**Supplementary Table 1: Frequency of individual food groups and example food items reported at breakfast, lunch, dinner and ‘*others*’**

|  |  |  |
| --- | --- | --- |
| **Food Group Code and Name\*** | **Example food items** | **Frequency**† |
| **Breakfast (n=423)** |  | **n (%)** |
| **Major food group** |  |  |
| **12** Cereals and cereal products | Bread, breakfast cereals, noodles, pasta, rice | 397 (94) |
| **19** Milk products and dishes | Milk, yoghurt, cream, cheese, ice cream, rice pudding, cheese cake | 336 (79) |
| **17** Egg products and dishes | Eggs, egg dishes such as scrambled eggs, omelette, mousse | 257 (61) |
| **14** Fats and oils | Butter, margarine, oils | 232 (55) |
| **Sub-major food group** |  |  |
| **122** Regular breads, and bread rolls | White, mixed grain, wholemeal or rye breads | 312 (74) |
| **191** Dairy milk (cow, sheep and goat) | Full fat milk, reduced fat milk, milk powder | 258 (61) |
| **125** Breakfast cereals, ready to eat | Corn based, rice based, wheat based and mixed grain based breakfast cereals | 244 (58) |
| **Lunch (n=428)** |  |  |
| **Major food group** |  |  |
| **24** Vegetable products and dishes | Potatoes, cabbage, carrots, lettuce, beans, fresh herbs, tomato, pumpkin, sweetcorn, onion, salad | 390 (91) |
| **12** Cereals and cereal products | Bread, breakfast cereals, noodles, pasta, rice | 389 (91) |
| **18** Meat, poultry and game products and dishes | Beef, veal, lamb, pork, chicken, sausage, bacon, ham, dried meats, crumbled meats, meat bolognaise pasta sauce, casserole, curries | 350 (82) |
| **19** Milk products and dishes | Cow milk, yoghurt, cream, cheese, ice cream, rice pudding, cheese cake | 287 (67) |
| **13** Cereal based products and dishes | Biscuits, cakes, muffins, pastries, pizza, burger, pancakes | 270 (63) |
| **23** Savoury sauces and condiments | Gravy, savoury sauces, pickles, salad dressing | 238 (56) |
| **15** Fish and seafood products and dishes | Fresh fin fish, frozen fin fish, smoked fish, canned fish, prawn, squid, fish cake, tuna mornay with cheese, garlic prawn | 221 (52) |
| **Sub-major food group** |  |  |
| **122** Regular breads, and bread rolls | White, mixed grain, wholemeal or rye breads | 323 (75) |
| **244** Leaf and stalk vegetables | Lettuce, asparagus, celery, fresh herbs, seaweeds | 259 (61) |
| **194** Cheese | Hard cheese, cream and cottage cheese, camembert cheese, processed cheese | 256 (60) |
| **247** Other fruiting vegetables | Pumpkin, zucchini, mushroom, sweetcorn, avocado, capsicum, cucumber | 244 (57) |
| **246** Tomato and tomato products | Cherry tomato, tomato paste, canned tomato, sun dried tomato | 243 (57) |
| **Minor food group** |  |  |
| **24401** Leaf vegetables | Lettuce, spinach | 254 (59) |
| **24601** Tomato | Cherry tomato, raw or stir fried common potato, | 236 (55) |
| **24705** Other fruiting vegetables | Avocado, capsicum, chilli, cucumber, eggplant | 214 (50) |
| **Dinner (n=432)**  **Major food group** |  | **n (%)** |
| **24** Vegetable products and dishes | Potatoes, cabbage, carrots, lettuce, beans, fresh herbs, tomato, pumpkin, sweetcorn, onion, salad | 428 (99) |
| **18** Meat, poultry and game products and dishes | Beef, veal, lamb, pork, chicken, sausage, bacon, ham, dried meats, crumbled meats, meat bolognaise pasta sauce, casserole, curries | 414 (96) |
| **12** Cereals and cereal products | Bread, breakfast cereals, noodles, pasta, rice | 405 (94) |
| **23** Savoury sauces and condiments | Gravies, savoury sauces, pickles, salad dressing | 324 (75) |
| **13** Cereal based products and dishes | Biscuits, cakes, muffins, pastries, pizza, burger, pancakes | 316 (73) |
| **19** Milk products and dishes | Cow milk, yoghurt, cream, cheese, ice cream, rice pudding, cheese cake | 255 (59) |
| **15** Fish and seafood products and dishes | Fresh fin fish, frozen fin fish, smoked fish, canned fish, prawn, squid, fish cake, tuna mornay with cheese, garlic prawn | 249 (58) |
| **14** Fats and oils | Butter, margarine, oils | 228 (53) |
| **Sub-major food group** |  |  |
| **181** Beef, sheep and pork, unprocessed | Beef, lamb and mutton, pork, veal | 362 (84) |
| **241** Potatoes | Boiled potatoes, deep fried potatoes, mashed potatoes | 358 (83) |
| **243** Carrot and similar root vegetables | Carrot, beetroot, ginger, sweet potato | 338 (78) |
| **247** Other fruiting vegetables | Pumpkin, zucchini, mushroom, sweetcorn, avocado, capsicum, cucumber | 335 (78) |
| **183** Poultry and feathered game | Chicken, turkey, quail | 328 (76) |
| **121** Flours and other cereal grains and starches | Oats, rice, couscous, barley, flour | 290 (67) |
| **135** Mixed dishes where cereal is the major ingredient | Pizza, sandwiches, burgers, taco, lasagne, pasta bolognese, macaroni cheese, fried rice, risotto, sushi | 282 (65) |
| **231** Gravies and savoury sauces | Prepared gravies, dry gravy mixes, tomato based sauces, homemade style sauces, simmer style sauces | 277 (64) |
| **248** Other vegetables and vegetable combinations | Bulb fennel, garlic, onion | 275 (64) |
| **124** Pasta and pasta products (without sauce) | Pasta, instant noodle, filled pasta | 270 (63) |
| **242** Cabbage, cauliflower and similar brassica vegetables | Cabbage, brussels sprout, cauliflower, broccoli | 263 (61) |
| **244** Leaf and stalk vegetables | Lettuce, asparagus, celery, fresh herbs, seaweeds | 255 (59) |
| **189** Mixed dishes where poultry or feathered game is the major component | Poultry dishes with gravy sauce or vegetables (stew/casserole, curries), poultry dishes with gravy, sauces or vegetable added pasta, noodles or rice (chow mein Chinese restaurant style), Poultry crumbed, battered, meatloaf or patty type with cereal and/or vegetables (chicken schnitzels) | 240 (56) |
| **246** Tomato and tomato products | Cherry tomato, tomato paste, canned tomato, sun dried tomato | 228 (53) |
| **187** Mixed dishes where beef, sheep, pork or mammalian game is the major component | Beef dishes added pasta/noodles or rice (chow mein with beef and noodles), beef crumbed, battered, meatloaf or patty pie with cereal and/or vegetables (burger patty) | 225 (52) |
| **245** Peas and beans | Pea, snowpea, broad bean, green bean, alfalfa sprout, bean sprout | 222 (51) |
| **Minor food group** |  |  |
| **18301** Chicken | Chicken breast, drumstick, mince, baked chicken, | 327 (76) |
| **18101** Beef | Grilled lean blade steak, dry fried regular mince, stewed/braised stir fry strips | 325 (75) |
| **24301** Carrots | Raw or baked peeled carrot, stir fried carrot | 289 (67) |
| **12102** Rice and rice grain fractions | White rice, brown rice | 275 (64) |
| **24202** Broccoli, broccolini and cauliflower | Raw, boiled or baked broccoli, boiled or stir fried cauliflower | 244 (56) |
| **12401** Pasta and noodles, wheat based, other than instant noodles | White wheat flour based pasta, while wheat flour with egg pasta, wholemeal wheat flour based pasta | 242 (56) |
| **24705** Other fruiting vegetables | Avocado, capsicum, chilli, cucumber, eggplant | 237 (55) |
| **24401** Leaf vegetables | Lettuce, spinach | 232 (54) |
| **24101** Potatoes | Peeled or unpeeled boiled pale skin potato , baked potato | 230 (53) |
| **Other meals (n=433)** |  | **n (%)** |
| **Major food group** |  |  |
| **13** Cereal based products and dishes | Biscuits, cakes, muffins, pastries, pizza, burger, pancakes | 399 (92) |
| **19** Milk products and dishes | Cow milk, yoghurt, cream, cheese, ice cream, rice pudding, cheese cake | 398 (92) |
| **28** Confectionery and cereal/nut/fruit/seed bars | Chocolate, muesli bar, fruit bar, lollies, chewing gum | 378 (87) |
| **16** Fruit products and dishes | Apple, pear, berries, oranges, peaches, banana, melon, dried fruit, apple crumble | 361 (83) |
| **22** Seed and nut products and dishes | Pumpkin seeds, linseed, sesame seed, peanuts, peanut butter, almond, coconut milk | 272 (63) |
| **26** Snack foods | Potato crisps, popcorn, corn chips, pretzels | 237 (55) |
| **Sub-major food group** |  |  |
| **281** Chocolate and chocolate-based confectionery | Milk, white or dark chocolate, chocolate coated confectionery, filled chocolate bar | 325 (75) |
| **222** Nuts and nut products | Peanuts, peanut butter, almond, fresh coconut, desiccated coconut, coconut cream | 263 (61) |
| **191** Dairy milk (cow, sheep and goat) | Full fat milk, reduced fat milk, milk powder | 256 (59) |
| **132** Savoury biscuits | Rice cake, corn cake, crispbread, cracker | 248 (57) |
| **131** Sweet biscuits | Plain, chocolate flavoured, shortbread style, fruit filled sweet biscuits | 235 (54) |
| **133** Cakes, muffins, scones, cake-type desserts | Chocolate cake, sponge cake, cake-style muffin, brownie, date scone, pudding | 229 (53) |
| **195** Frozen milk products | Ice-cream, frozen yoghurt, sundae | 223 (52) |

\* Food group code and food group name of the nested hierarchical food groups of the 2011–13 AUSNUT food classification system was applied(28). Two digit numerical codes were used for food groups at the major food group level. Three digit numerical codes were used for food groups at the sub-major food group level. Five digit numerical codes were used for food groups at the minor food group level (28).

† To minimise the complexity of data presentation, the present table shows only the food groups that were reported by 50% or more of participants.

**Supplementary Table 2: Reported energy and macronutrients intakes per meal, per day\***

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  | **Breakfast intake (n=423)** | **Lunch intake (n=428)** | **Dinner intake (n=432)** | **Total main meal intake**  **(n=432)** | **Average other meals intake**†  **(n=432)** | **Daily intake**  **(n=432)** |
| **Energy (kJ)** | 1216.9  (889.1 - 1819.1) | 1733.6  (1284.2 - 2252.7) | 2774.8  (2222.1 - 3520.6) | 5943.4  (4856.9 - 7222.8) | 1465.8  (880.0 – 2443.8) | 9128.7  (7588.7 - 11239.2) |
| **% Daily energy** | 14.1  (10.4 -19.0) | 18.9  (14.2 - 24.2) | 31.2  (24.9 - 36.9) | 66.0  (57.8 - 74.3) | 15.6  (9.0 – 24.3) |  |
| **Protein (g)** | 13.1  (9.1 - 18.0) | 23.6  (17.3 - 32.3) | 47.6  (37.0 - 59.15) | 84.6  (69.8 - 102.9) | 7.4  (4.1 – 13.1) | 107.6  (89.4 - 128.9) |
| **% Total protein** | 12.5  (8.8 - 16.3) | 22.3  (16.8 - 27.9) | 45.0  (38.0 - 50.9) | 80.6  (74.3 - 86.5) | 6.5  (3.8 – 12.1) |  |
| **Fat (g)** | 9.3  (5.4 - 15.7) | 16.2  (11.0 - 22.5) | 24.8  (18.3 - 34.7) | 53.5  ( 40.6 - 69.5) | 12.9  (7.1 – 23.4) | 81.4  (63.1 - 106.1) |
| **% Total fat** | 12.0  (7.5 - 18.0) | 19.2  (12.6 - 27.2) | 31.3  (22.9 - 39.0) | 66.7  (55.1 - 77.6) | 15.2  (9.0 – 26.9) |  |
| **Saturated fat**  **(g)** | 3.3  (1.8 - 5.6) | 5.6  (3.4 - 8.3) | 8.8  (6.3 - 12.6) | 19.9  (13.8 - 25.3) | 5.5  (2.7 - 10.0) | 31.0  (24.1 - 42.3) |
| **% Total saturated fat** | 10.7  (6.5 - 17.6) | 18.0  (10.8 - 25.7) | 29.6  (21.7 - 38.3) | 63.0  (50.0 -75.0) | 16.1  (9.4 – 30.9) |  |
| **Polyunsaturated fat (g)** | 1.7  (0.9-3.0) | 2.8  (1.8 - 3.9) | 3.6  (2.5 -5.0) | 8.8  (6.3 - 11.5) | 1.5  (0.7 – 3.1) | 12.2  (9.4 - 17.2) |
| **% Total polyunsaturated fat** | 14.6  (8.6- 23.0) | 22.6  (15.1 - 21.4) | 29.3  (21.2 - 39.3) | 75.5  (60.5 - 84.8) | 12.9  (6.9 – 22.3) |  |
| **Monounsaturated fat**  **(g)** | 3.3  (1.7 -5.4) | 6.2  (3.7 - 8.8) | 9.9  (7.4 -14.6) | 20.7  (15.7 - 27.0) | 4.6  (2.5 – 8.6) | 30.5  (23.0 - 41.4) |
| **% Total monounsaturated fat** | 10.5  (6.2-16.6) | 19.1  (12.3 - 28.3) | 32.9  (25.0 - 43.9) | 69.6  (57.2 - 80.5) | 14.7  (8.4 – 26.7) |  |
| **Carbohydrate (g)** | 36.0  (23.8 - 51.4) | 37.1  (25.4 - 52.0) | 52.4  (39.9 -71.9) | 134.1  (104.9 - 171.2) | 38.3  (21.6 – 63.6) | 224.4  (175.7 - 281.2) |
| **% Total carbohydrate** | 17.4  (7.5 - 18.0) | 16.9  (11.9 - 23.8) | 24.9  (18.8 - 31.1) | 62.4  (53.1 - 53.1) | 17.4  (10.0 – 27.2) |  |
| **Alcohol (g)** | 0 (0) | 0 (0) | 0 (0) | 0 (0) | 0.9  (0.0 – 4.9) | 3.4  (0.0 - 13.0) |
| **% Total alcohol** | 0 (0) | 0 (0) | 0 (0) | 0 (0)  (0.0 -0.4) | 33.3  (0.0 – 99.3) |  |
| **Fibre(g)** | 4.1  (2.5 - 6.7) | 5.4  (3.8 - 7.2) | 9.2  (7.2-11.7) | 19.5  (15.6 - 24.5) | 3.2  (1.5 – 5.9) | 25.5  (21.0 - 31.7) |
| **% Total fibre** | 16.4  (11.0 -23.6) | 20.8  (12.1 - 28.6) | 35.8  (28.5 - 44.4) | 77.7  (69.1 - 86.2) | 11.9  (6.3 - 20.9) |  |

\* Median (Interquartile range)

† Number of average other meals intake: Median =1, Interquartile range (1-2)