

Supplementary Table 2 - Median (IQR) intakes and proportion of total daily energy intake from 45 food groups in the whole diet diary sample and in consumers only

FOOD GROUP		CONSUMERS		CONSUMERS ONLY			WHOLE SAMPLE (including non-consumers)		
		N	(%)	Total intake (g/d)	Total energy intake (kJ/d)	% total daily energy intake	Total food intake (g/d)	Total energy intake (kJ/d)	% total daily energy intake (%)
Milk	Milk, animal-based	2340	96	375 (246;490)	998 (651;1320)	23 (16;30)	367 (224;485)	978 (592;1306)	23 (14;30)
	Milk, plant-based	72	3	125 (51;213)	228 (108;428)	6 (3;10)	0 (0; 0)	0 (0; 0)	0 (0; 0)
	Formula milk	335	14	275 (196;392)	804 (567;1140)	19 (13;27)	0 (0; 0)	0 (0; 0)	0 (0; 0)
	Breast milk	41	2	200 (100;300)	578 (289;867)	11 (7;18)	0 (0; 0)	0 (0; 0)	0 (0; 0)
Water		2382	98	231 (148; 359)	0 (0; 0)	0 (0; 0)	228 (142; 353)	0 (0; 0)	0 (0; 0)
Juice drinks		1037	43	70 (28;125)	115 (41;204)	3 (1;5)	0 (0;53)	0 (0;86)	0 (0;2)
Hot beverages		236	10	30 (7; 110)	9 (2; 94)	0 (0; 2)	0 (0; 0)	0 (0; 0)	0 (0; 0)
Sugar sweeten'd beverages		1071	44	32 (16; 83)	9 (4; 30)	0 (0; 1)	0 (0; 26)	0 (0; 6)	0 (0; 0)
Cereal products	Pizza	221	9	65 (40;95)	693 (420;1043)	15 (10;23)	0 (0; 0)	0 (0; 0)	0 (0; 0)
	Pasta & rice	1870	77	56 (38;91)	266 (165;407)	6 (4;9)	44 (10;78)	200 (49;348)	5 (1;8)
	Cereal (low fibre)	1840	76	15 (9;26)	222 (134;339)	5 (3;8)	11 (1;21)	164 (15;293)	4 (0;7)
	Cereal (high fibre)	1873	77	20 (18;30)	297 (260;446)	8 (6;10)	20 (8;27)	297 (114;386)	7 (3;9)
Vegetables	Vegetables	2339	96	55 (33;80)	77 (46;125)	2 (1;3)	52 (31;78)	75 (42;121)	2 (1;3)
	Pulses	1230	51	43 (26;73)	168 (110;294)	4 (2;7)	4 (0;43)	17 (0;170)	0 (0;4)
Fruit		2378	98	119 (80;163)	381 (253;514)	9 (6;12)	117 (77;162)	374 (240;510)	9 (6;12)
Potato		2152	88	45 (31;63)	205 (132;299)	5 (3;7)	42 (23;61)	187 (98;283)	4 (2;7)
Dairy	Yoghurt	1282	53	83 (60;100)	284 (247;427)	7 (5;10)	33 (0;85)	127 (0;284)	3 (0;7)
	Cream & cheese	2187	90	39 (19;66)	323 (213;457)	8 (5;11)	34 (14;63)	297 (173;433)	7 (4;10)
	Dairy desserts, milk-based puddings	1094	45	60 (35;90)	297 (218;452)	7 (5;10)	0 (0;57)	0 (0;278)	0 (0;7)

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		N	(%)	Total intake (g/d)	Total energy intake (kJ/d)	% total daily energy intake	Total food intake (g/d)	Total energy intake (kJ/d)	% total daily energy intake (%)
Egg		1026	42	42 (16;60)	299 (109;410)	6 (3;10)	0 (0;30)	0 (0;205)	0 (0;5)
Meat & fish	Red meat	2030	83	32 (21;52)	285 (179;460)	7 (4;11)	27 (14;47)	242 (104;417)	6 (3;9)
	White meat	1410	56	28 (15;45)	188 (101;334)	4 (3;8)	11 (0;30)	74 (0;223)	2 (0;5)
	Fish	1446	60	38 (24;56)	265 (148;469)	6 (4;10)	18 (0;42)	104 (0;327)	3 (0;7)
Bread	Bread (low fibre)	1815	75	30 (18;44)	333 (208;485)	8 (5;11)	21 (0;38)	242 (0;417)	6 (0;10)
	Bread (high fibre)	1569	65	31 (20;42)	322 (213;446)	7 (5;10)	19 (0;36)	197 (0;361)	5 (0;8)
Fats & oils	Animal fats	1136	47	7 (5;11)	214 (132;316)	5 (3;7)	0 (0;7)	0 (0;206)	0 (0;5)
	Plant fats	1963	81	5 (2; 9)	128 (67; 210)	3 (2; 5)	4 (1; 8)	98 (30; 187)	2 (1; 4)
Commercial infant foods	Vegetable-based	147	6	130 (95; 190)	356 (269; 531)	9 (7; 13)	0 (0; 0)	0 (0; 0)	0 (0; 0)
	Meat-based	215	9	182 (125; 230)	514 (354; 612)	11 (8; 14)	0 (0; 0)	0 (0; 0)	0 (0; 0)
	Cereal-based	43	2	100 (38; 125)	254 (152; 449)	7 (4; 11)	0 (0; 0)	0 (0; 0)	0 (0; 0)
	Desserts	362	15	100 (75; 115)	298 (170; 357)	7 (4; 9)	0 (0; 0)	0 (0; 0)	0 (0; 0)
Sweet cereal-based products	Sweet cereal products & biscuits	2192	90	22 (14;36)	371 (242;574)	9 (6;13)	20 (11;34)	346 (197;546)	8 (5;12)
	Cereal-based puddings (not milk)	73	3	64 (43;85)	589 (371;785)	13 (8;17)	0 (0; 0)	0 (0; 0)	0 (0; 0)
Added sugars, confectionery	Chocolate	849	35	13 (7; 18)	272 (144; 367)	6 (3; 8)	0 (0; 7)	0 (0; 153)	0 (0; 4)
	Sugars	1402	58	9 (5; 15)	104 (56; 170)	2 (1; 4)	3 (0; 10)	35 (0; 123)	1 (0; 3)
Savoury snacks	Cereal-based	979	40	10 (6;17)	193 (121;346)	5 (3;8)	0 (0;8)	0 (0;153)	0 (0;4)
	Vegetable-based	664	27	12 (8;17)	247 (181;353)	6 (4;8)	0 (0;5)	0 (0;108)	0 (0;2)
	Nuts & seeds	392	16	6 (2;13)	129 (23;281)	3 (1;6)	0 (0; 0)	0 (0; 0)	0 (0; 0)

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Sauces, condiments, soups	Soups	319	13	66 (22; 125)	88 (14; 232)	2 (0; 5)	0 (0; 0)	0 (0; 0)	0 (0; 0)
	Sauces	1633	67	21 (8; 36)	59 (32; 124)	1 (1; 3)	9 (0; 28)	32 (0; 84)	1 (0; 2)
	Miscellaneous	1444	59	1 (0; 1)	8 (4; 14)	0 (0; 0)	0 (0; 1)	2 (0; 9)	0 (0; 0)
Supplements	Animal-based	88	4	1 (1; 1)	18 (18; 35)	0 (0; 1)	0 (0; 0)	0 (0; 0)	0 (0; 0)
	Vegetable-based	2	0.1	5 (4; 5)	154 (140; 168)	3 (3; 3)	0 (0; 0)	0 (0; 0)	0 (0; 0)
	Other sources	189	8	1 (1; 1)	0 (0; 0)	0 (0; 0)	0 (0; 0)	0 (0; 0)	0 (0; 0)
	Nutrition powders	6	0.2	76 (2; 196)	470 (67; 833)	12 (2; 22)	0 (0; 0)	0 (0; 0)	0 (0; 0)