

Supplementary table: Food groups and their contents (% reported is the proportion of specific food items out of all items reported consumed for breakfast in that group).

Food Group name	Contents
Cereal based mixed meals	rice in coconut milk (34%), fried rice (30%), fried rice noodles (12%)
Chocolate and confectionery	granulated sugar (99%)
Hot and powdered drinks	milo (40%), malted milk powder (38%), coffee powder (5%)
High fat milk and cream	sweetened condensed milk (91%), full cream milk (6%)
Bread	white bread (99%)
Other bread products	Indian flatbread (49%), cream crackers (21%)
Rice, pasta and other grains	cooked rice (84%)
Egg and egg dishes	fried eggs (64%), whole egg (32%)
Spreads	egg jam (55%), strawberry jam (18%), peanut butter (11%)
Biscuits and cakes	chocolate cream bread (30%), corn cream bread (11%), vanilla cream bread (8%)
Malaysian kuih (high ED>11.2)	currypuff (50%), doughnuts (24%)
Sauces (high ED > 10 kJ/g)	gravy (75%), chilli paste (11%)
Fish high fat (>4.6g)	fried mackerel (27%), dried fried anchovies (17%)
Meat and poultry	fried chicken (65%), chicken breast (25%)
Sauces (low ED < 10 kJ/g)	chilli sauce (62%), sweet soy sauce (20%)
Oil and fats	butter (56%), margarine (44%)
Sugar-sweetened beverages	squash (27%), cereal drinks (14%), soy drinks (13%)
Meat mixed dishes	chicken fried in chilli (40%), chicken curry (18%), chicken rendang (14%)
Fried vegetables	fried spinach (22%), fried long beans (20%), fried cabbage (20%), fried beansprouts (13%)
Breakfast cereals	koko crunch cereal (60%), rice porridge (9%)
Malaysian kuih (low ED<11.2)	deep fried banana fritters or doughballs (33%), glutinous rice (14%)
Fresh fruit	apples (42%), watermelon (12%)
Soups	noodle soup (41%), chicken soup (7%)
Vegetables (Raw or boiled)	sauté spinach (24%), cabbage (19%), Chinese mustard leaves (18%)
Fish mixed dishes	mackerel cooked in sauce (32%), prawns cooked in chilli (14%), tuna in mayonnaise (13%)
Processed meat	hot dog (45%), sausages (27%), chicken burger (14%)
Low fat milk	low-fat milk (76%)
Coated or breaded meat and fish	chicken nuggets (90%)
Fish low fat (<4.6g)	prawns (29%), fish balls (18%), dried salted fish (14%)
Fruit juice	orange juice (49%), watermelon juice (26%)
Vegetable mixed dishes	cabbage in coconut milk(64%), fiddlehead fern in coconut milk (25%)
Fried/roast potatoes and chips	chips (84%)
Other fruit	raisins (100%)
Cheese	cheddar (100%)
Crisps and savoury snacks	fried fish crackers (57%)
Nuts and seeds	groundnuts (pagoda) (100%)

Meat substitutes	soybean curd (50%), egg soybean curd in oyster sauce (33%)
Legumes	baked beans (50%), red gram (25%)
Puddings	cheese cake (25%), banana pancake (25%), steamed pumpkin parcels (25%)
Cooked potatoes	potatoes (67%)
Ice-creams	chocolate ice cream (100%)
Pizza	pizza (100%)
Water	coconut water (100%)
Yoghurts	yoghurt drink (100%)