**Supplementary Table 1: Composition of food groups (based on SFFQ) at each time period**

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| **Food groups** | **SFFQ items** | | |
| **7y** | **11y** | **15y** |
| White bread |  |  | white bread, white rolls, buns |
| Whole-wheat bakery products | whole-wheat bakery, oat bran pastry |  |  |
| Breakfast cereals | oats, muesli, others (cornflakes, puffed rice, other cereals from corn flour) | cereals (porridge, flakes, muesli) | cereal products (muesli, cornflakes, porridge, etc.) |
| Biscuits | cookies, wafers, cookies and wafers poured with chocolate | biscuits, wafers other biscuits | biscuits, wafers other biscuits |
| Yoghurts, puddings | yoghurts, milk puddings, rice puddings, porridge, curds, and other local milk products | milk, fermented milk, kefir, buttermilk, flavoured milk, yoghurt, puddings, milk ice cream | yoghurts, yoghurt drink, cottage cheese or cheesecake dessert, creamy cream or dessert, other local milk products like pudding, custard creams, milk rice or other milk desserts |
| Pies and cakes | buns, pies/tarts, donuts, pancakes, omelette | pies, cakes | sweet pastries (buns, cakes, donuts, Christmas cake, croissant, muffins, etc.) |
| Poultry | chicken, turkey, duck, goose | chicken, turkey, duck, goose | poultry (chicken, turkey meat), rabbit |
| Red meat | beef, lamb, pork | beef, lamb, pork | beef, pork, mutton, venison |
| Pâtés/ground meat | hamburgers, minced meat | - | pates, canned, hamburger |
| Offal, giblets | offal, giblets | offal, giblets (liver, kidneys, heart, etc.) | offal (liver, kidney, etc.) |
| Sausages | sausages, salami, ham | meat products (sausages, minced meat, pâtés) | sausages, salami, |
| Pizza | pizza | - | pizza |
| Fish | fish, canned fish, fried fish, fish fingers | Fish (including canned), seafood and seafood products | fish or fish products |
| Molluscs | seafood specialties |  |  |
| Eggs | eggs | eggs | eggs and meals (boiled, fried egg, scrambled, egg omelette, etc.) |
| Cheese | cheese | cottage cheese, hard and processed cheeses | cheese |
| Legumes | beans, other legumes, soya foods | legumes (peas, beans, lentils), soya products | legumes (lentils, beans, peas, soy and soy meat, tofu) |
| Nut and seeds | peanuts, other nuts | peanuts, cashews, hazelnuts (fresh or variously prepared) | nuts (peanuts, walnuts, hazelnuts, etc.) |
| French fries | fried potatoes, French fries, chips |  | French fries |
| Boiled potatoes | boiled potatoes | boiled potatoes, mashed potatoes, baked potatoes | boiled potatoes |
| Dumplings | dumplings | dumplings | dumplings |
| Pasta | pasta | pasta | pasta - as a side dish and as a separate meal (spaghetti, fusilli, etc.) |
| Rice | rice | rice | rice, risotto |
| Vegetable | sprouts, spinach, broccoli, cabbage, cauliflower, leek, Chinese cabbage, tomato, pepper, lettuce, cucumber, corn | raw vegetables, cooked or preserved vegetables | raw vegetables - as a salad or whole (tomato, pepper, cucumber, carrot, kohlrabi, radish, etc.), vegetables cooked (cooked, sterilized) - cauliflower, spinach, broccoli, cabbage, zucchini, etc. |
| Root vegetables | carrot and other root vegetables |  |  |
| Fresh fruit | fresh citrus fruits, other fresh fruits (apples, peaches, bananas), preserved fruits (compotes, dried, etc.) | fresh fruits (apples, cherries, currants, gooseberries, grapes, bananas, peaches, pears, apricots, southern fruits, etc.),  preserved fruit (compotes, dried or otherwise prepared). | fresh fruit (apples, pears, plums, grapes, melons, apricots, peaches, bananas, oranges, strawberries, etc.), fruit compotes, canned fruit |
| Fresh juice | fresh juice, fresh fruit or vegetable juices | fresh juice | vegetable juice (100%), fruit juice (100%), nectar (less than 100%) |
| Cola | Coca-Cola, Pepsi, Kofola | coke drinks (Coca-Cola, Pepsi-Cola), Energy drinks (Red Bull, Erektus, Semtex and others) | coke drink (Coca-cola, Pepsi-cola, Kofola, etc.) |
| Tea | tea | black or green tea | black or green tea |
| Herbal tea | herbal tea | herbal tea | herbal tea |
| Sweeteners | sugar cube for tea | sugar cube for tea, sugar, honey |  |
| Chocolate | chocolate (milk, hot, white), chocolate bars (Milky Way, Mars, etc.) | chocolate, stuffed chocolate | chocolate, chocolate bars (Kitkat, 3Bit, Snickers, etc.) |
| Sweetmeats | other sweets (candies, chewing gums, fruit lozenges, etc.) | other sweets (candies, caramels, etc.) | candy (chocolate, toffee), menthol (Mentos, Polo), gelatine |
| Ice-cream | ice cream, frozen creams, popsicles |  | ice cream, cream popsicles |
| Ketchup, mustard | ketchup, mustards, mayonnaise, tartar sauce | ketchup, mustards, mayonnaise, tartar sauce |  |
| Milk | milk, milk cocktails, flavoured milk | milk, milk cocktails, flavoured milk | milk, milk cocktails, flavoured milk |
| Soft drinks | soft drinks | soft drinks, Tonic | other carbonated lemonades (Fanta, Sprite, Lift, etc.), Mineral water flavoured |
| Salty snacks | peanut crisps | crisps, chips, potato chips | crisps |
| Desserts |  | desserts, cupcakes | desserts |

7y – 7 years of age, 11y – 11 years of age, 15y – 15 years of age