**Table S3: Distribution of dietary behaviours among 243 participating mothers stratified by age, education and household income**

| **Daily otherwise specified** | **Mean ± SD, Median** |  | **Age** | **Education** | **Household income** |
| --- | --- | --- | --- | --- | --- |
| **< 25** | **> 25-30** | **>30** | **P#** | **Under University** | **University/ higher** | **P#** | **<$40,000** | **$40,000-$80,000** | **≥$80,000** | **P#** |
|  |  | **n(%)** | 88 (36) | 87 (36) | 68 (28) |  | 180 (74) | 62 (26) |  | 64 (26) | 74 (31) | 105 (43) |  |
| **Vegetables (serves)** | 2.3 ± 1.3, 2 | **Mean ± SD** | 2.1 ± 1.3 | 2.3 ± 1.2 | 2.4 ± 1.2 | 0.14\* | 2.2±1.2 | 2.3±1.4 | **0.01**\* | 1.9 ± 1.3 | 2.4 ± 1.1 | 2.3 ± 1.3 | **0.03**\* |
| **0-<2** |  | 70 (29) | 32 (36) | 25 (29) | 13 (19) | χ2P 0.38 | 53 (29) | 17 (27) | χ2P 0.98 | 27 (42) | 16 (22) | 27 (26) | χ2P 0.20 |
| **≥ 2 and < 3** |  | 89 (37) | 30 (34) | 30 (35) | 29 (43) | 64 (36) | 21 (39) | 19 (30) | 28 (28) | 42 (40) |
| **≥ 3 and < 5** |  | 68 (28) | 20 (23) | 27 (31) | 21 (31) | 51 (28) | 17 (27) | 14 (22) | 25 (34) | 29 (28) |
| **≥ 5** |  | 16 (7) | 6 (7) | 5 (6) | 5 (7) | 12 (7) | 4 (6) | 4 (6) | 5 (7) | 7 (7) |
| **Fruit (serves)** | 1.6 ± 1.1, 1 | **Mean ± SD** | 1.5 ± 1.0 | 1.6 ± 1.0 | 1.7 ± 1.2 | 0.97\* | 1.5±1.1 | 1.8±0.9 | 0.98\* | 1.2 ± 1 | 1.8 ± 1.1 | 1.7 ± 1 | 0.12\* |
| **Don’t eat or < 1** | 47 (19) | 22 (25) | 13 (15) | 12 (18) | χ2P 0.48 | 41 (23) | 6 (10) | χ2P **0.02** | 21 (33) | 11 (15) | 15 (14) | χ2P **0.04** |
| **≥ 1 and < 2** |  | 76 (31) | 24 (27) | 32(37) | 20 (29) | 59 (33) | 16 (26) | 20 (31) | 20 (27) | 36 (34) |
| **≥ 2 and < 4** |  | 109 (45) | 39 (44) | 39 (45) | 31 (46) | 71 (39) | 38 (61) | 22 (34) | 39 (53) | 48 (46) |
| **≥ 4** |  | 11 (5) | 3 (3) | 3 (3) | 5 (7) | 9 (5) | 24 (3) | 1 (2) | 4 (5) | 6 (6) |
| **Water (cup)** | 4.2 ± 2.7, 4 | **Mean ± SD** | 4.0 ± 2.6 | 4.5 ± 2.6 | 4.3 ± 2.8 | 0.78\* | 4.2±2.7 | 4.6±2.5 | 0.23\* | 3.6 ± 2.8 | 4.4 ± 2.6 | 4.6 ± 2.5 | 0.99 |
| **0 to 2** |  | 63 (26) | 25 (28) | 16 (18) | 22 (32) | χ2P **0.008** | 50 (28) | 13(21) | χ2P **0.08** | 26 (41) | 16 (22) | 21 (20) | χ2P **0.03** |
| **> 2 to 4** |  | 86 (35) | 38 (43) | 35 (40) | 13 (19) | 67 (37) | 18 (29) | 22 (34) | 29 (39) | 35 (33) |
| **> 4 and < 8** |  | 54 (22) | 11 (13) | 21 (24) | 22 (32) | 33 (18) | 21 (34) | 7 (11) | 16 (22) | 31 (30) |
| **≥8** |  | 40 (17) | 14 (16) | 15 (17) | 11 (16) | 30 (17) | 10 (16) | 9 (14) | 13 (18) | 18 (17) |
| **Fruit juice (cup)** | 0.8 ± 0.8, 1 | **Mean ± SD** | 1.0 ± 1.0 | 0.7 ± 0.7 | 0.8 ± 0.7 | 0.53**\*** | 0.9±0.9 | 0.6±0.5 | 0.21**\*** | 1.0 ± 1.0 | 0.9 ± 0.8 | 0.7 ± 0.7 | 0.89\* |
| **Don’t drink** |  | 60 (25) | 19 (22) | 24 (28) | 17 (25) | χ2P 0.24 | 41 (23) | 19 (31) | χ2P **0.02** | 13 (21) | 17 (24) | 30 (29) | χ2P 0.14 |
| **≤ 1** |  | 142 (59) | 51 (59) | 52 (61) | 39 (58) | 100 (57) | 41 (66) | 34 (54) | 46 (64) | 62 (60) |
| **> 1 to 2** |  | 25 (11) | 9 (10) | 6 (7) | 10 (15) | 23 (13) | 2 (3) | 9 (14) | 6 (8) | 10 (10) |
| **> 2** |  | 12 (5) | 8 (9) | 3 (4) | 1 (2) | 12 (7) | 0 (0) | 7 (11) | 3 (4) | 2 (2) |
| **Soft drinks (cup)** | 0.8 ± 1.3, 0.3 | **Mean ± SD** | 1.3 ± 1.9 | 0.6 ± 0.8 | 0.4 ± 0.7 | **0.001†** | 1.0±1.5 | 0.4±0.5 | **0.01**‡ | 1.3 ± 1.9 | 0.8 ± 1.2 | 0.6 ± 0.9 | 0.08† |
| **Don’t drink** |  | 94 (40) | 26 (31) | 36 (42) | 32 (49) | χ2P **0.001** | 66 (38) | 28 (47) | χ2P **0.01** | 21 (33) | 28 (39) | 45 (45) | χ2P **0.09** |
| **≤ 1** |  | 93 (39) | 30 (35) | 34 (40) | 29 (44) | 65 (37) | 27 (46) | 23 (37) | 30 (42) | 40 (40) |
| **> 1 to 2** |  | 27 (11) | 12 (14) | 12 (14) | 3 (5) | 23 (13) | 4 (7) | 7 (11) | 8 (11) | 12 (12) |
| **> 2** |  | 22 (9) | 17 (20) | 3 (4) | 2 (3) | 22 (12) | 0 (0) | 12 (19) | 6 (8) | 4 (4) |
| **Sugary drinks (cup)** | 1.7 ± 1.6, 1.1 | **Mean ± SD** | 2.3 ± 2.1 | 1.3 ± 1.2 | 1.2 ± 1.1 | **<0.001**† | 1.9±1.8 | 1.0±0.7 | **<0.001**‡ | 2.3 ± 2.2 | 1.6 ± 1.4 | 1.3 ± 1.2 | **0.01†** |
| **Don’t drink** |  | 38 (16) | 9 (11) | 17 (20) | 12 (18) | χ2P 0.06 | 24 (14) | 14 (23) | χ2P **<0.001** | 6 (9) | 9 (13) | 23 (23) | χ2P **0.08** |
| **Less than 1** |  | 69 (30) | 18 (21) | 27 (32) | 24 (36) | 47 (27) | 22 (37) | 16 (26) | 23 (33) | 30 (29) |
| **≥ 1 and ≤ 2** |  | 67 (29) | 27 (32) | 21 (25) | 19 (29) | 45 (26) | 21 (35) | 16 (26) | 22 (31) | 29 (28) |
| **> 2** |  | 60 (25) | 30 (36) | 19 (23) | 11 (17) | 57 (33) | 3 (5) | 24 (38) | 16 (23) | 20 (20) |
| **Milk (cup)** | 1.4 ± 0.9, 1 | **Mean ± SD** | 1.3 ± 0.9 | 1.3 ± 0.9 | 1.5 ± 1.0 | 0.74\* | 1.3±0.9 | 1.5±1.0 | 0.43\* | 1.2 ± 0.8 | 1.4 ± 0.9 | 1.5 ± 1 | **0.04**\* |
| **≤ 1** |  | 50 (21) | 20 (23) | 17 (20) | 13 (19) | χ2P 0.16 | 42 (23) | 8 (13) | χ2P **0.06** | 17 (26) | 15 (20) | 18 (17) | χ2P 0.22 |
| **1-2** |  | 166 (68) | 62 (70) | 62 (71) | 42 (62) | 122 (68) | 43 (69) | 44 (69) | 51 (69) | 71 (68) |
| **>2** |  | 27 (11) | 6 (7) | 8 (9) | 13 (19) | 16 (9) | 11 (18) | 3 (5) | 8 (11) | 16 (15) |
| **Processed meat per week****(times)** | 2.1 ± 2.7, 4 | **Mean ± SD** | 2.4 ± 2.9 | 1.8 ± 2.1 | 2.2 ± 3.1 | 0.37† | 2.1±2.4 | 2.2±3.5 | 0.40‡ | 2.1 ± 2.4 | 2 ± 3.2 | 2.2 ± 2.5 | 0.32† |
| **Don’t eat meat** |  | 56 (23) | 18 (20) | 24 (28) | 14 (21) | χ2P 0.79 | 38 (21) | 18 (29) | χ2P 0.65 | 16 (25) | 18 (24) | 22 (21) | χ2P 0.58 |
| **< 1** |  | 17 (7) | 6 (7) | 5 (6) | 6 (9) | 13 (7) | 4 (7) | 3 (5) | 5 (7) | 9 (9) |
| **1-2** |  | 102 (42) | 36 (41) | 38 (44) | 28 (41) | 78 (43) | 24 (39) | 24 (38) | 36 (49) | 42 (40) |
| **>2** |  | 68 (28) | 28 (32) | 20 (23) | 20 (29) | 51(28) | 16(26) | 21(33) | 15 (20) | 32 (31) |
| **Fast food per week (times)** | 0.9 ± 0.9, 1 | **Mean ± SD** | 1.2 ± 1.0 | 0.8 ± 0.6 | 0.8 ± 0.9 | 0.79**\*** | 0.9±0.9 | 0.9±0.9 | 0.99\* | 1.2 ± 1.1 | 0.9 ± 0.8 | 0.8 ± 0.7 | 0.99\* |
| **<1** |  | 113 (46) | 32 (36) | 41 (47) | 4(59) | χ2P **0.02** | 80 (44) | 32(52) | χ2P 0.43 | 26 (41) | 34 (46) | 53 (51) | χ2P 0.25 |
| **1-2** |  | 118 (48) | 49 (56) | 45 (52) | 24 (35) | 92 (51) | 26 (42) | 32 (50) | 36 (49) | 50 (47) |
| **>2** |  | 12 (5) | 7 (8) | 1 (1) | 4 (6) | 8 (4) | 4 (6) | 6 (9) | 4 (5) | 2 (2) |
| **Chips per week (times)** | 1.1 ± 1.0, 1 | **Mean ± SD** | 1.2 ± 1.0 | 1.0 ± 1.2 | 0.9 ± 0.9 | 0.91\* | 1.1±1.1 | 0.8±0.7 | 0.22**\*** | 1.3 ± 1.3 | 1.1 ± 1.1 | 0.9 ± 0.7 | 0.76**\*** |
| **<1** |  | 100 (41) | 28 (32) | 37 (43) | 35 (52) | χ2P 0.18 | 68 (38) | 32 (52) | χ2P **0.06** | 21 (33) | 31 (42) | 48 (46) | χ2P 0.19 |
| **1-2** |  | 127 (52) | 53 (60) | 45 (52) | 29 (43) | 97 (54) | 29 (47) | 37 (58) | 36 (48) | 54 (51) |
| **>2** |  | 16 (7) | 7 (8) | 5 (6) | 4 (6) | 15 (8) | 1 (1) | 6 (9) | 7 (10) | 3 (3) |

Notes: Sugary drinks include soft drinks and fruit juice; Milk includes cow milk, soy milk, milk on cereal, flavoured milks as well as milk used in tea or coffee; χ2P Results of Pearson chi-squared; \* Results of 1-way between groups ANOVA; † Results of Kruskal-Wallis test; ‡ Results of Mann-Whitney U test; p<0.05 results are in bold