### Supplementary Table 1: Procedure to classify foods consistent with the Australian Guide to Healthy Eating

<table>
<thead>
<tr>
<th>Question</th>
<th>Details</th>
<th>If yes…</th>
<th>If no or unsure…</th>
</tr>
</thead>
<tbody>
<tr>
<td>Q1. Is the product easily identifiable as a five food group food, or water?</td>
<td>Vegetables - All fresh, frozen, canned and dried, but not fried Fruit - All fresh, frozen, canned, dried, and fruit juice Grains - Whole and rolled grains, flour, bread, pasta, noodles, breakfast cereals, including refined and whole grain varieties Lean meat, fish, and alternatives - All fresh, frozen and canned meat, poultry and fish; salt and fat reduced sausages; eggs, tofu, nuts and nut spreads, legumes, seeds Milk, yoghurt, cheese, and alternatives - Fresh, dried, evaporated or UHT milk, yoghurt, all cheese, and calcium-enriched alternatives Water</td>
<td>Classify into the appropriate food group</td>
<td>Go to Q2</td>
</tr>
<tr>
<td>Q2. Is the product easily identifiable as a discretionary food, using the examples provided in the Eat for Health Educators Guide?</td>
<td>Foods with higher added sugars - energy drinks, fruit drinks, honey, jams, marmalade, some sauces, sports drinks, sugar, confectionery, soft drinks, cordials, sweetened waters, iced tea, syrups Foods with higher saturated fat - bacon, ham, butter, cream, ghee, some tacos/nachos/enchiladas, commercially fried foods, commercial burgers, crisps, extruded snacks, dairy blends, frankfurts, chips, meat pie, pasties, pastry, pizza, processed meat, quiche, salami, mettwurst, sausages, some crackers, some sauces, spring roll Foods with higher saturated fat and added sugars - biscuits, cakes, chocolate, chocolate bars, dessert style custards, doughnuts, iced buns, ice cream, muesli bars, puddings, slices, some confectionery, some sauces, muffins, pastries, pies, crumbles Foods with high salt - marinades and sauces e.g. fish sauce, soy sauce; salty snack foods; spreads e.g. Vegemite; savoury biscuits</td>
<td>Classify as discretionary</td>
<td>Go to Q3</td>
</tr>
<tr>
<td>Question</td>
<td>Details</td>
<td>If yes…</td>
<td>If no or unsure…</td>
</tr>
<tr>
<td>------------------------------------------------------------------------</td>
<td>--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------</td>
<td>--------------------------------------------------------------------------------------------</td>
<td>---------------------------------------</td>
</tr>
</tbody>
</table>
| Q3. Do the ABS principles for identifying discretionary foods identify this food as discretionary? | All milk drinks including flavoured milk  
All soft drinks including those with intense sweeteners  
All fruit drinks other than fruit juices  
Tea or coffee with added sugar  
Breakfast cereals without added fruit > 30g sugar/100g  
Breakfast cereals with added fruit > 35g sugar/100g  
All dry soup mixes  
Mixed dishes containing grains e.g. sandwiches, burgers, wraps, sushi, pizza >5g saturated fat/100g | Classify as milk, yoghurt, cheese and alternatives  
Classify as discretionary                                                                 | Go to Q4                                                                                        |
| Q4. Does the product contain any of the following: added saturated fat, added salt, or added sugar? | added saturated fat e.g. butter, cream, coconut milk/cream, mayonnaise  
added salt e.g. marinades, soy/fish sauce, stock/bouillon  
added sugar or other sweeteners e.g. honey, syrups | Go to Q5                                                                                      | Classify as 'mixed product using mainly five food group foods' |
| Q5. Does the nutrition content of the product meet any of the following criteria from the Eat for Health Educators Guide? | -- total fat > 10g per 100g  
-- saturated fat > 3g per 100g  
-- total sugar > 15g per 100g  
-- sodium > 400mg per 100g | Classify as discretionary or 'mixed product high in fat salt or sugar'                      | Go to Q6                                                                                        |
| Q6. Is there enough information provided to classify the product as five food group foods or mixed product using mainly core foods? | For products where only front-of-pack information is available, products will be classified as discretionary/ mixed product high in fat salt or sugar unless there is sufficient information to classify it as five food group food/ mixed product using mainly five food group foods | Classify into the appropriate food group, or as 'mixed product using mainly five food group foods' | Classify as discretionary or 'mixed product high in fat salt or sugar' |