**Table S1.** Cut-off values for cardiometabolic outcomes

| Risk factor | Adults | Children |
| --- | :---: | :---: |
| **BMI** | | |
|   Overweight | >25 and <30 kg/m$^2$ | >85th and <97th percentile |
|   Obesity | ≥30 kg/m$^2$ | ≥97th percentile |
| **Fasting glucose** | | |
|   At risk | ≥5.6 and <6.1 mmol/L | ≥5.6 and <6.1 mmol/L |
|   Prediabetes | ≥6.1 mmol/L | ≥6.1 mmol/L |
| **Triglycerides** | | |
|   Borderline | ≥1.3 and <1.7 mmol/L | ≥1.00 and <1.47 mmol/L |
|   High | ≥1.7 mmol/L | ≥1.47 mmol/L |
| **LDL-cholesterol** | | |
|   Borderline | ≥2.6 and <3.4 mmol/L | ≥2.85 and <3.36 mmol/L |
|   High | ≥3.4 mmol/L | ≥3.36 mmol/L |
| **HDL-cholesterol** | | |
|   Low | <1.03 (men) and <1.3 mmol/L (women) | <1.03 mmol/L |

BMI, body mass index; LDL, low-density lipoprotein; HDL, high-density lipoprotein.

**Table S2**. Classification of food groups

| Food groups | Food items |
|---|---|
| Meat | Chicken (grilled, fried, nuggets, casserole, hamburger), Turkey, Beef (grilled, braised, stew, hamburger, veal, pork (grilled, chops), horse meat, lamb, goat, bison, sausage, wiener, cold cut, giblets and meat pâté. |
| Fish and seafood | White fish, salmon (fresh, canned, smoked), trout, tuna (fresh, canned), fish cake, sardine, mackerel (canned), pollock, lobster, shrimp (fresh, canned), clams, scallops, squid, oysters, mussels, snails. |
| Dairy | Milk (skim, 1%, 2%, 3.25%), chocolate milk, cheddar, hard cheese, soft cheese, cream cheese, cottage, ricotta, blue cheese, processed cheese, yogurt (plain, Greek, fruits, drinkable) |
| Fat | Butter, margarine, oil (olive, canola, coco, soya), mayonnaise, cream, lard, bacon. |
| Vegetables | Asparagus, avocado, broccoli, carrots, celery, mushrooms, cabbage, Brussels sprout, cauliflower, cucumber, zucchini, squash, germinated soybeans, spinach, lettuce, arugula, canned or frozen mixed vegetables, corn, turnip, onion, leeks, sweet potato, pepper (sweet, hot), green peas, radish and tomato. |
| Legumes | Baked beans, soybean, lentils, red beans, white bean, chickpea and lima beans. |
| Fruits | Apricot, pineapple, banana, cherry, lemon, lime, kiwi, strawberries, blueberries, blackberries, raspberries, mango, watermelon, melon, cantaloupe, nectarine, clementine, orange, grapefruit, papaya, peach, pear, apple, prunes, dates, grapes, raisin and canned fruit salad. |
| Fast food | Pizza, hamburger (beef, grilled chicken, fried chicken), gyro sandwich, poutine, hot dog, corndog, club sandwich, hot chicken, chicken wings and fries |

**Table S3**. Calculation of Estimated Energy Requirement

| Age and gender groups | Estimate Energy Requirement (EER) [1] |
|---|---|
| | **Equations** |
| Girl 9-18 years | 135.3-(30.8*age [y] + PA*[(10.0*weight [kg]) + (934*height [m])] |
| Boys 9-18 years | 88.5-(61.9*age [y]) + PA*(26.7*weight [kg]) + (934*height [m])] + 25 |
| Women ≥ 18 years | 354-(6.91*age [y]) + PA*[(9.36*weight [kg]) + (726*height [m])] |
| Men ≥ 18 years | 662-(9.53*age [y]) + PA*[(15.91*weight [kg]) + (539.6*height [m])] |

| | Physical activity coefficients for EER equations [1] | | | |
|---|---|---|---|---|
| | **Sedentary** | **Low active** | **Active** | **Very active** |
| | Typical daily living activities (e.g., household tasks, walking to the bus) | Typical daily living activities plus 30-60 minutes of daily moderate activity (e.g., walking at 5-7 km/h) | Typical daily living activities plus at least 60 minutes of daily moderate activity | Typical daily living activities plus at least 60 minutes of daily moderate activity plus an additional 60 minutes of vigorous activity or 120 minutes of moderate activity |
| Boys 3-18 years | 1.00 | 1.13 | 1.26 | 1.42 |
| Girls 3-18 years | 1.00 | 1.16 | 1.31 | 1.56 |
| Men 19y+ | 1.00 | 1.11 | 1.25 | 1.48 |
| Women 19y+ | 1.00 | 1.12 | 1.27 | 1.45 |

1.  Governement of Canada, H.C. Dietary Reference Intakes Tables. Available on line: https://www.canada.ca/en/health-canada/services/food-nutrition/healthy-eating/dietary-reference-intakes/tables.html (accessed on September 9, 2019),