**Supplementary Material**

**SUPPLEMENTARY TABLE 1**Grouping ALSPAC food dairy data variables into major core and non-core food categories.

|  |  |
| --- | --- |
| **Core foods** | |
| Fruit | Fruit juice, Citrus fruit, Bananas, Apples and pears, Canned fruit in syrup, Canned fruit in juice, Other fruit |
| Potatoes, vegetables and legumes | Potatoes (not cooked with fat), Raw carrots, Cooked carrots, Green leafy vegetables, Peas, Green and runner beans  Raw tomatoes, Tomatoes not raw, Other raw vegetables including salad, Other cooked vegetables, vegetable dishes, legumes |
| Unprocessed meat, fish, poultry and eggs | Chicken and turkey dishes, Beef veal and dishes, Lamb and dishes, Pork and dishes, Liver and dishes, Other meat and meat dishes, Other white fish shellfish and fish dishes, Oily fish, Eggs and egg dishes |
| Cereal foods | High fibre breakfast cereals, other breakfast cereals, white bread, brown bread, soft grain white bread, wholemeal bread, other bread, pasta, rice, pizza |
| Yoghurt, cheese and milk | Whole milk, Semi-skimmed milk, Skimmed milk, Soya milk, Breast milk, Goats’/sheep’s milk, Infant formula, Other milk, Fromage frais and yoghurt, Cheese |
| **Non-core foods** | |
| Processed meat, fish and poultry | Processed meats (salami, ham and bacon etc.), coated chicken, burgers & kebabs, sausages, meat pies, coated & fried fish |
| Potatoes cooked in fat and baked beans | Fried/ roasted potatoes, Baked beans |
| Spreads, soups and sauces | Fat spreads/cooking fats, soup, milk-based sauces, tomato-based sauces, other sauces |
| Sweetened processed foods and savoury snacks | Puddings & ice-creams, Buns, cakes and pastries, sweet biscuits, savoury biscuits, sugar confectionery, crisps, chocolate confectionery, Sugar, preserves and sweet spreads |
| **Soft drinks** |  |
| Fruit juice (unsweetened) | Fruit juice (unsweetened) |
| Sugar-sweetened | Squashes and cordial (diluted), Made up squashes and fizzy drinks, Baby drinks |
| Low calorie/diet | Diet squashes and cordials (diluted), Diet made up squashes and fizzy drinks |

Core and non-core food classifications were based on those in Roberts (1998) *The Australian Guide to Healthy Eating* (1)

**SUPPLEMENTARY TABLE 2** Mean daily intake of core and non-core food groups of ALSPAC-CiF children at 18 months and 43 months of age by maternal BMI classification

|  | Age attending CiF clinic | | | | | | | |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 18 months | | | | 43 months | | | |
| Normal/underweight mothers (BMI <25 kg/m2) (n=706) | | Overweight/obese mothers  (BMI ≥25 kg/m2) (n=202) | | Normal/underweight mothers (BMI <25 kg/m2) (n=601) | | Overweight/obese mothers (BMI ≥25 kg/m2) (n=168) | |
| Energy (MJ) | Weight (g) | Energy (MJ) | Weight (g) | Energy (MJ) | Weight (g) | Energy (MJ) | Weight (g) |
| Total energy | 4.59  (4.52, 4.65) | - | 4.70  (4.56, 4.83) | - | 5.65  (5.57, 5.74) | - | 5.70  (5.53, 5.86) | - |
| All core foods | 3.01  (2.95, 3.06) | 811  (794, 828) | 2.87  (2.77, 2.97) | 767  (736, 797) | 3.09  (3.01, 3.16) | 763  (741, 785) | 2.91  (2.78, 3.04) | 726  (686, 766) |
| All non-core foods | 1.40  (1.35, 1.44) | 133  (128, 138) | 1.64  (1.54, 1.74) | 152  (142, 162) | 2.35  (2.28, 2.41) | 207  (201, 213) | 2.59  (2.47, 2.62) | 224  (214, 235) |
| Core foods |  | | | | | | | |
| All fruit | 0.21  (0.20, 0.23) | 68  (64, 72) | 0.16  (0.14, 0.19) | 56  (48, 63) | 0.19  (0.18, 0.20) | 69  (64, 74) | 0.18  (0.15, 0.21) | 68  (58, 78) |
| Meat, fish, poultry and eggs | 0.29  (0.27, 0.31) | 41  (38, 43) | 0.29  (0.25, 0.32) | 40  (36, 45) | 0.34  (0.32, 0.36) | 49  (46, 52) | 0.29  (0.25, 0.32) | 39  (32, 44) |
| Potatoes, vegetables and legumes | 0.18  (0.17, 0.19) | 72  (68, 75) | 0.17  (0.15, 0.19) | 67  (61, 73) | 0.19  (0.18, 0.21) | 71  (67, 75) | 0.17  (0.15, 0.19) | 65  (58, 73) |
| Vegetables and legumes (excl. Potatoes) | 0.09  (0.08, 0.09) | 43  (41, 46) | 0.08  (0.06, 0.09) | 40  (36, 45) | 0.10  (0.09, 0.11) | 46  (42, 49) | 0.09  (0.07, 0.10) | 42  (37, 48) |
| Cereal foods | 0.71  (0.68, 0.73) | 80  (76, 83) | 0.75  (0.70, 0.79) | 86  (79, 93) | 1.02  (0.99, 1.05) | 113  (109, 118) | 1.01  (0.94, 1.07) | 115  (106, 124) |
| Yogurt, cheese and milk | 1.56  (1.51, 1.60) | 512  (497, 528) | 1.44  (1.36, 1.52) | 475  (447, 504) | 1.24  (1.19, 1.29) | 396  (378, 414) | 1.18  (1.09, 1.28) | 384  (350, 417) |
| Non-core foods |  |  |  | | | | | |
| Processed meat, fish and poultry | 0.18  (0.16, 0.19) | 17  (16, 18) | 0.22  (0.19, 0.25) | 21  (18, 24) | 0.29  (0.27, 0.31) | 28  (26, 30) | 0.35  (0.31, 0.39) | 35  (31, 39) |
| Potatoes cooked in oil and baked beans | 0.18  (0.17, 0.20) | 31  (28, 34) | 0.24  (0.20, 0.27) | 41  (35, 46) | 0.30  (0.28, 0.33) | 47  (43, 50) | 0.33  (0.29, 0.37) | 50  (44, 56) |
| Spreads, soups and sauces | 0.20  (0.18, 0.20) | 20  (19, 22) | 0.22  (0.20, 0.24) | 23  (20, 27) | 0.30  (0.29, 0.32) | 28  (26, 31) | 0.32  (0.29, 0.33) | 31  (26, 35) |
| Sweetened processed foods and savoury snacks | 0.84  (0.81, 0.88) | 64  (61, 67) | 0.96  (0.89, 1.10) | 67  (60, 73) | 1.46  (1.41, 1.51) | 104  (100, 108) | 1.59  (1.48, 1.69) | 109  (101, 117) |
|  |  |  |  |  |  |  |  |  |
| Soft drinks | **Energy (kJ)** |  | **Energy (kJ)** |  | **Energy (kJ)** |  | **Energy (kJ)** |  |
|  |  |  |  |  |  |  |  |  |
| Consumers and non-consumers |  |  |  |  |  |  |  |  |
| Fruit juice (unsweetened) | 62 (53, 71) | 39 (33, 45) | 65 (46, 85) | 42 (29, 55) | 103 (89, 116) | 65 (56, 74) | 87 (62, 112) | 56 (40, 72) |
| Sugar sweetened | 49 (40, 58) | 17 (13, 20) | 60 (40, 79) | 21 (15, 27) | 112 (97, 126) | 53 (46, 60) | 93 (72, 114) | 50 (39, 61) |
| Low calorie/diet | 9 (7, 11) | 29 (25, 32) | 16 (9, 23) | 49 (39, 59) | 12 (10, 15) | 63 (56, 70) | 10 (8, 13) | 112 (91, 133) |
|  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |
| Consumers only |  |  |  |  |  |  |  |  |
| Fruit juice (unsweetened) | 157 (139, 175), n=279 | 99 (87, 111), n=279 | 183 (139, 228), n=72 | 118 (89, 147), n=72 | 227 (204, 250), n=272 | 144 (129, 159), n=272 | 225 (177, 274), n=65 | 144 (112, 175), n=65 |
| Sugar sweetened | 144 (122, 166), n=240 | 49 (41, 57), n=240 | 182 (133, 232), n=66 | 64 (49, 78), n=66 | 187 (166, 208), n=359 | 86 (78, 99), n=359 | 156 (126, 187), n=100 | 84 (69, 99), n=100 |
| Low calorie/diet | 14 (10, 17), n=453 | 45 (40, 49), n=453 | 22 (13, 31), n=146 | 67 (55, 80), n=146 | 17 (14, 20), n=436 | 87 (78, 96), n=436 | 13 (10, 15), n=138 | 137 (112, 160), n=138 |
|  |  |  |  |  |  |  |  |  |

Data are presented as mean (95% confidence interval).

**SUPPLEMNTARY FIGURE 1 Study flowchart**

Recruited pregnant women: n=14,541

Number of live births: n=14,062

Number of children alive aged 1 year: n=13,988

Families recruited into Children in Focus (CiF) attending at least one clinic: n=1432

CiF mothers (over 18 years old) with completed child food diary attending clinic at 43 months: n= 769

CiF mothers (over 18 years old) with completed child food diary attending clinic at 18 months: n= 908

**REFERENCES**

1. Roberts DCK (1998) The Australian Guide to Healthy Eating. *Nutrition Bulletin* 23, 224-225.