

Appendix A: Supplemental Tables

Table S1. Top Ten Food Sources of Added Sugars for Children 2-8 y by Ten Deciles of Intake¹

| Rank | Decile 1 | | Decile 2 | | Decile 3 | | Decile 4 | | Decile 5 | | Decile 6 | | Decile 7 | | Decile 8 | | Decile 9 | | Decile 10 | |
|------|------------------------------|----------------------|-------------------------|----------------------|-------------------------|----------------------|------------------------------|----------------------|------------------------------|----------------------|------------------------------|----------------------|------------------------------|----------------------|--------------------------|----------------------|--------------------------|----------------------|------------------------------|----------------------|
| | Food Sub Group | % Total Added Sugars | Food Sub Group | % Total Added Sugars | Food Sub Group | % Total Added Sugars | Food Sub Group | % Total Added Sugars | Food Sub Group | % Total Added Sugars | Food Sub Group | % Total Added Sugars | Food Sub Group | % Total Added Sugars | Food Sub Group | % Total Added Sugars | Food Sub Group | % Total Added Sugars | Food Sub Group | % Total Added Sugars |
| 1 | RTE Cereals | 14.8 ± 1.00 | Sweetened Beverages | 16.6 ± 1.94 | Sweet Bakery Products | 15.2 ± 1.95 | Sweetened Beverages | 17.3 ± 1.83 | Sweetened Beverages | 22.8 ± 2.18 | Sweetened Beverages | 25.2 ± 2.94 | Sweetened Beverages | 31.1 ± 2.57 | Sweetened Beverages | 29.0 ± 2.49 | Sweetened Beverages | 33.4 ± 2.14 | Sweetened Beverages | 36.8 ± 2.44 |
| 2 | Sweet Bakery Products | 14.7 ± 1.69 | Sweet Bakery Products | 12.7 ± 1.38 | Sweetened Beverages | 14.8 ± 2.11 | Sweet Bakery Products | 14.1 ± 1.81 | Sweet Bakery Products | 16.1 ± 2.03 | Flavored Milk | 12.6 ± 1.80 | Sweet Bakery Products | 12.1 ± 1.16 | Sweet Bakery Products | 16.6 ± 1.64 | Sweet Bakery Products | 14.9 ± 1.69 | Sweet Bakery Products | 14.3 ± 1.58 |
| 3 | Sweetened Beverages | 12.4 ± 2.14 | RTE Cereals | 12.5 ± 1.47 | RTE Cereals | 11.1 ± 2.21 | RTE Cereals | 12.9 ± 1.43 | Other Desserts | 8.8 ± 1.69 | Sweet Bakery Products | 11.9 ± 1.62 | Other Desserts | 8.2 ± 1.12 | Other Desserts | 7.5 ± 1.71 | Other Desserts | 8.5 ± 1.39 | Candy | 9.1 ± 1.48 |
| 4 | Other Dessert | 7.7 ± 1.51 | Other Desserts | 8.1 ± 1.09 | Flavored Milk | 7.8 ± 1.61 | Flavored Milk | 8.8 ± 1.66 | Flavored Milk | 7.7 ± 1.71 | RTE Cereals | 10.4 ± 1.37 | Flavored Milk | 8.1 ± 1.01 | Candy | 7.5 ± 1.24 | Sugars | 7.4 ± 3.25 | Other Desserts | 7.6 ± 1.08 |
| 5 | Breads, Rolls, Tortillas | 7.3 ± 1.16 | Yogurt | 6.8 ± 1.27 | Other Desserts | 7.3 ± 1.35 | Other Desserts | 8.8 ± 1.39 | RTE Cereals | 6.5 ± 0.96 | Other Desserts | 6.3 ± 1.41 | Candy | 7.4 ± 1.18 | Flavored Milk | 7.3 ± 0.98 | Candy | 7.1 ± 1.31 | Flavored Milk | 5.7 ± 0.98 |
| 6 | Sugars | 6.6 ± 1.03 | Sugars | 6.0 ± 0.89 | Sugars | 6.8 ± 1.17 | Sugars | 5.3 ± 0.93 | Candy | 6.3 ± 1.19 | Candy | 6.2 ± 0.91 | RTE Cereals | 7.3 ± 0.96 | RTE Cereals | 6.6 ± 0.83 | Flavored Milk | 6.0 ± 0.94 | Sugars | 4.8 ± 0.63 |
| 7 | Candy | 5.4 ± 1.16 | Candy | 5.7 ± 0.94 | Yogurt | 5.2 ± 1.51 | Yogurt | 4.6 ± 1.37 | Sugars | 5.9 ± 1.55 | Sugars | 4.0 ± 0.66 | Sugars | 5.0 ± 1.06 | Sugars | 6.4 ± 1.04 | RTE Cereals | 5.8 ± 0.75 | RTE Cereals | 4.3 ± 0.68 |
| 8 | Yogurt | 4.2 ± 1.47 | Bread, Rolls, Tortillas | 4.8 ± 0.60 | Bread, Rolls, Tortillas | 4.7 ± 0.62 | Candy | 4.4 ± 0.80 | Yogurt | 5.5 ± 1.03 | Coffee, Tea | 3.1 ± 1.37 | Breads, Rolls, Tortillas | 2.8 ± 0.28 | Yogurt | 2.4 ± 0.93 | Yogurt | 2.4 ± 0.68 | Coffee, Tea | 3.3 ± 1.79 |
| 9 | Quick Breads, Bread Products | 3.4 ± 0.58 | Flavored Milk | 3.6 ± 0.70 | Candy | 4.3 ± 0.97 | Quick Breads, Bread Products | 3.7 ± 1.48 | Breads, Rolls, Tortillas | 3.0 ± 0.47 | Quick Breads, Bread Products | 2.8 ± 1.04 | Yogurt | 2.5 ± 0.76 | Breads, Rolls, Tortillas | 2.2 ± 0.22 | Breads, Rolls, Tortillas | 1.9 ± 0.24 | Yogurt | 2.6 ± 1.02 |
| 10 | Snack/Meal Bars | 3.1 ± 0.92 | Fruits | 3.4 ± 0.85 | Fruits | 3.1 ± 0.82 | Bread, Rolls, Tortillas | 3.1 ± 0.30 | Quick Breads, Bread Products | 2.6 ± 0.61 | Breads, Rolls, Tortillas | 2.4 ± 0.24 | Quick Breads, Bread Products | 2.0 ± 0.41 | Coffee, Tea | 2.0 ± 0.69 | Coffee, Tea | 1.7 ± 0.49 | Quick Breads, Bread Products | 1.8 ± 0.51 |

¹Mean ± standard error

Table S2. Top Ten Food Sources of Added Sugars for Children and Adolescents 9-18 y by Ten Deciles of Intake¹

| Ran | Decile 1 | | Decile 2 | | Decile 3 | | Decile 4 | | Decile 5 | | Decile 6 | | Decile 7 | | Decile 8 | | Decile 9 | | Decile 10 | |
|-----|--------------------------|---------------|--------------------------|---------------|--------------------------|---------------|----------------------------|---------------|---------------------------------|---------------|------------------------------|---------------|------------------------------|---------------|--------------------------|---------------|------------------------------|---------------|---------------------------------|---------------|
| k | Food Sub Group | % Total Added | Food Sub Group | % Total Added | Food Sub Group | % Total Added | Food Sub Group | % Total Added | Food Sub Group | % Total Added | Food Sub Group | % Total Added | Food Sub Group | % Total Added | Food Sub Group | % Total Added | Food Sub Group | % Total Added | Food Sub Group | % Total Added |
| 1 | Ready-to-Eat Cereals | 12.5 ± 2.44 | Sweetened Beverages | 27.4 ± 3.89 | Sweetened Beverages | 32.8 ± 2.77 | Sweetened Beverages | 30.1 ± 2.37 | Sweetened Beverages | 33.1 ± 2.74 | Sweetened Beverages | 40.1 ± 2.77 | Sweetened Beverages | 38.3 ± 2.66 | Sweetened Beverages | 44.2 ± 2.36 | Sweetened Beverages | 41.3 ± 2.28 | Sweetened Beverages | 53.3 ± 1.74 |
| 2 | Sweetened Beverages | 12.3 ± 1.41 | Sweet Bakery Products | 12.3 ± 1.81 | Sweet Bakery Products | 11.8 ± 1.53 | Sweet Bakery Products | 13.7 ± 2.12 | Sweet Bakery Products | 9.4 ± 1.55 | Sweet Bakery Products | 10.4 ± 1.07 | Sweet Bakery Products | 13.9 ± 1.67 | Sweet Bakery Products | 13.7 ± 1.93 | Sweet Bakery Products | 14.1 ± 1.37 | Sweet Bakery Products | 11.4 ± 1.08 |
| 3 | Breads, Rolls, Tortillas | 10.4 ± 1.66 | Ready-to-Eat Cereals | 10.5 ± 1.73 | Ready-to-Eat Cereals | 7.8 ± 1.04 | Other Desserts | 10.3 ± 1.92 | Other Desserts | 7.1 ± 1.69 | Sugars | 7.3 ± 2.51 | Other Desserts | 7.7 ± 1.32 | Coffee, Tea | 6.2 ± 1.21 | Coffee, Tea | 6.6 ± 1.22 | Candy | 5.6 ± 1.06 |
| 4 | Sweet Bakery Products | 8.0 ± 1.03 | Candy | 7.9 ± 2.04 | Flavored Milk | 6.2 ± 1.63 | Ready-to-Eat Cereals | 9.0 ± 1.26 | Sugars | 6.7 ± 3.43 | Other Desserts | 5.6 ± 1.31 | Ready-to-Eat Cereals | 6.4 ± 0.85 | Other Desserts | 6.0 ± 1.19 | Candy | 6.2 ± 1.44 | Other Desserts | 5.5 ± 0.80 |
| 5 | Mixed Dishes – Pizza | 6.7 ± 1.73 | Flavored Milk | 4.7 ± 1.41 | Candy | 6.0 ± 1.40 | Coffee, Tea | 5.5 ± 1.33 | Ready-to-Eat Cereals | 6.1 ± 1.19 | Ready-to-Eat Cereals | 5.3 ± 0.87 | Candy | 6.0 ± 1.26 | Candy | 5.5 ± 0.78 | Other Desserts | 6.1 ± 1.33 | Coffee and Tea | 4.9 ± 1.24 |
| 6 | Flavored Milk | 6.3 ± 1.61 | Breads, Rolls, Tortillas | 4.6 ± 0.75 | Other Desserts | 5.3 ± 1.09 | Candy | 5.3 ± 1.12 | Coffee and Tea | 5.9 ± 2.10 | Candy | 4.8 ± 0.83 | Coffee, Tea | 6.0 ± 1.63 | Ready-to-Eat Cereals | 4.5 ± 0.57 | Sugars | 5.2 ± 0.92 | Ready-to-Eat Cereals | 4.7 ± 1.00 |
| 7 | Other Desserts | 5.6 ± 1.40 | Sugars | 4.5 ± 1.16 | Breads, Rolls, Tortillas | 4.8 ± 0.71 | Breads, Rolls, Tortillas | 3.2 ± 0.27 | Candy | 4.2 ± 0.95 | Coffee, Tea | 4.6 ± 1.07 | Sugars | 4.7 ± 0.73 | Sugars | 3.8 ± 0.68 | Ready-to-Eat Cereals | 4.0 ± 0.66 | Sugars | 3.1 ± 0.53 |
| 8 | Candy | 5.2 ± 1.12 | Other Desserts | 4.4 ± 0.78 | Sugars | 3.2 ± 0.66 | Dairy Drinks & Substitutes | 2.8 ± 1.31 | Breads, Rolls, Tortillas | 4.0 ± 0.88 | Flavored Milk | 4.4 ± 1.07 | Flavored Milk | 4.5 ± 1.05 | Flavored Milk | 3.3 ± 0.79 | Flavored Milk | 1.9 ± 0.38 | Flavored Milk | 1.5 ± 0.32 |
| 9 | Sugars | 4.5 ± 1.07 | Coffee, Tea | 3.2 ± 1.05 | Mixed Dishes-Sandwiches | 3.1 ± 0.92 | Flavored Milk | 2.4 ± 0.65 | Flavored Milk | 3.9 ± 0.72 | Quick Breads, Bread Products | 2.7 ± 0.71 | Breads, Rolls, Tortillas | 2.2 ± 0.19 | Breads, Rolls, Tortillas | 1.8 ± 0.23 | Quick Breads, Bread Products | 1.9 ± 0.49 | Breads, Rolls, Tortillas | 1.4 ± 0.19 |
| 10 | Coffee, Tea | 4.1 ± 1.21 | Mixed Dishes-Pizza | 2.7 ± 0.87 | Mixed Dishes-Pizza | 2.8 ± 0.82 | Sugars | 2.2 ± 0.52 | Quick Breads and Bread Products | 3.5 ± 0.77 | Breads, Rolls, Tortillas | 2.4 ± 0.24 | Quick Breads, Bread Products | 2.1 ± 0.38 | Condiments, Sauces | 1.5 ± 0.19 | Breads, Rolls, Tortillas | 1.8 ± 0.18 | Quick Breads and Bread Products | 1.2 ± 0.44 |

¹Mean ± standard error

Table S3. Top Ten Food Sources of Added Sugars for Adults ≥ 19 y by Ten Deciles of Intake¹

| Rank | Decile 1 | | Decile 2 | | Decile 3 | | Decile 4 | | Decile 5 | | Decile 6 | | Decile 7 | | Decile 8 | | Decile 9 | | Decile 10 | |
|------|---------------------------|----------------------|------------------------------|----------------------|------------------------------|----------------------|--------------------------|----------------------|--------------------------|----------------------|--------------------------|----------------------|------------------------------|----------------------|------------------------------|----------------------|------------------------------|----------------------|---------------------------------|----------------------|
| | Food Sub Group | % Total Added Sugars | Food Sub Group | % Total Added Sugars | Food Sub Group | % Total Added Sugars | Food Sub Group | % Total Added Sugars | Food Sub Group | % Total Added Sugars | Food Sub Group | % Total Added Sugars | Food Sub Group | % Total Added Sugars | Food Sub Group | % Total Added Sugars | Food Sub Group | % Total Added Sugars | Food Sub Group | % Total Added Sugars |
| 1 | Breads, Rolls, Tortillas | 20.04 ± 0.91 | Sweet Bakery Products | 13.3 ± 1.29 | Sweet Bakery Products | 13.9 ± 1.20 | Sweet Bakery Products | 17.00 ± 1.11 | Sweetened Beverages | 23.05 ± 1.38 | Sweetened Beverages | 24.25 ± 1.83 | Sweetened Beverages | 30.84 ± 1.51 | Sweetened Beverages | 38.7 ± 1.83 | Sweetened Beverages | 45.3 ± 1.27 | Sweetened Beverages | 51.4 ± 1.50 |
| 2 | Sweet Bakery Products | 10.37 ± 0.92 | Breads, Rolls, Tortillas | 12.6 ± 1.18 | Sweetened Beverages | 11.3 ± 0.97 | Sweetened Beverages | 16.8 ± 1.61 | Sweet Bakery Products | 13.9 ± 1.14 | Sweet Bakery Products | 15.1 ± 0.88 | Sweet Bakery Products | 14.5 ± 0.91 | Sweet Bakery Products | 12.6 ± 0.84 | Sweet Bakery Products | 12.7 ± 0.94 | Coffee and Tea | 10.6 ± 0.96 |
| 3 | Fats and Oils | 9.7 ± 0.94 | Sweetened Beverages | 8.7 ± 1.12 | Sugars | 8.9 ± 0.57 | Sugars | 8.1 ± 0.67 | Sugars | 9.5 ± 0.60 | Other Desserts | 8.2 ± 1.29 | Sugars | 7.9 ± 0.97 | Coffee, Tea | 9.0 ± 1.36 | Sugars | 7.1 ± 0.75 | Sweet Bakery Products | 9.5 ± 0.58 |
| 4 | Ready-to-Eat Cereals | 7.2 ± 0.95 | Sugars | 8.6 ± 1.01 | Breads, Rolls, Tortillas | 8.4 ± 0.62 | Candy | 7.8 ± 0.99 | Other Desserts | 6.8 ± 0.96 | Sugars | 7.9 ± 0.77 | Other Desserts | 7.7 ± 1.07 | Sugars | 7.9 ± 0.66 | Coffee, Tea | 6.7 ± 0.70 | Sugars | 6.4 ± 0.38 |
| 5 | Sugars | 5.8 ± 0.80 | Ready-to-Eat Cereals | 7.9 ± 0.95 | Candy | 7.1 ± 0.84 | Other Desserts | 7.0 ± 0.79 | Candy | 6.6 ± 0.85 | Coffee, Tea | 6.4 ± 1.04 | Candy | 6.4 ± 0.98 | Candy | 5.4 ± 0.78 | Other Desserts | 4.7 ± 0.53 | Candy | 4.8 ± 0.44 |
| 6 | Candy | 5.5 ± 1.05 | Fats and Oils | 6.4 ± 0.90 | Ready-to-Eat Cereals | 6.7 ± 0.69 | Breads, Rolls, Tortillas | 6.2 ± 0.34 | Coffee, Tea | 6.1 ± 0.74 | Candy | 6.1 ± 0.66 | Coffee, Tea | 6.3 ± 0.86 | Other Desserts | 4.5 ± 0.55 | Candy | 4.5 ± 0.30 | Other Desserts | 4.5 ± 0.63 |
| 7 | Sweetened Beverages | 4.4 ± 0.75 | Other Desserts | 5.7 ± 0.96 | Other Desserts | 6.1 ± 0.81 | Ready-to-Eat Cereals | 5.9 ± 0.70 | Breads, Rolls, Tortillas | 5.8 ± 0.46 | Ready-to-Eat Cereals | 5.3 ± 0.61 | Ready-to-Eat Cereals | 3.7 ± 0.50 | Ready-to-Eat Cereals | 3.1 ± 0.46 | Ready-to-Eat Cereals | 2.8 ± 0.39 | Ready-to-Eat Cereals | 2.2 ± 0.17 |
| 8 | Condiments and Sauces | 3.8 ± 0.61 | Candy | 5.6 ± 0.62 | Fats and Oils | 5.2 ± 0.91 | Coffee, Tea | 4.2 ± 0.69 | Ready-to-Eat Cereals | 5.3 ± 0.73 | Breads, Rolls, Tortillas | 3.8 ± 0.33 | Breads, Rolls, Tortillas | 3.2 ± 0.20 | Breads, Rolls, Tortillas | 2.5 ± 0.21 | Breads, Rolls, Tortillas | 2.3 ± 0.27 | Fats and Oils | 1.2 ± 0.18 |
| 9 | Mixed Dishes - Sandwiches | 3.2 ± 0.69 | Quick Breads, Bread Products | 2.8 ± 0.49 | Coffee, Tea | 3.5 ± 0.58 | Fats and Oils | 3.3 ± 0.28 | Fats and Oils | 3.4 ± 0.38 | Fats and Oils | 2.6 ± 0.35 | Fats and Oils | 2.4 ± 0.25 | Fats and Oils | 2.0 ± 0.28 | Quick Breads, Bread Products | 1.3 ± 0.17 | Breads, Rolls, Tortillas | 1.1 ± 0.06 |
| 10 | Cured Meats/Poultry | 2.8 ± 0.47 | Condiments and Sauces | 2.8 ± 0.42 | Quick Breads, Bread Products | 3.3 ± 0.68 | Condiments and Sauces | 1.9 ± 0.29 | Snack/Meal Bars | 2.0 ± 0.43 | Yogurt | 2.6 ± 0.55 | Quick Breads, Bread Products | 1.8 ± 0.26 | Quick Breads, Bread Products | 1.4 ± 0.36 | Fats and Oils | 1.3 ± 0.21 | Quick Breads and Bread Products | 1.1 ± 0.18 |

¹Mean ± standard error