**Supplementary Material Table 1.** Nutrient profile of test foods with portions reflecting 15% of a total diet providing ~ 12500 kJ as an example.

|  |  |  |  |
| --- | --- | --- | --- |
| **Food/Nutrient** | **90 g No salt potato chips** | **85 g biscuits** | **75 g raw, unsalted almonds** |
| Energy (kJ) | 1852 | 1805 | 1877 |
| Protein (g) (% Energy) | 4.5 (4.1) | 5.0 (4.7) | 14.6 (13.2) |
| Total fat (g) (% Energy) | 22.5 (44.9) | 22.4 (45.8) | 41 (80.9) |
| Saturated fat (g) (% Fat Total) | 8.2 (38.7) | 12.8 (61.0) | 2.8 (7.1) |
| Polyunsaturated fat (g) (% Fat Total) | 4.8 (22.6) | 2.0 (9.3) | 9.6 (24.4) |
| Monounsaturated fat (g) (% Fat Total) | 8.2 (38.7) | 6.2 (29.7) | 26.9 (68.5) |
| Carbohydrates (g) (% Energy) | 54 (49.5) | 52.7 (48.7) | 3.6 (3.1) |
| Sugars (g) | 1.9 | 16.5 | 3.6 |
| Starch (g) | 52.1 | 36.2 | 0 |
| Water (g) | 2.3 | 2.8 | 2.8 |
| Dietary Fibre (g) | 3.4 | 1.6 | 6.6 |
| Thiamine (mg) | 0.1 | 0.1 | 0.1 |
| Riboflavin (mg) | 0.1 | 0 | 1.1 |
| Niacin (mg) | 4.3 | 2.4 | 5.8 |
| Vitamin C (mg) | 39.6 | 0 | 0 |
| Vitamin E (mg) | 0.9 | 1.3 | 21.1 |
| Folate (μg) | 34.2 | 6 | 21.8 |
| Folic acid (μg) | 0.0 | 0.0 | 0.0 |
| Vitamin A (μg) | 0.0 | 85.9 | 1.5 |
| Retinol (μg) | 0.0 | 60.4 | 0.0 |
| Beta carotene (μg) | 0.0 | 152.2 | 6.8 |
| Sodium (mg) | 450.0 | 406.3 | 3.8 |
| Potassium (mg) | 1080 | 94.4 | 555 |
| Magnesium (mg) | 45 | 11.9 | 195.0 |
| Calcium (mg) | 22.5 | 29.8 | 187.5 |
| Phosphorous (mg) | 117.0 | 75.7 | 360.0 |
| Iron (mg) | 2.3 | 1.1 | 2.9 |
| Zinc (mg) | 1.2 | 0.5 | 2.8 |
| Iodine (mg) | 0.5 | 5.8 | 0.4 |

kJ, kilojoules. (Food Standards Australia New Zealand 2016; Xyris Software Pty Ltd 2015).