

Online Supporting Material

Supplemental Table 1 Top 30 consumed food groups in ENSANUT among children 2-13y

Food Group	Example	Percent Consuming
Tortillas (plain)	Corn or wheat tortillas	68
All Cow, whole	Whole fat cow's milk	40
Non-baby food fruit, fresh & frozen	Fresh apples, bananas, oranges, etc.	36
Dried beans & peas	Cooked beans, refried beans, lentil soup	34
Eggs & egg dishes	Scrambled eggs, eggs with sausage	34
Carbonated sodas	Bottled soda drinks (cola, orange, etc.)	33
Sandwiches, tortas, filled rolls	Ham sandwich, cheese quesadilla	32
Sweet breads	Breads and doughnuts made with added sugars	31
Sweetened tea and coffee	Coffee/tea with sugar, with or without milk	30
Soups, stews, broths & creams	Pasta soup, chicken broth with chicken	27
Salty snacks from grains/starchy vegetables	Potato chips, chicharron, popcorn	26
Aguas frescas	Fruit-flavored water	25
Candy	Hard candy, chocolates	23
Cookies	Sweet cookies	21
Fruit-flavored drinks & baby's commercial fruit drink	Fruit drinks, fruit ices (not 100% juice)	16
Non-infant cereal	Ready-to-eat cereals	15
Rice mixed dishes	Artificially sweetened beverages	15
Bread, rolls, biscuits, bagels, plain or with savory topping	Breads made without added sugars	12
Non-baby juice	Fresh or canned 100% fruit juice	11
Non-babyfood meats, chicken or turkey	Chicken, roasted, grilled, or fried	11
All non-baby/toddler raw	Salad, carrots, cucumber, guacamole	10
Meat tacos	Tortillas filled with beef, egg, chicken, sausage	10
Non-babyfood meats, beef	Beef stew, beefsteak	10
Beef or pork with vegetables and/or rice/pasta/potatoes	Beef hash, potatoes with sausage	9
Water & milk-based atoles	Rice, oats, or cornstarch with water or milk	9
Baby yogurt	Yogurt for children and babies	8
Pasta mixed dishes	Spaghetti with cream, meat, or other sauce	8
Chicken or turkey with vegetables and/or rice/pasta	Chicken stew, chicken with vegetables	7
Non-baby yogurt	Fruit yogurt, yogurt with fruit or cereal	7
Ice cream, frozen yogurt, puddings	Ice cream, ice milk popsicles	6

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Supplement Table 2. Per consumer energy intake across the day (breakfast, lunch, dinner, snacks), by age group among children 2-13y old participating in the Mexican National Health and Nutrition Survey, 2012 ($n=5,093$)

Energy intake in kcal/day at:	2-5y		6-13 y	
	<i>n</i>	Mean \pm SE	<i>n</i>	Mean \pm SE
Breakfast	1724	383 \pm 9	2448	482 \pm 11
Almuerzo	915	376 \pm 16	1438	535 \pm 15
Lunch	1868	441 \pm 15	2682	626 \pm 15
Dinner	1639	361 \pm 12	2464	473 \pm 11
Morning snack	1012	257 \pm 11	1202	349 \pm 23
Afternoon snack	1092	244 \pm 9	1352	339 \pm 16
Evening snack	322	180 \pm 12	217	226 \pm 24
Total snacks	1535	379 \pm 13	2000	463 \pm 18
Total meals	2038	1199 \pm 22	2992	1598 \pm 20
Total daily energy intake	2039	1484 \pm 22	2992	1910 \pm 23