

ESM Table 2 Description of snacks & dessert food groups: EPIC-Norfolk Study

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Cake	Cakes, pies, pastries, scones, muffins, chocolate cakes, éclairs, pastries with chocolate
Dairy desserts	Chocolate and non-chocolate dairy based desserts/sauces, ice-creams
Puddings	Cereal and chocolate based puddings, crumble, sponge pudding, suet pudding
Biscuits	Chocolate and non-chocolate biscuits, with fruit, nuts, filled etc, including cereal bars
Snacks	Crisps and other potato based snacks, bread/pastry type snacks (cheese pastry etc.)
Creams	Dairy creams (double, single, whipping/whipped, half fat, clotted, crème fraîche, dream topping) and non-dairy creams (Delight, Elmlea, Dessert Top, Tip Top soya cream)
Chocolate confectionary	Chocolate bars, chocolate sweets
Other desserts	Ice-lollies, sorbets, jelly, sweet egg dishes (meringues, soufflés)

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