# **SUPPLEMENTAL MATERIAL**

|  |
| --- |
| **Supplemental Table S1. Food and beverage groups used for classification in analysis** |
| **Group** | **Description** |
| **Foods** |  |
| 1. Cereal-based foods | Grains; flour, starches and similar; pasta; dough; bread, bulk; bread, packaged |
| 2. Ready-to-eat breakfast cereals | - |
| 3. Grain-based desserts | Sweet bakery products; cookies; cereal and protein bars |
| 4. Other sweets and desserts | Sugar, honey and syrups; jam and sweet spreads; gelatin; ice cream and frozen treats; chocolate and candies, with sugar; chocolate and candies, sugar-free; milk modifiers; non-caloric sweeteners; other dairy-based desserts |
| 5. Salty Snacks | Crackers; chips; nuts and seeds. |
| 6. Meats and meat substitutes | Poultry; beef; pork; other meats; meat substitutes |
| 7. Fish and others | Fresh or frozen fish and other seafood; canned and dried fish and other seafood; unprocessed seaweed; processed seaweed |
| 8. Dairy foods | Milk cream, evaporated milk and condensed milk; cheese; yogurt |
| 9. Eggs | - |
| 10. Legumes | Unprocessed legumes; processed legumes |
| 11. Fruits and vegetables | Unprocessed vegetables; processed vegetables; unprocessed fruits; processed fruits |
| 12. Condiments and sauces | Condiments (vinegar, ketchup, mayonnaise, mustard); sauces (tomato, soy, teriyaki, unagi)  |
| 13. Salt and seasonings | Includes items such as salt, seasonings (natural and industrialized) and bouillon cubes. |
| 14. Soups | Dry soups; canned soups |
| 15. Oils and fats | Vegetable oils; butter and lard; margarine and similar products |
| 16. *Empanadas* and *sopaipillas* | Mostly *empanadas* (fried filled dough, typically filled with meat and vegetables or cheese) and *sopaipillas* (fried dough) |
| 17. Fast food | Mostly *completos* (hot dog sandwich), hamburgers, pizza and potato fries. |
| 18. Baby food | Mostly cereal-based (i.e. Nestum®) |
| **Beverages** |  |
| 19. Water | Plain water; low-calorie flavored water |
| 20. Sugar-sweetened water | Prepared from concentrate (i.e. Kapo®, Zuko®, Sprim®) |
| 21. Energy and sport drinks | Regular sport drinks; regular energy drinks; diet sports drinks; diet energy drinks |
| 22. Carbonated beverages | Regular sodas; diet sodas |
| 23. Fruit-flavored drinks | Mostly fruit nectars with added sugar |
| 24. 100% fruit juice | 100% fruit juice without added sugar |
| 25. Coffee and tea | Coffee; tea; herbal tea. With and without added sugar |
| 26. Dairy beverages | Milk; dairy drinks; drinkable yogurts; fermented milks; dairy based beverages; prepared milk modifiers. With and without added sugar |
| 27. Formula | Includes baby, toddler and elderly formulas (i.e. Nido®, Pediasure®) |
| 28. Alcoholic beverages | Mostly small quantities of wine used as part of food preparations |

|  |
| --- |
| **Supplemental Table S2. Recipes that were not disaggregated into individual components** |
| **Classified as** | **Original recipe name** | **Classified as** | **Original recipe name** |
| Cereal-based food (group 1) |  | Fruits and vegetables (group 11) |  |
|  | Pan amasado casero |  |  Compota de manzana |
|  |  |  |  Macedonia |
| Grain-based desserts (group 3) |  |   |  |
|   |  Calzón roto | Condiments and sauces (group 12) |  |
|  |  Colegial |   | Mayonesa casera |
|  |  Galleta casera |  |  |
|  |  Galleta de avena casera | *Empanadas* and *sopaipillas* (group 16) |  |
|  |  Panqueque |  |  Arepa |
|  |  Panqueque relleno con manjar |  |  Arrollado de jamón y queso |
|  |  Pie de limón |  |  Arrollado primavera |
|  |  Queque casero (varias recetas) |  |  Chaparrita frita |
|  |  Tartaleta de frutas |  |  Empanada (varias recetas) |
|  |  |  |  Sopaipilla |
| Other sweets and desserts (group 4) |  |  |  Sopaipilla pasada |
|  |  Arroz con leche |  |  |
|  |  Flan (varias recetas) | Fast food (group 17) |  |
|  |  Leche asada |  |  Completo italiano |
|  |  Sémola con leche (varias recetas) |  |  Hamburguesa |
|  |  Merengue |  |  Papas fritas |
|  |  Mermelada (varias recetas) |  |  Pizza (todas las recetas) |
|  |  Mousse de frutilla |  |  |

|  |
| --- |
| **Supplemental Table S3**.  Mean per capita intakes of energy and other nutrients in Chilean children and adolescents, by snacks and meals. |
| Energy / Nutrient assessed | Snacks | Meals |
| Males | Females |  | Males | Females |  |
| Mean | SE | Mean | SE | Mean | SE | Mean | SE |
| **Children (n=958)** |  |  |  |  |  |  |  |  |  |  |
|  Energy, kcal/day | 368 | 12 | 352 | 11 |  | 880 | 15 | 827 | 14 | \* |
|  Intakes, macronutrients |  |  |  |  |  |  |  |  |  |  |
|  Total protein, g/d | 8.7 | 0.3 | 8.7 | 0.5 |  | 35.9 | 0.7 | 33.5 | 0.6 | \* |
|  Total carbohydrates, g/d | 61.0 | 2.0 | 56.5 | 1.7 |  | 120.0 | 2.2 | 112.8 | 2.1 | \* |
|  Total sugars, g/d | 39.3 | 1.3 | 35.5 | 1.2 | \* | 49.2 | 1.2 | 47.6 | 1.1 |  |
|  Total fat, g/d | 10.9 | 0.5 | 11.0 | 0.5 |  | 28.9 | 0.6 | 27.3 | 0.6 |  |
|  Saturated fat, g/d | 4.0 | 0.2 | 4.2 | 0.2 |  | 9.4 | 0.2 | 9.0 | 0.2 |  |
|  Intakes, micronutrients |  |  |  |  |  |  |  |  |  |  |
|  Sodium, mg/d | 288 | 14 | 274 | 13 |  | 935 | 29 | 884 | 25 |  |
| **Adolescents (n=752)** |  |  |  |  |  |  |  |  |  |  |
|  Energy, kcal/day | 538 | 25 | 521 | 25 |  | 1454 | 30 | 1179 | 25 | \* |
|  Intakes, macronutrients |  |  |  |  |  |  |  |  |  |  |
|  Total protein, g/d | 10.4 | 0.6 | 10.8 | 0.7 |  | 57.0 | 1.4 | 46.9 | 1.1 | \* |
|  Total carbohydrates, g/d | 80.3 | 3.6 | 77.7 | 3.5 |  | 195.5 | 4.1 | 158.1 | 3.4 | \* |
|  Total sugars, g/d | 41.7 | 2.1 | 41.1 | 2.0 |  | 65.7 | 2.2 | 50.7 | 1.6 | \* |
|  Total fat, g/d | 20.5 | 1.1 | 19.7 | 1.1 |  | 49.8 | 1.4 | 40.3 | 1.2 | \* |
|  Saturated fat, g/d | 6.6 | 0.4 | 6.7 | 0.4 |  | 15.1 | 0.5 | 11.9 | 0.4 | \* |
|  Intakes, micronutrients |  |  |  |  |  |  |  |  |  |  |
|  Sodium, mg/d | 507 | 31 | 483 | 34 |  | 1887 | 55 | 1467 | 44 | \* |
| \* p<0.05. Independent sample t-test comparing males vs. females, within each age group. |