

Supplementary Table S2: Distribution of frequencies of consumption of each food group according to Spanish Society of Community Nutrition dietary guidelines for boys and girls

	Percentage of reporting lower than recommended frequency of consumption		Percentage of girls reporting recommended frequency of consumption		Percentage of girls reporting higher than recommended frequency of consumption	
	Boys	Girls	Boys	Girls	Boys	Girls
Cereals	81,6	88,0	16,6	11,27	1,4	0,7
Vegetables	91,2	88,2	8,8	11,8	0,0	0,0
Fruit	78,1	74,8	21,9	25,25	0,0	0,0
Milk and dairy products	70,6	74,8	29,4	25,25	0,0	0,0
Nuts	50,6	58,0	43,9	37,91	5,5	4,1
Legumes	38,1	39,6	60,0	59,26	1,9	1,1
Meat	8,2	15,4	24,7	30,86	67,2	53,6
Fish	47,5	47,3	32,4	33,85	20,1	18,9
Eggs	41,0	48,1	35,0	34,66	24,0	17,3
Processed meats	0,0	0,0	11,3	16,02	88,7	84,0
Soft drinks	0,0	0,0	28,1	47,64	72,0	52,4
Energy drinks	0,0	0,0	70,8	87,15	29,2	12,9
Sweets	0,0	0,0	51,7	49,29	48,3	50,7
Pastries	0,0	0,0	28,1	32,83	71,9	67,2
Snacks	0,0	0,0	29,9	35,06	70,1	64,9
Fast food	0,0	0,0	46,1	55,56	53,9	44,4