Table S1. Select population characteristics by fruit and vegetable consumption guideline adherence.

	Met fruit and vegetable guidelines	Met vegetable guidelines only	Met fruit guidelines only	Did not meet fruit or vegetable guidelines
Year				
2012	4.30	1.95	43.87	49.88
2015	5.12	1.93	44.67	48.27
2018	5.43	2.23	45.87	46.48
Psychological Distress				
Low/moderate distress	5.19	2.07	45.67	47.08
High/Very high distress	3.31	1.82	38.63	56.24
Sex				
Male	2.57	1.04	42.17	54.22
Female	7.25	2.98	47.37	42.40
Age				
18-29	3.15	1.48	39.77	55.60
30-44	3.97	2.13	40.74	53.16
45-59	5.01	2.23	45.37	47.40
60-74	7.34	2.26	52.02	38.38
75+	7.92	2.01	55.30	34.77
Highest Educational Attainment				
Year 11 and below	5.03	1.89	44.32	48.75
Year 12 or Certificate	4.16	1.81	42.64	51.38
Diploma or Advanced Diploma	5.69	2.66	44.68	46.97
Bachelor or Postgraduate qualification	5.60	2.25	48.45	43.70
Income Quintile				

First quintile (lowest 20%)	5.42	1.87	45.45	47.26
Second quintile	6.19	2.45	46.81	44.56
Third quintile	4.83	2.08	43.26	49.83
Fourth quintile	4.13	1.80	43.09	50.97
Fifth quintile (highest 20%)	3.49	1.97	44.78	49.75
Smoking Status				
Never smoked	5.53	1.84	48.65	43.98
Ex smoker	5.14	2.33	45.74	46.80
Current smoker	2.80	2.13	30.84	64.23
Alcohol Consumption Exceeded Guidelines				
No	5.35	1.96	47.11	45.59
Yes	3.82	2.35	38.51	55.31
Frequency of Alcohol Consumption				
Less than once per month	5.66	1.80	48.22	44.33
1 to 3 days per month	5.06	1.94	44.94	48.06
1 to 2 days per week	4.39	1.99	44.48	49.15
3 to 7 days per week	4.45	2.51	40.39	52.65
Level of Exercise Undertaken in Past Week				
High	6.77	2.03	50.89	40.30
Moderate	6.63	2.16	49.22	41.99
Low	4.54	2.06	45.52	47.87
Sedentary	3.66	1.92	39.43	54.99
Body Mass Index				
Underweight	3.70	2.09	36.99	57.22

Healthy weight	5.56	2.13	44.81	47.50
Overweight	4.86	1.81	46.17	47.16
Obese	4.67	2.22	43.15	49.97
Bodily Pain in the Last Four Weeks				
No pain	4.95	1.82	44.96	48.28
Very mild or mild pain	4.77	1.96	45.18	48.09
Moderate pain	5.02	2.48	44.14	48.35
Severe or very severe pain	5.86	2.32	43.96	47.86
Number of Long-Term Current Conditions				
No conditions	4.10	1.17	44.40	50.33
1 to 2	4.26	1.79	43.99	49.96
3 to 5	5.25	2.42	45.11	47.22
6 or more	10.57	4.00	77.77	7.66
Self-Assessed Health				
Fair or Poor	4.20	2.10	37.83	55.87
Good	4.10	1.82	41.12	52.96
Very good	4.99	2.09	46.58	46.33
Excellent	6.99	2.35	49.31	41.35