**Appendix A -** Associations of level of education of the mother and father and children’s food consumption

CI, confidence interval

\* The variable was transformed to guarantee normal distribution (root square);

†Education was defined as ‘low’ (≤6 years of education), ‘middle’ (7-12 years of education) and ‘high’ (>12 years of education)

Model 0, unadjusted; Model 1, adjusted for children’s sex and mother’s or father’s age; Model 2, model 1 plus children’s average energy intake (kcal)

Bold entries denote statistical significance

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | Fruits and Vegetables (grams/day)\* | Cereals and potatoes(grams/day) | Dairy(grams/day) | White meat, fish and eggs(grams/day) | Red meat and processed meat(grams/day) | Sweets(grams/day) |  | Salty Snacks (any consumption vs. none) | Sugar Sweetened Beverages (any consumption vs. none) | Healthy eating index(≥20 points vs. <20) |
| **Model 0**  β (95%CI) |  | **Model 0** OR (95%CI) |
| Mother’s education† |  |  |
|  *Low* | Ref | Ref | ref | ref | ref | ref |  | ref | ref | ref |
| *Middle* | 0.85 (-0.91; 2.61) | -32.7(-75.2; 9.7) | -17.3(-97.7; 63.1) | **17.8****(2.7; 33.0)** | 0.2(-10.4; 10.9) | -0.5 (-23.0; 22.1) |  | 0.83 (0.38;1.81) | 1.33(0.69; 2.58) | 1.22 (0.53; 2.81) |
| *High* | **2.45** **(0.96; 3.94)** | -32.2(-68.1; 3.8) | -43.1(-118.7; 32.5) | **15.9****(0.3; 31.4)** | -5.0(-14.2; 4.3) | 17.5 (-4.42; 39.2) |  | 1.71 (0.76; 3.88) | 0.89 (0.42;1.88) | 1.41 (0.64; 3.15) |
| Father’s education† |  |  |  |  |  |  |  |  |  |
| *Low* | Ref | Ref | ref | ref | ref | ref |  | Ref | ref | ref |
| *Middle* | 0.15 (-1.13; 1.43) | -15.5 (-52.0; 21.0) | **-67.2** **(-114.0; -20.4)** | 9.0 (-3.2; 21.1) | 4.5(-7.3; 16.2) | 1.4 (-18.4; 21.3) |  | 0.70 (0.38; 1.31) | 1.39(0.73; 2.63) | 0.74 (0.38; 1.43) |
| *High* | **2.84** **(1.32; 4.36)** | -27.8 (-58.6; 2.9) | **-99.7** **(-175.2; -24.2)** | -6.7 (-20.7; 7.2**)** | **-13.2****(-24.2; -2.4)** | 4.9 (-18.5; 28.2) |  | 1.00 (0.49; 2.05) | 0.90(0.44; 1.82) | 1.06 (0.511; 2.21) |
| **Model 1**  β (95%CI) |  | **Model 1** OR (95%CI) |
| Mother’s education |  |  |  |  |  |  |
| *Low* | Ref | Ref | Ref | Ref | Ref | Ref |  | Ref | Ref | Ref |
| *Middle* | 0.48 (-1.19; 2.16) | -37.9 (-82.0; 6.2) | 9.90 (-64.5; 84.3) | **16. 5** **(0.5; 32.4)** | 2.4 (-9.2; 13.9) | -0.30 (-25.0; 24.4) |  | 0.69 (0.30;1.57) | 1.41 (0.68; 2.92) | 1.11 (0.50; 2.45) |
| *High* | **1.91** **(0.43; 3.39)** | **-45.2** **(-84.5; -6.0)** | -16.2 (-96.8; 64.4) | 15.0 (-1.6; 31.7) | -0.2 (-12.6; 12.2) | 16.3 (-7.3; 40.0) |  | 1.35 (0.57;3.17) | 1.14 (0.53;2.43) | 1.27 (0.58; 2.78) |
| Father’s education |  |  |  |  |  |  |  |  |  |
| *Low* | Ref | Ref | Ref | Ref | Ref | Ref |  | Ref | Ref | Ref |
| *Middle* | -0.03 (-1.43; 1.37) | -17.8 (-56.7; 21.1) | **-60.1** **(-114.4; -6.8)** | 8.6 (-4.4; 21.5) | 4.4 (-8.0; 16.8) | 4.3 (-16.2; 25.0) |  | 0.66 (0.34; 1.30) | 1.51 (0.72; 3.19) | 0.72 (0.36; 1.47) |
| *High* | **2.02** **(0.61; 3.44)** | **- 40.8** **(-77.7; -3.9)** | -63.1 (-131.5; 5.3) | -11.0 (-23.8; 1.8) | **-12.5** **(-24.4; -0.8)** | 9.5 (-12.7; 31.8) |  | 1.11 (0.5; 2.44) | 0.90 (0.42; 1.92) | 0.90 (0.46; 1.78) |
| **Model 2** β (95%CI) |  | **Model 2** OR (95%CI) |
| Mother’s education |  |  |  |  |  |  |
| *Low* | ref | ref | ref | ref | ref | ref |  | ref | ref | ref |
| *Middle* | 0.48 (-1.11; 2.97) | -38.2 (-81.8; 5.4) | 9.9 (-64.4; 84.2) | **16.4** **(0.3; 32.6)** | 2.3 (-10.4; 14.9) | -0.4 (-19.0; 18.2) |  | 0.66 (0.29; 1.49) | 1.49 (0.73; 3.03) | 1.10 (0.50; 2.45) |
| *high* | **1.86** **(0.39; 3.32)** | **-48.7** **(-88.8; -9.7)** | -16.4 (-97.1; 64.3) | 14.7 (-2.1; 31.5) | -1.2 (-14.2; 11.9) | 14.2 (-5.4; 33.7) |  | 1.31 (0.56; 3.05) | 1.12 (0.54; 2.30) | 1.29 (0.59; 2.82) |
| Father’s education |  |  |  |  |  |  |  |  |  |
| *Low* | ref | ref | ref | ref | ref | ref |  | ref | ref | ref |
| *Middle* | 0.07 (-1.256; 1.41) | -11.9 (-45.5; 21.7) | **-60.4** **(-113.4; -7.4)** | 9.1 (-3.9; 22.2) | 6.0 (-5.3; 17.3) | 8.2 (-8.5; 24.8) |  | 0.67 (0.35;1.27) | 1.74 (0.80; 3.75) | 0.70 (0.35; 1.42) |
| *High* | **2.25** **(0.90; 3.61)** | -28.1 (-61.5; 5.2) | -62.7 (-130.7; 5.2) | -9.8 (-22.8; 3.3) | -9.0 (-19.2; 1.2) | 17.7 (-0.5; 35.9) |  | 1.23 (0.53;2.84) | 1.04 (0.45; 2.40) | 0.85 (0.42;1.71) |
|  |  |

**Appendix B.** Associations of level of education of the mother and father and adolescents’ food consumption

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | Fruits and Vegetables (grams/day) | Cereals and potatoes(grams/day) | Dairy(grams/day) | White meat, fish and eggs(grams/day) | Red meat and processed meat(grams/day) | Sweets(grams/day) |  | Salty Snacks (any consumption vs. none) | Sugar Sweetened Beverages (any consumption vs. none) | Healthy eating index(≥20 points vs. <20) |
| **Model 0**  β (95%CI) |  | **Model 0** OR (95%CI) |
| Mother’s education\* |  |  |
|  *Low* | Ref | Ref | ref | ref | ref | ref |  | ref | ref | ref |
| *Middle* | 9.1(-30.2; 48.3) | 36.2(-73.2; 0.8) | 16.4(-29.3; 62.2) | 15.7(-0.8; 32.2) | -4.3(-21.6; 13.1) | 13.4 (-6.9; 33.7) |  | 1.61 (0.90; 2.86) | 1.07 (0.57; 1.98) | 1.02 (0.60; 1.75) |
| *High* | **72.5****(36.4; 108.7)** | -41.7(-95.3; 11.9) | 14.0(-47.9; 75.8) | **19.8****(1.2; 38.4)** | 8.9(-17.3; 53.2) | 3.6 (-20.0; 27.2) |  | **2.09** **(1.13; 3.88)** | 0.59 (0.30; 1.17) | 1.20 (0.61; 2.38) |
| Father’s education\* |  |  |  |  |  |  |  |  |  |
| *Low* | Ref | Ref | ref | ref | ref | ref |  | ref | ref | ref |
| *Middle* | 25.8(-10.7; 62.2) | -21.1(-56.3; 14.0) | **51.5****(11.9; 91.1)** | 2.0(-13.5; 17.4) | -2.0(-18.4; 14.3) | 2.7 (-18.3; 23.7) |  | **1.76 (1.10;2.81)** | **0.58** **(0.34;1.00)** | 1.31 (0.86; 1.98) |
| *High* | **85.5****(30.6; 140.5)** | -37.0(-90.9; 16.9) | -12.7(-81.1; 55.8) | 22.4(-4.2; 49.1) | 5.7(-18.8; 30.1) | -6.1 (-31.2; 19.0) |  | **2.35** **(1.24;4.44)** | **0.44** **(0.20; 0.99)** | 1.20 (0.59; 2.46) |
| **Model 1**  β (95%CI) |  | **Model 1** OR (95%CI) |
| Mother’s education |  |  |  |  |  |  |
| *Low* | Ref | Ref | Ref | Ref | Ref | Ref |  | ref | ref | ref |
| *Middle* | -15.1 (-54.2; 24.1) | **-45.1** **(-86.8; -3.5)** | -4.5 (-47.2; 38.2) | **16.8** **(1.7; 31.8)** | -3.5 (-20.1; 13.1) | 19.4 (-4.9; 43.7) |  | 1.79(0.96; 3.35) | 1.63 (0.76; 3.50) | 0.90 (0.52; 1.55) |
| *High* | **56.0** **(18.2; 93.8)** | -48.3 (-102.5; 5.9)  | -4.6 (-64.7; 55.6) | 10.6 (-10.5; 31.6) | 19.4 (-11.0; 50.0) | 14.8 (-8.6; 38.2) |  | **2.66** **(1.36; 5.22)** | 0.66 (0.29; 1.52) | 0.88 (0.43; 1.81) |
| Father’s education |  |  |  |  |  |  |  |  |  |
| *Low* | Ref | Ref | Ref | Ref | Ref | Ref |  | ref | ref | ref |
| *Middle* | 11.4 (-28.9; 51.7) | -30.6 (-71.9; 10.6) | 38.8 (-6.3; 84.0) | 3.8 (-12.8; 20.5) | -2.7 (-20.3; 14.9) | 3.3 (-18.9; 25.6) |  | **1.95** **(1.13;3.35)** | 0.74 (0.43; 1.26) | 1.21(0.75; 1.96) |
| *High* | **74.1** **(11.0; 137.2)** | -32.2 (-82.3; 18.0) | -13.8 (-73.3; 45.7) | 20.3 (-12.6; 53.1) | 11.5 (-18.8; 41.9) | -11.4 (-11.4; 44.6) |  | **3.17** **(1.58; 6.35)** | 0.49 (0.21; 1.12) | 1.01 (0.48; 21.12) |
| **Model 2** β (95%CI) |  | **Model 2** OR (95%CI) |
| Mother’s education |  |  |  |  |  |  |
| *Low* | ref | ref | ref | ref | ref | ref |  | ref | ref | ref |
| *Middle* | -13.4 (-50.5; 23.7) | **-42.2** **(-73.0; -11.4)** | -2.9 (-40.7; 34.9) | **17.3** **(3.0; 31.7)** | -2.6 (-19.1; 13.9) | 21.0 (-0.6; 42.6) |  | **1.89** **(1.04; 3.46)** | 1.64 (0.73; 3.66) | 0.90 (0.52; 1.55) |
| *high* | **53.7** **(17.1; 90.2)** | **-52.2** **(-94.7; -9.7)** | -6.8 (-68.2; 54.7) | 9.8 (-11.0; 30.7) | 18.2 (-9.1;45.6) | 12.7 (-10.7; 36.1) |  | **2.76** **(1.42; 5.37)** | 0.62 (0.27; 1.44) | 0.88 (0.43; 1.80) |
| Father’s education |  |  |  |  |  |  |  |  |  |
| *Low* | ref | ref | ref | ref | ref | ref |  | ref | ref | ref |
| *Middle* | 12.0 (-25.3; 49.3) | -29.6 (-61.6; 2.3) | 39.4 (-5.4; 84.2) | 4.0 (-12.8; 20.9) | -2.4 (-18.5; 13.8) | 3.9 (-15.8; 23.6) |  | **2.03****(1.12; 3.68)** | 0.74 (0.43; 1.27) | 1.21 (0.75; 1.96) |
| *High* | **66.6** **(5.5; 127.7)** | -44.9 (-89.9; 0.0)  | -21.0 (-83.4; 41.2) | 18.0 (-13.1; 49.1) | 7.4 (-21.2; 36.1) | 9.7 (-16.2; 35.6) |  | **3.09** **(1.51; 6.31)** | **0.43** **(0.19; 0.98)** | 1.01 (0.48; 2.09) |
| CI, confidence interval\*Education was defined as ‘low’ (≤6 years of education), ‘middle’ (7-12 years of education) and ‘high’ (>12 years of education)Model 0, unadjusted; Model 1, adjusted for adolescents’ sex and mother’s or father’s age; Model 2, model 1 plus children’s average energy intake (kcal)Bold entries denote statistical significance |  |