**Supplemental Table 1. Associations Between Family Meal Type (Breakfast, Lunch, Dinner, Total Meals) and Preschool Child Diet Quality Components Among Non-Hispanic and Hispanic Households**

|  | **Non-Hispanic Households**  **(n=276)** | | |  | **Hispanic Households**  **(n=857)** | | |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | **Beta\*** | **SD** | **p-value\*\*** |  | **Beta** | **SD** | **p-value** |
| **Total Vegetables** | | | | | | | |
| **Breakfast** | | | | | | | |
| **Model 1\*\*\*** | **0.0903** | **0.0311** | **0.0037** |  | 0.0055 | 0.0172 | 0.7479 |
| **Model 2\*\*\*\*** | **0.1095** | **0.0339** | **0.0012** |  | 0.0032 | 0.0176 | 0.8536 |
| **Model 3\*\*\*\*\*** | **0.1230** | **0.0409** | **0.0026** |  | -0.0126 | 0.0227 | 0.5802 |
| **Lunch** | | | | | | | |
| **Model 1** | 0.0244 | 0.0316 | 0.4406 |  | 0.0114 | 0.0171 | 0.5045 |
| **Model 2** | 0.0416 | 0.0334 | 0.2136 |  | 0.0104 | 0.0178 | 0.5579 |
| **Model 3** | -0.0288 | 0.0403 | 0.4751 |  | 0.0091 | 0.0228 | 0.6896 |
| **Dinner** | | | | | | | |
| **Model 1** | 0.0359 | 0.0370 | 0.3316 |  | 0.0361 | 0.0189 | 0.0560 |
| **Model 2** | 0.0347 | 0.0371 | 0.3501 |  | 0.0363 | 0.0190 | 0.0557 |
| **Model 3** | 0.0166 | 0.0379 | 0.6608 |  | 0.0377 | 0.0199 | 0.0584 |
| **Total** | | | | | | | |
| **Model 1** | **0.0302** | **0.0145** | **0.0375** |  | 0.0092 | 0.0076 | 0.2280 |
| **Model 2** | **0.0371** | **0.0154** | **0.0158** |  | 0.0088 | 0.0078 | 0.2611 |
| **Model 3** | ---- | ---- | ---- |  | ---- | ---- | ---- |
| **Greens and Beans** | | | | | | | |
| **Breakfast** | | | | | | | |
| **Model 1** | **0.1506** | **0.0402** | **0.0002** |  | 0.0160 | 0.0243 | 0.5102 |
| **Model 2** | **0.1549** | **0.0444** | **0.0005** |  | 0.0142 | 0.0249 | 0.5685 |
| **Model 3** | **0.1225** | **0.0534** | **0.0217** |  | 0.0018 | 0.0322 | 0.9563 |
| **Lunch** | | | | | | | |
| **Model 1** | **0.1178** | **0.0406** | **0.0037** |  | 0.0165 | 0.0242 | 0.4956 |
| **Model 2** | **0.1193** | **0.0434** | **0.0060** |  | 0.0169 | 0.0251 | 0.5008 |
| **Model 3** | 0.0437 | 0.0526 | 0.4058 |  | 0.0104 | 0.0322 | 0.7476 |
| **Dinner** | | | | | | | |
| **Model 1** | 0.0899 | 0.0480 | 0.0611 |  | 0.0220 | 0.0268 | 0.4109 |
| **Model 2** | 0.0787 | 0.0486 | 0.1051 |  | 0.0258 | 0.0269 | 0.3372 |
| **Model 3** | 0.0394 | 0.0495 | 0.4252 |  | 0.0223 | 0.0282 | 0.4293 |
| **Total** | | | | | | | |
| **Model 1** | **0.0715** | **0.0186** | **0.0001** |  | 0.0099 | 0.0108 | 0.3554 |
| **Model 2** | **0.0706** | **0.0199** | **0.0004** |  | 0.0104 | 0.0110 | 0.3459 |
| **Model 3** | ---- | ---- | ---- |  | ---- | ---- | ---- |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
| **Total Fruits** | | | | | | | |
| **Breakfast** | | | | | | | |
| **Model 1** | **0.1458** | **0.0433** | **0.0008** |  | 0.0046 | 0.0193 | 0.8130 |
| **Model 2** | **0.1284** | **0.0469** | **0.0062** |  | 0.0103 | 0.0198 | 0.6036 |
| **Model 3** | **0.1823** | **0.0559** | **0.0011** |  | 0.0281 | 0.0256 | 0.2732 |
| **Lunch** | | | | | | | |
| **Model 1** | 0.0237 | 0.0442 | 0.5918 |  | -0.0186 | 0.0193 | 0.3334 |
| **Model 2** | -0.0037 | 0.0461 | 0.9364 |  | -0.0153 | 0.0200 | 0.4448 |
| **Model 3** | **-0.1246** | **0.0551** | **0.0237** |  | -0.0378 | 0.0257 | 0.1408 |
| **Dinner** | | | | | | | |
| **Model 1** | 0.0849 | 0.0516 | 0.1000 |  | 0.0172 | 0.0213 | 0.4196 |
| **Model 2** | 0.0970 | 0.0508 | 0.0564 |  | 0.0183 | 0.0214 | 0.3929 |
| **Model 3** | 0.0942 | 0.0518 | 0.0689 |  | 0.0199 | 0.0225 | 0.3753 |
| **Total** | | | | | | | |
| **Model 1** | **0.0496** | **0.0203** | **0.0144** |  | 0.0000 | 0.0085 | 1.0000 |
| **Model 2** | **0.0420** | **0.0212** | **0.0476** |  | 0.0022 | 0.0088 | 0.8059 |
| **Model 3** | ---- | ---- | ---- |  | ---- | ---- | ---- |
| **Whole Fruits** | | | | | | | |
| **Breakfast** | | | | | | | |
| **Model 1** | **0.1615** | **0.0475** | **0.0007** |  | 0.0319 | 0.0219 | 0.1442 |
| **Model 2** | 0.0199 | 0.0225 | 0.3753 |  | 0.0331 | 0.0224 | 0.1403 |
| **Model 3** | **0.1606** | **0.0594** | **0.0068** |  | 0.0371 | 0.0290 | 0.2003 |
|  |  |  | **Lunch** |  |  |  |  |
| **Model 1** | 0.0465 | 0.0484 | 0.3372 |  | 0.0122 | 0.0218 | 0.5765 |
| **Model 2** | 0.0144 | 0.0487 | 0.7671 |  | 0.0110 | 0.0227 | 0.6291 |
| **Model 3** | -0.0960 | 0.0585 | 0.1008 |  | -0.0194 | 0.0290 | 0.5047 |
| **Dinner** | | | | | | | |
| **Model 1** | 0.0949 | 0.0565 | 0.0934 |  | 0.0336 | 0.0240 | 0.1624 |
| **Model 2** | **0.1059** | **0.0537** | **0.0484** |  | 0.0351 | 0.0242 | 0.1466 |
| **Model 3** | 0.0994 | 0.0550 | 0.0708 |  | 0.0288 | 0.0254 | 0.2578 |
|  |  |  | **Total** |  |  |  |  |
| **Model 1** | **0.0594** | **0.0222** | **0.0073** |  | 0.0141 | 0.0097 | 0.1456 |
| **Model 2** | **0.0466** | **0.0224** | **0.0374** |  | 0.0145 | 0.0099 | 0.1437 |
| **Model 3** | ---- | ---- | ---- |  | ---- | ---- | ---- |
| **Whole Grains** | | | | | | | |
| **Breakfast** | | | | | | | |
| **Model 1** | 0.1356 | 0.0858 | 0.1142 |  | 0.0364 | 0.0474 | 0.4421 |
| **Model 2** | 0.0638 | 0.0918 | 0.4868 |  | 0.0266 | 0.0486 | 0.5840 |
| **Model 3** | 0.0674 | 0.1104 | 0.5415 |  | -0.0044 | 0.0628 | 0.9439 |
| **Lunch** | | | | | | | |
| **Model 1** | 0.1004 | 0.0861 | 0.2432 |  | 0.0466 | 0.0472 | 0.3234 |
| **Model 2** | 0.0419 | 0.0891 | 0.6378 |  | 0.0365 | 0.0491 | 0.4568 |
| **Model 3** | 0.0381 | 0.1087 | 0.7263 |  | 0.0254 | 0.0629 | 0.6860 |
| **Dinner** | | | | | | | |
| **Model 1** | -0.0997 | 0.1009 | 0.3235 |  | 0.0698 | 0.0521 | 0.1799 |
| **Model 2** | -0.1107 | 0.0986 | 0.2616 |  | 0.0624 | 0.0524 | 0.2334 |
| **Model 3** | -0.1364 | 0.1023 | 0.1824 |  | 0.0567 | 0.0551 | 0.3031 |
| **Total** | | | | | | | |
| **Model 1** | 0.0350 | 0.0399 | 0.3793 |  | 0.0276 | 0.0209 | 0.1877 |
| **Model 2** | 0.0026 | 0.0413 | 0.9502 |  | 0.0228 | 0.0215 | 0.2897 |
| **Model 3** | ---- | ---- | ---- |  | ---- | ---- | ---- |
| **Total Dairy** | | | | | | | |
| **Breakfast** | | | | | | | |
| **Model 1** | 0.0852 | 0.0655 | 0.1930 |  | -0.0159 | 0.0265 | 0.5488 |
| **Model 2** | 0.0645 | 0.0704 | 0.3593 |  | -0.0139 | 0.0273 | 0.6100 |
| **Model 3** | 0.0202 | 0.0847 | 0.8119 |  | -0.0271 | 0.0353 | 0.4421 |
| **Lunch** | | | | | | | |
| **Model 1** | 0.0915 | 0.0655 | 0.1623 |  | -0.0023 | 0.0264 | 0.9308 |
| **Model 2** | 0.0896 | 0.0681 | 0.1886 |  | -0.0034 | 0.0276 | 0.9026 |
| **Model 3** | 0.0828 | 0.0835 | 0.3215 |  | 0.0039 | 0.0353 | 0.9119 |
| **Dinner** | | | | | | | |
| **Model 1** | 0.0333 | 0.0770 | 0.6659 |  | 0.0332 | 0.0292 | 0.2548 |
| **Model 2** | 0.0116 | 0.0758 | 0.8787 |  | 0.0323 | 0.0294 | 0.2721 |
| **Model 3** | -0.0171 | 0.0785 | 0.8280 |  | 0.0398 | 0.0310 | 0.1982 |
| **Total** | | | | | | | |
| **Model 1** | 0.0431 | 0.0303 | 0.1553 |  | 0.0018 | 0.0117 | 0.8778 |
| **Model 2** | 0.0343 | 0.0316 | 0.2782 |  | 0.0021 | 0.0121 | 0.8643 |
| **Model 3** | ---- | ---- | ---- |  | ---- | ---- | ---- |
| **Total protein** | | | | | | | |
| **Breakfast** | | | | | | | |
| **Model 1** | 0.0028 | 0.0330 | 0.9323 |  | 0.0178 | 0.0153 | 0.2429 |
| **Model 2** | 0.0040 | 0.0350 | 0.9088 |  | 0.0111 | 0.0156 | 0.4775 |
| **Model 3** | 0.0210 | 0.0418 | 0.6157 |  | 0.0164 | 0.0202 | 0.4181 |
| **Lunch** | | | | | | | |
| **Model 1** | -0.0402 | 0.0329 | 0.2218 |  | 0.0024 | 0.0152 | 0.8731 |
| **Model 2** | -0.0258 | 0.0339 | 0.4478 |  | -0.0024 | 0.0158 | 0.8799 |
| **Model 3** | -0.0579 | 0.0412 | 0.1596 |  | -0.0177 | 0.0202 | 0.3822 |
|  |  |  |  |  |  |  |  |
| **Dinner** | | | | | | | |
| **Model 1** | 0.0752 | 0.0384 | 0.0501 |  | 0.0154 | 0.0168 | 0.3601 |
| **Model 2** | **0.0749** | **0.0374** | **0.0453** |  | 0.0209 | 0.0169 | 0.2165 |
| **Model 3** | **0.0874** | **0.0387** | **0.0241** |  | 0.0206 | 0.0177 | 0.2454 |
| **Total** | | | | | | | |
| **Model 1** | 0.0037 | 0.0153 | 0.8076 |  | 0.0065 | 0.0068 | 0.3397 |
| **Model 2** | 0.0083 | 0.0157 | 0.5957 |  | 0.0052 | 0.0069 | 0.4497 |
| **Model 3** | ---- | ---- | ---- |  | ---- | ---- | ---- |
| **Seafood and Plant Protein** | | | | | | | |
| **Breakfast** | | | | | | | |
| **Model 1** | **0.2064** | **0.0507** | **<.0001** |  | **0.0588** | **0.0280** | **0.0362** |
| **Model 2** | **0.1566** | **0.0552** | **0.0046** |  | **0.0624** | **0.0287** | **0.0300** |
| **Model 3** | **0.1538** | **0.0665** | **0.0208** |  | 0.0652 | 0.0372 | 0.0799 |
| **Lunch** | | | | | | | |
| **Model 1** | **0.1199** | **0.0518** | **0.0206** |  | 0.0323 | 0.0280 | 0.2483 |
| **Model 2** | 0.0831 | 0.0541 | 0.1244 |  | 0.0350 | 0.0291 | 0.2298 |
| **Model 3** | -0.0132 | 0.0655 | 0.8406 |  | -0.0076 | 0.0373 | 0.8392 |
| **Dinner** | | | | | | | |
| **Model 1** | 0.0826 | 0.0611 | 0.1761 |  | 0.0246 | 0.0309 | 0.4265 |
| **Model 2** | 0.0850 | 0.0600 | 0.1570 |  | 0.0253 | 0.0311 | 0.4168 |
| **Model 3** | 0.0557 | 0.0616 | 0.3662 |  | 0.0067 | 0.0326 | 0.8363 |
| **Total** | | | | | | | |
| **Model 1** | **0.0828** | **0.0237** | **0.0005** |  | 0.0218 | 0.0124 | 0.0787 |
| **Model 2** | **0.0642** | **0.0249** | **0.0098** |  | 0.0233 | 0.0128 | 0.0683 |
| **Model 3** | ---- | ---- | ---- |  | ---- | ---- | ---- |
| **Fatty Acid** | | | | | | | |
| **Breakfast** | | | | | | | |
| **Model 1** | **-0.1521** | **0.0775** | **0.0498** |  | 0.0299 | 0.0382 | 0.4339 |
| **Model 2** | -0.1453 | 0.0829 | 0.0795 |  | 0.0142 | 0.0392 | 0.7162 |
| **Model 3** | -0.1123 | 0.0997 | 0.2602 |  | 0.0034 | 0.0507 | 0.9471 |
| **Lunch** | | | | | | | |
| **Model 1** | -0.1407 | 0.0777 | 0.0701 |  | 0.03 | 0.0381 | 0.4313 |
| **Model 2** | -0.1255 | 0.0805 | 0.1188 |  | 0.0186 | 0.0396 | 0.6383 |
| **Model 3** | -0.0852 | 0.0983 | 0.3857 |  | 0.0150 | 0.0508 | 0.7677 |
| **Dinner** | | | | | | | |
| **Model 1** | 0.0462 | 0.0915 | 0.6138 |  | 0.0145 | 0.042 | 0.7295 |
| **Model 2** | 0.0361 | 0.0896 | 0.6869 |  | 0.0114 | 0.0423 | 0.7871 |
| **Model 3** | 0.0853 | 0.0924 | 0.3558 |  | 0.0062 | 0.0445 | 0.8895 |
|  |  |  |  |  |  |  |  |
| **Total** | | | | | | | |
| **Model 1** | -0.0555 | 0.036 | 0.1229 |  | 0.0141 | 0.0169 | 0.4043 |
| **Model 2** | -0.0500 | 0.0373 | 0.1806 |  | 0.0083 | 0.0174 | 0.6324 |
| **Model 3** | ---- | ---- | ---- |  | ---- | ---- | ---- |
| **Sodium** | | | | | | | |
| **Breakfast** | | | | | | | |
| **Model 1** | 0.1509 | 0.0774 | 0.0512 |  | -0.0058 | 0.0404 | 0.8860 |
| **Model 2** | 0.0639 | 0.0830 | 0.4416 |  | -0.0042 | 0.0414 | 0.9194 |
| **Model 3** | 0.1243 | 0.1000 | 0.2138 |  | -0.0168 | 0.0536 | 0.7544 |
| **Lunch** | | | | | | | |
| **Model 1** | 0.0564 | 0.0779 | 0.4694 |  | 0.0168 | 0.0403 | 0.6773 |
| **Model 2** | -0.0369 | 0.0806 | 0.6470 |  | 0.0141 | 0.0418 | 0.7355 |
| **Model 3** | -0.1007 | 0.0985 | 0.3067 |  | 0.0298 | 0.0536 | 0.5787 |
| **Dinner** | | | | | | | |
| **Model 1** | -0.0276 | 0.0914 | 0.7624 |  | -0.0089 | 0.0444 | 0.8405 |
| **Model 2** | -0.0167 | 0.0894 | 0.8520 |  | -0.0180 | 0.0447 | 0.6865 |
| **Model 3** | -0.0139 | 0.0926 | 0.8804 |  | -0.0210 | 0.0470 | 0.6545 |
| **Total** | | | | | | | |
| **Model 1** | 0.0401 | 0.036 | 0.2651 |  | 0.0007 | 0.0179 | 0.9678 |
| **Model 2** | 0.0021 | 0.0373 | 0.9559 |  | -0.0011 | 0.0184 | 0.9503 |
| **Model 3** | ---- | ---- | ---- |  | ---- | ---- | ---- |
| **Refined Grains** | | | | | | | |
| **Breakfast** | | | | | | | |
| **Model 1** | **0.1646** | **0.0819** | **0.0445** |  | 0.0413 | 0.0353 | 0.2415 |
| **Model 2** | 0.0611 | 0.0889 | 0.4915 |  | 0.0442 | 0.0357 | 0.2160 |
| **Model 3** | 0.1036 | 0.1070 | 0.3326 |  | 0.0218 | 0.0462 | 0.6372 |
| **Lunch** | | | | | | | |
| **Model 1** | 0.0539 | 0.0825 | 0.5137 |  | 0.0554 | 0.0352 | 0.1150 |
| **Model 2** | -0.0099 | 0.0863 | 0.9091 |  | 0.0499 | 0.0361 | 0.1662 |
| **Model 3** | -0.0430 | 0.1054 | 0.6833 |  | 0.0361 | 0.0463 | 0.4356 |
| **Dinner** | | | | | | | |
| **Model 1** | -0.083 | 0.0967 | 0.3903 |  | 0.0195 | 0.0389 | 0.6154 |
| **Model 2** | -0.0860 | 0.0955 | 0.3683 |  | 0.0178 | 0.0386 | 0.6437 |
| **Model 3** | -0.0957 | 0.0991 | 0.3343 |  | 0.0009 | 0.0405 | 0.9824 |
| **Total** | | | | | | | |
| **Model 1** | 0.0339 | 0.0382 | 0.3742 |  | 0.0221 | 0.0156 | 0.1559 |
| **Model 2** | -0.0048 | 0.0400 | 0.9050 |  | 0.0213 | 0.0158 | 0.1782 |
| **Model 3** | ---- | ---- | ---- |  | ---- | ---- | ---- |
|  |  |  |  |  |  |  |  |
| **Empty Calories** | | | | | | | |
| **Breakfast** | | | | | | | |
| **Model 1** | **0.3002** | **0.1187** | **0.0115** |  | -0.0283 | 0.0547 | 0.6051 |
| **Model 2** | **0.3168** | **0.1300** | **0.0148** |  | -0.0566 | 0.0559 | 0.3115 |
| **Model 3** | **0.3344** | **0.1566** | **0.0327** |  | -0.0624 | 0.0724 | 0.3883 |
| **Lunch** | | | | | | | |
| **Model 1** | 0.1548 | 0.1198 | 0.1965 |  | -0.0066 | 0.0545 | 0.9033 |
| **Model 2** | 0.1370 | 0.1272 | 0.2813 |  | -0.0386 | 0.0565 | 0.4948 |
| **Model 3** | -0.0793 | 0.1542 | 0.6071 |  | -0.0105 | 0.0724 | 0.8848 |
| **Dinner** | | | | | | | |
| **Model 1** | 0.1719 | 0.1405 | 0.2211 |  | 0.0123 | 0.0602 | 0.8376 |
| **Model 2** | 0.1991 | 0.1409 | 0.1576 |  | 0.0226 | 0.0604 | 0.7088 |
| **Model 3** | 0.1503 | 0.1451 | 0.3003 |  | 0.0452 | 0.0635 | 0.4761 |
| **Total** | | | | | | | |
| **Model 1** | **0.1243** | **0.0551** | **0.0241** |  | -0.0048 | 0.0242 | 0.8414 |
| **Model 2** | **0.1281** | **0.0585** | **0.0287** |  | -0.0147 | 0.0248 | 0.5521 |
| **Model 3** | ---- | ---- | ---- |  | ---- | ---- | ---- |

\*Estimates are beta coefficients. Interpretation=for every 1-day increase in eating (breakfast, lunch, dinner) family meals,

HEI score and BMI percentile changes.

\*\*Bolded values are significant at P<0.05

\*\*\*Model 1: Unadjusted

\*\*\*\*Model 2: Adjusted for age, sex, marital status, employment status and site. For Non-Hispanic participants, also adjusted for race/ethnicity.

\*\*\*\*\*Model 3: Adjusted for all of the covariates in model 2 plus the frequency of the other two family meals.