

Supplementary Information

Table S1. Summary of daily energy requirements (~9,500kJ) for a 15-year-old for the HFB from the five food groups

| 15-year-old | Fruit | Vegetables | Grains | Meat | Dairy |
|--------------------|-------|------------|--------|------|-------|
| Recommended Serves | 2 | 5 | 7 | 2.5 | 3.5 |
| Energy (kJ) | 700 | 1750 | 3500 | 1500 | 2100 |

Table S2. Summary of daily energy requirements (~6,200kJ) for a 7-year-old for the HFB from the five food groups

| 7-year-old | Fruit | Vegetables | Grains | Meat | Dairy |
|--------------------|-------|------------|--------|------|-------|
| Recommended Serves | 1.5 | 4.5 | 4 | 1.5 | 2 |
| Energy (kJ) | 525 | 1575 | 2000 | 900 | 1200 |

Table S3. Grocery list of foods and quantities in AGHE HFB

| Food/Beverage item | HH1 | HH2 | HH3 | HH4 |
|-------------------------------|--------|--------|--------|-------|
| Fruit | | | | |
| Apple | 1148g | 1148g | 906g | - |
| Banana | 2260g | 1770g | 1332g | 777g |
| Orange Juice | 2383ml | 1439ml | 684.6g | 473ml |
| Mandarin | 1725g | 825g | 525g | 375g |
| Orange | 810g | 810g | - | 324g |
| Kiwifruit | - | - | 780g | - |
| Vegetables and Legumes | | | | |
| Avocado | 126g | 126g | 25g | 25g |
| Broccoli/Broccolini | 2170g | 1747g | 2323g | 423g |
| Carrot | 1068g | 603g | 775g | 243g |
| Corn | 71g | 57g | - | 28g |
| Cucumber | 1715g | 1015g | 181g | 181g |
| Spinach (frozen) | 1398g | 808g | 80g | 384g |
| Spinach (fresh) | 426g | 426g | 137g | 330g |
| Mixed lettuce | 1033g | 752g | 297g | 193g |
| Mixed vegetables (frozen) | 900g | 900g | 400g | 400g |
| Onion | 423g | 302g | 289g | 89g |

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|---|-------|------|-------|------|
| Potato | 355g | 219g | 921g | 83g |
| Rocket | 144g | 86g | - | - |
| Tomato | 1488g | 998g | 422g | 358g |
| Green beans | - | - | 94g | - |
| Bok choy | - | - | 640g | - |
| Passata | - | - | 188g | - |
| Tinned tomatoes | - | - | 464g | - |
| Breads and cereals (grain foods) | | | | |
| Wholegrain biscuit/cracker | 113g | 113g | 34g | - |
| Wholegrain bread roll | 210g | 210g | 70g | 70g |
| Wholegrain bread | 1162g | 904g | 1114g | 324g |
| Wholemeal bread | - | - | 160g | - |
| Whole meal pita bread | 141g | 141g | - | - |
| Breakfast cereal (grain, wheat, whole meal) | 225g | - | 98g | - |
| Couscous | 276g | 197g | 79g | 79g |
| Whole meal English muffin | 67g | 67g | 67g | - |
| Whole meal pasta | 930g | 543g | 295g | 310g |
| Multigrain rice cake | 1174g | 774g | - | 89g |
| Noodles, hokkien | - | - | 255g | - |
| Rice cake | - | - | 406g | - |
| Brown rice | 628g | 377g | 530g | 168g |
| Quinoa | - | - | 96g | - |
| Rolled oats | 680g | 680g | 144g | - |
| Weet-bix | 260g | 260g | 72g | - |
| Wholegrain wrap | 71g | 71g | - | - |
| Rye wrap | 141g | 71g | 142g | - |
| Bar from puffed rice | 132g | 132g | - | - |
| Bar fruit and nut | 256g | 256g | 128g | 192g |
| Lean meats, poultry, fish, eggs, nuts, seeds | | | | |
| Red kidney beans | 855g | 617g | 333g | 285g |
| Chickpeas | 86g | 86g | - | 86g |
| Chicken breast | 615g | 389g | 446g | 113g |
| Lamb chops | 521g | 337g | - | 199g |
| Beef strips | - | - | 275g | - |
| Ham (reduced salt) | - | - | 275g | - |
| Eggs | 468g | 384g | 154g | 84g |
| Salmon | 245g | 165g | - | 65g |
| Tuna | 490g | 350g | 523g | 70g |
| White fish | - | - | 430g | - |
| Smoked salmon | 150g | 110g | - | 50g |
| Beef mince | 665g | 470g | 140g | 250g |
| Turkey (reduced fat/salt) | 120g | 40g | - | - |

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|--|--------|--------|--------|--------|
| Almonds | 181g | 153g | - | 45g |
| Brazil nuts | 46g | 40g | - | 13g |
| Walnuts | 8g | 8g | - | - |
| Pumpkin seeds | 452g | 331g | 65g | 131g |
| Sunflower seeds | - | - | 133g | - |
| Milk, yoghurt and cheese | | | | |
| Fetta (reduced fat) | 110g | 95g | - | 55g |
| Cream cheese (reduced fat) | 20g | 20g | - | 20g |
| Mozzarella cheese (reduced fat) | 193g | 139g | 40g | 35g |
| Cheddar cheese (reduced fat) | - | - | 210g | - |
| Cow's Milk (reduced fat) | 9962ml | 8178ml | 3933ml | 2111ml |
| Yoghurt (reduced fat) | 5070g | 3250g | 4615g | 1387g |
| Fats and oils | | | | |
| Olive oil | 487ml | 365ml | 400ml | 123ml |
| Monounsaturated spread (reduced fat) | 62g | 25g | 109g | 10g |
| Other | | | | |
| Coffee powder | 22g | - | 45g | - |
| Dip, eggplant | 100g | 100g | - | - |
| Dip, hummus | 165g | 80g | - | - |
| Dressing, French, fat free | 170ml | 128ml | - | 50ml |
| Chocolate drinking powder, (reduced fat/sugar) | 155g | 155g | - | - |
| Honey | 36g | 36g | 58g | - |
| Vegemite spread | 5g | 3g | 10g | - |
| Ready meal, Lasagna | 600g | 400g | - | 150g |
| Peanut butter (reduced fat/salt) | 15g | 15g | 40g | 10g |
| Strawberry jam | - | - | 56g | - |
| Popcorn (reduced fat/salt) | 310g | 220g | - | - |
| Sauce, chili | 56g | 56g | 20g | 28g |
| Sauce, salsa | 198g | 176g | - | 88g |
| Sauce, honey soy | - | - | 136g | - |
| Sauce, chutney | - | - | 7g | - |
| Sauce, garlic aioli | - | - | 20g | - |
| Teabags | 13 | 13 | - | 13 |
| Balsamic vinegar | 56ml | 42ml | - | 14ml |
| Biscuit, sweet | - | - | 130g | - |

Table S4. Grocery list of foods and quantities in MedDiet HFB

| Food/Beverage item | HH1 | HH2 | HH3 | HH4 |
|--------------------|-----|-----|-----|-----|
| Fruit | | | | |

| | | | | |
|---|--------|--------|--------|-------|
| Apple | 376g | 376g | 435g | - |
| Banana | 2207g | 1887g | 1443g | 888g |
| Orange | 1620g | 648g | - | - |
| Orange Juice | 1943mL | 1628mL | 1155mL | 840mL |
| Kiwifruit | 78g | 78g | - | 78g |
| Mandarin | 225g | 225g | - | 75g |
| Mixed dried fruit | 35g | 35g | - | 35g |
| Mixed berries (frozen) | 2712g | 1782g | - | 426g |
| Grapes | - | - | 170g | - |
| Vegetables and Legumes | | | | |
| Asparagus | 238g | 143g | - | - |
| Spinach (frozen) | 1648g | 1581g | 181g | 1016g |
| Spinach (fresh) | 618g | 303g | - | 113g |
| Broccoli | 1346g | 876g | 1980g | 240g |
| Capsicum, red | 248g | 206g | 233g | 142g |
| Carrot | 418g | 271g | 494g | 206g |
| Celery | - | - | 27g | - |
| Cauliflower | 513g | 386g | - | 162g |
| Cucumber | 276g | 158g | 196g | 20g |
| Eggplant | 100g | 100g | 100g | 100g |
| Mixed lettuce | 403g | 368g | 175g | 70g |
| Mixed vegetable (frozen) | 180g | 180g | 920g | - |
| Mushroom | 415g | 335g | 173g | 150g |
| Onion | 482g | 407g | 367g | 223g |
| Potato, white | 285g | 235g | - | 115g |
| Potato, sweet | 423g | 172g | 130g | 84g |
| Tomato, fresh | 1456g | 719g | 367g | 244g |
| Passata | 954g | 767g | 725g | 467g |
| Zucchini | 280g | 234g | 144g | 167g |
| Breads and cereals (grain foods) | | | | |
| Barley | 49g | 49g | - | 49g |
| Bread, whole meal | 244g | 178g | | 56g |
| Bread, mixed grain | 384g | 144g | 396g | 144g |
| Bread, pita | 528g | 462g | 56g | 462g |
| Bread, rye & grain | 504g | 364g | 615g | 105g |
| Bread, sourdough | 660g | 512g | 90g | - |
| Wrap, mixed grain | 199g | 199g | - | 64g |
| Pasta, whole meal | 543g | 388g | 581g | 155g |
| Quinoa | 135g | 135g | 141g | 135g |
| Rice cake, multigrain | 580g | 330g | - | 30g |
| Rice, brown | 514g | 389g | - | - |
| Rolled oats | 165g | 165g | - | - |

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|---|---------|--------|--------|--------|
| Lasagne sheets | 42g | 42g | 42g | 42g |
| Weet-bix | 1023g | 621g | 624g | 291g |
| Lean meats, poultry, fish, eggs, nuts, seeds | | | | |
| Bean, butter bean | 180g | - | 245g | - |
| Bean, chickpea | 173g | 173g | 259g | 173g |
| Bean, lentil, brown | 361g | 361g | 68g | 185g |
| Bean, mixed | - | - | 190g | - |
| Chicken breast | 50g | 50g | 230g | - |
| Chicken mince | 100g | 100g | - | 100g |
| Beef mince | 240g | - | 60g | - |
| Eggs | 664g | 488g | 452g | 167g |
| Fish, salmon | 268g | 150g | - | 75g |
| Fish, sardine | 225g | - | 870g | - |
| Fish, tuna | 770g | 350g | 140g | 140g |
| Fish, trout | - | - | 80g | - |
| Fish, white | 145g | 145g | 65g | 65g |
| Nut, brazil | 17g | - | 53g | - |
| Nut, walnut | 90g | 78g | - | 30g |
| Nut, mixed | 101g | 50g | 15g | - |
| Seed, pumpkin | 330g | 255g | 80g | 75g |
| Sunflower seed | - | - | 20g | - |
| Milk, yoghurt and cheese | | | | |
| Cheese, cheddar (reduced fat) | 115g | 75g | - | - |
| Cheese, fetta (reduced fat) | 70g | 50g | 97g | 20g |
| Cheese, mozzarella (reduced fat) | 185g | 185g | 150g | 30g |
| Cheese, parmesan (reduced fat) | 5g | 5g | 5g | 5g |
| Cheese, ricotta (reduced fat) | 280g | 280g | - | 200g |
| Cheese, Swiss | - | - | 55g | - |
| Cow's Milk (reduced fat) | 10690mL | 8512mL | 6252mL | 2393mL |
| Yoghurt, Greek | 3520g | 2680g | 1810g | 840g |
| Fats and oils | | | | |
| Extra Virgin Olive Oil | 1116mL | 863mL | 615mL | 383mL |
| Other | | | | |
| Biscuit, sweet | 16g | 16g | 36g | - |
| Chocolate Drinking powder, (reduced fat/sugar) | 29g | 29g | - | - |
| Ham (reduced salt) | 60g | 60g | 20g | 60g |
| Honey | 41g | 41g | 108g | 12g |
| Mayonnaise (reduced fat) | 28g | 28g | 28g | - |
| Peanut butter (reduced fat/salt) | 40g | 30g | 20g | - |
| Popcorn (reduced fat/salt) | 90g | 90g | - | - |
| Turkey | 280g | 185g | - | 95g |
| Dip, eggplant | 60g | 40g | - | 40g |

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|------------------|-------|-------|-----|-------|
| Dip, hummus | 140g | 60g | 40g | 20g |
| Balsamic vinegar | - | - | 42g | - |
| Tea bags | 9 | 9 | 29 | 9 |
| Coconut milk | 102mL | 102mL | - | 102mL |

Table S5. Grocery list of foods and quantities in Western Diet FB

| Food/Beverage item | HH1 | HH2 | HH3 | HH4 |
|---|--------|--------|--------|--------|
| Fruit | | | | |
| Apple | - | - | 593g | - |
| Banana | 838g | 838g | 111g | - |
| Orange | 1620g | 1134g | - | 1134g |
| Orange juice | 5824mL | 4524mL | 1603mL | 1040mL |
| Fruit salad, canned | 440g | 100g | 408g | 100g |
| Vegetables and Legumes | | | | |
| Beans, green, frozen | - | - | 140g | - |
| Broccoli, frozen | - | - | 90g | - |
| Brussel sprouts | - | - | - | - |
| Carrot | - | - | 83g | - |
| Cucumber | - | - | 80g | - |
| Lettuce | - | - | 53g | - |
| Mixed vegetables, frozen | 43g | 43g | 326g | 43g |
| Onion | 12g | - | 24g | - |
| Peas | 125g | 125g | - | - |
| Potato | 421g | 380g | 279g | - |
| Snow peas, frozen | - | - | 255g | - |
| Tomato | 391g | 331g | 64g | - |
| Breads and cereals (grain foods) | | | | |
| White bread | 206g | 137g | 824g | 396g |
| White bread roll | 1511g | 1207g | 276g | 69g |
| Breakfast cereal, corn | 69g | 28g | - | 28g |
| Breakfast cereal, rice, cocoa | 140g | 140g | - | - |
| Rolled oats | - | - | 60g | - |
| Pasta, white | - | - | 581g | - |
| Snack/Muesli bar (no fruit) | 186g | - | - | - |
| Snack/Muesli bar (chocolate) | 312g | 312g | 17g | 68g |
| Weet-bix | 90g | 90g | - | - |
| Lean meats, poultry, fish, eggs, nuts, seeds | | | | |
| Beans, mixed, canned | - | - | 380g | - |
| Beef strips | 400g | 240g | - | 130g |

| | | | | |
|--|--------|---------|--------|-------|
| Chicken breast | 311g | 198g | - | 85g |
| Beef mince | 339g | 239g | 350g | - |
| Sausages, beef (regular fat) | 683g | 481g | 505g | 202g |
| Mixed nuts | 92g | 20g | 86g | 20g |
| Milk, yoghurt, and cheese | | | | |
| Cheese, cheddar (regular fat) | 399g | 294g | 252g | 63g |
| Cheese, parmesan (regular fat) | - | - | 80g | - |
| Cow's milk (regular fat) | 4512mL | 30000mL | 1241mL | 876mL |
| Fats and oils | | | | |
| Butter/margarine spread (regular fat/salt) | 264g | 197g | 176g | 76g |
| Canola oil | 487g | 365g | 324g | 163g |
| Other | | | | |
| Coffee powder | 11g | - | 21 | - |
| Gravy powder | 77g | 58g | 60g | 19g |
| Vegemite | 20g | 15g | 27g | 5g |
| Peanut butter | 112g | 78g | - | 68g |
| Tomato sauce | 291g | 270g | - | - |
| Tea bags | 7 | 7 | 12 | 7 |
| Chocolate bar | 175g | 175g | - | - |
| Biscuit, sweet | 63g | 56g | 72g | 56g |
| Biscuit, Anzac | - | - | 221g | - |
| Biscuit, wafer style | - | - | 14g | - |
| Cake | 485g | 485g | - | - |
| Chicken Kiev (frozen) | 471g | 351g | 438g | 120g |
| Chicken nuggets (frozen) | 320g | 320g | - | - |
| Chips, potato, packet | 380g | 320g | 200g | 240g |
| Chips, potato (frozen) | 1020g | 720g | 410g | 240g |
| Chocolate milk/Iced coffee | 120mL | 120mL | 250mL | - |
| Beef, corned, sliced | 390g | 286 | 358 | - |
| Jelly/jube lollies | 379g | 181g | 23g | - |
| Drinking chocolate powder | 12g | 12g | - | - |
| Frozen meal (beef pasta) | 300g | - | 1583g | - |
| Fish cake, frozen | - | - | 350g | - |
| Garlic aioli | - | - | 50g | - |
| Honey | 40g | 40g | 57g | - |
| Ice cream, caramel | 660 | 660mL | - | - |
| Ice cream, coffee | 792mL | - | 528mL | - |
| Ice cream, cookies and cream | 396mL | 396mL | 99mL | - |
| Ice cream, vanilla choc chip | 660mL | 660mL | 396mL | 660mL |
| Jam, strawberry flavoured | 38g | 38g | 90g | 8g |
| Muffin, berry flavoured | 1640 | 980g | - | 815 |
| Pie, meat and cheese | 568g | 394g | 138g | 175g |

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|---------------------------|--------|--------|--------|------|
| Pikelets | 125g | 125g | - | - |
| Pizza, chicken, and bacon | 106g | 106g | - | - |
| Pizza, ham, and cheese | 500g | 300g | - | 300g |
| Pizza, meat lovers | 531g | 319g | - | 213g |
| Pudding, sticky date | - | - | 1080g | - |
| Salami | 288g | 219g | - | 69g |
| Sauce, chocolate | 308g | 308g | - | - |
| Sauce, pasta cream based | - | - | 1060g | - |
| Sausage roll | 910 | 650 | - | 260g |
| Soft drink, coca cola | 3358mL | 1408mL | - | - |
| Soft drink, lemonade | 455mL | - | 1500mL | - |
| Sugar, white | 59g | 29g | - | 29g |
| Syrup, maple flavoured | 10mL | 10mL | - | - |

Table S6. Example meals for AGHE HFB

| | Breakfasts | Lunches | Dinners | Snacks |
|-----|--|--|--|---|
| 70F | <ul style="list-style-type: none"> • 0.5c rolled oats, 1c reduced fat milk, pinch cinnamon, 1 banana and 1tsp honey • 2x slices grain bread, 1c spinach, 2 eggs, 2tsp reduced fat monounsaturated spread • 2x slices grain bread, 20g peanut butter, 1 banana 2tsp reduced fat monounsaturated spread | <ul style="list-style-type: none"> • 2x slices grain bread with salt 50g ham, 21g reduced fat cheese with salad items (onion, lettuce, tomato), 1tsp chutney • 1 grain or rye wrap with 50g roast chicken breast, 1c lettuce and salad, 2tsp garlic aioli • 75g tin tuna, 4x whole meal crispbreads, 25g onion, 30g tomato • 1 medium potato (~230g), 0.75c kidney beans, 0.5c tomato paste, 0.75c broccolini (steamed), 2tsp reduced fat monounsaturated spread, 20g reduced fat mozzarella | <ul style="list-style-type: none"> • 75g fish with 0.75c potato, 1c broccoli and 0.75c carrot • 1c pasta, 75g beef mince, ¼ onion, 0.75c passata, 10g reduced fat mozzarella • 1c brown rice, 65g stir fried beef strips, 0.5c bok choy, 0.6c broccoli • 113g chicken breast fried in oil, 0.25c carrot (steamed), 0.75c broccoli (fried with chicken breast), 0.25c quinoa cooked in water, 1tb chili sauce | <ul style="list-style-type: none"> • 1.5c reduced fat yoghurt with apple • ½ whole meal English muffin with ½tbsp strawberry jam • Coffee/tea with yoyos • 1.25c yoghurt with 10g sunflower seeds |
| 70M | <ul style="list-style-type: none"> • 0.75c rolled oats, 1c reduced fat milk, pinch cinnamon, 1 banana and 1tsp honey, 15g pumpkin seeds • 2x slices grain bread, 1c spinach, 2 eggs, 2tsp | <ul style="list-style-type: none"> • Grain bread roll (~70g), 50g reduced salt ham, 25g onion, 1.5c lettuce/spinach, 31g tomato, 21g reduced fat cheese • 1 grain or rye wrap with 50g reduced salt ham, 1c lettuce and salad, 2tsp garlic aioli | <ul style="list-style-type: none"> • 75g fish with 0.75c potato, 1c broccoli and 0.75c carrot • 1c pasta, 75g beef mince, ¼ onion, 0.75c passata, 10g reduced fat mozzarella • 0.6c brown rice, 75g stir fried beef strips, 0.5c bok choy, 0.5c broccoli | <ul style="list-style-type: none"> • 1.25c yoghurt with 15g sunflower seeds, 5g sunflower seeds • ½ whole meal English muffin with ½tbsp strawberry jam, kiwifruit • Coffee/tea with yoyos |

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|-----|---|--|---|---|
| | <p>reduced fat monounsaturated spread</p> <ul style="list-style-type: none"> • 0.75c bran flake/wheat bran cereal, 1c milk, pinch cinnamon, 1 banana, drizzle honey, 20g sunflower seeds | <ul style="list-style-type: none"> • 75g tin tuna, 4x whole meal crispbreads, 25g onion, 30g tomato | <ul style="list-style-type: none"> • 0.75c hokkien noodles, 0.5c carrot, 0.5c bok choy, 85g chicken breast, 0.25c honey soy sauce | |
| 44F | <ul style="list-style-type: none"> • 0.75c rolled oats, 1c reduced fat milk, pinch cinnamon, 1 banana, 15g pumpkin seeds • 80g weet-bix, 1c reduced fat milk, pinch cinnamon, 1 banana, 18g pumpkin seeds • 2x slices grain bread, 1tsp reduced fat monounsaturated spread, 120g tomato, 50g spinach with a banana | <ul style="list-style-type: none"> • 2x slice grain bread, 15g reduced fat mozzarella, 1tsp reduced fat monounsaturated spread, 1.5c salad (lettuce, spinach, onion) • Mixed grain bread roll (~70g), 2cups salad (lettuce, spinach, onion), 2tsp reduced fat monounsaturated spread • 2x slice grain bread, 50g reduced salt ham, 50g spinach, 60g tomato, 1tsp reduced fat monounsaturated spread, 25g onion • 50g smoked salmon, 2x slices grain bread, 25g avocado, 2x eggs, 1.5c baby spinach fried | <ul style="list-style-type: none"> • 65g fish with 0.5c brown rice, 1c broccoli and 0.75c carrot, 1tb chili sauce • 1c whole meal pasta, 65g beef mince, 0.25c kidney beans, 0.75c passata, 10g reduced fat mozzarella, ½ small carrot, 50g spinach • 0.25c couscous cooked in water, 0.75c broccoli, 27g carrot, 50g spinach fried in oil with 85g chicken breast, 45g reduced fat fetta crumbled on top • 60g beef mince, 0.5c kidney beans, 1tbsp corn kernels, 0.25c brown rice, 70g spinach, 2tb salsa sauce | <ul style="list-style-type: none"> • 0.6c yoghurt, 15g almonds • Tea/coffee with fruit and nut bar • 70g tuna, 2 whole meal corn thins/crispbreads • Tea/coffee with mandarin and fruit and nut bar • Tea/coffee with 4x whole meal crispbreads/biscuits, 40g cucumber, 20g cream cheese reduced fat |

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| 44M | <ul style="list-style-type: none"> • 2x slice mixed grain bread, 5g vegemite, 1tsp reduced fat monounsaturated spread, 200ml orange juice • 75g breakfast cereal (grain, rice, oat), 1.5c reduced fat milk, banana • 2x slices grain bread, 1tsp hummus, ½ small tomato, 10g onion, 1/2 cup spinach/rocket | <ul style="list-style-type: none"> • 2x slice whole meal bread, 30g turkey, 1.5c lettuce, 0.5c salad items (tomato, onion, cucumber), 1tsp reduced fat monounsaturated spread • 2small lamb chops (~92g) cooked in olive oil, 2c salad greens (lettuce, spinach, tomato, cucumber), 0.25c brown rice, 15g fat free French dressing | <ul style="list-style-type: none"> • 80g salmon fried in olive oil, 0.75c brown rice cooked, 0.75c carrot, ½ potato and 0.6c carrot boiled, 1tb tartare sauce • 1c whole meal pasta, 65g mince beef cooked in olive oil, 0.5c kidney beans, 0.75c passata, ½ carrot, 1c spinach leaves and 20g reduced fat mozzarella • 0.25c couscous cooked in water, 0.75c broccoli, ¼ medium carrot fried in oil with 1 small chicken breast (~113g), 20g reduced fat fetta crumbled on top | <ul style="list-style-type: none"> • Coffee with air-popped popcorn (salt reduced), 15g pumpkin seeds • 1c yoghurt with 10g pumpkin seeds • 2tbsp hummus, 1 small carrot and ½ small cucumber |
| 15F | <ul style="list-style-type: none"> • 45g Weetabix (~3 biscuits), 1.5c reduced fat milk, 25g pumpkin seeds, 1 banana, pinch cinnamon • 0.6c rolled oats, 1c reduced fat milk, 1 banana, 25g pumpkin seeds, pinch cinnamon | <ul style="list-style-type: none"> • 2x slice grain bread with 50g shredded/roast chicken breast, 10g reduced fat mozzarella cheese, 1.5c lettuce, onion, 1tb hummus • Whole meal pita bread, 20g reduced fat mozzarella cheese, 1.5c lettuce/spinach, onion, 1tb eggplant dip | <ul style="list-style-type: none"> • 50g salmon fried in olive oil, 0.5c brown rice, 0.75c carrot and 1c broccoli steamed, 1tb chili sauce • 1c whole meal pasta, 55g beef mince fried with 0.25c kidney beans, 0.75c passata, ½ small carrot, 100g frozen mixed | <ul style="list-style-type: none"> • Fruit and nut bar with 220ml orange juice • 25g air-popped popcorn (reduced salt), 1tb eggplant dip, 100g cucumber • 28g almonds, 1c yoghurt, hot chocolate (1tb drinking chocolate powder reduced |

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| | | <ul style="list-style-type: none"> 1 grain or whole meal wrap (~71g), 70g tuna, 1tsp tartare sauce, 1c lettuce, 0.5c spinach/rocket, onion, cucumber | vegetables 20g mozzarella cheese reduced fat <ul style="list-style-type: none"> 0.5c couscous cooked in water, 155g broccoli fried with 95g chicken breast and ¼ medium carrot, 20g reduced fat fetta cheese crumbled on top | sugar + 0.25c reduced fat milk) <ul style="list-style-type: none"> 25g air-popped popcorn, 1 orange 1c yoghurt, 4 brazil nuts |
| 7M | <ul style="list-style-type: none"> 0.5c rolled oats, 1c reduced fat milk, 1 banana, 15g pumpkin seeds, 10g almonds, drizzle honey 2x slices grain bread toasted with 1tsp reduced fat monounsaturated spread, 1tsp vegemite and 1 banana 1x slice grain bread toasted with 25g avocado, 2 eggs, 1.5c spinach and 1 small tomato | <ul style="list-style-type: none"> 2x slices grain bread, 15g turkey, 10g reduced fat mozzarella cheese, 1c lettuce, onion, 2tb hummus, 60g tomato Grain bread roll (~52g), 70g tuna, 10g reduced fat cheese, 1c lettuce, onion Whole meal pita bread, 1tb hummus, 25g turkey, 15g reduced fat cheese, 1c lettuce, onion | <ul style="list-style-type: none"> 50g fried salmon, 0.25c brown rice, 0.75c steamed carrot and broccoli, 1tb tartare sauce 0.5c whole meal pasta, 55g beef mince fried in oil with 0.5c kidney beans, 0.5c passata, 10g reduced fat mozzarella cheese, ½ small carrot, 50g spinach 0.25c couscous, 1c broccoli, 85g chicken breast, 10g reduced fat fetta cheese crumbled on top 1 small lamb chop (~46g) fried in olive oil, 1c lettuce, 1 tomato, olives, 0.25c cucumber, 5g French dressing | <ul style="list-style-type: none"> Medium apple (~164g) and fruit and nut bar Hot chocolate (1tsp drinking chocolate powder reduced sugar + 1c reduced fat milk) 200ml orange juice, 1 slice grain bread, 10g peanut butter (reduced sugar and salt) 1 multigrain rice cake or crispbread, 5-10g peanut butter |

Table S7. Example meals for MedDiet HFB

| | Breakfasts | Lunches | Dinners | Snacks |
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| 70F | <ul style="list-style-type: none"> • Omelet: 2x eggs with 70g tomato and mushroom, 10g fetta cheese, 100ml milk fried in EVOO with 2x slices of bread • Peanut butter on 2x slices of multigrain bread • 180g Greek yoghurt with honey, 1 banana • 3 weetabix with 1.25c milk, honey and 1 banana | <ul style="list-style-type: none"> • 150g sardines on cruskits with 15g mayonnaise • White bean soup served with 1 slice of bread drizzled with 1tb EVOO • Grain flat bread with 0.25c passata soffrito sauce, 20g lean leg ham, 1.5c vegetables (0.5c mushrooms, 30g onion, 0.37c capsicum), 30g mozzarella cheese | <ul style="list-style-type: none"> • Zucchini patties serves with 1.5c salad vegetables and 1tb EVOO • 65g white fish served with roast veg (40g pumpkin and 120g broccoli) • 1c whole meal pasta with 50g chicken breast fried in 2tb EVOO, 0.25c passata soffrito sauce with 0.75c steamed broccoli | <ul style="list-style-type: none"> • 150g Greek yoghurt with honey • Tea with 2x biscuits (i.e., yoyo) • 30g mixed nuts • 25g Swiss cheese or ricotta with multigrain crackers • 40g hummus with cucumber and carrot sticks (~100g) |
| 70M | <ul style="list-style-type: none"> • Omelet: 2x eggs with 70g tomato and mushroom, 10g fetta cheese, 100ml milk fried in EVOO with 2x slices of bread • 4x Weetabix with 1.25c milk, honey and 1x banana | <ul style="list-style-type: none"> • 150g sardines on cruskits with 15g mayonnaise • Grain flat bread with 0.25c passata soffrito sauce, 0.25c butter beans, 1.5c vegetables (0.5c mushrooms, 30g onion, 0.37c capsicum), 30g mozzarella cheese | <ul style="list-style-type: none"> • Zucchini patties serves with 1.5c salad vegetables and 1tb EVOO, 0.5c quinoa • 80g trout or salmon with roast vegetables (40g pumpkin, 100g broccoli) roasted in 2tb EVOO • 1c whole meal pasta with 50g chicken breast fried in 2tb EVOO, 0.25c passata soffrito | <ul style="list-style-type: none"> • 120g Greek yoghurt, 10g pumpkin seeds, honey • 30g Swiss cheese or ricotta with multigrain crackers • 0.75c mashed butter beans with cucumber and carrot sticks (~60g) |

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| | | | sauce with 0.75c steamed broccoli | |
| 44F | <ul style="list-style-type: none"> • 4x Weetabix with 1.5c milk, honey, 10g walnuts and banana • 2x slices of multigrain bread, 20g eggplant dip, 1x tomato and spinach • Smoothie with 120g yoghurt, 0.5c fruit, 1.5c milk and 2x Weetabix | <ul style="list-style-type: none"> • Whole meal flat bread pizza with 1/2c capsicum, 20g cheese, 2tb EVOO, 1/2c passata, 50g shredded turkey • Turkey wrap with hummus and 1.5c mixed salad vegetables • Lentil soup • Lasagna | <ul style="list-style-type: none"> • 140g tuna on 2x slices bread with onion and spinach • 70g fish fried in EVOO with 2cups mixed vegetables (broccoli, cauliflower, asparagus, spinach) • 1c wholemeal pasta with 60g beef mince fried in 2tb EVOO, 1/4c passata, 10g cheese 1cup vegetables | <ul style="list-style-type: none"> • 120g yoghurt with 0.75c fruit • 20g eggplant dip with carrot and cucumber sticks • 120g yoghurt and 20g mixed nuts |
| 44M | <ul style="list-style-type: none"> • 4x Weetabix with 1.5c milk, 20g walnuts, 10g sunflower seeds • Peanut butter on multigrain toast • 120g Greek yoghurt, 1.25c mixed berries, 1.25c milk, 2x weet-bix • 2x eggs, 1tb EVOO to fry tomato and mushroom, 2x slices rye bread | <ul style="list-style-type: none"> • Whole meal flat bread pizza with 1/2c capsicum, 20g cheese, 2tb EVOO, 1/2c passata, 50g shredded turkey • Lentil soup • Lasagna | <ul style="list-style-type: none"> • 140g sardines on 2x slices bread with onion and 1.5c spinach • 70g fish fried in EVOO with 2cups mixed vegetables (broccoli, cauliflower, asparagus, spinach) • 1c wholemeal pasta with 65g beef mince fried in 2tb EVOO, 1/4c passata, 10g cheese 1cup vegetables | <ul style="list-style-type: none"> • 80g hummus with cucumber and carrot sticks • 30g nuts/dried fruit • 120g Greek yoghurt with 1c fruit • 15g pumpkin seeds and orange • 1tin tuna on multigrain crackers |

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| 15F | <ul style="list-style-type: none"> • 4x Weetabix with 1.5c milk, honey and 30g pumpkin seeds • 20g Peanut butter, banana and cinnamon on 2x slices of toast • 170g Greek yoghurt with honey, 1c fruit and 1.5c milk • 2x eggs in 1tb EVOO, 20g cheese, 100g fried vegetables (mushroom, tomato, zucchini) | <ul style="list-style-type: none"> • 2x slices of rye bread with 1tb basil pesto, 50g chicken, 2cups salad vegetables and 20g mozzarella cheese • Whole meal flat bread pizza with 1/2c capsicum and mushroom, 50g cheese, 2tb EVOO, 1/2c passata • 50g turkey, 1 mixed grain wrap, 2tb hummus, 15g mozzarella cheese and 2c salad vegetables | <ul style="list-style-type: none"> • 80g fish in 2tb EVOO with roast veg (60g pumpkin and potato, 100g broccoli) • 140g tuna on 2x slices of bread with 1.5c salad vegetables, EVOO and 15g mayonnaise • 0.75c whole meal pasta, 2tb EVOO, 1/4c basil pesto sauce, 10g mozzarella cheese, 130g broccoli, 1.5 home-made chicken patties | <ul style="list-style-type: none"> • Hot chocolate (1.5c milk and 1tsp drinking chocolate powder) • 170g greek yoghurt with 1.5c fruit and 1x crushed Weetabix • Air-popped popcorn 30g |
| 7M | <ul style="list-style-type: none"> • 0.75c rolled oats with 1c milk and 1.5c mixed fruit • Peanut butter and banana on 2x slices of whole meal toast • 3x Weetabix with 1.25c milk, 1c mixed fruit and 10g pumpkin seeds • 1 egg, tomato and mushrooms fried in EVOO with 2x slice of rye bread | <ul style="list-style-type: none"> • 2x slice whole meal bread, 20g cheese, 50g mince beef 2tb passata • Whole meal flat bread pizza with 1/2c capsicum and mushroom, 50g cheese, 2tb EVOO, 1/2c passata • Cheese and salad mixed grain wrap | <ul style="list-style-type: none"> • Home-made chicken patties with roasted vegetables (60g pumpkin, 60g potato, 60g broccoli) • 70g tuna on 2x slices of rye bread with onion and spinach, 15g mayonnaise • 50g salmon baked in EVOO, 0.25c each broccoli, cauliflower and asparagus, 15g tomato sauce | <ul style="list-style-type: none"> • Air-popped popcorn + mandarin • Hot chocolate (1.5c milk and 1tsp drinking chocolate powder) • 100 greek yoghurt with 0.25c mixed berries |

Table S8. Example meals for Western Diet food basket

| | Breakfasts | Lunches | Dinners | Snacks |
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| 70F | <ul style="list-style-type: none"> • 2x slices white bread with butter and vegemite and 200ml orange juice • 2x slices white bread with butter and strawberry jam and 150ml orange juice • 34g (1 sachet) quick oats, 0.75c regular fat milk and 150ml orange juice | <ul style="list-style-type: none"> • 2x slices white bread with 150g corned beef, cheese, 0.5c lettuce, 25g onion and margarine • Chicken and vegetable pie (138g) with 0.25c frozen peas carrot and corn • 2.5 (97g) fried eggs in butter on 2x slices white bread with margarine • 200g beef lasagna (commercial) with 0.25c each snow peas and carrot steamed | <ul style="list-style-type: none"> • 2.5x beef sausages regular fat, 0.5c boiled potato and 0.75c green beans with 0.25c gravy and 250ml lemonade • 150g crumbed fish cake with 70g oven roasted potato chips, 0.5c steamed broccoli and 25g garlic aioli • 0.75c pasta with 1c creamy pasta sauce, 15g parmesan cheese • 85g fried beef mince on a bread roll with margarine, cheese, lettuce, tomato and cucumber | <ul style="list-style-type: none"> • Tea/coffee with 2x Anzac biscuits • 90g sticky date pudding with 99g ice cream (1.5 scoops) • Tea/coffee with chocolate chip muffin • 4x wafer style biscuits with 20g cucumber and 42g cheese and 200ml orange juice |
| 70M | <ul style="list-style-type: none"> • 2x slices white bread with butter and vegemite and 220ml orange juice • 2x slices white bread with butter and strawberry jam • 2x slices white bread with butter and honey | <ul style="list-style-type: none"> • 2x slices white bread with 210g corned beef, cheese • Chicken and vegetable pie (183g) • 3 (117g) fried eggs on 2x slices white bread with margarine | <ul style="list-style-type: none"> • 2.5x beef sausages regular fat, 0.25c boiled potato and 0.25c green beans with 0.25c gravy and 250ml lemonade • 200g crumbed fish fake with 90g oven roasted potato chips, 0.25c | <ul style="list-style-type: none"> • Tea/coffee with 1 small Anzac biscuit and 20g mixed nuts • Tea/coffee and 40g packet potato chips |

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| | <ul style="list-style-type: none"> • 2x slices white bread with butter and honey with 0.75c canned fruit salad | <ul style="list-style-type: none"> • 400g beef lasagna (commercial) with 90g oven roasted potato chips | steamed broccoli and tsp garlic aioli <ul style="list-style-type: none"> • 1c pasta with 1.25c creamy pasta sauce, 20g parmesan cheese • 100g fried beef mince on a bread roll with margarine, cheese | <ul style="list-style-type: none"> • 90g sticky date pudding with 66g ice cream (1 scoop) |
| 44F | <ul style="list-style-type: none"> • 2x slices white bread with butter and vegemite • 2x slices peanut butter and margarine on toast with an orange • Corn flake breakfast cereal ½c with 1c milk • 2x slices white bread with margarine and jam and an orange | <ul style="list-style-type: none"> • 2x slices of white bread with margarine, regular fat cheese and 2x slices roast beef • Ham and cheese pizza • Sausage roll • 2x slices white bread with 70g pepperoni, full fat cheese and margarine | <ul style="list-style-type: none"> • 120g chicken kiev with 80g oven baked potato chips • Chicken breast (85g) roll with butter and cheese • Meat lovers pizza • 100g beef rissole with 80g oven roasted potato chips • 65g beef stir fried in canola oil, 80g potato chips oven roasted, 0.25c frozen peas carrot corn | <ul style="list-style-type: none"> • Orange and a berry muffin • 2 scoops ice cream • Tea/coffee with potato chips • Sweet biscuit with 250ml orange juice |
| 44M | <ul style="list-style-type: none"> • 2x slices white bread with margarine and tomato • Corn flake breakfast cereal ½c with 1.5c milk • 2x slices bread with butter and vegemite • 2x slices white bread with peanut butter and margarine and 250ml orange juice | <ul style="list-style-type: none"> • 2x slices of white bread with margarine, regular fat cheese and 2x slices roast beef • Sausage roll • 2x slices white bread with 70g pepperoni, full fat cheese and margarine, onion and tomato | <ul style="list-style-type: none"> • 120g chicken kiev with 90g oven baked potato chips • Chicken breast (113g) roll with butter and cheese • Ham and cheese pizza • 100g beef rissole with 100g oven roasted potato chips and tomato sauce | <ul style="list-style-type: none"> • Muesli bar and potato chips • Tea/coffee with sugar and a sweet muffin • 2 scoops ice cream with 120g canned fruit salad • Handful mixed nuts |

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| 15F | <ul style="list-style-type: none"> • 2x slices white bread with margarine and honey • 3x weet-bix with 1c milk and 1 small banana • 3x pikelets with margarine, maple syrup and a banana | <ul style="list-style-type: none"> • 2x slices of white bread with margarine, regular fat cheese and 1x slice roast beef • Sausage roll and 200ml coca cola • 2x slices white bread with 2x slices pepperoni, cheese and sliced tomato • 4 chicken nuggets (80g) with 1tb tomato sauce and 2 slices white bread | <ul style="list-style-type: none"> • 131g chicken Kiev with 0.5c mash potato (added butter, cheese, salt, pepper) • Chicken breast (85g) roll with butter and cheese, tomato sauce and sliced tomato • Chicken and bacon pizza with tomato sauce • 85g beef rissole with 80g oven roasted potato chips, ½ a tomato, 200ml coca cola | <ul style="list-style-type: none"> • 250ml orange juice and a berry muffin • 45g milk chocolate with 2 scoops ice cream • Chocolate snack bar with 200ml coca cola • 80g potato chips and 200ml coca cola or orange juice • 2x scoop ice cream with jube lollies |
| 7M | <ul style="list-style-type: none"> • 45g rice-based cocoa cereal with 1.25c full fat milk and 1 banana • 2x slices white bread with butter and vegemite • 2x pikelets with 1tsp margarine, 1tsp maple syrup and a banana • 2x slices white bread with jam and margarine | <ul style="list-style-type: none"> • 2x slices white bread with 2 slices roast beef, margarine, cheddar cheese and tomato • Sausage roll • 2x slices white bread with 2x slices pepperoni, cheese and sliced tomato • 4 chicken nuggets (~80g) with 60g potato chips, 1tb tomato sauce and 200ml coca cola | <ul style="list-style-type: none"> • 100g chicken kiev with 0.25c mash potato (added butter, cheese, salt, pepper) • Meat lovers pizza (~100g or ¼) • Chicken breast (30g) roll with margarine, cheese and sliced tomato • 60g beef rissole with 60g oven roasted potato chips | <ul style="list-style-type: none"> • Chocolate puffed rice bar with 250ml orange juice • 1 scoop ice cream with 2tb chocolate sauce • Berry muffin with 250ml orange juice |