

## Supplementary Material

**Table S1.** List of dietary items ( $n = 32$ ) recorded in the short food frequency questionnaire.

Dietary Items (In the past 7 days how often (count data) was your baby/child fed each of the following foods and/or drinks?)	Interview Phases				
	4- months	8- months	1- year	2- years	3- years
<b>Core (<math>n = 12</math>)</b>					
<i>Dairy</i>					
Cow milk					
Other milk: soy milk, goat milk, rice milk					
Plain Yoghurt					
Cheese					
<i>Grains</i>					
Baby cereal					
Cereals					
Other starches (e.g., breakfast cereals, bread, rice, pasta, crackers)					
<i>Fruits</i>					
<i>Vegetables</i>					
<i>Meat and alternatives</i>					
Meat, chicken, combination dinners					
Fish or shellfish					
Eggs					
<b>Discretionary (<math>n = 20</math>)</b>					
<i>Foods with added sugars</i>					
Flavored milk (e.g., Milo™, Nesquik™, Chocolate milk)					
Flavored yogurt					
Ice cream, custard and other dairy desserts					
Fruit Juice (if diluted, state the %)					
Soft drinks (e.g., Coke™)					
Cordial including Ribena™					
Sports drinks (e.g., PowerAde™ and Gotarade™)					
Powdered drink (e.g., Tang™)					
Flavored mineral water					
Iced Tea					
Iced Coffee					
Hot Tea (if sugar added)	X	X	X		
Hot Coffee (if sugar added)	X	X	X		
Lollies (candy), chocolate and sugar-based confectionary					
Syrups, jams and sweet spreads (e.g., Nutella, honey and maple syrup)					
Honey				X	X
Packaged sweet snacks e.g., muesli bars/fruit straps	X	X	X		
Biscuits, cakes and/or puddings					
<i>Foods with added fats and/or salt</i>					
French fries/ hot chips					
Packed snacks such as Potato chips/crisps	X	X	X		

X: Frequency of intake NOT recorded at that specific interview phase.