

Supplemental tables and figure

Table S1. List of 77 food items and food group classification.

	High Complex Carb (HCC- $\geq 30\%$)	High Protein (HP- $\geq 13\%$)	High Simple Sugar (HSS- $\geq 30\%$)
High Fat (HF- $\geq 45\%$)	Cheese and PB crackers Croissant Cup of Noodles Stuffed Baked Potato Tater Tots Macaroni Salad Potato Salad Spinach Soufflé Doritos Potato Chips Buttered Popcorn Cheez-Its Ritz Crackers	Sausage McMuffin Pancakes w/ Sausage Eggs Corned Beef Hash Beef Stew Tuna in Oil Turkey Ham Bologna Cheddar Cheese Fried Chicken Cheeseburgers Chicken Pot Pie Barbecue Wings Pizza Chicken Nuggets Peanuts	Chocolate Donuts Blueberry Muffins Cinnamon Bun Reese's Peanut Butter Cup Cheesecake Kit Kat Bar Sugar Wafers Nestle's Crunch M & M Peanuts Baby Ruth Apple Pie Fudge Cookies
Low Fat (LF- $\leq 20\%$)	Bagel & CC Rice Krispies Corn Flakes Oatmeal English Muffin Spaghetti w/ Sauce Baked Potato Rice Green Beans Corn Carrots Spinach	Scramblers Pancakes Cottage Cheese Pork & Beans Refried Beans Tuna in Water Fat-Free Turkey Fat-Free Ham Fat-Free Bologna Fat-Free Cheese Chili with Beans Chicken with Pasta Pinto Beans Chicken Noodle Soup French Bread Pizza	Cereal Bars Yogurt Rice Krispies Treat Jello Fig Newtons Chocolate Pudding Gummy Bears Peaches Raisins Fruit Roll-Ups Apples Oranges Apple Sauce

% indicates % of total calories

Table S2. Top Five Food Ratings by Questionnaire

Food Item	Female	Male	Total	P-value
FFQ				
Eggs	6.21 (1.75)	5.86 (1.73)	6 (1.74)	0.12
Potato Chips	5.01 (2.05)	4.77 (1.83)	4.86 (1.92)	0.32
Cheddar Cheese	5.15 (2.15)	4.67 (2.16)	4.85 (2.17)	0.07
Orange	4.71 (1.92)	4.76 (1.88)	4.74 (1.9)	0.82
Apples	4.5 (2.12)	4.68 (2.02)	4.61 (2.06)	0.46
PFFQ				
Eggs	6.34 (1.82)	6.2 (1.73)	6.25 (1.76)	0.51
Orange	5.92 (2.27)	5.81 (1.98)	5.86 (2.09)	0.67
Apples	5.62 (2.26)	5.65 (2.1)	5.64 (2.16)	0.92
Pizza	5.43 (2.11)	5.66 (2.01)	5.57 (2.05)	0.38
Cheeseburger	5.11 (2.06)	5.56 (1.99)	5.39 (2.03)	0.07

Figure S1. Correlations between food group intake and questionnaire by sex.

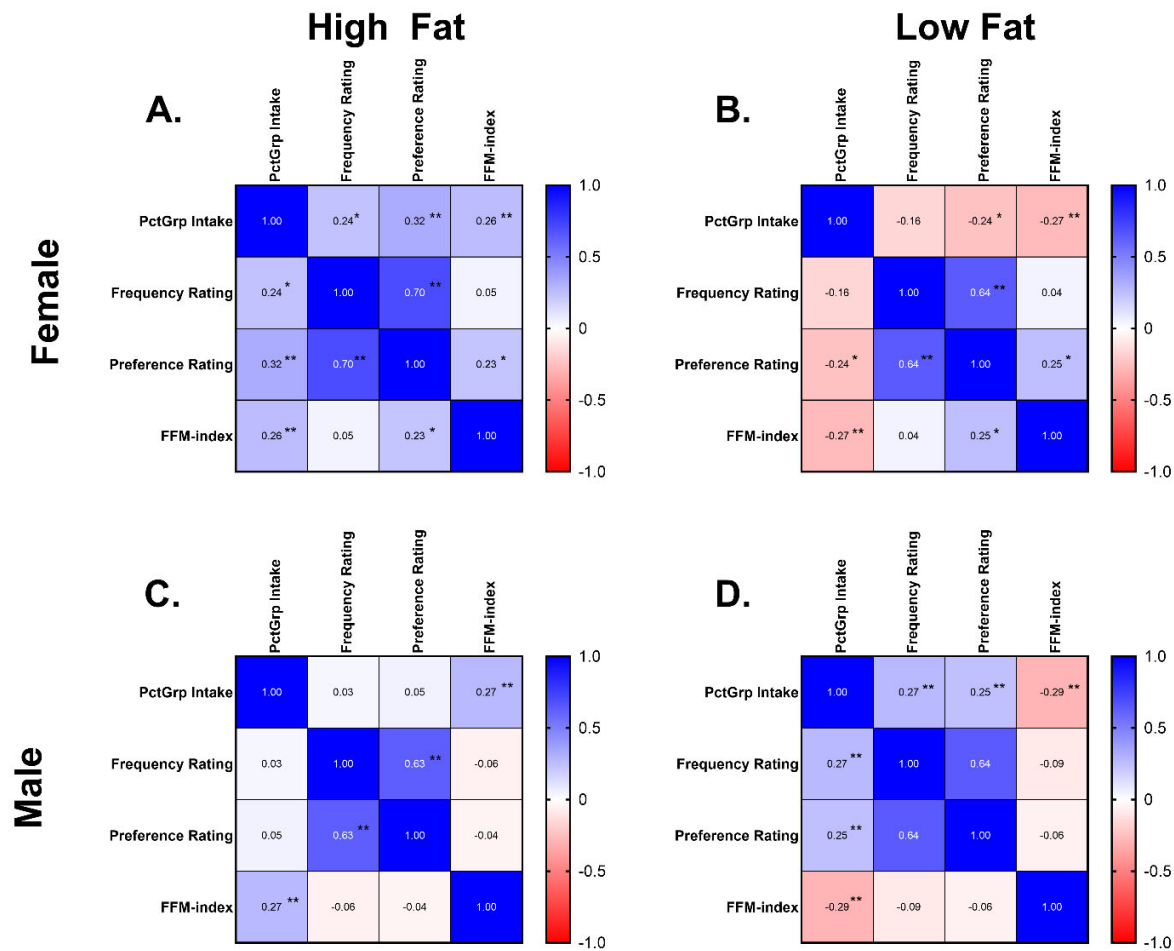


Figure S1. Here, food intake was represented as the composite scores for high fat or low fat, to compare overall fat intake differences between sexes. Each panel represents the correlation between questionnaires and; A. high fat intake in females, B. low fat intake in females, C. high fat intake in males, D. low fat intake in males. N= 107 females and 172 males.