

Supplementary Table S6A: Dietary costs and affordability by food group and food group components of low SEG habitual and recommended diets, using 'standard brand' and 'cheapest option' prices, and comparison to the mean Australian population, for reference Household A: Two adults, two children.

| <i>Food group and food group component costs per fortnight</i> | | | | | | | | | | |
|--|-----------------------------|-----------------------------------|-----------------------------|-----------------------------------|------------------------------------|-----------------------------------|-----------------------------|-----------------------------------|-------------------------------------|-----------------------------------|
| | Original Healthy Diets ASAP | | Low SEG - Standard brands | | Recommended Diet – Standard brands | | Low SEG – Cheapest options | | Recommended Diet – Cheapest options | |
| <i>Food group and food group component</i> | Habitual Diet Cost (A\$) | Proportion of total diet cost (%) | Habitual Diet Cost (A\$) | Proportion of total diet cost (%) | Recommended Diet Cost (A\$) | Proportion of total diet cost (%) | Habitual Diet Cost (A\$) | Proportion of total diet cost (%) | Recommended Diet Cost (A\$) | Proportion of total diet cost (%) |
| Water | \$18.76 | 2% | \$12.34 | 2% | \$18.76 | 3% | \$6.18 | 1% | \$9.39 | 2% |
| Fruit | \$53.29 | 7% | \$45.66 | 6% | \$72.83 | 12% | \$40.27 | 8% | \$68.54 | 16% |
| Veg. & Legumes | \$41.59 | 5% | \$38.83 | 5% | \$101.36 | 16% | \$33.77 | 7% | \$83.42 | 19% |
| Grains & Cereals | \$43.19 | 6% | \$36.70 | 5% | \$108.10 | 17% | \$20.09 | 4% | \$49.57 | 11% |
| Meats, nuts, seeds, egg | \$104.00 | 14% | \$93.34 | 12% | \$203.88 | 33% | \$71.07 | 15% | \$151.86 | 35% |
| Milk, yoghurt, cheese | \$49.11 | 6% | \$49.09 | 7% | \$113.77 | 18% | \$34.07 | 7% | \$67.55 | 16% |
| Unsaturated oils & spreads | \$1.24 | <1% | \$1.56 | <1% | \$7.83 | 1% | \$0.68 | <1% | \$3.93 | 1% |
| Artificially sweetened soft drink | \$6.02 | 1% | \$3.54 | <1% | -- | -- | \$0.99 | <1% | -- | -- |
| Other Discretionary | \$178.10 | 23% | \$166.11 | 22% | -- | -- | \$92.23 | 19% | -- | -- |
| Alcoholic drinks | \$91.08 | 12% | \$90.36 | 12% | -- | -- | \$74.53 | 15% | -- | -- |
| Take-away foods | \$145.36 | 19% | \$172.15 | 23% | -- | -- | \$96.50 | 20% | -- | -- |
| Sugar sweetened soft drinks | \$30.27 | 4% | \$41.05 | 5% | -- | -- | \$11.51 | 2% | -- | -- |
| Total cost | \$762.01 | 100% | \$750.72 | 100% | \$626.52 | 100% | \$481.89 | 100% | \$434.25 | 100% |
| Healthy foods and drinks | \$317.20 | 42% | \$281.06 | 37% | \$626.52 | 100% | \$207.12 | 43% | \$434.25 | 100% |
| Discretionary foods and drinks | \$444.81 | 58% | \$469.67 | 63% | -- | -- | \$274.77 | 57% | -- | -- |
| <i>Income and Diet affordability (% of income)</i> | | | | | | | | | | |
| | Original Healthy Diets ASAP | | Low SEG - Standard brands | | Recommended Diet – Standard brands | | Low SEG - Cheapest options | | Recommended Diet – Cheapest options | |
| <i>Income category and amount (A\$)</i> | Habitual Diet affordability | | Habitual Diet affordability | | Recommended Diet affordability | | Habitual Diet affordability | | Recommended Diet affordability | |
| Welfare only household income \$1,740 per fortnight | 44% | | 43% | | 36% | | 28% | | 25% | |
| Minimum wage household income \$2,358 per fortnight | 32% | | 32% | | 27% | | 20% | | 18% | |

Supplementary Table S6B: Dietary costs and affordability by food group and food group components of low SEG habitual and recommended diets, using 'standard brand' and 'cheapest option' prices, and comparison to the mean Australian population, for reference Household B: One adult, two children.

| <i>Food group and food group component costs per fortnight</i> | | | | | | | | | | |
|--|-----------------------------|-----------------------------------|-----------------------------|-----------------------------------|------------------------------------|-----------------------------------|-----------------------------|-----------------------------------|-------------------------------------|-----------------------------------|
| | Original Healthy Diets ASAP | | Low SEG - Standard brands | | Recommended Diet – Standard brands | | Low SEG - Cheapest options | | Recommended Diet – Cheapest options | |
| <i>Food group and food group component</i> | Habitual Diet Cost (A\$) | Proportion of total diet cost (%) | Habitual Diet Cost (A\$) | Proportion of total diet cost (%) | Recommended Diet Cost (A\$) | Proportion of total diet cost (%) | Habitual Diet Cost (A\$) | Proportion of total diet cost (%) | Recommended Diet Cost (A\$) | Proportion of total diet cost (%) |
| Water | \$11.60 | 2% | \$8.05 | 2% | \$11.60 | 3% | \$4.03 | 1% | \$5.80 | 2% |
| Fruit | \$40.18 | 8% | \$33.99 | 7% | \$54.15 | 12% | \$30.09 | 10% | \$50.96 | 16% |
| Veg. & Legumes | \$25.94 | 5% | \$24.19 | 5% | \$73.37 | 16% | \$21.36 | 7% | \$61.13 | 19% |
| Grains & Cereals | \$30.65 | 6% | \$27.68 | 5% | \$80.33 | 17% | \$15.53 | 5% | \$36.71 | 11% |
| Meats, nuts, seeds, egg | \$64.07 | 13% | \$58.03 | 11% | \$149.81 | 33% | \$42.97 | 14% | \$110.98 | 35% |
| Milk, yoghurt, cheese | \$34.97 | 7% | \$35.40 | 7% | \$86.91 | 19% | \$24.21 | 8% | \$51.59 | 16% |
| Unsaturated oils & spreads | \$0.91 | <1% | \$1.11 | <1% | \$4.30 | 1% | \$0.48 | <1% | \$2.16 | 1% |
| Artificially sweetened soft drink | \$3.58 | 1% | \$1.41 | <1% | -- | -- | \$0.40 | <1% | -- | -- |
| Other Discretionary | \$133.02 | 27% | \$123.74 | 24% | -- | -- | \$67.57 | 22% | -- | -- |
| Alcoholic drinks | \$27.05 | 5% | \$36.66 | 7% | -- | -- | \$26.58 | 9% | -- | -- |
| Take-away foods | \$104.40 | 21% | \$129.14 | 25% | -- | -- | \$69.51 | 22% | -- | -- |
| Sugar sweetened soft drinks | \$21.70 | 4% | \$34.27 | 7% | -- | -- | \$9.61 | 3% | -- | -- |
| Total cost | \$498.07 | 100% | \$513.68 | 100% | \$460.46 | 100% | \$312.33 | 100% | \$319.34 | 100% |
| Healthy foods and drinks | \$211.89 | 43% | \$189.88 | 37% | \$460.46 | 100% | \$139.06 | 45% | \$319.34 | 100% |
| Discretionary foods and drinks | \$286.17 | 57% | \$323.80 | 63% | -- | -- | \$173.26 | 55% | -- | -- |
| <i>Income and Diet affordability (% of income)</i> | | | | | | | | | | |
| | Original Healthy Diets ASAP | | Low SEG - Standard brands | | Recommended Diet – Standard brands | | Low SEG - Cheapest options | | Recommended Diet – Cheapest options | |
| <i>Income category and amount (A\$)</i> | Habitual Diet affordability | | Habitual Diet affordability | | Recommended Diet affordability | | Habitual Diet affordability | | Recommended Diet affordability | |
| Welfare only household income \$1,387 per fortnight | 36% | | 37% | | 33% | | 23% | | 23% | |
| Minimum wage household income \$1,897 per fortnight | 26% | | 27% | | 24% | | 16% | | 17% | |

Supplementary Table S6C: Dietary costs and affordability by food group and food group components of low SEG habitual and recommended diets, using 'standard brand' and 'cheapest option' prices, and comparison to the mean Australian population, for reference Household C: Older retired couple.

| <i>Food group and food group component costs per fortnight</i> | | | | | | | | | | |
|--|-----------------------------|-----------------------------------|-----------------------------|-----------------------------------|------------------------------------|-----------------------------------|-----------------------------|-----------------------------------|-------------------------------------|-----------------------------------|
| | Original Healthy Diets ASAP | | Low SEG - Standard brands | | Recommended Diet – Standard brands | | Low SEG - Cheapest options | | Recommended Diet – Cheapest options | |
| <i>Food group and food group component</i> | Habitual Diet Cost (A\$) | Proportion of total diet cost (%) | Habitual Diet Cost (A\$) | Proportion of total diet cost (%) | Recommended Diet Cost (A\$) | Proportion of total diet cost (%) | Habitual Diet Cost (A\$) | Proportion of total diet cost (%) | Recommended Diet Cost (A\$) | Proportion of total diet cost (%) |
| Water | \$3.27 | 1% | \$1.67 | 1% | \$3.27 | 1% | \$0.83 | <1% | \$1.61 | 1% |
| Fruit | \$31.35 | 10% | \$28.91 | 9% | \$37.35 | 13% | \$23.96 | 12% | \$34.05 | 17% |
| Veg. & Legumes | \$25.19 | 8% | \$24.44 | 8% | \$47.99 | 16% | \$20.80 | 10% | \$39.14 | 19% |
| Grains & Cereals | \$22.06 | 7% | \$23.71 | 8% | \$35.01 | 12% | \$10.99 | 5% | \$16.60 | 8% |
| Meats, nuts, seeds, egg | \$59.58 | 18% | \$54.13 | 17% | \$88.80 | 30% | \$40.28 | 19% | \$61.61 | 30% |
| Milk, yoghurt, cheese | \$20.48 | 6% | \$19.29 | 6% | \$82.30 | 28% | \$12.68 | 6% | \$48.11 | 24% |
| Unsaturated oils & spreads | \$0.98 | <1% | \$0.98 | <1% | \$3.55 | 1% | \$0.41 | <1% | \$1.75 | 1% |
| Artificially sweetened soft drink | \$1.32 | <1% | \$0.96 | <1% | -- | -- | \$0.27 | <1% | -- | -- |
| Other Discretionary | \$67.38 | 21% | \$67.92 | 22% | -- | -- | \$41.48 | 20% | -- | -- |
| Alcoholic drinks | \$61.78 | 19% | \$56.85 | 18% | -- | -- | \$39.63 | 19% | -- | -- |
| Take-away foods | \$26.04 | 8% | \$28.16 | 9% | -- | -- | \$15.52 | 7% | -- | -- |
| Sugar sweetened soft drinks | \$3.87 | 1% | \$3.78 | 1% | -- | -- | \$1.06 | 1% | -- | -- |
| Total cost | \$323.30 | 100% | \$310.79 | 100% | \$298.27 | 100% | \$207.92 | 100% | \$207.79 | 100% |
| Healthy foods and drinks | \$164.23 | 51% | \$154.08 | 50% | \$298.27 | 100% | \$110.22 | 53% | \$207.79 | 100% |
| Discretionary foods and drinks | \$159.07 | 49% | \$156.72 | 50% | -- | -- | \$97.70 | 47% | -- | -- |
| <i>Income and Diet affordability (% of income)</i> | | | | | | | | | | |
| | Original Healthy Diets ASAP | | Low SEG - Standard brands | | Recommended Diet – Standard brands | | Low SEG - Cheapest options | | Recommended Diet – Cheapest options | |
| <i>Income category and amount (A\$)</i> | Habitual Diet affordability | | Habitual Diet affordability | | Recommended Diet affordability | | Habitual Diet affordability | | Recommended Diet affordability | |
| Welfare only household income \$1,525 per fortnight | 21% | | 20% | | 20% | | 14% | | 13% | |