

## Supplemental Table

**Table S1.** Food categories used.

<b>Major Food Group</b>	<b>Minor Food Group</b>	<b>Foods included</b>	<b>FFQ item ID</b>
<i>Vegetables</i>			
	Potatoes		
	Low Fat	Boiled,mashed,baked	46,47
	High fat	Hot chips	48
	Brassica	Cabbage, cauliflower, broccoli and Brussel sprouts, coleslaw	54, 43, 42, 55, 62
	Leaf and stalk	Bean sprouts, celery, lettuce and silverbeet	64, 63, 61, 44
	Peas and Beans		52, 53, 50
	Other fruiting vegetables	Squash, zucchini, eggplant and pumpkin	58, 49
	Carrot and root		56, 51
	Tomatoes		60
	Legumes	Baked beans, soy, other	67, 66, 65
	Other vegetables	Mushrooms, corn and shallots	59, 57, 45, 141, 140
	Avocado		31
<i>Cereal and cereal products</i>			
	Breakfast cereals		91, 92
	Bread, white		93
	Bread, mixed grain and wholemeal		94
	Rice and pasta		96, 97, 98
<i>Cereal-based products and dishes</i>			
	Sweet biscuits	Sweet biscuits	130, 131
	Savoury biscuits	Crackers	99
	Cakes, buns, scones	Scone, pancakes, cakes, bun	95, 126, 129
	Pastries	Sweet pie	127, 128
	Mixed dishes	Pizza	139
<i>Fruit</i>			
	Citrus fruit	Orange, grapefruit	33, 34
	Tropical fruit	Pawpaw, pineapple, mango, banana	27, 28, 29, 35
	Pomme fruit	Pear, apple	32

Table S1. Cont.

	Berry fruit	Strawberry, raspberry, blueberry	24, 25
	Stone fruit	Peach, plum, apricot, nectarine	22
	Dried fruit	Prune, apricot, sultana, raisin, peach	36, 37, 38, 39
	Canned fruit	Fruit salad, apricot, peach, canned	40, 41
	Other fruit <sup>e</sup>	Rockmelon, watermelon, grapes	23, 26, 30
<b>Non-alcoholic beverages</b>			
	Tea		117, 118
	Coffee		115, 116
	Juices		104, 105, 106, 107, 108, 109
	Cordials		114
	Soft drinks		112, 113
	Artificially sweetened drinks	Low calorie soft drink	110, 111
<b>Dairy Products</b>			
Low/reduced fat dairy	Milk, reduced fat and low fat		6, 7
	Reduced fat dairy dessert	Low fat yoghurt	12
	Cheese, low fat	Cottage and ricotta cheese	13
Regular fat dairy	Milk, regular		8
	Medium fat dairy dessert	Custards and yoghurts	11, 125
	Cheese, regular	Cheddar chees	14
<b>Meat</b>			
Red Meat	Moderately-lean red meat cuts	Beef/pork/lamb trimmed	468
	Moderately-lean red meat dishes	Lamb stew, Beef stew, Hamburger patty, Beef rissole	69, 69, 74,
	Medium fat red meat cuts	Beef/pork/lamb partly trimmed	368
	Medium fat red meat dishes	Bolognaise sauce, Mince	75, 76
	High fat red meat cuts	Beef/pork/lamb not trimmed	268
	High fat red meat dishes	Sausages, meat pie, sausage roll	73, 79, 80

**Table S1.** *Cont.*

Processed meat		Ham, bacon, luncheon meat, frankfurter	70, 77, 81, 82
Organ meat		Liver	78,
Chicken	Moderately-lean chicken		72
	High fat chicken		71
<b>Eggs</b>	Low fat eggs	Egg, poached, hard-boiled	83
	Moderately fat eggs	Egg, scrambled, omelette, fried	84, 85
<b>Fish</b>	Seafood	Prawn, scallop, crab	90
	Low fat canned fish	Salmon, tuna in brine	87
	Moderately fat canned fish	Tuna, sardine in oil	86, 88
	Medium fat fish	Fish, other types	89
<b>Nuts</b>		Peanut, pecan, walnut, almond, peanut butter	135, 137
<b>Fats</b>	Butter		16
	Margarine		15
	Oils		160,161
	Cooking fat		162
<b>Yeast/Beef extracts</b>		Vegemite, marmite	136
<b>Alcoholic beverages</b>	Beer	Regular and reduced alcohol beer	119, 120
	Wine	Red, white and fortified wines	121, 122, 123
	Spirits		124
<b>Confectionary</b>		Lollies, chocolate	132, 133
<b>Sugar products and dishes</b>		Sugar, honey, jams, syrups	134, 156
<b>Snack foods</b>		Chips	138
<b>Savoury sauces</b>		French dressing, coleslaw dressing, mayonnaise	142, 143