**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 | | | | | | | | | | | | | |  |