

**Supplemental Table 1** Mean annual change in indicators of adiposity among Colombian school children according to frequency of intake of common snack foods<sup>a</sup>

	N	Change in BMI (kg/m <sup>2</sup> /y)		Change in skinfold thickness ratio (/y)		Change in waist circumference (cm/y)	
		Difference	95% CI	Difference	95% CI	Difference	95% CI
<b>Chocolate bar</b>							
Never	48	Reference		Reference		Reference	
<1/month	80	0.03	(-0.19, 0.24)	-0.020	(-0.041, 0.000)	-0.4	(-1.4, 0.6)
1/week to 1/month	309	-0.03	(-0.26, 0.11)	0.000	(-0.022, 0.016)	0.0	(-0.7, 0.8)
2 to 6/week	269	-0.07	(-0.26, 0.11)	-0.015	(-0.034, 0.004)	-0.3	(-1.0, 0.5)
≥1/day	234	0.04	(-0.15, 0.23)	0.000	(-0.019, 0.019)	-0.3	(-1.1, 0.5)
p, trend <sup>b</sup>		0.77		0.45		0.37	
<b>Ice cream/popsicle</b>							
Never	42	Reference		Reference		Reference	
<1/month	143	0.05	(-0.17, 0.27)	-0.007	(-0.025, 0.010)	0.5	(-0.5, 1.5)
1/week to 1/month	552	0.05	(-0.15, 0.25)	0.001	(-0.015, 0.016)	0.6	(-0.3, 1.5)
2 to 6/week	133	0.06	(-0.16, 0.28)	0.006	(-0.012, 0.024)	0.3	(-0.7, 1.4)
≥1/day	65	0.09	(-0.16, 0.34)	0.011	(-0.010, 0.032)	-0.3	(-1.4, 0.9)
p, trend <sup>b</sup>		0.52		0.06		0.36	
<b>Guava/coconut candy bar</b>							
Never	143	Reference		Reference		Reference	
<1/month	151	0.08	(-0.06, 0.22)	-0.009	(-0.024, 0.054)	-0.2	(-0.9, 0.4)
1/week to 1/month	339	-0.03	(-0.15, 0.09)	-0.002	(-0.015, 0.010)	-0.1	(-0.7, 0.4)
2 to 6/week	198	-0.08	(-0.20, 0.04)	-0.007	(-0.021, 0.007)	-0.2	(-0.8, 0.5)
≥1/day	109	-0.03	(-0.18, 0.13)	-0.005	(-0.021, 0.010)	-0.5	(-1.2, 0.3)
p, trend <sup>b</sup>		0.12		0.58		0.35	
<b>Candy/lollipop</b>							
Never	62	Reference		Reference		Reference	
<1/month	98	0.11	(-0.07, 0.28)	0.001	(-0.019, 0.020)	0.4	(-0.4, 1.2)
1/week to 1/month	293	0.05	(-0.11, 0.21)	0.003	(-0.013, 0.019)	0.2	(-0.5, 0.8)
2 to 6/week	237	0.05	(-0.11, 0.21)	-0.002	(-0.018, 0.015)	-0.3	(-0.9, 0.4)
≥1/day	247	0.13	(-0.04, 0.30)	0.009	(-0.007, 0.025)	0.2	(-0.5, 0.8)
p, trend <sup>b</sup>		0.23		0.25		0.55	
<b>Packed fried snacks</b>							
Never	103	Reference		Reference		Reference	
<1/month	135	0.11	(-0.04, 0.27)	0.005	(-0.012, 0.022)	0.3	(-0.5, 1.0)
1/week to 1/month	310	0.03	(-0.10, 0.16)	0.005	(-0.009, 0.019)	0.1	(-0.5, 0.8)
2 to 6/week	207	0.09	(-0.05, 0.23)	0.003	(-0.013, 0.018)	0.3	(-0.4, 0.9)
≥1/day	191	0.06	(-0.08, 0.21)	0.008	(-0.006, 0.022)	0.3	(-0.4, 0.9)
p, trend <sup>b</sup>		0.56		0.41		0.43	
<b>Fruit punches</b>							
Never	155	Reference		Reference		Reference	
<1/month	109	-0.03	(-0.16, 0.10)	-0.009	(-0.025, 0.007)	0.2	(-0.6, 1.0)
1/week to 1/month	239	0.10	(-0.01, 0.21)	-0.060	(-0.019, 0.007)	0.2	(-0.4, 0.8)

2 to 6/week	224	0.04	(-0.07, 0.15)	-0.011	(-0.024, 0.001)	-0.2	(-0.7, 0.3)
≥1/day	206	-0.01	(-0.13, 0.10)	-0.006	(-0.019, 0.006)	0.1	(-0.5, 0.7)
p, trend <sup>b</sup>		0.96		0.27		0.71	

BMI, Body Mass Index; CI, Confidence Interval.

<sup>a</sup> Differences in change and 95% CI are from mixed-effects linear regression models with the adiposity measure as the outcome and predictors that included indicator variables for frequency of intake of each food item, age in decimal years, and their interaction terms. Random effects were included for intercepts and slopes. Models for waist circumference included random effects for intercepts only. An unstructured variance-covariance matrix was specified. All models were adjusted for child's sex, total energy intake, and socioeconomic status.

<sup>b</sup> For a variable that represented frequency of intake categories, introduced in the linear regression model as a continuous predictor (Wald test).