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| **Supplementary table 1:** Dietary fibre content and contribution to food group dietary fibre intake of a selection of CSIRO FFQ included foods (unpaired) | | | | | |
|  |  | Age 14 |  | Age 17 |
|  | % dietary fibre content | % of daily dietary fibre intake | | |
| Cereals and grains |  |  |  |  |
| White bread | 3.93 | 8.99 |  | 7.45 |
| Cereal | 9.09 | 7.82 |  | 7.09 |
| Wholemeal bread | 7.05 | 7.39 |  | 12.10 |
| Pasta | 2.18 | 3.66 |  | 4.04 |
| Rice | 1.81 | 3.41 |  | 3.83 |
| Muesli bar | 6.40 | 2.93 |  | 2.83 |
| Noodles | 3.02 | 2.87 |  | 3.31 |
| High fibre bread | 6.93 | 2.27 |  | 0.47 |
| Porridge | 3.21 | 1.96 |  | 1.80 |
| Muesli | 9.86 | 0.76 |  | 1.53 |
| Other bread | 4.21 | 0.45 |  | 0.15 |
| Bran | 27.60 | 0.05 |  | 0.04 |
| Wheat germ | 18.60 | 0.01 |  | 0.04 |
| Total |  | 42.57 |  | 44.68 |
| Fruits |  |  |  |  |
| Apple/pear | 2.63 | 9.28 |  | 9.54 |
| Banana | 2.87 | 5.80 |  | 4.92 |
| Orange | 2.12 | 3.06 |  | 2.83 |
| Grapes | 2.93 | 1.47 |  | 1.08 |
| Berries | 3.76 | 1.26 |  | 0.76 |
| Other fruit | 3.47 | 1.17 |  | 0.98 |
| Tomato | 1.34 | 1.15 |  | 1.48 |
| Plum | 2.00 | 0.92 |  | 0.40 |
| Canned fruit | 1.89 | 0.90 |  | 0.70 |
| Fruit salad | 2.06 | 0.87 |  | 0.83 |
| Raisins and sultanas | 4.40 | 0.66 |  | 0.85 |
| Peach | 2.02 | 0.62 |  | 0.34 |
| Dried fruit | 9.77 | 0.54 |  | 0.62 |
| Apricot | 2.50 | 0.39 |  | 0.09 |
| Pineapple | 1.75 | 0.38 |  | 0.46 |
| Nectarine | 1.97 | 0.34 |  | 0.31 |
| Avocado | 3.05 | 0.25 |  | 0.46 |
| Rockmelon | 0.98 | 0.20 |  | 0.14 |
| Total |  | 29.27 |  | 26.79 |
| Vegetables |  |  |  |  |
| Peas | 6.08 | 1.55 |  | 1.68 |
| Carrot | 3.73 | 1.47 |  | 1.57 |
| Sweetcorn (fresh) | 4.30 | 1.15 |  | 0.92 |
| Hot chips | 3.22 | 1.00 |  | 0.99 |
| Broccoli | 3.75 | 0.92 |  | 1.07 |
| Onion | 2.51 | 0.77 |  | 0.69 |
| Boiled potato | 1.84 | 0.77 |  | 0.62 |
| Mixed vegetables | 3.28 | 0.70 |  | 0.65 |
| Mashed potato | 1.30 | 0.55 |  | 0.56 |
| Roasted potato | 2.65 | 0.54 |  | 0.63 |
| Green beans | 3.13 | 0.45 |  | 0.51 |
| Cauliflower | 3.03 | 0.42 |  | 0.46 |
| Beetroot | 3.80 | 0.41 |  | 0.46 |
| Sweetcorn (canned) | 3.30 | 0.40 |  | 0.29 |
| Lettuce | 1.73 | 0.31 |  | 0.39 |
| Mushrooms fresh | 1.93 | 0.28 |  | 0.28 |
| Pumpkin | 2.23 | 0.28 |  | 0.27 |
| Cabbage | 2.45 | 0.27 |  | 0.23 |
| Coleslaw | 2.10 | 0.24 |  | 0.31 |
| Peas canned | 7.00 | 0.22 |  | 0.17 |
| Silverbeet, spinach | 4.33 | 0.22 |  | 0.30 |
| Cucumber | 1.17 | 0.19 |  | 0.23 |
| Capsicum | 1.97 | 0.18 |  | 0.21 |
| Broad beans | 7.60 | 0.15 |  | 0.55 |
| Olives | 2.65 | 0.15 |  | 0.21 |
| Brussel sprouts | 4.73 | 0.14 |  | 0.14 |
| Celery | 1.60 | 0.12 |  | 0.14 |
| Potato salad | 1.77 | 0.11 |  | 0.23 |
| Zucchini | 1.36 | 0.10 |  | 0.10 |
| Mushrooms canned | 3.35 | 0.10 |  | 0.07 |
| Gherkin | 1.00 | 0.09 |  | 0.09 |
| Potato gems | 2.82 | 0.07 |  | 0.07 |
| Green beans canned | 3.10 | 0.06 |  | 0.04 |
| Bean sprouts | 1.70 | 0.05 |  | 0.04 |
| Carrot (canned) | 3.00 | 0.05 |  | 0.03 |
| Packet potato | 1.90 | 0.03 |  | 0.04 |
| Turnip, swede | 2.20 | 0.02 |  | 0.02 |
| Total |  | 14.54 |  | 15.25 |
| Legumes |  |  |  |  |
| Baked beans | 5.18 | 1.16 |  | 1.23 |
| Lentils | 6.78 | 0.34 |  | 0.34 |
| Haricot, lima beans | 7.05 | 0.30 |  | 0.14 |
| Total |  | 1.80 |  | 1.70 |
| Nuts |  |  |  |  |
| Nuts | 7.32 | 0.71 |  | 1.15 |
| Total |  | 0.71 |  | 1.15 |
| Discretionary foods |  |  |  |  |
| Crisps | 4.93 | 1.94 |  | 1.36 |
| Savoury pie | 1.81 | 1.89 |  | 1.90 |
| Pizza | 2.09 | 1.43 |  | 1.72 |
| Biscuits | 2.61 | 1.18 |  | 0.90 |
| Hamburger | 1.82 | 1.07 |  | 1.33 |
| Crumpets | 3.75 | 1.03 |  | 0.89 |
| Cracker | 4.79 | 0.73 |  | 0.62 |
| Chocolate bars | 2.16 | 0.70 |  | 0.73 |
| Cake | 1.67 | 0.43 |  | 0.30 |
| Doughnut | 2.31 | 0.27 |  | 0.20 |
| Fruit pie | 2.20 | 0.19 |  | 0.16 |
| Fruit loaf | 2.28 | 0.12 |  | 0.19 |
| Croissant | 2.65 | 0.11 |  | 0.13 |
| Total |  | 11.09 |  | 10.44 |
| Based on AUSNUT nutrient values | | | | | |

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| **Supplementary table 2:** Proportion and g/day intake of common sources of dietary fibre (paired) | | | | | | | | | | | | | | | | | | | |
|  | Overall | | | | |  | | Female | | | | | |  | Male | | | | |
|  | Age 14 | |  | Age 17 | | |  | | Age 14 | |  | Age 17 | |  | Age 14 | |  | Age 17 | |
|  | % | g/day |  | % | g/day | |  | | % | g/day |  | % | g/day |  | % | g/day |  | % | g/day |
| Cereals and grains | 43.0 | 10.0 |  | 44.4 | 9.9 | |  | | 41.1 | 9.0 |  | 41.1 | 8.0 |  | 45.2 | 11.1 |  | 48.2 | 12.0 |
| Fruits | 27.9 | 7.2 |  | 25.3 | 5.9 | |  | | 29.4 | 7.1 |  | 27.8 | 5.9 |  | 26.2 | 7.2 |  | 22.4 | 5.9 |
| Vegetables | 14.9 | 3.4 |  | 16.4 | 3.3 | |  | | 15.8 | 3.4 |  | 18.6 | 3.4 |  | 14.0 | 3.4 |  | 14.0 | 3.2 |
| Discretionary foods | 11.8 | 2.6 |  | 11.3 | 2.3 | |  | | 11.4 | 2.4 |  | 10.0 | 1.8 |  | 12.3 | 2.8 |  | 12.8 | 2.9 |
| Legumes | 1.7 | 0.4 |  | 1.6 | 0.4 | |  | | 1.7 | 0.4 |  | 1.6 | 0.3 |  | 1.6 | 0.4 |  | 1.6 | 0.4 |
| Nuts | 0.7 | 0.2 |  | 1.0 | 0.2 | |  | | 0.7 | 0.2 |  | 1.0 | 0.2 |  | 0.8 | 0.2 |  | 1.0 | 0.3 |
| Contents of each food group as shown in supplementary table 1 | | | | | | | | | | | | | | | | | | | |

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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Supplementary table 3:** Common sources of dietary fibre in those with adequate and inadequate intakes | | | | | | | | | | | |
|  | Age 14 | | | | |  | Age 17 | | | | |
|  | Adequate | |  | Inadequate | |  | Adequate | |  | Inadequate | |
| Overall | % | g/day |  | % | g/day |  | % | g/day |  | % | g/day |
| Cereals and grains | 39.8 | 12.5 |  | 46.0 | 8.5 |  | 42.9 | 13.6 |  | 45.0 | 7.7 |
| Fruits | 32.6 | 10.5 |  | 22.9 | 4.4 |  | 29.9 | 9.2 |  | 22.8 | 4.0 |
| Vegetables | 14.9 | 4.5 |  | 15.4 | 2.7 |  | 15.4 | 4.6 |  | 17.0 | 2.7 |
| Discretionary foods | 10.0 | 3.0 |  | 13.6 | 2.4 |  | 8.6 | 2.6 |  | 13.0 | 2.1 |
| Legumes | 2.0 | 0.6 |  | 1.5 | 0.3 |  | 1.8 | 0.6 |  | 1.4 | 0.2 |
| Nuts | 0.8 | 0.3 |  | 0.6 | 0.1 |  | 1.4 | 0.4 |  | 0.8 | 0.1 |
| Total | 100 | 31.4 |  | 100 | 18.4 |  | 100 | 31.0 |  | 100 | 16.8 |
| Female |  |  |  |  |  |  |  |  |  |  |  |
| Cereals and grains | 38.2 | 10.9 |  | 44.3 | 7.3 |  | 38.9 | 10.5 |  | 41.7 | 6.2 |
| Fruits | 33.6 | 10.0 |  | 24.6 | 4.1 |  | 32.7 | 8.9 |  | 25.2 | 3.9 |
| Vegetables | 15.6 | 4.4 |  | 16.1 | 2.5 |  | 17.5 | 4.6 |  | 19.1 | 2.7 |
| Discretionary foods | 9.8 | 2.7 |  | 13.0 | 2.0 |  | 7.8 | 2.0 |  | 11.7 | 1.7 |
| Legumes | 2.1 | 0.6 |  | 1.4 | 0.2 |  | 1.6 | 0.5 |  | 1.4 | 0.2 |
| Nuts | 0.8 | 0.2 |  | 0.6 | 0.1 |  | 1.5 | 0.4 |  | 0.8 | 0.1 |
| Total | 100 | 28.8 |  | 100 | 16.2 |  | 100 | 26.9 |  | 100 | 14.8 |
| Male |  |  |  |  |  |  |  |  |  |  |  |
| Cereals and grains | 41.9 | 14.8 |  | 47.2 | 9.3 |  | 48.6 | 18.0 |  | 48.3 | 9.1 |
| Fruits | 31.2 | 11.4 |  | 21.7 | 4.6 |  | 26.0 | 9.7 |  | 20.3 | 4.0 |
| Vegetables | 13.8 | 4.7 |  | 14.9 | 2.8 |  | 12.4 | 4.4 |  | 14.8 | 2.7 |
| Discretionary foods | 10.2 | 3.4 |  | 14.1 | 2.6 |  | 9.8 | 3.5 |  | 14.4 | 2.5 |
| Legumes | 2.0 | 0.7 |  | 1.6 | 0.3 |  | 2.2 | 0.8 |  | 1.4 | 0.3 |
| Nuts | 0.8 | 0.3 |  | 0.5 | 0.1 |  | 1.2 | 0.4 |  | 0.9 | 0.2 |
| Total | 100 | 35.3 |  | 100 | 19.7 |  | 100 | 36.8 |  | 100 | 18.8 |
| Contents of each food group as shown in supplementary table 1 | | | | | | | | | | | |