

Supplementary Table S1. Change in percentage energy from macronutrients from Australian National Nutrition Surveys 1983 (n = 5062), 1995 (n = 6284) and 2012 (n = 4380) excluding low energy-reporters

Macronutrient	Survey	Men		Women		Total Population	
		Mean	(±95% CI)	Mean	(±95% CI)	Mean	(±95% CI)
Protein	1983	17.1	(16.9–17.3)	17.3	(17.1–17.5)	17.2	(17.1–17.3)
	1995	16.6	(16.4–16.8)	16.6	(16.4–16.7)	16.6	(16.5–16.7)
	2012	17.7	(17.5–18.0)	17.9	(17.7–18.1)	17.8	(17.7–18.0)
	<i>P-Value</i>	0.0012		0.0006		<.0001	
Carbohydrate	1983	39.0	(38.7–39.4)	40.6	(40.3–41.0)	39.8	(39.6–40.1)
	1995	44.0	(43.7–44.3)	45.0	(44.7–45.4)	44.5	(44.2–44.7)
	2012	42.6	(42.2–43.1)	42.3	(41.9–42.8)	42.5	(42.2–42.8)
	<i>P-Value</i>	<.0001		<.0001		<.0001	
Fat	1983	35.7	(35.4–36.0)	36.0	(35.7–36.3)	35.9	(35.6–36.1)
	1995	32.1	(31.8–32.4)	32.8	(32.5–33.1)	32.4	(32.2–32.6)
	2012	30.9	(30.5–31.3)	32.2	(31.8–32.6)	31.5	(31.3–31.8)
	<i>P-Value</i>	<.0001		<.0001		<.0001	
Alcohol ‡	1983	6.2	(5.8–6.5)	3.7	(3.4–3.9)	4.9	(4.7–5.1)
	1995	4.8	(4.5–5.1)	2.9	(2.6–3.1)	3.9	(3.7–4.1)
	2012	5.7	(5.3–6.2)	4.2	(3.8–4.5)	5.0	(4.7–5.3)
	<i>P-Value</i>	0.0004		0.0604		0.0006	
Dietary Fibre	1983	1.8	(1.8–1.9)	2.1	(2.1–2.1)	2.0	(1.9–2.0)
	1995	1.9	(1.9–1.9)	2.1	(2.1–2.1)	2.0	(2.0–2.0)
	2012	2.0	(1.9–2.0)	2.2	(2.2–2.3)	2.1	(2.1–2.1)
	<i>P-Value</i>	0.0003		0.0533		0.0002	

Low energy-reporters are defined as those with energy intake: basal metabolic rate ratio between <0.87
 %E; percentage energy
 Survey weights applied
 P-value; mean differences determined with ANOVA

Supplementary Table S2: Sensitivity analysis to assess the impact of sampling on percentage energy from macronutrients in the National Nutrition Survey, 1995 and the National Nutrition and Physical Activity Survey, 2011/12 to find a comparable sample to the National Dietary Survey of Adults, 1983^

Macronutrient	Sex	Survey	Mean	95 % CI	P-Value
Protein	Males	1983	17.4	(17.2–17.5)	<.0001
		1995	16.9	(16.6–17.2)	
		2012	18.4	(18.1–18.7)	
	Females	1983	18.0	(17.8–18.2)	
		1995	16.9	(16.6–17.1)	
		2012	18.5	(18.2–18.8)	
	Total Population	1983	17.7	(17.6–17.8)	
		1995	16.9	(16.7–17.1)	
		2012	18.5	(18.2–18.7)	
Carbohydrate	Males	1983	39.1	(38.8–39.5)	<.0001
		1995	44.1	(43.5–44.7)	
		2012	43.5	(42.9–44.0)	
	Females	1983	40.8	(40.5–41.1)	
		1995	46.2	(45.7–46.8)	
		2012	43.5	(42.9–44.0)	
	Total Population	1983	40.0	(39.8–40.3)	
		1995	45.2	(44.7–45.6)	
		2012	43.5	(43.1–43.8)	
Fat	Males	1983	35.2	(34.9–35.5)	<.0001
		1995	32.0	(31.5–32.5)	
		2012	30.5	(30.1–31.0)	
	Females	1983	35.3	(35.0–35.6)	
		1995	31.8	(31.2–32.3)	
		2012	31.2	(30.8–31.6)	
	Total Population	1983	35.3	(35.0–35.5)	
		1995	31.9	(31.5–32.2)	
		2012	30.9	(30.6–31.2)	
Alcohol	Males	1983	6.2	(5.9–6.5)	0.0252
		1995	4.7	(4.2–5.2)	
		2012	4.7	(4.3–5.2)	
	Females	1983	3.4	(3.1–3.6)	
		1995	2.5	(2.1–2.8)	
		2012	3.4	(3.1–3.8)	
	Total Population	1983	4.7	(4.5–4.9)	
		1995	3.6	(3.3–3.9)	
		2012	4.1	(3.8–4.3)	
Fibre	Males	1983	1.9	(1.8–1.9)	0.001
		1995	2.0	(1.9–2.0)	
		2012	2.1	(2.1–2.1)	
	Females	1983	2.2	(2.2–2.2)	
		1995	2.3	(2.2–2.3)	
		2012	2.4	(2.4–2.4)	

Total Population	1983	2.1	(2.0–2.1)	0.0003
	1995	2.1	(2.1–2.1)	
	2012	2.3	(2.2–2.3)	

Survey weights applied

P-values; mean differences determined with ANOVA or t-tests

^ Estimates for each survey derived from participants aged 25–64 years, with reported intake on Sunday to Thursday, interview months May to November and from capital cities of Australia.