

S2 Table. Food Groups Used in the Current Study Based on Canada Food Guide Food Groups and Tiers.

Food Group Categories	CCHS CFG Food Groups
Whole Grains Tier 1-3	- Grains – whole tier 1-3
Whole Grains Tier 4	- Grains – whole tier 4
Fruit Tier 1-3	- Fruit other than juice tiers 1-3 - Fruit juice tiers 2 & 3
Fruit Tier 4	- Fruit other than juice tier 4
Vegetables tiers 1-3	- Vegetables – dark green tiers 1 -3 - Vegetables – deep yellow/orange tiers 1-3 - Vegetables – potatoes tiers 1-3 - Vegetables – other tiers 1-3 - Vegetable juice cocktail tiers 2 & 3
Vegetables tiers 4	- Vegetables – potatoes tier 4 - Vegetables – other tier 4
Refined grains tiers 1-3	- Grain products – non whole, enriched tiers 1-3 - Grain products, non whole nonenriched tiers 1-3
Refined grains tier 4	- Grain products – non whole, enriched tier 4 - Grain products – non whole non enriched tier 4
Dairy products and alternatives tiers 1-3	- Fluid milk and fortified soy-based products tiers 1-3 - Other milk alternatives – cheese/yogurt tiers 1-3
Dairy products and alternatives tier 4	- Other milk alternatives – cheese/yogurt tier 4
Meat and poultry tiers 1-3	- Meat – beef/game/organ tiers 1-3 - Meat other pork/veal/lamb tiers 1-3 - Poultry tiers 1-3
Meat and poultry tier 4	- Meat – beef/game/organ tier 4 - Meat other pork/veal/lamb tier 4 - Poultry tier 4
Processed meats tiers 1-3	- Processed meats tiers 1-3
Processed meat tier 4	- Processed meat tier 4
Fish and Shellfish tiers 1-3	- Fish tiers 1-3

Food Group Categories	CCHS CFG Food Groups
	<ul style="list-style-type: none"> - Shellfish tiers 1-3
Fish and Shellfish tier 4	<ul style="list-style-type: none"> - Fish tier 4 - Shellfish tier 4
Legumes, nuts and seeds tiers 1-3	<ul style="list-style-type: none"> - Legumes tiers 1-3 - Nuts and seeds tiers 1-3
Legumes, nuts and seeds tier 4	<ul style="list-style-type: none"> - Legumes tier 4
Eggs tiers 1-3	<ul style="list-style-type: none"> - Eggs tiers 1-3
Eggs tier 4	<ul style="list-style-type: none"> - Eggs tier 4
No CFG –discretionary foods	<ul style="list-style-type: none"> - Saturated and/or trans fat - Beverages high in calories - Alcoholic beverages - High fat/high sugar foods
NoCFG – other foods and recipes	<ul style="list-style-type: none"> - Beverages low in calories - Meal replacements - Supplements e.g. energy bars - Unsaturated fats and oils - Water - Recipes
NoCFG – foods not classified	<ul style="list-style-type: none"> - Uncategorized ingredients - Not stated