19.1 | 12.4 | 0.144 | 15.3 | 8.9 | 17.9 | 10.2 | 0.052 |
| Pastries | 14.6 | 11.0 | 9.7 | 3.0 | 0.185 | 13.3 | 7.4 | 13.0 | 7.7 | 0.865 | 13.2 | 9.7 | 10.8 | 8.0 | 0.177 | 12.2 | 6.7 | 15.3 | 12.1 | 0.148 | 13.0 | 8.3 | 12.6 | 9.2 | 0.695 |
| Sugar, honey and syrups | 6.8 | 5.9 | 8.3 | 7.7 | 0.473 | 6.1 | 5.4 | 5.2 | 4.9 | 0.248 | 6.3 | 5.4 | 5.9 | 5.2 | 0.589 | 6.1 | 4.9 | 6.7 | 5.4 | 0.460 | 6.2 | 5.3 | 6.2 | 5.6 | 0.885 |
| Poultry-based dishes | 13.8 | 12.1 | 9.9 | 8.0 | 0.321 | 7.1 | 5.8 | 8.3 | 7.3 | 0.388 | 10.2 | 9.4 | 7.9 | 5.1 | 0.092 | 7.2 | 6.0 | 10.1 | 10.0 | 0.113 | 9.2 | 8.6 | 8.7 | 7.4 | 0.558 |
| Chocolates | 8.2 | 8.6 | 8.2 | 6.3 | 0.987 | 6.3 | 5.5 | 6.9 | 5.7 | 0.580 | 7.8 | 9.1 | 8.2 | 7.7 | 0.794 | 6.5 | 6.0 | 9.9 | 10.3 | 0.049 | 7.0 | 7.3 | 8.3 | 8.0 | 0.101 |
| Frozen milk products | 5.5 | 4.9 | 6.6 | 4.9 | 0.542 | 7.3 | 5.6 | 6.1 | 3.5 | 0.186 | 6.7 | 4.8 | 7.4 | 4.2 | 0.337 | 7.2 | 5.9 | 7.8 | 4.0 | 0.560 | 6.9 | 5.3 | 7.1 | 4.1 | 0.633 |
| Other food groups | 22.9 | 15.8 | 22.6 | 15.4 | 0.902 | 23.3 | 13.7 | 20.5 | 14.1 | 0.019 | 18.6 | 13.9 | 21.8 | 16.0 | 0.009 | 17.2 | 15.5 | 20.1 | 15.2 | 0.040 | 20.2 | 14.7 | 21.1 | 15.2 | 0.191 |

\**p* value for difference between boys and girls in the same age group, tested by one-way ANOVA.