

Multimedia Appendix 3. Behavior change technique presence within apps, according to the behavior change technique taxonomy version 1

App name	BEHAVIOR CHANGE TECHNIQUE														No. of BCTs per app				
	1.1 Goal setting (behav)	1.4 Action planning	2.3 Self-mon of behaviour	3.1 Social support (unspec)	3.2 Social support (prac)	4.1 Instr on how perform behav	5.1 Info about health cons	5.3 Info about soc & envir cons	5.6 Info about emot cons	6.1 Demo of the behaviour	6.2 Social comparison	7.1 Prompts/cues	8.2 Behav substitution	10.1 Material incentive behav		10.2 Material reward behav	10.3 Non-specific reward	10.6 Non-specific incentive	12.5 Add objects to the envir
Recipe and recipe manager apps																			
All recipes				X	X				X		X		X		X		X		7
Big oven	X			X	X												X		4
Change4Life Smart Recipes			X		X	X	X		X								X		6
Cheftap	X		X		X		X										X		5
Clean and Green Eating					X												X		2
Cookbook recipes	X	X			X	X			X		X						X		7
Cookooz	X	X			X												X		4
Copy me that	X	X		X	X												X		5
Epicurious					X				X	X	X						X		5
Jamie Olivers Ultimate Recipes					X				X								X		3
Kitchen stories					X				X	X							X		4
My cookbook																	X		1
My Recipe Book					X												X		2
Nigella: The quick Collection					X				X								X		3
Paprika	X	X															X		3
Pepperplate	X	X															X		3
Recipe book				X	X				X								X		4
RecipeCloud				X	X												X		3
Recipe keeper	X	X			X												X		4
VideoMeals	X	X			X				X								X		5
What's for dinner?	X	X			X												X		4
What to cook?	X	X															X		3
Yummly					X				X								X		3
Mean (SD) no. of BCTs identified in recipe and recipe manager apps:																			3.9 (1.5)
Meal planning apps																			
Chef plan	X	X					X										X		4
Hello fresh	X	X			X		X	X	X	X			X	X			X		9
Mealime	X		X	X	X		X	X									X		7
Meal Planner Pal	X	X									X						X		4
MealsUp	X	X					X				X						X		5
Menu Planner	X	X															X		3

BEHAVIOR CHANGE TECHNIQUE

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My family meal planner						X	X	X										X		4
PlanBuyCook	X	X				X												X		4
Plateful	X	X						X										X		4
Recipe calendar	X	X		X		X		X				X						X		7
Today's Parent Mealtime	X	X				X												X		4
Week menu	X	X																X		3
Mean (SD) no. of BCTs identified in meal planning apps:																			4.8 (1.9)	
Shopping list apps																				
AnyList						X												X		2
Grocery king												X						X		2
Grocery List																		X		1
Grocery tracker	X	X																X		3
H-E-B						X								X				X		3
Lister																		X		1
Mighty shopping list	X	X																X		3
Out of milk						X								X				X		3
Scan2List						X												X		2
Shopping List Ease												X	X					X		3
Mean (SD) no. of BCTs identified in shopping list apps:																			2.3 (0.8)	
Family organizer apps																				
Cozi	X	X			X	X												X		5
Organizer To-Do	X	X				X												X		4
OurHome	X	X	X	X				X				X				X	X	X	X	10
Picnic					X	X												X		3
Mean (SD) no. of BCTs identified in family organizer apps:																			5.5 (3.1)	
Food choice apps																				
FoodSwitch													X					X		2
Perfect produce						X	X											X		3
No. of food choice apps incorporating BCT:																			2.5 (0.7)	
TOTAL no. of apps incorporating BCT:	27	24	4	8	2	33	4	9	2	11	3	9	1	5	1	2	1	51	1	3.9 (1.9)