Supplemental Table 1. Calorie and sodium cut-offs for green, amber, and red traffic light classifications

|  |  |  |  |
| --- | --- | --- | --- |
|  | Green | Amber | Red |
| Food  |  |  |  |
| Calories per portion(1)  | ≤ 450 kcal | >450 to ≤660 kcal | > 660 kcal |
| Sodium per 100g(2) | ≤ 120 mg | >120 to ≤600 mg | > 600 mg |
| Beverage |  |  |  |
| Calories per 100 ml(1) | ≤ 100 kcal | >100 to ≤200 kcal | > 200 kcal |
| Sodium per 100 ml(2) | ≤ 120 mg | >120 to ≤600 mg | > 600 mg |

References:

1) Hammond D, Goodman S, Hanning R et al. (2013) A randomized trial of calorie labeling on menus. Prev Med 57, 860-866.

2) U.K. Food Standards Agency (2016) Guide to creating a front of pack (FoP) nutrition label for pre-packed products sold through retail outlets. https://www.food.gov.uk/sites/default/files/media/document/fop-guidance\_0.pdf (accessed October 2019).

Supplemental Table 2. Participants’ understanding of calorie and sodium amounts by menu labelling condition [% under (%-), % correct, and % over (%+)].

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|   | **No Nutrition Information (Control)**(n=214) | **Calories-Only** (n=189) | **Calories + CS**(n=205) | **Calories, Sodium, + CS**(n=192) | **Calories and Sodium in Traffic Lights + CS**(n=198) |
| Calories | % - | % Correct | % + | % - | % Correct | % + | % - | % Correct | % + | % - | % Correct | % + | % - | % Correct | % + |
| Overall1  | 75.0 | 8.5 | 16.5 | 30.7 | 45.5a | 23.8 | 26.5 | 47.1a,b | 26.5 | 14.8 | 55.0b | 30.2 | 26.8 | 51.5a,b | 21.7 |
| Beverage | 82.9 | 7.5 | 9.6 | 29.6 | 65.4a | 5.0 | 21.5 | 72.9a,b | 5.7 | 14.4 | 78.1b | 7.5 | 17.8 | 73.6a,b | 8.6 |
| Sodium | % - | % Correct | % + | % - | % Correct | % + | % - | % Correct | % + | % - | % Correct | % + | % - | % Correct | % + |
| Overall1 | 94.3 | 1.9a | 3.8 | 94.7 | 1.1a | 4.2 | 92.2 | 1.0a | 6.9 | 22.2 | 63.5b  | 14.3 | 27.8 | 57.1b | 15.2 |
| Side  | 86.4 | 1.0a | 12.6 | 90.4 | 1.6a | 8.0 | 87.9 | 1.0a | 11.1 | 14.5 | 81.2b | 4.3 | 16.6 | 77.7b | 5.7 |

1Overall includes entrée, side, dessert, and beverage. A multinomial logistic regression was conducted adjusting for multiple comparisons using the Tukey-Kramer adjustment. The referent group is underestimation (%-). For each row, conditions with identical superscripts indicate a pairwise comparison that is not significantly different at *P* <0.05 (shown for % Correct only). All remaining pairwise comparisons were statistically significant at *P* <0.05 (shown for % Correct only).