Table S1. Intraclass Correlations (ICC) for all food groups.

Food group	Type		Interpretation according to Cicchetti (1994)
	Agreement *ICC*	Consistency *ICC*	
Vegetables	.79	.80	Excellent
Fruit	.92	.92	Excellent
Grains and starches	.79	.79	Excellent
Protein	.85	.85	Excellent
Dairy	.66	.67	Good
Fats and oils	.50	.51	Fair
Sugary extras	.82	.83	Excellent

Table S2. Results of the multilevel models to analyse the relationship between perceived meal colour variety and the consumption of seven food groups across meal types.

Predictor	Random slopes model (fixed effects)					Random intercept model (fixed effects)				
	b	SE	t	df	p	b	SE	t	df	p
Model 1: proportion of vegetables										
Intercept	0.141	0.006	22.51	103.05	< .001	0.141	0.006	22.59	103.170	< .001
Perceived meal colour variety	0.003	0.000	15.60	85.44	< .001	0.003	0.000	21.18	2705.93	< .001
Model 2: proportion of fruit										
Intercept	0.137	0.009	15.24	101.14	< .001	0.138	0.009	15.43	97.41	< .001
Perceived meal colour variety	-0.002	0.000	-7.39	117.26	< .001	-0.003	0.000	-11.08	2699.49	< .001
Model 3: proportion of grains and starches										
Intercept	0.299	0.008	36.70	102.68	< .001	0.298	0.008	36.61	102.74	< .001
Perceived meal colour variety	0.001	0.000	3.36	84.94	< .001	0.001	0.000	5.60	2706.51	< .001
Model 4: proportion of protein										
Intercept	0.081	0.006	14.28	104.11	< .001	0.081	0.006	14.36	103.46	< .001
Perceived meal colour variety	0.002	0.000	10.02	147.57	< .001	0.001	0.000	11.39	2704.20	< .001
Model 5: proportion of dairy										
Intercept	0.125	0.006	19.77	111.82	< .001	0.125	0.006	19.77	112.08	< .001
Perceived meal colour variety	0.000	0.000	1.16	79.99	.250	0.000	0.000	1.50	2714.38	.135
Model 6: proportion of fats and oils										
Intercept	0.044	0.004	10.36	104.96	< .001	0.044	0.004	10.40	105.08	< .001
Perceived meal colour variety	0.000	0.000	1.67	84.54	.099	0.000	0.000	2.90	2707.90	.004
Model 7: proportion of sugary extras										
Intercept	0.173	0.010	17.44	117.99	< .001	0.173	0.010	17.58	116.47	< .001
Perceived meal colour variety	-0.004	0.000	-11.97	135.99	< .001	-0.004	0.000	-15.43	2719.09	< .001

Table S3. Results of the multilevel models to analyse the relationship between perceived meal colour variety and the consumption of seven food groups for breakfast.

Predictor	Random slopes model (fixed effects)					Random intercept model (fixed effects)				
	b	*SE*	*t*	*df*	*p*	*b*	*SE*	*t*	*df*	*p*
Model 1: proportion of vegetables										
Intercept	0.036	0.006	6.24	89.05	< .001	0.037	0.006	6.60	94.76	< .001
Perceived meal colour variety	0.001	0.000	4.83	74.29	< .001	0.001	0.000	5.98	701.11	< .001
Model 2: proportion of fruit										
Intercept	0.163	0.015	11.04	97.69	< .001	0.162	0.015	10.87	101.33	< .001
Perceived meal colour variety	0.000	0.000	0.60	79.71	.553	0.000	0.001	0.53	696.49	.599
Model 3: proportion of grains and starches										
Intercept	0.371	0.014	26.01	96.61	< .001	0.371	0.016	23.91	100.85	< .001
Perceived meal colour variety	-0.002	0.001	-2.99	57.14	.004	-0.002	0.001	-3.56	697.68	< .001
Model 4: proportion of protein										
Intercept	0.066	0.010	6.90	105.86	< .001	0.064	0.009	7.32	113.72	< .001
Perceived meal colour variety	0.002	0.000	4.63	117.06	< .001	0.002	0.000	6.13	699.42	< .001
Model 5: proportion of dairy										
Intercept	0.190	0.012	16.48	103.37	< .001	0.188	0.012	15.76	104.57	< .001
Perceived meal colour variety	-0.000	0.001	-0.73	72.77	.469	-0.000	0.000	-0.96	701.99	.339
Model 6: proportion of fats and oils										
Intercept	0.027	0.005	5.72	124.66	< .001	0.026	0.004	5.95	139.28	< .001
Perceived meal colour variety	0.000	0.000	2.14	130.72	.034	0.001	0.000	2.82	701.78	.005
Model 7: proportion of sugary extras										
Intercept	0.148	0.014	10.75	96.41	< .001	0.151	0.015	10.34	88.25	< .001
Perceived meal colour variety	-0.002	0.001	-3.21	123.65	.002	-0.002	0.001	-2.82	701.90	.005

Table S4. Results of the multilevel models to analyse the relationship between perceived meal colour variety and the consumption of seven food groups for lunch.

Predictor	Random slopes model (fixed effects)					Random intercept model (fixed effects)				
	b	SE	t	df	p	b	SE	t	df	p
Model 1: proportion of vegetables										
Intercept	0.259	0.016	16.64	95.58	< .001	0.258	0.014	18.86	127.20	< .001
Perceived meal colour variety	0.002	0.001	4.21	78.94	< .001	0.002	0.000	4.94	554.47	< .001
Model 2: proportion of fruit										
Intercept	0.026	0.007	3.73	90.60	< .001	0.027	0.006	4.95	98.70	< .001
Perceived meal colour variety	-0.000	0.000	-0.85	74.37	.396	-0.000	0.000	-0.71	561.91	.476
Model 3: proportion of grains and starches										
Intercept	0.391	0.017	23.38	99.20	< .001	0.391	0.015	25.46	127.61	< .001
Perceived meal colour variety	-0.001	0.000	-2.72	70.69	.008	-0.001	0.000	-2.71	548.37	.007
Model 4: proportion of protein										
Intercept	0.117	0.011	10.73	93.60	< .001	0.116	0.010	11.35	135.65	< .001
Perceived meal colour variety	0.000	0.000	0.03	278.22	.973	0.000	0.000	0.19	557.53	.853
Model 5: proportion of dairy										
Intercept	0.128	0.012	10.69	97.58	< .001	0.129	0.010	12.75	139.50	< .001
Perceived meal colour variety	-0.001	0.000	-2.06	77.48	.043	-0.001	0.000	-2.65	563.42	.008
Model 6: proportion of fats and oils										
Intercept	0.053	0.007	7.74	92.64	< .001	0.053	0.007	7.41	143.73	< .001
Perceived meal colour variety	0.000	0.000	1.33	72.84	.187	0.000	0.000	1.41	563.69	.158
Model 7: proportion of sugary extras										
Intercept	0.025	0.006	3.92	110.11	< .001	0.025	0.007	3.65	165.94	< .001
Perceived meal colour variety	-0.000	0.000	-0.66	122.33	.510	-0.000	0.000	-1.06	563.22	.290

Table S5. Results of the multilevel models to analyse the relationship between perceived meal colour variety and the consumption of seven food groups for dinner.

Predictor	Random slopes model (fixed effects)					Random intercept model (fixed effects)				
	b	*SE*	*t*	*df*	*p*	*b*	*SE*	*t*	*df*	*p*
Model 1: proportion of vegetables										
Intercept	0.230	0.013	17.09	106.114	< .001	0.232	0.013	17.43	123.57	< .001
Perceived meal colour variety	0.003	0.000	5.41	85.99	< .001	0.002	0.000	6.06	660.00	< .001
Model 2: proportion of fruit										
Intercept	0.034	0.008	4.32	108.31	< .001	0.034	0.008	4.52	98.01	< .001
Perceived meal colour variety	-0.000	0.000	-1.48	147.43	.142	-0.000	0.000	-1.34	635.87	.182
Model 3: proportion of grains and starches										
Intercept	0.373	0.014	26.44	106.78	< .001	0.367	0.013	28.17	124.66	< .001
Perceived meal colour variety	-0.002	0.001	-3.91	75.93	< .001	-0.002	0.000	-4.07	670.79	< .001
Model 4: proportion of protein										
Intercept	0.131	0.011	11.91	106.18	< .001	0.131	0.011	11.81	122.93	< .001
Perceived meal colour variety	0.001	0.000	2.31	589.23	.021	0.001	0.000	2.28	660.74	.023
Model 5: proportion of dairy										
Intercept	0.128	0.011	11.95	105.51	< .001	0.129	0.010	12.96	126.45	< .001
Perceived meal colour variety	-0.000	0.000	-0.05	172.87	.958	-0.000	0.000	-0.41	666.83	.686
Model 6: proportion of fats and oils										
Intercept	0.050	0.007	6.85	121.83	< .001	0.050	0.007	7.08	135.31	< .001
Perceived meal colour variety	0.000	0.000	1.69	67.13	.096	0.000	0.000	1.71	673.67	.087
Model 7: proportion of sugary extras										
Intercept	0.053	0.011	4.75	112.66	< .001	0.056	0.009	6.07	138.24	< .001
Perceived meal colour variety	-0.001	0.000	-2.82	127.93	.006	-0.001	0.000	-4.54	675.60	< .001

Table S6. Results of the multilevel models to analyse the relationship between perceived meal colour variety and the consumption of seven food groups as snacks.

Predictor	Random slopes model (fixed effects)					Random intercept model (fixed effects)				
	b	*SE*	*t*	*df*	*p*	*b*	*SE*	*t*	*df*	*p*
Model 1: proportion of vegetables										
Intercept	0.057	0.009	6.56	76.17	< .001	0.058	0.008	7.51	169.10	< .001
Perceived meal colour variety	0.001	0.000	3.27	82.37	.002	0.001	0.000	4.14	763.35	< .001
Model 2: proportion of fruit										
Intercept	0.293	0.025	11.96	67.02	< .001	0.290	0.025	11.74	131.98	< .001
Perceived meal colour variety	-0.002	0.001	-1.83	48.00	.073	-0.002	0.001	-2.40	763.47	.016
Model 3: proportion of grains and starches										
Intercept	0.181	0.017	10.66	70.02	< .001	0.176	0.015	12.07	132.71	< .001
Perceived meal colour variety	0.003	0.001	3.66	68.89	< .001	0.002	0.001	4.11	764.76	< .001
Model 4: proportion of protein										
Intercept	0.040	0.009	4.41	39.97	< .001	0.036	0.006	5.83	88.10	< .001
Perceived meal colour variety	0.001	0.000	3.46	31.93	.002	0.001	0.000	4.23	752.30	< .001
Model 5: proportion of dairy										
Intercept	0.088	0.012	7.17	60.86	< .001	0.087	0.012	7.55	105.59	< .001
Perceived meal colour variety	0.001	0.000	1.69	31.52	.101	0.001	0.000	1.72	760.32	.086
Model 6: proportion of fats and oils										
Intercept	0.041	0.010	4.08	110.26	< .001	0.041	0.011	3.61	112.70	< .001
Perceived meal colour variety	-0.001	0.000	-1.57	145.77	.118	-0.000	0.000	-1.51	754.44	.132
Model 7: proportion of sugary extras										
Intercept	0.302	0.025	11.88	78.54	< .001	0.315	0.024	12.87	138.16	< .001
Perceived meal colour variety	-0.003	0.001	-3.18	51.07	.002	-0.002	0.001	-2.96	764.32	.003