

Table S1. Illustrates some studies assessing the influence of parental dietary behaviors on children's eating habits

Author/year	Country	Participant characteristics	Study design	Main outcome
(Longitudinal studies)				
Lipsky, L., et al. (2015). Ref. [56]	USA	2785 ethnically diverse American Students	Longitudinal study	Fruit/vegetable intake frequency was associated positively with family meals ($\beta \pm SE = 0.33 \pm 0.05$) and breakfast (0.18 ± 0.03), and inversely with fast food (-0.31 ± 0.04)
Harbec, M., et al. (2018). Ref. [16]	Australia	1492 children Age 6 and 10 years	Longitudinal study	Children who had a better family meal environment at age of 6 years old, showed lower levels of soft-drinks consumption and higher levels of fitness when children reached 10 years of age
Galloway, A., et al. (2005). Ref. [36]	USA	173 (9-year-old) non-Hispanic white girls and their mothers	Longitudinal study	Mothers who were less likely to pressure their children, were consuming more fruits and vegetables had daughters who were less picky and consumed more fruits and vegetables
Sen, B., (2006). Ref. [60]	USA	5014 ethnically diverse school students (boys and girls)	Longitudinal survey	Positive association between high frequency of family meals and reduced incidence of obesity in the future
Birch, L., et al. (2003). Ref. [35]	USA	197 girls (ages 5, 7, 9 y) and their parents	Longitudinal data	Restricted parental feeding practice seemed to be related to overeating especially among preschool-age children ($P < 0.001$)

(Cross-sectional studies)

Utter, J., et al. (2007). Ref. [5]	New Zealand	3245 ethnically diverse school students (boys and girls)	Cross-sectional study	Having meals at home with parents was associated to decreased skipped breakfast along with increased consumption of dairy products, fruits and vegetables (P<0.001)
Fisher, L., et al. (2000). Ref. [38]	USA	197 girls aged 4.6 to 6.4 years and their parents	Cross-sectional study	When parents highly restrict energy-dense snacks from their children's diet hoping children choose healthful alternatives, children usually increase their desire for it and start to eat when they are not hungry.
Hennessy, E., et al. (2012). Ref. [37]	USA	Children partner schools (grades kindergarten through five, n83)	Cross-sectional study	Parental eating habits and feeding styles have been associated with children's snacking habits, the intake of dairy, high fat and sugar, fruits and vegetables
Cheng, T., et al. (2008). Ref. [66]	Australia	426 students aged 10-14 years (Boys & girls)	Cross-sectional study	Skipping breakfast among children were associated with the lack of perceived parental emphasis on breakfast
