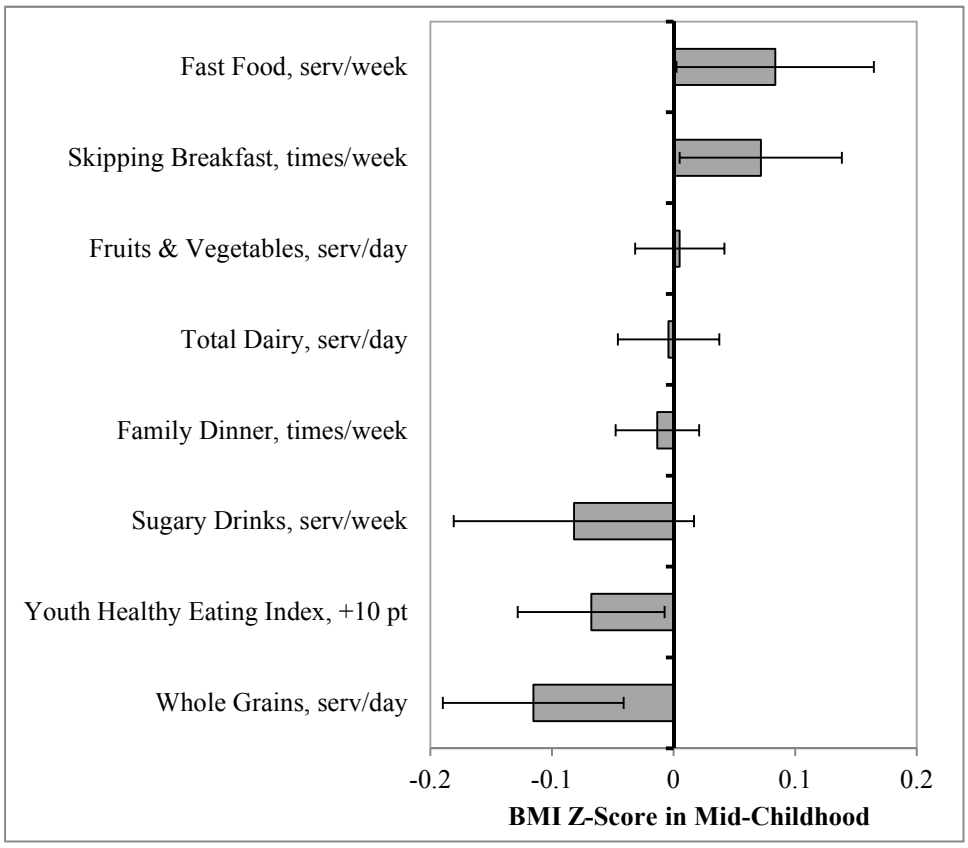
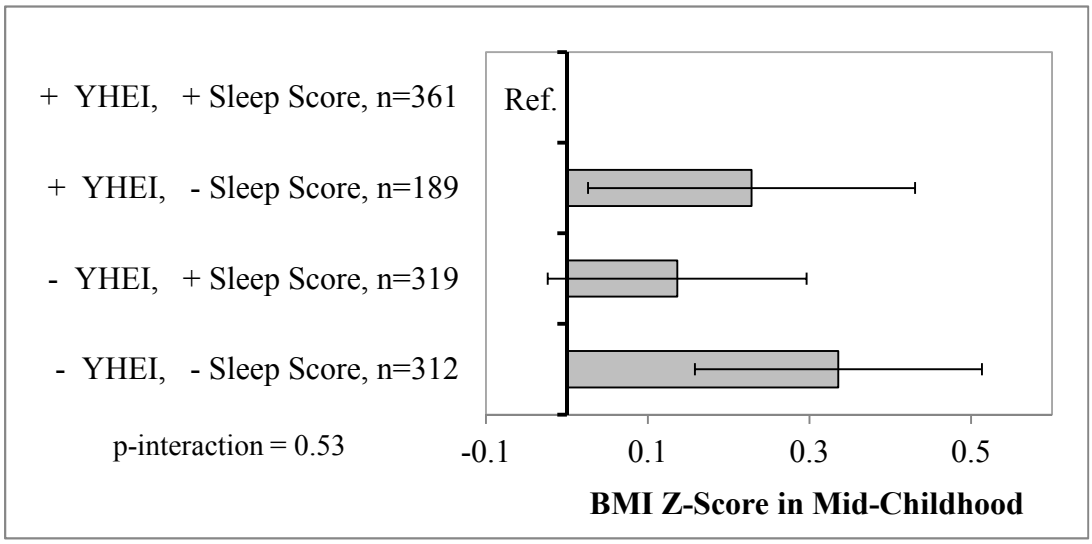
Figure S1. Dietary Factors as Predictors of BMI Z-Score Mid-Childhood [1]



[1.] Results from linear regression models adjusted for maternal education, household income, age in days at mid-childhood visit, sex, and race/ethnicity. With the exception of YHEI, all dietary predictors are adjusted for other dietary factors in mid-childhood.

Figure S2. Joint Associations of Sleep Curtailment and Diet Quality with BMI Z-Score in Mid-Childhood [1]



+ Sleep score = sleep curtailment score ≥ median score of 11
- Sleep score = sleep curtailment score < median score of 11
+ YHEI = Youth Healthy Eating Index score ≥ median score of 60
- YHEI = Youth Healthy Eating Index score < median score of 60

[1.] Results from linear regression models adjusted for maternal education, household income, age in days at mid-childhood visit, sex, and race/ethnicity. The sleep score ranges from 0 (maximal sleep curtailment) to 13 (never having curtailed sleep); p-interaction calculated from the product of the continuous sleep score with the continuous YHEI score.

Table S1: Dietary Factors at Mid-Childhood Visit

Dietary Factor	*Component Variables*	*Responses/Derivation*
Youth Healthy Eating Index[1]	1. Whole grains, 2. Vegetables, 3. Fruits, 4, Dairy, 5. Meat ratio (servings/day of chicken, fish, eggs, nuts, seeds, soy/tofu, and beans, divided by servings/day of beef, pork, lamb, and liver), 6. Sweet and salty snack foods, 7. Soda and drinks, 8. Multivitamin use, 9. Margarine and butter, 10. Fried foods outside the home (see Fast Food), 11. Eating breakfast (skipping breakfast reverse coded), 12. Family dinner.	Theoretical Range: 0-95; components 1 to 7 awarded up to 10 points and components 8 to 12 awarded up to 5 points. Study Mean (Observed Range): 59 (29-92)
Fast Food	In the past month, on average, how often did your child eat something from a fast food restaurant (McDonald's, Burger King, Taco Bell, etc)	"Never/less than once per month" (coded as 0/week); "1–3 times per month" (0.5), "once per week" (1), "2–4 times per week" (3), '5–6 times per week" (5.5), and "once per day or more" (7)
Sugary drinks	Sum of: (1) Soda and (3) Fruit drinks	"Never" (coded as 0/day); "Less than once per week" (0.07); "once per week" (0.14); "2 – 4 times per week" (0.43); "Nearly daily or daily" (1); "2 –4 times per day" (3); "5 or more times per day" (5).
Snacks	Baked Products (donuts, cookies, muffins, crackers, cakes, sweet rolls, pastries)	
Whole Grains	Whole grain foods (e.g., whole grain breads, brown rice)	
Total Dairy	Sum of: (1) Whole Milk Dairy Foods (e.g., whole milk, hard cheese, butter, ice cream) and (2) Low-fat Milk Products (e.g., low fat/skim milk, yogurt, cottage cheese)	
Lean Meats	Sum of: (1) Fish/Seafood (not fried, but broiled, baked, poached, canned) and (2) Whole eggs	"Never" (coded as 0/day); "Less than once per week" (0.07); "once per week" (0.14); "2 – 4 times per week" (0.43); "Nearly daily or daily" (1); "2 or more times per day" (3)
Fatty Meats	Sum of: (1) Beef, pork or lamb as main dish and (2) Processed meats (sausages, salami, bologna, hot dogs, bacon)	
Fruits and Vegetables	Sum of: (1) Dark green leafy vegetables (spinach, romaine lettuce, greens/kale), (2) Broccoli, Cauliflower, Cabbage, Brussels Sprouts, (3) Carrots, (4) Other Vegetables (e.g., peas, corn, green beans, tomatoes, squash) , (5) Citrus Fruits (e.g., orange juice or grapefruit juice, oranges, grapefruit)and (6) Other Fruits (e.g., fresh apples or pears, bananas, berries, grapes, melons)	
Skipping Breakfast	In the past month, on average, how often does your child skip eating breakfast?	"Never/less than once per week" (coded as 0); "Once per week" (1); "2 – 4 times per week" (3); "5 – 6 times per week" (5.5); and "Every day" (7)
Family Dinner	In the past month, on average, how often does your child eat supper or dinner together with family members?	

[1] The original YHEI included 5 points for removing visible animal fat from food. This information was not available and thus excluded for a theoretical range of 0-95 rather than 0-100. Additionally, information on nuts/seeds was not available and was excluded from calculations.