

S1 Table. Individual Food Codes That Included the Term “Whole Wheat,” “Whole Grain,” or “Wholemeal” That Were Not Assigned to a Canada Food Guide (CFG) Food Group.

Individual Food Codes that included the term “whole wheat” that were not assigned to a Canada Food Guide (CFG) food group^a	Number of CCHS 2015 participants that reported consuming this food on their day 1 24hr dietary recall
Spaghetti, cooked, whole wheat, fat added in cooking	4
Spaghetti, cooked, whole wheat, NS as to fat added in cooking	1
Macaroni, whole wheat, cooked, fat added in cooking	8
Macaroni, whole wheat, cooked, NS as to fat added in cooking	0
Spaghetti with tomato sauce and meatballs or spaghetti with meat sauce and/or meatballs, whole wheat noodles	22
Spaghetti with tomato sauce, meatless, whole wheat noodles	10
Lasagna with meat, whole wheat noodles	0
Lasagna, meatless, whole wheat noodles	0

Data are from the Canadian Community Health Survey (CCHS) 2015.

^aWe also searched for the terms “whole grain” and “wholemeal” but found no foods that were not already assigned to a Canada Food Group Food Group that contained these terms in their description.