

Supplementary Table S1: Proportion of energy from all foods reported in the National Nutrition and Physical Activity Survey classified by the NOVA classification system and the Australian Dietary Guidelines

<i>Minor food groups</i>	<i>NOVA classification</i>					<i>ADG</i>	
	Energy (%)	MP	CI	PF	UPF	FFG	DF
<i>Total</i>	100	37.2	7.1	15.5	40.4	63.6	36.5
<i>Regular breads, and bread rolls</i>	9.5	0	0	64.6	35.4	100	0
<i>Breakfast cereals</i>	3.7	15.1	0	0	84.9	96	4
<i>Mixed dishes where cereal is the major ingredient¹</i>	2.3	0	0	0	100	80	20
<i>Margarine, table spreads and dairy blends</i>	1.1	0	0	0	100	76	24
<i>Fruit and vegetable juices, and drinks</i>	1.7	6.2	0	0	93.8	55	45
<i>Yoghurt</i>	1.1	27	0	0	73	100	0
<i>Flavoured milks and milkshakes</i>	0.6	0	0	0	100	100	0
<i>Pasta and pasta products (without sauce)</i>	2.8	78.9	0	0	21.1	100	0
<i>Savoury biscuits</i>	1.1	0	0	0	100	53	47
<i>Mixed dishes, predominantly poultry, beef, sheep, pork or mammalian game²</i>	1.1	27.2	0	0	72.8	69	31
<i>English-style muffins, flat breads, and savoury and sweet breads</i>	1.4	0	0	42.3	57.7	78	22
<i>Cheese</i>	3.1	0	0	87.7	12.3	100	0
<i>Meat and dairy substitutes</i>	0.4	0	0	0	100	97	3
<i>Cordials, electrolyte, energy, fortified drinks and beverage flavourings</i>	1.4	0	0	0	100	18	82
<i>Batter-based products³</i>	0.4	0	0	0	100	47	53
<i>Dietary and infant foods, intense sweeteners, cooking aids, extracts, essences</i>	0.4	0	0.5	0	99.5	40	60

<i>Other vegetables and legumes</i>	3.5	86.4	0	8.8	4.8	100	0
<i>Custards</i>	0.1	0	0	0	100	100	0
<i>Packaged soups, sauces, pickles, gravies, stocks, dips, salad dressings and herbs</i>	2	1.9	1.1	4	92.9	14	86
<i>Cakes, muffins, scones, cake-type desserts</i>	2	0	0	0	100	4	96
<i>Nuts, seeds and nuts and seed products</i>	1.9	58.8	0	38.7	2.5	100	0
<i>Potatoes</i>	2.8	44.9	0	0	55.1	46	54
<i>Flours and other cereal grains and starches</i>	4.8	99.6	0	0	0.4	100	0
<i>Beef, sheep, pork, mammalian meat and offal unprocessed</i>	4.9	99.8	0	0	0.2	100	0
<i>Tea, coffee, coffee substitutes</i>	0.4	71.2	0	0	28.8	73	27
<i>Dairy milk (cow, sheep and goat)</i>	6.3	99.4	0	0.6	0	100	0
<i>Fruit</i>	4.6	96.7	0	3.3	0	100	0
<i>Poultry and feathered game</i>	3.5	100	0	0	0	100	0
<i>Pastries</i>	2.3	0	0	0	100	0	100
<i>Soft drinks, and flavoured mineral waters</i>	2.1	0	0	0	100	0	100
<i>Chocolate and chocolate-based confectionery</i>	1.8	0	0	0	100	0	100
<i>Frozen milk products and other milk-based desserts</i>	1.8	0	0	0	100	0	100
<i>Sweet biscuits</i>	1.7	0	0	0	100	0	100
<i>Plant oils</i>	1.5	0	100	0	0	100	0
<i>Potato, corn, extruded, reformed and other savoury snacks</i>	1.5	1	0	0	99	1	99
<i>Eggs</i>	1.1	100	0	0	0	100	0
<i>Confectionary, sweet sauces and spreads and other sugar-based dishes</i>	0.7	0	0	0	100	0	100
<i>Muesli or cereal style, fruit, nut and seed-bars</i>	0.6	0	0	0	100	0	100

<i>Spirits and other alcoholic beverages</i>	0.6	0	0	0	100	0	100
<i>Fish and seafood</i>	1.8	58.3	0	28.8	12.9	83	17
<i>Cider and perry</i>	0.1	0	0	100	0	0	100
<i>Butter and Cream</i>	1.4	0	98.8	0	1.2	0	100
<i>Processed meats and sausages</i>	3.0	0	0	48.1	51.9	3	97
<i>Beers</i>	1.9	0	0	100	0	0	100
<i>Sugar, honey and syrups</i>	2.3	12.4	79.6	0	8.1	0	100
<i>Wines</i>	2.2	0	0	100	0	0	100
<i>Unspecified fats</i>	2.5	0	91.3	0	8.7	0	100

1. *Pizza, sandwiches, kebabs, hot dogs, burgers, tacos, tortilla dishes, pasta and rice dishes, savoury dumplings and sushi*
2. *Casseroles, curries, and stir-fries*
3. *Pancakes, scones, waffles, donuts and crumpets*

Figure S1: Participant flow diagram from the National Nutrition and Physical Activity Survey

