

Table S1. Adolescents' self-reported prior day eating habits of 26 individual food items from the 2019–2020 Texas SPAN survey communicated as weighted percentages.

Food Item	Frequency			
	0 Times (%)	1 Time (%)	2 Times (%)	3 or More (%)
Healthy Foods				
Baked Meat	71.5	24.0	3.5	1.1
Nuts	71.7	21.8	4.8	1.7
Brown Rice	83.6	14.1	2.0	0.3
Brown Bread	68.2	24.3	6.1	1.4
Starchy Vegetables	71.8	22.5	4.4	1.3
Orange Vegetables	74.3	20.4	4.1	2.1
Green Vegetables	71.1	23.4	4.0	1.5
Other Vegetables	65.1	26.3	6.5	2.1
Beans	80.4	16.2	2.4	1.1
Whole Fruit	39.5	38.9	15.2	6.4
Fruit Juice	64.0	27.0	6.0	3.0
Plain Milk	60.0	28.5	8.2	3.4
Yogurt	86.5	11.4	1.4	0.7
Unhealthy Foods				
Red Meat	47.8	39.3	10.9	2.0
Fried Meat	63.2	30.0	5.5	1.3
White Rice	62.7	30.8	5.4	1.1
White Bread	39.5	41.2	15.1	4.2
Chips	24.1	49.0	12.5	4.3
Frozen Dessert	78.4	18.3	2.4	0.9
Cake	57.2	33.2	7.3	2.4
Candy	55.4	31.1	7.0	6.4
Flavored Milk	73.8	20.2	4.8	1.2
Punch	61.0	27.9	7.6	3.4
Soda	55.1	33.7	8.0	3.3
Sweet Caffeine	73.1	19.8	4.8	2.3
Energy Drinks	88.4	9.3	1.5	0.8

Table S2. Marginal predicted probabilities of SPAN HEI, HFI, and UFI scores associated with nutrition label usage calculated post-hoc from linear regression models, adjusted for grade, sex, Body Mass Index (BMI), race/ethnicity, economic disadvantage, and percent limited English proficiency by school.

Food label usage to make food choices	Margin	95% CI	p-value
SPAN Healthy Eating Index (HEI)			
Never	45.5	46.1, 46.8	<0.001
Almost never	47.9	47.3, 48.6	<0.001
Sometimes	48.8	48.4, 49.3	<0.001
Almost always	50.7	49.6, 51.8	<0.001
Always	52.2	51.0, 53.5	<0.001
Healthy Foods Index (HFI)			
Never	11.4	10.6, 12.2	<0.001
Almost never	12.7	11.7, 13.6	<0.001
Sometimes	14.1	13.4, 14.8	<0.001
Almost always	17.7	15.9, 19.4	<0.001
Always	18.7	16.0, 21.4	<0.001
Unhealthy Foods Index (UFI)			
Never	18.5	17.8, 19.2	<0.001
Almost never	16.8	15.7, 17.8	<0.001
Sometimes	16.5	15.6, 17.3	<0.001
Almost always	16.2	14.4, 18.0	<0.001

Always	14.2	12.5, 15.9	<0.001
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Table S3. Logistic regression results for the odds of consuming individual food items during the prior day when using nutrition labels to make food choices. Note: All models run separately for each food item and adjusted for grade, sex, Body Mass Index (BMI), race/ethnicity, economic disadvantage, and percent limited English proficiency by school.

Food Label Usage to Make Food Choices ("Never/Almost Never" Referent)	Odds Ratio (OR)	95%CI	p-Value
Baked Meat			
Sometimes	1.30	1.08,1.55	0.005
Always/Almost always	1.91	1.52,2.40	<0.001
Nuts			
Sometimes	1.27	1.01,1.58	0.04
Always/Almost always	2.22	1.58,3.10	<0.001
Brown Rice			
Sometimes	0.98	0.74,1.27	0.85
Always/Almost always	1.31	0.92,1.88	0.13
Brown Bread			
Sometimes	1.24	1.01,1.51	0.04
Always/Almost always	1.70	1.25,2.30	0.001
Starchy Vegetables			
Sometimes	1.25	0.99,1.59	0.06
Always/Almost always	1.33	1.06,1.66	0.01
Orange Vegetables			
Sometimes	1.92	1.47,2.51	<0.001
Always/Almost always	2.52	1.67,3.81	<0.001
Green Vegetables			
Sometimes	1.66	1.30,2.10	<0.001
Always/Almost always	3.05	2.30,4.05	<0.001
Other Vegetables			
Sometimes	1.62	1.31,1.99	<0.001
Always/Almost always	3.07	2.35,4.02	<0.001
Beans			
Sometimes	1.26	0.99,1.61	0.07
Always/Almost always	1.49	1.03,2.16	0.03
Whole Fruit			
Sometimes	1.65	1.31,2.08	<0.001
Always/Almost always	2.11	1.42,3.12	<0.001
Fruit Juice			
Sometimes	1.10	0.86,1.42	0.45
Always/Almost always	1.37	0.99,1.91	0.06
Plain Milk			
Sometimes	1.30	1.11,1.52	0.001
Always/Almost always	1.17	0.85,1.61	0.34
Yogurt			
Sometimes	1.14	0.87,1.49	0.34
Always/Almost always	1.86	1.23,2.81	0.004
Red Meat			
Sometimes	1.06	0.87,1.29	0.55
Always/Almost always	0.80	0.61,1.04	0.11
Fried Meat			
Sometimes	0.96	0.79,1.18	0.72
Always/Almost always	0.88	0.63,1.23	0.47
White Rice			
Sometimes	1.06	0.86,1.30	0.58
Always/Almost always	1.15	0.91,1.46	0.23

Food Label Usage to Make Food Choices ("Never/Almost Never" Referent)	Odds Ratio (OR)	95%CI	p-Value
White Bread			
Sometimes	1.09	0.85,1.41	0.48
Always/Almost always	0.88	0.60,1.29	0.50
Chips			
Sometimes	0.90	0.76,1.06	0.20
Always/Almost always	0.61	0.45,0.82	0.002
Frozen Dessert			
Sometimes	0.09	0.77,1.14	0.52
Always/Almost always	0.91	0.64,1.27	0.57
Cake			
Sometimes	0.87	0.68,1.10	0.24
Always/Almost always	0.68	0.52,0.87	0.003
Candy			
Sometimes	0.77	0.60,0.99	0.04
Always/Almost always	0.63	0.47,0.83	0.001
Flavored Milk			
Sometimes	1.04	0.82,1.32	0.73
Always/Almost always	0.87	0.57,1.31	0.50
Punch			
Sometimes	0.96	0.77,1.21	0.74
Always/Almost always	0.84	0.62,1.14	0.26
Soda			
Sometimes	0.68	0.58,0.80	<0.001
Always/Almost always	0.48	0.36,0.66	<0.001
Sweet Caffeine			
Sometimes	0.87	0.65,1.16	0.34
Always/Almost always	1.01	0.74,1.38	0.95
Energy Drinks			
Sometimes	0.98	0.72,1.33	0.89
Always/Almost always	1.89	1.31,2.72	0.001

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