



Analysis of Association between Breastfeeding and Vegetable or Fruit Intake in Later Childhood in a Population-based Observational Study

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Supplementary Materials

Table S1. The associations between breastfeeding duration and vegetable and fruit consumption for second breakfast.

Group	Breastfeeding duration	Vegetable consumption			Fruit consumption		
		Model 1 ¹ OR ⁴ (95% CI ⁵)	Model 2 ² aOR ⁶ (95% CI)	Model 3 ³ aOR (95% CI)	Model 1 ¹ OR ⁴ (95% CI ⁵)	Model 2 ² aOR ⁶ (95% CI)	Model 3 ³ aOR (95% CI)
Total	No breastfeeding		Ref. 1		Ref. 1		
	0.2–3 months	1.54 (0.79–3.17)	1.65 (0.84–3.24)	1.63 (0.83–3.22)	1.24 (0.76–2.04)	1.28 (0.78–2.68)	1.27 (0.82–2.11)
	4–6 months	1.33 (0.68–2.70)	1.39 (0.70–2.76)	1.37 (0.69–2.73)	1.26 (0.77–2.06)	1.29 (0.78–3.15)	1.28 (0.95–2.12)
	7–12 months	1.36 (0.70–2.70)	1.24 (0.63–2.47)	1.26 (0.63–2.49)	1.12 (0.69–1.84)	1.10 (0.66–2.42)	1.10 (0.74–1.82)
	>12 months	1.29 (0.60–3.30)	1.29 (0.59–2.82)	1.32 (0.60–2.91)	0.97 (0.49–1.55)	1.00 (0.50–1.98)	1.00 (0.50–1.62)
Girls	No breastfeeding		Ref. 1		Ref. 1		
	0.2–3 months	0.95 (0.39–2.33)	1.05 (0.41–2.65)	1.06 (0.42–2.70)	1.99 (0.95–4.14)	2.22 (1.04–4.73)*	2.23 (1.05–4.76)*
	4–6 months	0.88 (0.36–1.15)	0.89 (0.35–2.26)	0.90 (0.35–2.29)	1.47 (0.71–3.03)	1.56 (0.74–3.30)	1.56 (0.74–3.31)
	7–12 months	1.23 (0.53–2.87)	1.15 (0.48–2.78)	1.20 (0.50–2.89)	1.07 (0.53–2.18)	1.04 (0.50–2.16)	1.06 (0.51–2.20)
	>12 months	0.95 (0.34–2.69)	0.92 (0.32–2.66)	0.93 (0.32–2.71)	1.15 (0.49–2.67)	1.22 (0.52–2.87)	1.23 (0.52–2.90)
Boys	No breastfeeding		Ref. 1		Ref. 1		
	0.2–3 months	2.72 (0.96–7.74)	2.70 (0.93–7.82)	2.57 (0.88–7.48)	1.08 (0.43–1.66)	1.18 (0.41–1.61)	1.15 (0.40–1.59)
	4–6 months	2.22 (0.77–6.41)	2.30 (0.78–6.80)	2.23 (0.75–6.61)	1.10 (0.56–2.15)	1.05 (0.53–2.08)	1.03 (0.52–2.05)
	7–12 months	1.48 (0.48–4.51)	1.38 (0.44–4.33)	1.32 (0.42–4.18)	1.19 (0.60–2.37)	1.20 (0.59–2.43)	1.19 (0.59–2.42)
	>12 months	1.96 (0.59–6.46)	1.95 (0.58–6.55)	2.02 (0.60–6.83)	1.09 (0.31–2.52)	1.08 (0.31–1.60)	1.07 (0.32–1.60)

¹ Model 1 – unadjusted model; ² Model 2 – model adjusted for children age, BMI centile (and gender in total group), maternal education, employment status and family economic situation; ³ Model 3 – Model 2 adjusted for EU–28 average PKB region; ⁴ OR – odds ratio; ⁵ CI – confidence interval; ⁶ aOR – adjusted odds ratio; * – $p \leq 0.05$.

Table S2. The associations between breastfeeding duration and vegetable and fruit consumption between meals.

Group	Breastfeeding duration	Vegetable consumption			Fruit consumption		
		Model 1 ¹ OR ⁴ (95% CI ⁵)	Model 2 ² aOR ⁶ (95% CI)	Model 3 ³ aOR (95% CI)	Model 1 ¹ OR ⁴ (95% CI ⁵)	Model 2 ² aOR ⁶ (95% CI)	Model 3 ³ aOR (95% CI)
Total	No breastfeeding		Ref. 1			Ref. 1	
	0.2–3 months	1.44 (0.36–5.71)	1.46 (0.36–5.87)	1.44 (0.36–5.78)	1.02 (0.62–1.68)	1.07 (0.64–1.79)	1.08 (0.65–1.81)
	4–6 months	1.79 (0.17–3.58)	1.86 (0.18–3.79)	1.83 (0.18–3.85)	1.31 (0.79–2.16)	1.38 (0.82–2.32)	1.39 (0.83–2.33)
	7–12 months	1.38 (0.35–5.47)	1.45 (0.36–5.91)	1.41 (0.35–5.75)	1.95 (0.58–1.55)	1.89 (0.53–1.48)	1.89 (0.53–1.49)
	>12 months	2.85 (0.71–5.38)	3.20 (0.79–5.98)	3.23 (0.80–6.11)	1.88 (0.49–1.57)	1.87 (0.49–1.57)	0.87 (0.48–1.56)
Girls	No breastfeeding		Ref. 1			Ref. 1	
	0.2–3 months	1.30 (0.23–7.36)	1.36 (0.22–8.59)	1.37 (0.22–8.66)	1.88 (0.40–2.93)	1.94 (0.41–2.11)	1.94 (0.42–2.14)
	4–6 months	1.29 (0.03–3.30)	1.23 (0.02–2.80)	1.24 (0.24–2.93)	0.91 (0.41–2.98)	1.98 (0.43–2.21)	1.94 (0.41–2.13)
	7–12 months	1.07 (0.19–6.06)	1.02 (0.14–5.82)	0.92 (0.14–5.84)	1.59 (0.28–1.25)	1.55 (0.25–2.20)	1.53 (0.24–2.17)
	>12 months	1.21 (0.16–9.00)	1.33 (0.16–10.88)	1.33 (0.16–10.92)	1.76 (0.31–1.88)	1.81 (0.32–2.04)	1.81 (0.32–2.04)
Boys	No breastfeeding		Ref. 1			Ref. 1	
	0.2–3 months	1.79 (0.18–7.62)	1.55 (0.15–5.93)	1.56 (0.15–6.32)	1.17 (0.60–2.30)	1.18 (0.60–2.34)	1.19 (0.60–2.37)
	4–6 months	1.79 (0.18–7.62)	1.44 (0.13–5.43)	1.51 (0.14–6.21)	1.75 (0.89–3.46)	1.80 (0.90–3.60)	1.82 (0.91–3.65)
	7–12 months	1.96 (0.20–4.76)	1.80 (0.17–6.89)	1.85 (0.17–9.64)	1.37 (0.69–2.72)	1.30 (0.64–2.63)	1.30 (0.64–2.64)
	>12 months	6.16 (0.69–9.38)	6.77 (0.74–8.03)	7.08 (0.77–9.47)	1.01 (0.45–2.16)	1.02 (0.42–2.03)	1.02 (0.42–2.03)

¹ Model 1–unadjusted model; ² Model 2–model adjusted for children age, BMI centile (and gender in total group), maternal education, employment status and family economic situation; ³ Model 3–Model 2 adjusted for EU–28 average PKB region; ⁴ OR–odds ratio; ⁵ CI–confidence interval; ⁶ aOR–adjusted odds ratio.