

Supplemental Table 1: Description of the program sessions for both parent’s and children’s groups

Week	Session	Parent’s Group	Children’s Group
1	Introduction	<ul style="list-style-type: none"> o Introduce program rationale o Teach measurement of food and calcium calculations o Behavioral modification: sticker charts 	<ul style="list-style-type: none"> o Introduce program rationale o Teach about bone health o Behavioral modification: Sticker charts
2	None	<ul style="list-style-type: none"> o Diet records to be sent back to the dietitian for review and analysis 	<ul style="list-style-type: none"> o Sticker charts to be returned with diet records
3	Breakfast	<ul style="list-style-type: none"> o Review food measurement and recording techniques o Teach about bone health and calcium requirements o Focus on breakfast calcium goals o Behavioral modification: differential attention 	<ul style="list-style-type: none"> o Review sticker charts and award trophies o Learn to read food labels o Try breakfast meal with a reward for achieving breakfast goals o Play games and sign contract for weekly calcium goals
4	Lunch	<ul style="list-style-type: none"> o Review individual records and calcium intake o Focus on lunch calcium goals o Behavioral modification: Using rules and consequences 	<ul style="list-style-type: none"> o Review sticker charts and award trophies o Focus on lunch foods with calcium and lunchtime issues o Try lunchtime meal o Do art activity and sign contract for weekly calcium goals
5	Dinner	<ul style="list-style-type: none"> o Review individual records and calcium intake o Focus on dinner calcium goals o Behavioral modification: Privileges 	<ul style="list-style-type: none"> o Review sticker charts and award trophies o Try dinner meal and review calcium in favorite dinner foods o Play game and sign contract for weekly calcium goals
6	Snack	<ul style="list-style-type: none"> o Review individual records and calcium intake o Focus on snack calcium goals and overall calcium goals o Teach introduction of new foods o Review maintenance of skills to increase dietary calcium 	<ul style="list-style-type: none"> o Review sticker charts and award trophies o Review favorite snack foods and discuss calcium content o Taste test snack foods o Party activities o Sign contract for weekly calcium goal
7	None	<ul style="list-style-type: none"> o Submission of final food records o Mail “booster” information of “ca-boom” and “zoom” foods 	<ul style="list-style-type: none"> o Receive final trophy by mail