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Supplemental Table 1. Details of countries searched and presence of snacking recommendation¶

Country	Dietary guidelines	Number of Snacking Recommendations	References
Afghanistan	NO		
Albania	YES	4	(44)
Algeria	NO		
Andorra	NO		
Angola	NO		
Antigua and Barbuda	YES	NO	
Argentina	YES	NO	
Armenia	NO		
Australia	YES	1	(44)
Austria**	YES	4	(3-6)
Azerbaijan	NO		
Bahamas	YES	NO	
Bahrain	NO		
Bangladesh	YES	NO	
Barbados	YES	NO	
Belarus	NO		
Belgium**	YES	2	(7, 8)
Belize	YES	1	(9)
Benin	NO		
Bhutan	NO		
Bolivia	NO		
Bosnia and Herzegovina*	YES		
Botswana	NO		
Brazil**	YES	4	(10-13)
Brunei	NO		
Bulgaria	NO		

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Burkina Faso	NO		
Burundi	NO		
Cabo Verde	NO		
Cambodia	NO		
Cameroon	NO		
Canada	YES	7	(14-20)
Central African Republic	NO		
Chad	NO		
Chile	YES	2	(21)
China**	YES	4	(22, 23)
Colombia**	YES	NO	
Comoros	NO		
Congo, Democratic Republic of the	NO		
Congo, Republic of the	NO		
Costa Rica*	YES		
Cote d'Ivoire	NO		
Croatia	YES	1	(24)
Cuba*	YES		
Cyprus	NO		
Czech Republic	NO		
Denmark*	YES	2	(25)
Djibouti	NO		
Dominica	YES	1	(26)
Dominican Republic*	YES		
Ecuador**	YES	NO (just for children under 2 years)	
Egypt*	YES		
El Salvador*	YES		
Equatorial Guinea	NO		
Eritrea	NO		
Estonia*	YES		

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Ethiopia	NO		
Fiji	YES	2	(27)
Finland*	YES		
France**	YES	2	(28, 29)
Gabon	NO		
Gambia	NO		
Georgia	YES	3	(30)
Germany**	YES	3	(31, 32)
Ghana	NO		
Greece	YES	1	(33)
Greenland	YES	2	(34)
Grenada	YES	1	(35)
Guatemala	YES	NO	
Guinea	NO		
Guinea-Bissau	NO		
Guyana	YES	NO	
Haiti	NO		
Honduras*	YES		
Hungary	YES	1	(36)
Iceland*	YES		
India	YES	12	(37-47)
Indonesia	NO		
Iran	YES	NO	
Iraq	NO		
Ireland	YES	2	(48, 49)
Israel*	YES		
Italy	YES	NO	
Jamaica	NO		
Japan	YES	1	(50)
Jordan	NO		
Kazakhstan	NO		

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Kenya	NO		
Kiribati	NO		
Kosovo	NO		
Kuwait	NO		
Kyrgyzstan	NO		
Laos	NO		
Latvia*	YES		
Lebanon	YES	1	(51)
Lesotho	NO		
Liberia	NO		
Libya	NO		
Liechtenstein	NO		
Lithuania	NO		
Luxembourg	NO		
Macedonia*	YES		
Madagascar	NO		
Malawi	YES	2	(52)
Malaysia	YES	7	(53-59)
Maldives	NO		
Mali	NO		
Malta	YES	NO	
Marshall Islands	NO		
Mauritania	NO		
Mauritius	NO		
Mexico**	YES	3	(60, 61)
Micronesia	NO		
Moldova	NO		
Monaco	NO		
Mongolia	YES	NO	
Montenegro	NO		
Morocco	NO		

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Mozambique	NO		
Myanmar (Burma)	NO		
Namibia	YES	2	(62)
Nauru	NO		
Nepal	YES	NO	
Netherlands**§	YES	1	(63)
New Zealand	YES	4	(64-68)
Nicaragua	NO		
Niger	NO		
Nigeria	YES	2	(69)
North Korea	NO		
Norway	YES	NO	
Oman	YES	1	(70)
Pakistan	NO		
Palau	NO		
Palestine	NO		
Panama*	YES		
Papua New Guinea	NO		
Paraguay*	YES		
Peru	YES	NO	
Philippines	YES	1	(71)
Poland*	YES		
Portugal**	YES	9	(72-74)
Qatar	YES	1	(75)
Romania*	YES		
Russia**	YES	1	(76)
Rwanda	NO		
Samoa	NO		
San Marino	NO		
Sao Tome and Principe	NO		
Saudi Arabia	YES	1	(77)

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Senegal	NO		
Serbia	NO		
Seychelles	NO		
Sierra Leone	NO		
Singapore	NO		
Slovakia	NO		
Slovenia	NO		
Solomon Islands	NO		
Somalia	NO		
South Africa	YES	4	(78-81)
South Korea*	YES		
South Sudan	NO		
Spain	YES	NO	
Sri Lanka	YES	2	(82)
St. Kitts and Nevis	YES	1	(83)
St. Lucia	YES	1	(84)
St. Vincent and The Grenadines	YES	1	(85)
Sudan	NO		
Suriname	NO		
Swaziland	NO		
Sweden	YES	1	(86)
Switzerland**	YES	1	(87)
Syria	NO		
Taiwan	NO		
Tajikistan	NO		
Tanzania	NO		
Thailand	YES	1	(88)
Timor-Leste	NO		
Togo	NO		
Tonga	NO		

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Trinidad and Tobago	NO		
Tunisia	NO		
Turkey	YES	1	(89)
Turkmenistan	NO		
Tuvalu	NO		
Uganda	NO		
UK (United Kingdom)	YES	4	(90-94)
Ukraine**	YES	1	(95)
United Arab Emirates	NO		
Uruguay	NO		
USA (United States of America)	YES	19	(96-104)
Uzbekistan	NO		
Vanuatu	NO		
Vatican City (Holy See)	NO		
Venezuela	YES	NO	
Vietnam*	YES		
Yemen	NO		
Zambia	NO		
Zimbabwe	NO		

¶Note reference sources may provide >1 recommendation hence numbers of recommendations and references may not tally.*not translated. **translated. § During the time of the review the Dutch guidelines were updated and the latest guidelines did not include any recommendations specific to snacking. For the purpose of this review the old guidelines as identified in the first wave of the literature search were retained.

(http://www.voedingscentrum.nl/Assets/Uploads/voedingscentrum/Documents/Consumenten/Schijf%20van%20Vijf%202016/VC_Richtlijnen_Schijf_van_Vijf_2016.pdf)

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Supplemental Table 2 Details of all countries surveyed and the nature of the recommendations identified (qualitative or quantitative) and whether a rationale was provided.

Country	Target Group	Qualitative Recommendations	Quantitative Recommendations	Rationale of Qualitative or Quantitative Recommendation
Australia	general population		x	
Austria	general population	x		
Austria	General population		x	x
Belize	general population	x		
Brazil	general population		x	x
Canada	general population	x		
Canada	general population (First Nations, Inuit & Métis)	x		
Chile	general population		x	x
China	general population	x		
Croatia	general population		x	
Denmark	general population		x	x
Dominica	general population	x		
Fiji	general population	x	x	x
France	general population	x	x	
Germany	general population	x		
Germany	general population		x	x
Greece	general population	x		
Greenland	general population	x		
Greenland	general population			x
Grenada	general population	x		
India	general population	x	x	x
India	general population		x	
India	general population		x	
India	general population		x	

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India	general population		x	
India	general population		x	
India	general population		x	
India	general population	x		
India	general population	x		
India	general population	x		
India	general population	x		
India	general population	x		
Ireland	general population	x		
Japan	general population	x		x
Malaysia	general population		x	
Malaysia	general population		x	x
Malaysia	general population			x
Mexico	general population		x	
Namibia	general population		x	x
Netherlands	general population	x		x
Oman	general population	x		x
Portugal	general population	x		
Portugal	general population		x	x
Qatar	general population	x		
Russia	general population	x	x	
Saint Kitts and Nevis	general population	x		
Saint Lucia	general population	x		
Saint Vincent and the Grenadines	general population	x		
Saudi Arabia	general population		x	
South Africa	general population	x		x
Sri Lanka	general population	x	x	x

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Sweden	general population		x	x
Thailand	general population		x	
Turkey	general population		x	
UK	general population	x	x	x
UK	general population		x	
UK	general population	x		
Ukraine	general population		x	
USA	general population	x		x
USA	general population	x		
USA	general population	x		x
USA	general population	x		
Albania	children > 2 y		x	x
Albania	children 4-6 y		x	
Albania	children 6-8y		x	
Albania	children 9-13 y		x	
Austria	children	x		
Belgium	children 3-12 y	x	x	
Brazil	children		x	
Brazil	children		x	
Canada	children			x
Canada	children 7 y		x	
Canada	children 10 y		x	
Canada	children 12 y		x	
Chile	children		x	
China	children 1.3-5 y	x		
China	children 6-12 y	x	x	
Denmark	children		x	x
Fiji	children	x		x
France	children		x	

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Georgia	children 1-3 y	x		
Georgia	children		x	x
Germany	children		x	x
Ireland	children	x		
Malawi	children 2-5y	x	x	
Malawi	children	x		
Malaysia	children	x		
Malaysia	children	x		
Malaysia	school children		x	x
Malaysia	children	x		
Mexico	children 1-4 y	x		
Mexico	children 5-9 y	x		
Namibia	children	x		x
New Zealand	children	x	x	x
New Zealand	children	x	x	x
Nigeria	children 6-11 y	x		
Portugal	children 1-5 y		x	
Portugal	kindergarten children		x	
Portugal	primary school children		x	
Portugal	kindergarten children		x	x
Portugal	school children		x	
South Africa	children 3-5 y	x		
Sri Lanka	children		x	
Switzerland	children	x		x
UK	children		x	
USA	preschoolers	x		
USA	pre-schoolers & children	x	x	x
USA	preschoolers & children	x	x	x
USA	pre-schoolers & children	x		x
USA	preschoolers		x	
USA	preschoolers	x		x

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USA	preschoolers	x		
USA	children	x		
USA	children		x	x
USA	children	x	x	x
USA	children	x		x
USA	children	x		x
USA	children	x		x
USA	children	x		
Austria	adults	x		x
Belgium	adults	x	x	
Brazil	adults		x	
Canada	adults	x	x	x
Hungary	adults		x	
Lebanon	adults	x		
New Zealand	adults	x		
New Zealand	older adults	x		x
Philippines	adults		x	
Portugal	adults		x	
South Africa	adults	x		
South Africa	adults	x	x	
China	children 13-17 y	x		
Georgia	children 12-18 y	x		
Nigeria	children 12-18 y	x		
Portugal	secondary children		x	
USA	high school	x		

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Supplemental table 3. Detailed overview of recommendations which mention specific food groups to include (fruit, vegetable, juice; starchy foods; combinations of foods; dairy foods; other foods) or to limit. 'Starchy foods' relate to cereal and cereal products, pastas, rice and potatoes; 'Combination of foods' relate to snacks incorporating two or more food groups such as meat or cheese sandwiches, cereal with milk, or crackers with vegetables/fruit and/or cheese; 'Other foods' includes nuts, hummus, seeds etc.; 'Foods to limit' were described as sugar containing beverages and foods, confectionery, chocolates, salty snacks, packaged foods, ultra-processed foods, foods containing fat, saturated fat, trans fat, sugar and/or salt.

Country	Target group	Fruit, Vegetables, Juice	Starchy Foods	Combination of Foods	Dairy	Other Foods	Foods to limit
Australia	general population			x	x		
Austria	general population						x
Austria	general population	x		x		x	x
Belgium	general population	x	x	x	x		x
Belize	general population	x					x
Canada	general population	x	x	x	x	x	x
Canada (First Nations, Inuit & Métis)	general population						x
Chile	general population	x	x		x		
China	general population						
Croatia	general population	x			x	x	
Dominica	general population						x
FAO, Caribbean	general population	x	x		x		x
Fiji	general population	x	x	x	x	x	x
Germany	general population	x					
Germany	general population	x	x		x	x	x
Greece	general population	x				x	x
Greenland	general population						x
Greenland	general population	x	x			x	
Grenada	general						x

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	population						
India	general population			x	x		
India	general population	x	x		x	x	x
India	general population	x			x	x	x
India	general population	x		x	x	x	
India	general population	x		x	x	x	
India	general population	x			x	x	x
India	general population	x			x	x	x
India	general population						x
India	general population						x
India	general population						x
India	general population						x
Japan	general population						
Malaysia	general population			x		x	
Malaysia	general population	x	x	x	x	x	
Malaysia	general population					x	x
Mediterranean Diet foundation	general population	x					
Mexico	general population						
Mexico	general population			x	x		
Namibia	general population						
Netherlands	general population						x
Nordic countries	general population						x
Oman	general population						x
Portugal	general population						x
Portugal	general population						
Qatar	general population	x					

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Russia	general population	x	x		x		
Saint Kitts and Nevis	general population	x					x
Saint Lucia	general population						x
Saint Vincent and the Grenadines	general population						x
South Africa	general population						x
South Africa	general population	x					x
Sri Lanka	general population	x		x	x	x	x
Sweden	general population						
Thailand	general population	x		x	x	x	
Turkey	general population	x	x		x		x
UK	general population	x	x	x	x	x	x
UK	general population			x			x
UK	general population	x	x	x	x	x	x
Ukraine	general population			x			
USA	general population						x
USA	general population				x		
USA	general population		x				
USA	general population	x			x	x	
WHO	general population	x					x
WHO Eastern Mediterranean Region	general population	x	x	x			x
Austria	children	x					x
Brazil	children	x		x			
Brazil	children			x			x
Canada	children						
Chile	children			x	x		
Fiji	children	x		x	x	x	x
France	children	x	x		x	x	x
Georgia	children						
Germany	children			x			

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Ireland	children						x
Malawi	children						
Malaysia	children		x				x
Malaysia	children	x				x	x
Malaysia	children	x		x	x	x	x
Namibia	children	x				x	
New Zealand	children	x	x	x	x	x	x
New Zealand	children	x	x	x	x	x	x
South Africa	children						
Sri Lanka	children	x				x	x
Switzerland	children	x				x	x
UK	children			x	x	x	
USA	children	x	x			x	
USA	children		x				
USA	children	x	x	x	x	x	
USA	children	x			x	x	
USA	children						x
USA	children	x	x	x	x	x	
WHO	children	x					x
USA	children & preschoolers	x	x		x	x	
USA	children & preschoolers	x	x	x	x	x	
USA	children & preschoolers						x
Albania	children > 2 y	x	x	x	x		
China	children 1.3-5 y	x			x		x
Canada	children 10 y	x		x			
Canada	children 12 y	x		x			
Georgia	children 1-3 y			x			x
Mexico	children 1-4 y			x	x		
Portugal	children 1-5 y	x		x	x	x	
Malawi	children 2-5y	x				x	
South Africa	children 3-5 y						x
Albania	children 4-6 y	x		x			
Mexico	children 5-9 y			x	x		
Nigeria	children 6-11 y						x
China	children 6-12 y	x			x	x	x
Albania	children 6-8y	x	x	x			
Canada	children 7 y	x	x	x			
Albania	children 9-13 y	x	x	x			
Portugal	kindergarten children			x			

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Portugal	kindergarten children	x	x	x			
USA	preschoolers						x
USA	preschoolers	x	x	x	x	x	x
Portugal	primary school children			x			
Malaysia	school children	x			x	x	x
Portugal	school children						
Portugal	school children			x			
Albania	adults						
Austria	adults						x
Brazil	adults			x			
Hungary	adults			x			
Lebanon	adults	x	x	x	x	x	x
New Zealand	adults	x			x		x
Philippines	adults						
Portugal	adults			x			
South Africa	adults	x					
South Africa	adults			x		x	
New Zealand	older adults						x
New Zealand	older adults						x
Portugal	secondary children			x			
USA	adolescents	x		x	x	x	
Georgia	children 12-18 y						x
Nigeria	children 12-18 y						x
China	children 13-17 y	x			x	x	x

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Supplemental Table 4. Descriptive detail illustrating examples of the rationale provided for snacking recommendations by global, regional and national organizations as grouped into similar categories.

Rationale	Example text	Target population group	Sources
Addition of energy and/or nutrients (including fiber)	<p>Snacking can add vitamins, minerals and other nutrients to the diet';</p> <p>'To ensure that everybody receives all the nutrients and other healthful substances their bodies require';</p> <p>'Snacks make a valuable contribution to energy and nutrient intake between main meals';</p> <p>' For many children—particularly those who are quite physically active—snacks can help round out their nutritional requirements and provide as much as one fourth of their calories'</p>	children (n=8); general population (n=11)	(15, 27, 30, 32, 46, 57, 61, 63, 64, 66, 70, 90, 94, 95, 99, 100, 102-104)
Achieving intakes of specific food groups or categories	<p>Most of the snacks should be fruits and vegetables, since most children do not eat the recommended 5 servings of fruits and vegetables each day';</p> <p>'Dairy foods are a great source of calcium, which helps to build strong bones and teeth. Most calcium is obtained from milk and other dairy products. Water should be the main drink served to kids in between meals. Water satisfies thirst and does not have any sugar. Milk provides key nutrients such as calcium and vitamin D. Fresh fruit juices are very healthy and contain lots of vitamin C. Fruit juices are rich in vitamins, minerals and cancer fighting compounds';</p>	children (n=2), general population (n=2)	(27, 102, 104, 105)
Dental Health	<p>To reduce dental decay, restrict the frequency of eating foods and drinking beverages with a high sugar content';</p> <p>'Sugary snacks increase frequency of sugary intake thereby increasing chances of getting tooth decay (dental caries) and obesity';</p> <p>'Choose snacks such as yoghurt and cheese, which are low in fermentable carbohydrate and promote tooth remineralisation';</p> <p>'Avoid cariogenic snacks';</p> <p>'Frequency of snacking on food with high sugar content is related to occurrence of caries';</p> <p>'Less sugar snacks result in less problems with dental caries/tooth decay';</p> <p>'If between meals sweets are enjoyed, then select only tooth friendly confectionery';</p>	children, (n=2), general population (n=10)	(9,32,35,52, 57, 63, 65, 79, 81, 87, 103,105)

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Avoidance of choking	Avoid beans, nuts and other snacks which can choke in the trachea'; 'Do not give small, hard foods such as whole nuts and large seeds until children are at least five years old to reduce the risk of choking'	children (n=3),	(23, 63, 102)
Energy & Performance	'Eat meals and snacks at regular intervals to sustain energy levels'; 'If taking part in sport, then a healthy diet, including snacks and drinks, can help to support training and performance'; 'Eating food regularly is also important for anyone who has an active lifestyle through work or exercise'; 'Snacks or light meals help to keep individuals energized throughout the day. It's beneficial in some groups of people, for instance in young children who have small stomachs that can't take all the food they need during main meals'	general (n=4)	(4, 27, 57, 90)
Growth & development	Children need all five meals because of their increased metabolism and relatively small stomach'; 'Older Children: might need 3 snacks: especially during the adolescent growth spurt. Offer children and young people three meals and two to three small snacks during the day to meet their energy and nutrient requirements for growth'; 'It's beneficial in some groups of people, for instance in young children who have small stomachs that can't take all the food they need during main meals'; 'A little child has a small stomach and 3 meals a day may not give him the required energy for his growth and development. Therefore it's very important to feed the child between meals';	children (n=7)	(1, 30, 31,57, 63,102, 106)
Body Weight status	Better weight control'; 'Having small healthy snacks between meals helps in weight loss'; 'How do you maintain correct body weight? Daily food allowance can be taken in 3 - 5 meals; 3 main meals and if necessary 2 healthy snacks in between'; 'Frequent snacking has been linked to rising rates of overweight and obese adults'; 'snacking on junk food: increase in the prevalence of obesity and chronic diseases'	general (n=7)	(27, 57, 62, 67, 80, 81, 105)
Reduce risk of disease	'To reduce the risk of food-related diseases'	general (n=1)	(32)

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Glycemic management	'Healthy snacks can help maintain your blood glucose (sugar) levels throughout the day, but these must not replace proper meals'; 'Better control of blood sugar'	general (n=3)	(4, 27, 81)
Rationale for snacks to limit/avoid	'Processed snacks that contain Trans fats and high salt content are possible risk factors for hyperlipidemia and cardiovascular diseases'; 'Benefits of less salty snacks: good control of blood pressure, decreased risk of heart and blood vessel diseases'; 'Benefits of less sugary snacks: better weight control, good control of blood pressure levels; more energy and vitality'; 'Higher energy and fat'; 'To limit intake of oil'	general (n=8)	(9, 13, 35, 42, 67, 79, 82, 108)
Other	'It (snacking) fulfils both nutritional and social needs'; 'Limiting foods and drinks which contain a lot of calories, fat, sugar or salt are important ways to respect your body'; 'A sensible snack ideally consists of local, seasonal products'; 'A sensible snack should be packed, if possible, in a reusable container to keep snacks fresh and save on packaging'; 'Helps keep hunger at bay'; 'Because of their ingredients, ultra-processed foods—such as packaged snacks, soft drinks, and instant noodles—are nutritionally unbalanced'	general (n=5)	(13, 15, 57, 85, 104)

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