**Supplemental Table 1** Energy contributions and prevalence of the top 20 sub-major food groups that contained DF on day 1 and day 2 of recall, ranked by % energy contribution among adults 19+ years from the 2011-12 National Nutrition and Physical Activity Survey

|  |  |  |
| --- | --- | --- |
|  | Day 1 of recall | Day 2 of recall |
| Rank | Sub-major food group | Proportion of DF consumers (%) | Contribution to DF energy among DF consumers (%) | Sub-major food group | Proportion of DF consumers (%) | Contribution to DF energy among DF consumers (%) |
| 1 | Cakes, muffins, scones, cake-type desserts | 15.6% | 8.4% | Cakes, muffins, scones, cake-type desserts  | 15.4% | 9.5% |
| 2 | Wines  | 18.0% | 8.1% | Wines  | 17.4% | 8.5% |
| 3 | Pastries  | 14.4% | 8.0% | Pastries  | 13.9% | 8.4% |
| 4 | Beers  | 13.7% | 6.1% | Beers  | 12.9% | 6.0% |
| 5 | Soft drinks, and flavoured mineral waters  | 27.5% | 5.2% | Soft drinks, and flavoured mineral waters | 24.8% | 5.1% |
| 6 | Sweet biscuits  | 22.4% | 5.1% | Sugar, honey and syrups  | 44.7% | 4.9% |
| 7 | Sugar, honey and syrups  | 48.5% | 4.9% | Sweet biscuits | 19.5% | 4.8% |
| 8 | Chocolate and chocolate-based confectionery  | 16.7% | 4.8% | Potatoes  | 10.4% | 4.4% |
| 9 | Frozen milk products  | 13.3% | 3.9% | Chocolate and chocolate-based confectionery  | 14.0% | 4.4% |
| 10 | Potatoes  | 11.7% | 3.9% | Processed meat  | 23.2% | 3.7% |
| 11 | Processed meat  | 22.6% | 3.5% | Sausages, frankfurts and saveloys  | 5.7% | 3.5% |
| 12 | Sausages, frankfurts and saveloys | 6.2% | 3.3% | Frozen milk products  | 11.3% | 3.5% |
| 13 | Fish and seafood products (homemade and takeaway)  | 5.0% | 3.0% | Mixed dishes where cereal is the major ingredient  | 3.3% | 3.0% |
| 14 | Mixed dishes where cereal is the major ingredient  | 3.6% | 2.7% | Fish and seafood products (homemade and takeaway) | 4.3% | 2.9% |
| 15 | Salad dressings  | 14.2% | 2.3% | Salad dressings  | 13.1% | 2.4% |
| 16 | Butters  | 16.1% | 2.0% | Butters | 17.4% | 2.3% |
| 17 | Fruit and vegetable juices, and drinks | 7.8% | 2.0% | Fruit and vegetable juices, and drinks  | 7.7% | 2.0% |
| 18 | Potato snacks  | 6.1% | 1.7% | Gravies and savoury sauces  | 20.7% | 1.7% |
| 19 | Cordials  | 6.3% | 1.6% | Muesli or cereal style bars | 5.4% | 1.6% |
| 20 | Other alcoholic beverages  | 3.1% | 1.6% | Potato snacks  | 4.5% | 1.5% |

DF, discretionary foods and beverages

**Supplementary Table 2** The estimated effect of age group and sex on diet, lifestyle, and adiposity-related characteristics among adults 19+ years from the 2011-12 National Nutrition and Physical Activity Survey

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Characteristic\* | 19-30y | 31-50y | 51-70y | 71+y | P value† |
| M | F | M | F | M | F | M | F |
|  | Mean | SE | Mean | SE | Mean | SE | Mean | SE | Mean | SE | Mean | SE | Mean | SE | Mean | SE |
| Energy intake (MJ) | 10.9 | 0.1 | 7.9 | 0.1 | 10.2 | 0.1 | 7.6 | 0.1 | 9.3 | 0.1 | 7.4 | 0.1 | 8.1 | 0.2 | 6.7 | 0.1 | <0.001 |
| Discretionary energy intake (MJ) | 3.9 | 0.0 | 2.8 | 0.0 | 3.6 | 0.0 | 2.7 | 0.0 | 3.3 | 0.0 | 2.6 | 0.0 | 2.9 | 0.1 | 2.4 | 0.1 | <0.001 |
| Non-discretionary energy intake (MJ) | 7.1 | 0.1 | 5.1 | 0.1 | 6.5 | 0.1 | 4.9 | 0.1 | 6.1 | 0.1 | 4.8 | 0.1 | 5.2 | 0.1 | 4.3 | 0.1 | <0.001 |
| Proportion of energy from discretionary (%) | 33.5 | 0.2 | 33.5 | 0.2 | 33.7 | 0.2 | 33.0 | 0.2 | 33.5 | 0.2 | 32.8 | 0.2 | 33.2 | 0.3 | 33.0 | 0.3 | 0.124 |
| DF serves | 6.4 | 0.1 | 4.7 | 0.1 | 6.1 | 0.1 | 4.4 | 0.1 | 5.5 | 0.1 | 4.4 | 0.1 | 4.8 | 0.1 | 4.0 | 0.1 | <0.001 |
| Total EO | 6.4 | 0.1 | 6.6 | 0.1 | 7.0 | 0.1 | 7.2 | 0.1 | 7.0 | 0.1 | 7.4 | 0.1 | 6.6 | 0.1 | 6.9 | 0.1 | 0.385 |
| EO with DF | 3.4 | 0.0 | 3.3 | 0.0 | 3.9 | 0.0 | 3.6 | 0.0 | 3.7 | 0.0 | 3.5 | 0.0 | 3.7 | 0.1 | 3.5 | 0.1 | 0.091 |
| Proportion of EO with DF (%) | 54.2 | 0.6 | 51.4 | 0.6 | 56.0 | 0.5 | 50.9 | 0.5 | 54.9 | 0.5 | 48.2 | 0.5 | 56.7 | 0.9 | 52.2 | 0.8 | 0.008 |
| Physical activity (minutes) | 303 | 9 | 218 | 9 | 239 | 7 | 225 | 7 | 251 | 8 | 210 | 8 | 186 | 13 | 110 | 12 | <0.001 |
| Time sitting or lying down for work, transport, and leisure (minutes) | 2491 | 39 | 2392 | 40 | 2700 | 31 | 2212 | 31 | 2406 | 36 | 2086 | 35 | 1880 | 60 | 1893 | 56 | <0.001 |
| BMI (kg/m2) | 25.6 | 0.2 | 24.9 | 0.2 | 27.8 | 0.1 | 27.1 | 0.1 | 28.8 | 0.2 | 28.2 | 0.2 | 27.9 | 0.3 | 27.6 | 0.3 | 0.796 |
| Waist circumference (cm) | 89.9 | 0.4 | 81.1 | 0.4 | 97.9 | 0.3 | 87.3 | 0.3 | 102.3 | 0.4 | 91.4 | 0.4 | 102.1 | 0.7 | 91.5 | 0.6 | 0.052 |
| Self-reported fruit serves | 1.4 | 0.0 | 1.5 | 0.0 | 1.5 | 0.0 | 1.6 | 0.0 | 1.6 | 0.0 | 1.9 | 0.0 | 1.9 | 0.0 | 1.9 | 0.0 | 0.004 |
| Self-reported vegetable serves | 1.9 | 0.0 | 2.1 | 0.0 | 2.2 | 0.0 | 2.5 | 0.0 | 2.4 | 0.0 | 2.8 | 0.0 | 2.4 | 0.1 | 2.7 | 0.1 | 0.006 |

BMI, body mass index; DF, discretionary foods and beverages; SE, standard error; EO, eating occasion

\*Adjusted for quartile of per cent energy from DF, age group, sex, and their interaction using univariate ANOVA

†Univariate ANOVAs denote the effect of the interaction of age group and sex