

**ONLINE SUPPLEMENTAL MATERIAL**

**Supplemental Table 1.** Food and beverage groups used in the Homescan and NHANES datasets.

<b>FOOD CATEGORY</b>	<b>FOOD GROUP</b>
<b>Carbonated sweetened and plain beverages</b>	Water/other drinks, unsweetened, carbonated/plain/flavored bottled water
	Sugar sweetened beverages, sweetened, LCS <sup>1</sup>
	Sugar sweetened beverages, sweetened, CS
<b>Juice</b> [fruit juice and fruit drinks]	Sweetened, LCS
	Sweetened, CS
<b>Milk and dairy drinks</b>	Plain white milk & unsweetened dairy drinks
	Sweetened, LCS
	Sweetened, CS
<b>Coffee and Tea</b> [ready-to-drink, bags, grounds]	Unsweetened
	Sweetened, LCS
	Sweetened, CS
<b>Alcohol</b>	Wine, beer, alcoholic mixers
<b>Dairy</b>	Yogurt and other dairy, plain/unsweetened
	Yogurt and other dairy, sweetened LCS
	Yogurt and other dairy, sweetened CS
	Cheese, all types
<b>Fats, Sauces, Dressings</b>	Cooking fats [oil, butter] and fat-based dressings
	Nuts & nut spreads unsweetened
	Dressings/Sauces
<b>Protein Group</b>	Meat, fish, poultry [fresh/frozen/processed], eggs
<b>Vegetables</b>	All types [fresh/frozen/canned]
	Potatoes [including French fries] and starchy vegetables
<b>Fruits</b>	Plain [fresh/frozen/canned]
	Processed fruit, sweetened LCS
	Processed fruit, sweetened CS
<b>Mixed, frozen, fast food meals</b> [ready-to-eat and prepared dishes]	Grain/meat based dishes, Mexican dishes, Soups
	Sandwiches, Burgers, Pizza
<b>Grains</b>	Plain pasta, rice, bread, unsweetened cereal
	RTE cereals, sweetened LCS
	RTE cereals, sweetened CS
<b>Discretionary</b>	Salty Snacks [chips, crackers, pretzels]
	Desserts and sweet snacks, LCS [cakes, cookies, pies, ice cream, candy]
	Desserts and sweet snacks, CS [cakes, cookies, pies, ice cream, candy]
	Sweeteners, LCS [sweetener packets, jams, jellies]
	Sweeteners, CS [sugar, honey, jams, jellies]
<b>Other</b>	Other non-grouped food items [baby food, cooking supplies, etc]

<sup>1</sup> LCS low-calorie sweetener; CS caloric sweetener

**Supplemental Table 2.** Total daily household purchases of energy (kcal/day) and macronutrients (kcal/day, %) by beverage profile, HOMESCAN 2000-10<sup>1-2</sup>.

	ALL HOUSEHOLDS							
	Non/low consumers		LCS Beverages		CS Beverages		LCS & CS Beverages	
	Mean	± SEM	Mean	± SEM	Mean	± SEM	Mean	± SEM
LCS- and CS-beverage purchases								
Total kcal/day	56.3	± 0.4	52.9	± 0.7	191.0	± 0.6	138.6	± 0.5
Total ml/day	257.1	± 1.4	577.3	± 1.9	548.9	± 1.7	692.0	± 1.5
Total energy from purchases [kcal/day]	2824.3	± 4.3	3097.2	± 6.1	3391.6	± 5.3	3500.5	± 4.7
Total energy excluding LCS/CS <sup>3</sup>	2764.7	± 4.2	3039.5	± 5.9	3208.3	± 5.1	3363.4	± 4.6
Total energy from food	2439.0	± 3.8	2706.1	± 5.4	2831.3	± 4.7	2987.9	± 4.1
Total energy from beverages excluding LCS/CS	325.8	± 0.8	332.3	± 1.2	377.8	± 1.1 <sup>4</sup>	375.5	± 0.9 <sup>4</sup>
Total energy from beverages including LCS/CS	384.3	± 1.0 <sup>4</sup>	387.5	± 1.5 <sup>4</sup>	564.9	± 1.2	513.0	± 1.1
Macronutrients [kcal/day or %]								
Carbohydrates [kcal/day]	1494.0	± 2.4	1613.6	± 3.4	1853.9	± 3.0	1873.9	± 2.6
Sugar [kcal/day]	736.2	± 1.4	771.6	± 2.0	989.4	± 1.7	954.3	± 1.5
Total Fat [kcal/day]	1008.1	± 1.7	1126.9	± 2.4	1185.2	± 2.1	1249.8	± 1.8
Protein [kcal/day]	294.7	± 0.6	331.1	± 1.0 <sup>4</sup>	332.7	± 0.8 <sup>4</sup>	359.2	± 0.7
Saturated Fat [kcal/day]	330.9	± 0.6	368.6	± 0.8	390.9	± 0.7	411.2	± 0.6
Carbohydrates [%]	52.7	± 0.0	51.8	± 0.0	54.6	± 0.0	53.5	± 0.0
Sugar [%]	25.8	± 0.0	24.6	± 0.0	29.0	± 0.0	27.1	± 0.0
Total Fat [%]	35.5	± 0.0 <sup>4</sup>	36.4	± 0.0	34.7	± 0.0	35.5	± 0.0 <sup>4</sup>
Protein [%]	10.9	± 0.0 <sup>4</sup>	11.0	± 0.0 <sup>4</sup>	9.9	± 0.0	10.3	± 0.0
Saturated Fat [%]	11.7	± 0.0 <sup>4</sup>	11.9	± 0.0	11.4	± 0.0	11.7	± 0.0 <sup>4</sup>
SINGLE PERSON HOUSEHOLDS								
	Non/low consumers		LCS Beverages		CS Beverages		LCS & CS Beverages	
	Mean	± SEM	Mean	± SEM	Mean	± SEM	Mean	± SEM
LCS- and CS-beverage purchases								
Total kcal/day	27.7	± 0.5	23.1	± 0.8	160.7	± 0.8	99.1	± 0.8
Total ml/day	146.9	± 1.6	458.2	± 2.4	429.1	± 2.4	537.5	± 2.3
Total energy from purchases [kcal/day]	1646.7	± 5.1	1818.4	± 7.4	1999.1	± 7.5	2087.7	± 7.1
Total energy excluding LCS/CS <sup>3</sup>	1616.1	± 5.0	1790.4	± 7.2	1852.9	± 7.3	1991.6	± 7.0
Total energy from food	1419.2	± 4.6	1596.8	± 6.6	1629.7	± 6.7	1764.3	± 6.3
Total energy from beverages excluding LCS/CS	197.1	± 1.1	193.3	± 1.6	223.2	± 1.6 <sup>4</sup>	226.9	± 1.5 <sup>4</sup>
Total energy from beverages including LCS/CS	227.3	± 1.2	219.5	± 1.8	372.8	± 1.9	323.4	± 1.8
Macronutrients [kcal/day or %]								
Carbohydrates [kcal/day]	856.5	± 2.8	930.7	± 4.2	1096.5	± 4.2	1110.3	± 4.0
Sugar [kcal/day]	425.1	± 1.7	445.3	± 2.5	609.7	± 2.5	577.8	± 2.4
Total Fat [kcal/day]	589.8	± 2.0	668.5	± 3.0	690.0	± 3.0	744.1	± 2.8
Protein [kcal/day]	174.3	± 0.9	195.9	± 1.4 <sup>4</sup>	196.0	± 1.4 <sup>4</sup>	214.4	± 1.3
Saturated Fat [kcal/day]	194.8	± 0.7	220.5	± 1.0	229.6	± 1.0	246.2	± 1.0
Carbohydrates [%]	52.3	± 0.1	51.3	± 0.1	55.1	± 0.1	53.3	± 0.1
Sugar [%]	25.8	± 0.1	24.5	± 0.1	30.2	± 0.1	27.5	± 0.1
Total Fat [%]	35.4	± 0.0 <sup>4</sup>	36.5	± 0.1	33.9	± 0.1	35.2	± 0.1 <sup>4</sup>
Protein [%]	11.1	± 0.1 <sup>5</sup>	11.0	± 0.2 <sup>5</sup>	10.0	± 0.2 <sup>4</sup>	10.4	± 0.1 <sup>4</sup>
Saturated Fat [%]	11.7	± 0.0 <sup>4</sup>	12.0	± 0.0	11.3	± 0.0	11.7	± 0.0 <sup>4</sup>

**MULTI PERSON HOUSEHOLDS WITHOUT CHILDREN**

	<b>Non/low consumers</b>		<b>LCS Beverages</b>		<b>CS Beverages</b>		<b>LCS &amp; CS Beverages</b>	
	Mean	± SEM	Mean	± SEM	Mean	± SEM	Mean	± SEM
	<b>LCS- and CS-beverage purchases</b>							
Total kcal/day	56.2	± 0.6	51.3	± 0.9	190.8	± 0.8	134.4	± 0.6
Total ml/day	277.3	± 2.0	605.0	± 2.7	567.2	± 2.4	711.8	± 2.1
Total energy from purchases [kcal/day]	3003.2	± 5.9	3232.0	± 7.8	3495.2	± 7.2	3576.8	± 6.1
Total energy excluding LCS/CS <sup>3</sup>	2942.8	± 5.8	3174.8	± 7.6	3313.0	± 7.0	3443.7	± 6.0
Total energy from food	2601.4	± 5.3	2831.3	± 6.9	2931.8	± 6.4	3067.1	± 5.4
Total energy from beverages excluding LCS/CS	341.7	± 1.2 <sup>4</sup>	342.3	± 1.7 <sup>4</sup>	382.5	± 1.5	376.6	± 1.3
Total energy from beverages including LCS/CS	400.7	± 1.4 <sup>4</sup>	396.5	± 1.9 <sup>4</sup>	568.9	± 1.8	509.9	± 1.5
<b>Macronutrients [kcal/day or %]</b>								
Carbohydrates [kcal/day]	1557.1	± 3.3	1651.3	± 4.3	1874.5	± 4.0 <sup>4</sup>	1879.9	± 3.4 <sup>4</sup>
Sugar [kcal/day]	759.4	± 1.9	779.4	± 2.5	992.4	± 2.3	947.9	± 2.0
Total Fat [kcal/day]	1091.1	± 2.4	1195.7	± 3.2	1244.4	± 2.9	1299.9	± 2.5
Protein [kcal/day]	314.1	± 0.9	347.4	± 1.4 <sup>4</sup>	344.3	± 1.2 <sup>4</sup>	370.1	± 1.0
Saturated Fat [kcal/day]	354.6	± 0.8	387.4	± 1.1	407.4	± 1.0	424.2	± 0.8
Carbohydrates [%]	51.9	± 0.0	51.0	± 0.0	53.7	± 0.0	52.6	± 0.0
Sugar [%]	25.1	± 0.0	23.9	± 0.0	28.2	± 0.0	26.3	± 0.0
Total Fat [%]	36.1	± 0.0 <sup>4</sup>	36.9	± 0.0	35.3	± 0.0	36.0	± 0.0 <sup>4</sup>
Protein [%]	10.8	± 0.0	11.0	± 0.0	9.8	± 0.0	10.3	± 0.0
Saturated Fat [%]	11.7	± 0.0	11.9	± 0.0	11.6	± 0.0	11.8	± 0.0

**MULTI PERSON HOUSEHOLDS WITH CHILDREN**

	<b>Non/low consumers</b>		<b>LCS Beverages</b>		<b>CS Beverages</b>		<b>LCS &amp; CS Beverages</b>	
	Mean	± SEM	Mean	± SEM	Mean	± SEM	Mean	± SEM
	<b>LCS- and CS-beverage purchases</b>							
Total kcal/day	79.5	± 1.1 <sup>4</sup>	78.2	± 2.1 <sup>4</sup>	232.8	± 1.2	185.2	± 1.0
Total ml/day	309.4	± 3.1	657.3	± 5.7	640.8	± 3.3	802.2	± 2.9
Total energy from purchases [kcal/day]	3714.0	± 10.5	4141.8	± 19.4	4485.1	± 11.1	4636.0	± 9.7
Total energy excluding LCS/CS <sup>3</sup>	3629.6	± 10.2	4056.8	± 18.8	4258.2	± 10.7	4451.9	± 9.4
Total energy from food	3192.0	± 9.1	3598.5	± 16.9	3746.0	± 9.7	3939.6	± 8.5
Total energy from beverages excluding LCS/CS	437.1	± 2.0	457.9	± 3.6	512.7	± 2.1 <sup>4</sup>	512.9	± 1.8 <sup>4</sup>
Total energy from beverages including LCS/CS	520.6	± 2.4	541.1	± 4.4	741.3	± 2.5	697.1	± 2.2
<b>Macronutrients [kcal/day or %]</b>								
Carbohydrates [kcal/day]	2035.7	± 6.0	2233.7	± 11.1	2510.2	± 6.3	2555.0	± 5.5
Sugar [kcal/day]	1015.8	± 3.5	1086.9	± 6.5	1336.3	± 3.7	1314.0	± 3.2
Total Fat [kcal/day]	1289.5	± 3.9	1463.4	± 7.3	1537.0	± 4.2	1614.8	± 3.7
Protein [kcal/day]	390.1	± 1.3	443.3	± 2.6 <sup>4</sup>	441.8	± 1.4 <sup>4</sup>	471.8	± 1.2
Saturated Fat [kcal/day]	427.7	± 1.4	483.7	± 2.5	511.0	± 1.4	536.2	± 1.3
Carbohydrates [%]	54.8	± 0.0	53.8	± 0.1	56.1	± 0.0	55.2	± 0.0
Sugar [%]	27.2	± 0.0	25.9	± 0.1	29.8	± 0.0	28.3	± 0.0
Total Fat [%]	34.6	± 0.0 <sup>4</sup>	35.3	± 0.1	34.1	± 0.0	34.7	± 0.0 <sup>4</sup>
Protein [%]	11.0	± 0.0	11.3	± 0.1	9.6	± 0.0	10.1	± 0.0
Saturated Fat [%]	11.5	± 0.0 <sup>4</sup>	11.7	± 0.0	11.3	± 0.0	11.5	± 0.0 <sup>4</sup>

<sup>1</sup> Mean ± SEM; LCS low-calorie sweetener; CS caloric sweetener

<sup>2</sup> Multivariable longitudinal random effects models, adjusted for year, race, income and household size

<sup>3</sup> Total energy excluding LCS/CS includes total energy from foods plus energy from all beverages excluding LCS/CS

<sup>4,5</sup> Estimates in the same row sharing a letter are not significantly different at the 5% level, Bonferroni adjusted Student's *t* test

**Supplemental Table 3.** Total daily intake of energy (kcal/day) and macronutrients (kcal/day, %) by beverage profile, NHANES 2003-2010<sup>1-2</sup>.

	ALL PARTICIPANTS >2 years old							
	Non/low consumers		LCS Beverages		CS Beverages		LCS & CS Beverages	
	Mean	± SEM	Mean	± SEM	Mean	± SEM	Mean	± SEM
LCS- and CS-beverage intake								
Total kcal/day	11.5	± 0.6	18.3	± 1.3	248.0	± 4.4	175.6	± 6.2
Total ml/day	36.9	± 2.0	675.0	± 15.5 <sup>4</sup>	658.7	± 11.1 <sup>4</sup>	880.4	± 24.4
Total energy intake [kcal/day]	1901.4	± 13.7 <sup>4</sup>	1944.1	± 16.9 <sup>4</sup>	2284.8	± 13.9 <sup>5</sup>	2262.5	± 24.5 <sup>5</sup>
Total energy excluding LCS/CS <sup>3</sup>	1889.9	± 13.7 <sup>4</sup>	1925.8	± 16.8 <sup>4</sup>	2036.8	± 15.1 <sup>5</sup>	2086.9	± 21.7 <sup>5</sup>
Total energy from food	1576.0	± 11.7	1699.9	± 16.6	1761.2	± 12.5	1841.4	± 20.2
Total energy from beverages excluding LCS/CS	313.9	± 3.9	225.9	± 5.9 <sup>4</sup>	275.6	± 5.1	245.5	± 8.9 <sup>4</sup>
Total energy from beverages including LCS/CS	325.4	± 4.0	244.2	± 6.1	523.7	± 5.8	421.1	± 12.1
Macronutrients [kcal/day or %]								
Carbohydrates [kcal/day]	936.9	± 6.9	884.1	± 10.9	1177.7	± 7.1	1102.8	± 12.2
Sugar [kcal/day]	416.3	± 3.3	338.1	± 6.4	599.6	± 4.7	506.9	± 8.3
Total Fat [kcal/day]	643.5	± 5.9	706.3	± 8.7	754.6	± 6.0	792.7	± 11.1
Protein [kcal/day]	304.7	± 2.2	328.4	± 3.2 <sup>4</sup>	328.3	± 2.3 <sup>4</sup>	336.5	± 5.1 <sup>4</sup>
Saturated Fat [kcal/day]	216.0	± 2.1	233.1	± 3.0	255.0	± 2.4 <sup>4</sup>	264.2	± 4.1 <sup>4</sup>
Carbohydrates [%]	50.0	± 0.2 <sup>4</sup>	46.0	± 0.3	52.1	± 0.2	49.4	± 0.3 <sup>4</sup>
Sugar [%]	22.3	± 0.1 <sup>4</sup>	17.6	± 0.2	26.7	± 0.2	22.8	± 0.2 <sup>4</sup>
Total Fat [%]	33.3	± 0.1	35.9	± 0.3	32.6	± 0.1	34.7	± 0.3
Protein [%]	16.2	± 0.1	17.2	± 0.1	14.5	± 0.1	15.0	± 0.1
Saturated Fat [%]	11.2	± 0.1 <sup>4</sup>	11.9	± 0.1 <sup>5</sup>	11.0	± 0.1 <sup>4</sup>	11.5	± 0.1 <sup>5</sup>
ADULTS >19 years old								
	Non/low consumers		LCS Beverages		CS Beverages		LCS & CS Beverages	
	Mean	± SEM	Mean	± SEM	Mean	± SEM	Mean	± SEM
LCS- and CS-beverage intake								
Total kcal/day	15.8	± 1.1	20.5	± 1.5	257.6	± 5.2	176.8	± 7.7
Total ml/day	50.8	± 3.5	697.7	± 15.3 <sup>4</sup>	677.5	± 12.9 <sup>4</sup>	922.7	± 30.4
Total energy intake [kcal/day]	2011.1	± 15.7 <sup>4</sup>	1972.4	± 18.1 <sup>4</sup>	2278.9	± 17.9 <sup>5</sup>	2257.4	± 32.4 <sup>5</sup>
Total energy excluding LCS/CS <sup>3</sup>	1995.3	± 15.9 <sup>4,5</sup>	1951.8	± 17.9 <sup>5</sup>	2021.3	± 18.7 <sup>4</sup>	2080.6	± 29.9 <sup>4</sup>
Total energy from food	1678.9	± 12.9 <sup>4</sup>	1731.1	± 17.7 <sup>4,5</sup>	1746.1	± 15.4 <sup>5</sup>	1837.9	± 28.4
Total energy from beverages excluding LCS/CS	316.4	± 5.4	220.7	± 6.4 <sup>4</sup>	275.2	± 6.2 <sup>5</sup>	242.6	± 11.7 <sup>4,5</sup>
Total energy from beverages including LCS/CS	332.2	± 5.5	241.3	± 6.8	532.8	± 6.9	419.4	± 15.7
Macronutrients [kcal/day or %]								
Carbohydrates [kcal/day]	959.6	± 7.9	881.7	± 11.3	1166.9	± 8.9	1080.9	± 15.1
Sugar [kcal/day]	407.5	± 4.3	328.5	± 6.5	599.2	± 5.9	493.2	± 9.9
Total Fat [kcal/day]	684.9	± 7.3	718.1	± 9.2	751.0	± 7.5 <sup>4</sup>	792.6	± 14.8 <sup>4</sup>
Protein [kcal/day]	331.1	± 2.7 <sup>4</sup>	337.8	± 3.2 <sup>4</sup>	328.0	± 3.0 <sup>4</sup>	339.7	± 5.8 <sup>4</sup>
Saturated Fat [kcal/day]	224.8	± 2.8 <sup>4</sup>	233.8	± 3.1 <sup>4</sup>	251.6	± 2.9 <sup>5</sup>	263.3	± 5.4 <sup>5</sup>
Carbohydrates [%]	48.3	± 0.2 <sup>4</sup>	45.2	± 0.3	51.8	± 0.2	48.6	± 0.3 <sup>4</sup>
Sugar [%]	20.6	± 0.2	16.8	± 0.2	26.7	± 0.2	22.3	± 0.3
Total Fat [%]	33.5	± 0.2	35.9	± 0.2	32.6	± 0.2	34.7	± 0.3
Protein [%]	16.7	± 0.1	17.5	± 0.1	14.5	± 0.1	15.2	± 0.2
Saturated Fat [%]	10.9	± 0.1 <sup>4</sup>	11.7	± 0.1 <sup>5</sup>	10.9	± 0.1 <sup>4</sup>	11.5	± 0.1 <sup>5</sup>

	CHILDREN 2-18 years old							
	Non/low consumers		LCS Beverages		CS Beverages		LCS & CS Beverages	
	Mean	± SEM	Mean	± SEM	Mean	± SEM	Mean	± SEM
LCS- and CS-beverage intake								
Total kcal/day	27.8	± 1.9	0.5	± 2.3	195.5	± 4.5	151.7	± 6.0
Total ml/day	81.4	± 5.2	394.8	± 26.9	527.1	± 11.9	697.4	± 19.4
Total energy intake [kcal/day]	1819.6	± 15.4 <sup>4</sup>	1774.5	± 47.4 <sup>4</sup>	2089.2	± 17.3 <sup>5</sup>	2118.1	± 40.4 <sup>5</sup>
Total energy excluding LCS/CS <sup>3</sup>	1791.8	± 16.0 <sup>4</sup>	1775.0	± 46.6 <sup>4</sup>	1893.7	± 16.3 <sup>4,5</sup>	1966.4	± 39.3 <sup>5</sup>
Total energy from food	1469.2	± 14.6 <sup>4</sup>	1529.5	± 36.7 <sup>4,5</sup>	1627.1	± 15.5 <sup>5,6</sup>	1720.1	± 35.9 <sup>6</sup>
Total energy from beverages excluding LCS/CS	322.6	± 6.2	245.5	± 17.2 <sup>4</sup>	266.6	± 5.0 <sup>4</sup>	246.4	± 11.9 <sup>4</sup>
Total energy from beverages including LCS/CS	350.4	± 6.4	245.1	± 17.6	462.1	± 5.7	398.1	± 13.2
Macronutrients [kcal/day or %]								
Carbohydrates [kcal/day]	958.8	± 9.1 <sup>4</sup>	876.5	± 35.7 <sup>4</sup>	1133.3	± 9.4 <sup>5</sup>	1108.8	± 20.8 <sup>5</sup>
Sugar [kcal/day]	461.0	± 5.4	380.4	± 23.8	587.5	± 5.3	536.3	± 11.3
Total Fat [kcal/day]	603.9	± 6.3 <sup>4</sup>	633.7	± 20.0 <sup>4</sup>	691.7	± 7.4 <sup>5</sup>	739.6	± 18.5 <sup>5</sup>
Protein [kcal/day]	274.4	± 2.8 <sup>4</sup>	280.5	± 7.5 <sup>4</sup>	285.8	± 2.5 <sup>4</sup>	294.3	± 7.7 <sup>4</sup>
Saturated Fat [kcal/day]	213.7	± 2.1 <sup>5</sup>	223.2	± 9.0 <sup>4,5</sup>	244.6	± 2.8 <sup>4</sup>	252.2	± 6.4 <sup>4</sup>
Carbohydrates [%]	53.0	± 0.2 <sup>4</sup>	49.2	± 1.1	54.7	± 0.2	52.9	± 0.5 <sup>4</sup>
Sugar [%]	25.5	± 0.2 <sup>4</sup>	21.4	± 1.0	28.6	± 0.2	25.8	± 0.4 <sup>4</sup>
Total Fat [%]	32.8	± 0.2 <sup>4</sup>	35.7	± 0.8 <sup>5</sup>	32.7	± 0.2 <sup>4</sup>	34.4	± 0.4 <sup>5</sup>
Protein [%]	15.2	± 0.1 <sup>5</sup>	16.0	± 0.4 <sup>5</sup>	13.7	± 0.1 <sup>4</sup>	13.9	± 0.1 <sup>4</sup>
Saturated Fat [%]	11.6	± 0.1 <sup>4</sup>	12.6	± 0.4 <sup>4</sup>	11.6	± 0.1 <sup>4</sup>	11.8	± 0.2 <sup>4</sup>

<sup>1</sup> Mean ± SEM; LCS low-calorie sweetener; CS caloric sweetener

<sup>2</sup> Multivariable linear regressions, adjusting for year, age, gender, race and income

<sup>3</sup> Total energy excluding LCS/CS includes total energy from foods plus energy from all beverages excluding LCS/CS

<sup>4,5,6</sup> Estimates in the same row sharing a letter are not significantly different at the 5% level, Bonferroni adjusted Student's *t* test