

Online Supporting Material

Supplemental Table 1

Proportion of snackers over a 2-d period by sociodemographic characteristics in the National Health and Nutrition Examination Surveys (NHANES), 2003-2006¹.

<i>Sociodemographic characteristics</i>	Percent who snack			
	Ages 19-39 y (n=3805)	Ages 40-59 y (n=2627)	Ages ≥60 y (n=3058)	Ages ≥19 y (n=9490)
Males	97.5	97.6	96.5	97.3
Females	97.0	98.4	96.5	97.4
Ethnicity ²				
White, non-Hispanic	98.0	98.5	96.8	97.9
Black, non-Hispanic	95.2	96.8	95.6	95.9
Hispanic	95.8	96.0	93.6	95.6
Income level ³				
<185% national poverty level	96.5	96.9	95.4	96.3
185-350% national poverty level	96.4	97.3	97.1	96.9
>350% national poverty level	98.6	98.9	97.3	98.5
Household's education				
≤ high school diploma	96.0	98.2	96.1	96.8
≥ high school diploma	98.1	98.1	96.9	97.9

¹Data are weighted to account for survey design effects and to be nationally representative.

² Mexican American and Other Hispanic were included in the Hispanic group.

³ To more accurately represent income level, household income is expressed as a percentage of the Federal poverty thresholds adjusted for inflation. Each household's income is expressed as a percentage of the of the poverty thresholds of the appropriate size. Poverty thresholds are provided by the Bureau of Census (61).

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Supplemental Table 2.

Trends in energy density of meals and snacking (food, beverages or both) occasions in U.S. adults aged ≥ 19 years old.

	ENERGY DENSITY (kJ/g and kcal/g) ¹							
	1977-78		1989-91		1994-96		2003-06	
Ages 19-39 y	kJ	kcal	kJ	kcal	kJ	kcal	kJ	kcal
Total snacking	3.73	0.89	4.10 ^a	0.98 ^a	4.15 ^a	0.99 ^a	4.44 ^a	1.06 ^a
Total meals	4.52	1.08	4.52	1.08	4.40	1.05	4.56 ^c	1.09 ^c
Snacking food	12.06	2.88	12.35	2.95	11.85	2.83	12.31	2.94
Meals food	7.87	1.88	8.00	1.91	7.70 ^b	1.84 ^b	8.21 ^{ac}	1.96 ^{ac}
Snacking beverages	1.26	0.30	1.21	0.29	1.30	0.31	1.47 ^{abc}	0.35 ^{abc}
Meals beverages	1.30	0.31	1.30	0.31	1.30	0.31	1.38 ^{abc}	0.33 ^{abc}
Ages 40-59 y	kJ	kcal	kJ	kcal	kJ	kcal	kJ	kcal
Total snacking	3.43	0.82	3.43	0.82	3.89 ^{ab}	0.93 ^{ab}	3.94 ^{ab}	0.94 ^{ab}
Total meals	4.06	0.97	4.06	0.97	3.98	0.95	4.06	0.97
Snacking food	11.39	2.72	12.10 ^a	2.89 ^a	11.51 ^b	2.75 ^b	11.81	2.82
Meals food	7.33	1.75	7.37	1.76	7.24	1.73	7.70 ^{abc}	1.84 ^{abc}
Snacking beverages	1.00	0.24	0.92	0.22	1.00	0.24	1.13 ^b	0.27 ^b
Meals beverages	0.92	0.22	0.96	0.23	0.96	0.23	1.00 ^a	0.24 ^a
Ages ≥ 60 y	kJ	kcal	kJ	kcal	kJ	kcal	kJ	kcal
Total snacking	4.23	1.01	4.23	1.01	4.52	1.08	4.73 ^a	1.13 ^a
Total meals	3.98	0.95	3.77 ^a	0.90 ^a	3.77 ^a	0.90 ^a	3.85 ^{ac}	0.92 ^{ac}

Snacking food 10.76 2.57 10.30 2.46 10.22 2.44 11.26^{bc} 2.69^{bc}

Supplemental Table 2 Cont'd

	ENERGY DENSITY (kJ/g and kcal/g) ¹							
	1977-78		1989-91		1994-96		2003-06	
Meals food	6.99	1.67	6.57 ^a	1.57 ^a	6.49 ^a	1.55 ^a	6.99 ^{bc}	1.67 ^{bc}
Snacking beverages	1.30	0.31	1.30	0.31	1.26	0.30	1.21	0.29
Meals beverages	0.88	0.21	0.96	0.23	0.88	0.21	0.92	0.22
Ages ≥ 19 y	kJ	kcal	kJ	kcal	kJ	kcal	kJ	kcal
Total snacking	3.73	0.89	3.89	0.93	4.15 ^a	0.99 ^a	4.31 ^{ab}	1.03 ^{ab}
Total meals	4.23	1.01	4.19	1.00	4.10 ^a	0.98 ^a	4.23 ^c	1.01 ^c
Snacking food	11.60	2.77	11.77	2.81	11.35 ^b	2.71 ^b	11.85 ^c	2.83 ^c
Meals food	7.49	1.79	7.45	1.78	7.24 ^a	1.73 ^a	7.75 ^{abc}	1.85 ^{abc}
Snacking beverages	1.17	0.28	1.13	0.27	1.21	0.29	1.30 ^{ab}	0.31 ^{ab}
Meals beverages	1.09	0.26	1.09	0.26	1.09	0.26	1.13	0.27

¹ Total snacking and meals energy density combines food plus beverages.

^a Significantly different from 1977-78. $P < 0.01$ (Student's *t* test).

^b Significantly different from 1989-91. $P < 0.01$ (Student's *t* test).

^c Significantly different from 1994-96. $P < 0.01$ (Student's *t* test).