Supplementary Table 1: Fruit, vegetables, SSBs and confectionery consumed at each age, NLHBS.

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|  | **Diet, times consumed per week, mean(SD), at age in years:** |
| **14** | **15** | **16** | **18** | **19** | **21** | **23** | **30** |
| **Male and female** |
| Fruit | 6.18 (2.99) | 5.69 (3.17) | 5.00 (3.20) | 4.40 (3.21) | 3.91 (3.19) | 3.88 (3.07) | 3.79 (3.12) | 5.32 (3.27) |
| Vegetables | 4.95 (2.79) | 4.70 (2.82) | 4.10 (2.64) | 3.97 (2.65) | 3.83 (2.67) | 3.72 (2.55) | 3.89 (2.63) | 5.43 (2.74) |
| SSBs | 2.46 (2.14) | 2.63 (2.29) | 3.52 (2.80) | 3.73 (3.00) | 3.64 (2.98) | 3.46 (2.94) | 3.59 (3.00) | 1.70 (2.20) |
| Confectionery | 2.56 (1.76) | 2.68 (1.88) | 3.07 (2.04) | 3.07 (2.02) | 3.01 (1.97) | 2.96 (1.97) | 2.81 (1.89) | 2.75 (2.18) |
| **Male** |
| Fruit | 6.11 (2.93) | 5.67 (3.16) | 4.74 (3.15) | 4.17 (3.18) | 3.36 (2.89) | 3.36 (2.86) | 3.16 (2.89) | 4.62 (3.10) |
| Vegetables | 5.05 (2.80) | 4.64 (2.83) | 3.97 (2.59) | 3.90 (2.64) | 3.85 (2.66) | 3.61 (2.49) | 3.60 (2.45) | 4.73 (2.51) |
| SSBs | 2.88 (2.38) | 3.18 (2.54) | 4.15 (2.90) | 4.56 (3.01) | 4.40 (3.10) | 4.35 (3.00) | 4.31 (3.01) | 2.21 (2.60) |
| Confectionery | 2.63 (1.82) | 2.74 (1.94) | 3.11 (2.05) | 3.05 (2.03) | 3.09 (2.01) | 3.05 (1.97) | 2.87 (1.97) | 2.73 (2.20) |
| **Female** |
| Fruit | 6.27 (3.06) | 5.72 (3.18) | 5.29 (3.23) | 4.62 (3.22) | 4.41 (3.37) | 4.31 (3.17) | 4.42 (3.23) | 6.01 (3.29) |
| Vegetables | 4.83 (2.77) | 4.78 (2.81) | 4.24 (2.69) | 4.04 (2.65) | 3.81 (2.68) | 3.81 (2.59) | 4.18 (2.77) | 6.12 (2.77) |
| SSBs | 1.93 (1.66) | 1.97 (1.72) | 2.84 (2.51) | 2.93 (2.77) | 2.95 (2.69) | 2.71 (2.68) | 2.87 (2.82) | 1.21 (1.58) |
| Confectionery | 2.47 (1.67) | 2.62 (1.79) | 3.03 (2.03) | 3.08 (2.01) | 2.94 (1.95) | 2.88 (1.96) | 2.76 (1.81) | 2.78 (2.16) |

Footnote: Abbreviations: SSBs, sugar-sweetened beverages