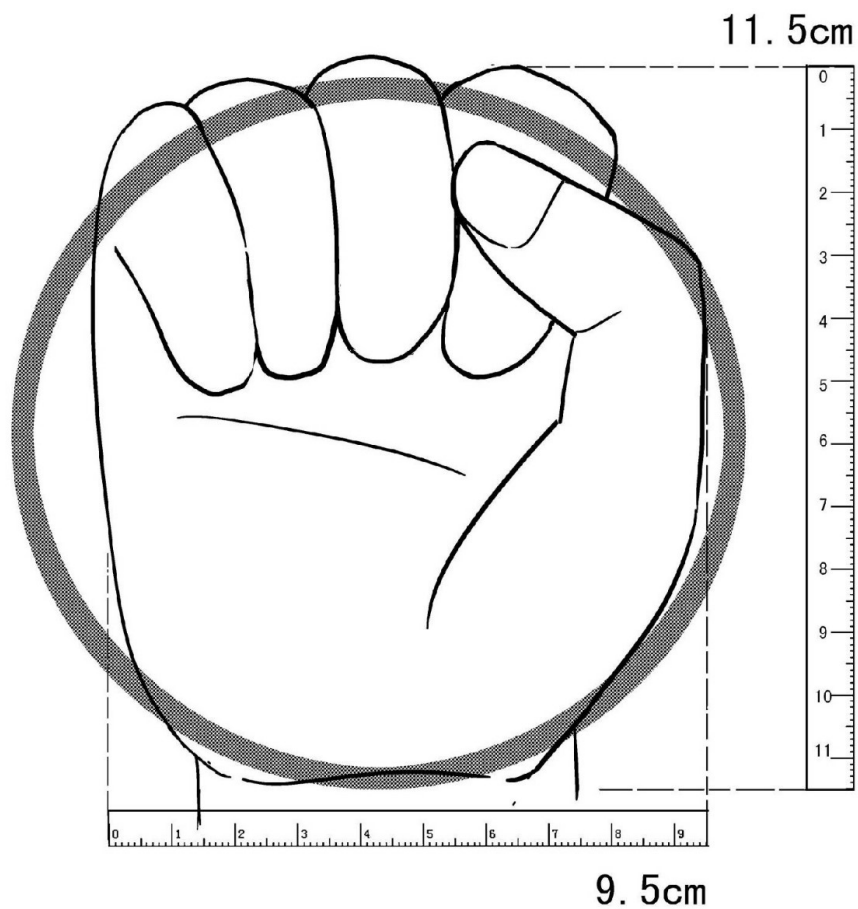


## Supplementary Material



**Figure S1.** The size of one serving of fruit or vegetable (as the size of a fist of ordinary adult).

**Table S1.** Body mass index reference for screening overweight and obesity in Chinese school-age children (kg/m<sup>2</sup>).

Age (years)	Boys		Girls	
	overweight	obesity	overweight	obesity
13~	21.9	25.7	22.6	25.6
14~	22.6	26.4	23.0	26.3
15~	23.1	26.9	23.4	26.9
16~	23.5	27.4	23.7	27.4
17~	23.8	27.8	23.8	27.7

**Ref:** Ji CY, Working Group on Obesity in C (2005) Report on childhood obesity in China (1)--body mass index reference for screening overweight and obesity in Chinese school-age children. *Biomedical and environmental sciences: BES* 2005, 18, 390–400.