

SUPPLEMENTAL MATERIAL

Supplemental Table 1. Food and beverage groups used for classification in analysis

Group	Description
Foods	
1. Cereal-based foods	Grains; flour, starches and similar; pasta; dough; bread, bulk; bread, packaged
2. Ready-to-eat breakfast cereals	-
3. Grain-based desserts	Sweet bakery products; cookies; cereal and protein bars
4. Other sweets and desserts	Sugar, honey and syrups; jam and sweet spreads; gelatin; ice cream and frozen treats; chocolate and candies, with sugar; chocolate and candies, sugar-free; milk modifiers; non-caloric sweeteners; other dairy-based desserts
5. Salty Snacks	Crackers; chips; nuts and seeds.
6. Meats and meat substitutes	Poultry; beef; pork; other meats; meat substitutes
7. Fish and others	Fresh or frozen fish and other seafood; canned and dried fish and other seafood; unprocessed seaweed; processed seaweed
8. Dairy foods	Milk cream, evaporated milk and condensed milk; cheese; yogurt
9. Eggs	-
10. Legumes	Unprocessed legumes; processed legumes
11. Fruits and vegetables	Unprocessed vegetables; processed vegetables; unprocessed fruits; processed fruits
12. Condiments and sauces	Condiments (vinegar, ketchup, mayonnaise, mustard); sauces (tomato, soy, teriyaki, unagi)
13. Salt and seasonings	Includes items such as salt, seasonings (natural and industrialized) and bouillon cubes.
14. Soups	Dry soups; canned soups
15. Oils and fats	Vegetable oils; butter and lard; margarine and similar products
16. <i>Empanadas</i> and <i>sopaipillas</i>	Mostly <i>empanadas</i> (fried filled dough, typically filled with meat and vegetables or cheese) and <i>sopaipillas</i> (fried dough)
17. Fast food	Mostly <i>completos</i> (hot dog sandwich), hamburgers, pizza and potato fries.
18. Baby food	Mostly cereal-based (i.e. Nestum®)
Beverages	
19. Water	Plain water; low-calorie flavored water
20. Sugar-sweetened water	Prepared from concentrate (i.e. Kapo®, Zuko®, Sprim®)
21. Energy and sport drinks	Regular sport drinks; regular energy drinks; diet sports drinks; diet energy drinks
22. Carbonated beverages	Regular sodas; diet sodas
23. Fruit-flavored drinks	Mostly fruit nectars with added sugar
24. 100% fruit juice	100% fruit juice without added sugar
25. Coffee and tea	Coffee; tea; herbal tea. With and without added sugar
26. Dairy beverages	Milk; dairy drinks; drinkable yogurts; fermented milks; dairy based beverages; prepared milk modifiers. With and without added sugar
27. Formula	Includes baby, toddler and elderly formulas (i.e. Nido®, Pediasure®)
28. Alcoholic beverages	Mostly small quantities of wine used as part of food preparations

Supplemental Table 2. Recipes that were not disaggregated into individual components

Classified as	Original recipe name	Classified as	Original recipe name
Cereal-based food (group 1)	Pan amasado casero	Fruits and vegetables (group 11)	Compota de manzana Macedonia
Grain-based desserts (group 3)	Calzón roto Colegial Galleta casera Galleta de avena casera Panqueque Panqueque relleno con manjar Pie de limón Queque casero (varias recetas) Tartaleta de frutas	Condiments and sauces (group 12)	Mayonesa casera
		<i>Empanadas and sopaipillas</i> (group 16)	Arepa Arrollado de jamón y queso Arrollado primavera Chaparrita frita Empanada (varias recetas) Sopaipilla Sopaipilla pasada
Other sweets and desserts (group 4)	Arroz con leche Flan (varias recetas) Leche asada Sémola con leche (varias recetas) Merengue Mermelada (varias recetas) Mousse de frutilla	Fast food (group 17)	Completo italiano Hamburguesa Papas fritas Pizza (todas las recetas)

Supplemental Table 3. Mean per capita intakes of energy and other nutrients in Chilean children and adolescents, by snacks and meals.

Energy / Nutrient assessed	Snacks				Meals				
	Males		Females		Males		Females		
	Mean	SE	Mean	SE	Mean	SE	Mean	SE	
Children (n=958)									
Energy, kcal/day	368	12	352	11	880	15	827	14	*
Intakes, macronutrients									
Total protein, g/d	8.7	0.3	8.7	0.5	35.9	0.7	33.5	0.6	*
Total carbohydrates, g/d	61.0	2.0	56.5	1.7	120.0	2.2	112.8	2.1	*
Total sugars, g/d	39.3	1.3	35.5	1.2	49.2	1.2	47.6	1.1	*
Total fat, g/d	10.9	0.5	11.0	0.5	28.9	0.6	27.3	0.6	
Saturated fat, g/d	4.0	0.2	4.2	0.2	9.4	0.2	9.0	0.2	
Intakes, micronutrients									
Sodium, mg/d	288	14	274	13	935	29	884	25	
Adolescents (n=752)									
Energy, kcal/day	538	25	521	25	1454	30	1179	25	*
Intakes, macronutrients									
Total protein, g/d	10.4	0.6	10.8	0.7	57.0	1.4	46.9	1.1	*
Total carbohydrates, g/d	80.3	3.6	77.7	3.5	195.5	4.1	158.1	3.4	*
Total sugars, g/d	41.7	2.1	41.1	2.0	65.7	2.2	50.7	1.6	*
Total fat, g/d	20.5	1.1	19.7	1.1	49.8	1.4	40.3	1.2	*
Saturated fat, g/d	6.6	0.4	6.7	0.4	15.1	0.5	11.9	0.4	*
Intakes, micronutrients									
Sodium, mg/d	507	31	483	34	1887	55	1467	44	*

* p<0.05. Independent sample t-test comparing males vs. females, within each age group.