

Supplementary Files

Table S1. Questions, response options, and analytic coding for the analyses. The Feel4Diabetes-study

| Questionnaire item | Response options | Analytic coding |
|---|------------------------------|--|
| Children's dietary intake | | |
| Please indicate how often you and your child regularly consume the following foods and drinks. | | |
| 1. Water (1 glass or 1 cup) | | |
| 2. Fruits and berries, fresh or frozen (1 tennis ball-sized fruit, or 2 small fruits, or half a cup of chopped) | | |
| 3. Fruits and berries, canned (half a cup) or dried (a quarter of a cup) | 8 response options: | A continuous variable indicating servings per day was created according to the frequency of intake |
| 4. Fruit juices, freshly squeezed or prepacked without sugar (1 glass or 1 cup) | a. Less than once per week | a. Less than 1 t/w = 0.14 s/d |
| 5. Soft drinks and juices containing sugar (1 glass or 1 cup) | b. 1–2 times per week | b. 1–2 times per week = 0.21 s/d |
| 6. Soft drinks, diet (light) (1 glass or 1 cup) | c. 3–4 times per week | c. 3–4 t/w = 0.5 s/d |
| 7. Vegetables (half a cup or the size of a tennis ball of tomato, broccoli, leafy vegetables, etc.) | d. 5–6 times per week | d. 5–6 t/w = 0.79 s/d |
| 8. Sweets (1 chocolate bar or half a cup of sweets, cookies, or ice cream) | e. 1–2 times per day | e. 1–2 t/d = 1.5 s/d |
| 9. Salty snacks/fast food (e.g. 1 small hamburger, 1 small bag of chips, 1 slice of pizza) | f. 3–4 times per day | f. 3–4 t/d = 3.5 s/d |
| | g. 5–6 times per day | g. 5–6 t/d = 5.5 s/d |
| | h. More than 6 times per day | h. >6 t/d = 6 s/d |
| Food parenting practices | | |
| On a weekly basis, how frequently are the following food items available in your home? | | |
| 1. Fruits | | |
| 2. Fruit juices, freshly-squeezed or prepacked without sugar | 5 response options: | Categories were recorded from never to always and afterwards recategorized into three groups: |
| 3. Fruit juices, prepacked, containing sugar | a. Always | 1=Never/rarely |
| 4. Sugar juices | b. Often | 2= Sometimes |
| 5. Soft drinks containing sugar | c. Sometimes | 3=Often/always |
| 6. Soft drinks without sugar | d. Rarely | |
| 7. Vegetables | e. Never | |
| 8. Sweets, biscuits, ice cream, cakes, pastries | | |
| 9. Salty snacks (e.g. chips, savoury pastries) | | |
| On a weekly basis, how often do you use the following practices: | | |
| 10. How often do you consume fresh fruits with your child? | a. Very often | Categories were recorded from never to very often and afterwards recategorized into three groups: |
| 11. How often do you reward your child with sweets, salty snacks (e.g. potato chips), or fast food? | b. Often | 1=Never/rarely |
| 12. How often do you allow your child to eat sweets and/or salty snacks whenever he/she asks for them? | c. Sometimes | 2= Sometimes |
| | d. Rarely | 3=Often/Very often |
| | e. Never | |

Bold text is as used in the questionnaire.

Table S2. Compliance with recommendations for dietary intake in children from the Feel4Diabetes-study at follow-up, n = 2967*

| Nutrient-dense foods | Total | | Girls | | Boys | |
|---|-------------|-------------|-------------|-------------|-------------|-------------|
| | No | Yes | No | Yes | No | Yes |
| Water | 84.0 (2491) | 16.0 (476) | 84.7 (1265) | 15.3 (229) | 83.2 (1226) | 16.8 (247) |
| Fruits & berries | 48.4 (1435) | 51.6 (1532) | 48.5 (725) | 51.5 (769) | 48.2 (710) | 51.8 (763) |
| Canned fruits | 97.9 (2905) | 2.1 (62) | 97.7 (1460) | 2.3 (34) | 98.1 (1445) | 1.9 (28) |
| 100% fruit juice | 87.0 (2582) | 13.0 (385) | 88.7 (1325) | 11.3 (169) | 85.3 (1257) | 14.7 (216) |
| Vegetables | 52.8 (1568) | 47.2 (1399) | 53.1 (793) | 46.9 (701) | 52.6 (775) | 47.4 (698) |
| F&V ¹ | 92.7 (2749) | 7.3 (218) | 92.8 (1387) | 7.2 (107) | 92.5 (1362) | 7.5 (111) |
| F&V ² | 91.6 (2717) | 8.4 (250) | 92.0 (1374) | 8.0 (120) | 91.2 (1343) | 8.8 (130) |
| Energy-dense/nutrient-poor foods | | | | | | |
| Soft drinks & sugar juices | 44.2 (1310) | 55.8 (1657) | 41.8 (625) | 58.2 (869) | 46.5 (685) | 53.5 (788) |
| Light soft drinks | 19.3 (574) | 80.7 (2393) | 18.6 (278) | 81.4 (1216) | 20.1 (296) | 79.9 (1177) |
| Sweets | 90.9 (2698) | 9.1 (269) | 89.8 (1341) | 10.2 (153) | 92.1 (1357) | 7.9 (116) |
| Salty snacks & fast food* | 62.3 (1557) | 37.7 (943) | 60.6 (768) | 39.4 (500) | 64.0 (789) | 36.0 (443) |

* N= 2967, except salty snacks N= 2500. Recommendations were based on the Irish Food Pyramid. F&V¹: indicates the sum of servings of fresh or frozen fruit & berries, fresh fruit juices, and vegetables. F&V²: Same as in Fruits & vegetables¹ + canned fruits & berries.

Cut-off points for recommendations for healthy foods: water = 6 or more servings per day; fruits & berries, canned fruit, fresh fruit juice & vegetables = 1–2 servings per day, F&V¹ and F&V²= 5 or more servings per day and for unhealthy foods: 1 serving or less per week for each food item. (*) Unhealthy foods like sweets, salty snacks, and fast food.

Table S3. Cross-sectional associations between food parenting practices and dietary intake in girls in servings/day at baseline.

| | Nutrient-dense foods | | | | | | Energy-dense/nutrient-poor foods | | | | |
|---------------------------|---------------------------|---------------------------------|--|----------------------------------|---------------------------|---------------------------------|----------------------------------|---|----------------------------------|--------------------------|---|
| | Water β (p-value) | Fruits & berries β (p-value) | Canned fruits & berries β (p-value) | Fresh fruit juice β (p-value) | Vegetables β (p-value) | F&V ¹ β (p-value) | F&V ² β (p-value) | Soft drinks & sugar juices β (p-value) | Light soft drinks β (p-value) | Sweets β (p-value) | Salty snacks & fast food β (p-value) |
| Positive FPP | | | | | | | | | | | |
| HA Fruit | 0.007 (0.759) | 0.282 (<0.001) | 0.015 (0.552) | 0.048 (0.052) | 0.169 (<0.001) | 0.263 (<0.001) | 0.257 (<0.001) | -0.075 (0.004) | -0.060 (0.020) | -0.012 (0.619) | -0.068 (0.012) |
| HA 100% fruit juice | 0.003 (0.891) | 0.069 (0.013) | 0.088 (0.001) | 0.492 (<0.001) | 0.059 (0.021) | 0.217 (<0.001) | 0.222 (<0.001) | 0.024 (0.386) | 0.029 (0.281) | -0.054 (0.032) | -0.007 (0.815) |
| HA Vegetables | 0.038 (0.117) | 0.229 (<0.001) | -0.013 (0.629) | 0.028 (0.271) | 0.313 (<0.001) | 0.299 (<0.001) | 0.287 (<0.001) | -0.016 (0.560) | 0.011 (0.680) | 0.042 (0.087) | -0.044 (0.119) |
| Modelling of fruit intake | 0.109 (<0.001) | 0.431 (<0.001) | 0.108 (<0.001) | 0.087 (<0.001) | 0.269 (<0.001) | 0.418 (<0.001) | 0.421 (<0.001) | -0.059 (0.022) | -0.003 (0.908) | -0.078 (0.001) | -0.066 (0.014) |
| Negative FPP | | | | | | | | | | | |
| HA Sugar juices | -0.045 (0.059) | -0.077 (0.004) | 0.040 (0.124) | 0.072 (0.004) | -0.064 (0.009) | -0.048 (0.070) | -0.044 (0.100) | 0.393 (<0.001) | 0.030 (0.263) | 0.113 (<0.001) | 0.141 (<0.001) |
| HA Soft drinks | -0.082 (0.002) | -0.061 (0.042) | -0.008 (0.788) | 0.003 (0.917) | -0.106 (<0.001) | -0.088 (0.003) | -0.084 (0.005) | 0.367 (<0.001) | 0.015 (0.605) | 0.096 (<0.001) | 0.152 (<0.001) |
| HA Light soft drinks | 0.012 (0.645) | 0.010 (0.733) | 0.011 (0.697) | 0.036 (0.174) | -0.040 (0.130) | -0.003 (0.929) | 0.000 (0.996) | 0.032 (0.256) | 0.255 (<0.001) | 0.047 (0.073) | 0.084 (0.005) |
| HA Sweets | -0.047 (0.070) | -0.100 (0.001) | -0.075 (0.009) | -0.082 (0.002) | -0.080 (0.003) | -0.124 (<0.001) | -0.129 (<0.001) | 0.106 (<0.001) | 0.040 (0.159) | 0.393 (<0.001) | 0.197 (<0.001) |
| HA Salty snacks | -0.008 (0.768) | -0.099 (0.001) | -0.054 (0.068) | -0.009 (0.749) | -0.092 (0.001) | -0.105 (<0.001) | -0.109 (<0.001) | 0.110 (<0.001) | 0.003 (0.923) | 0.228 (<0.001) | 0.381 (<0.001) |
| Permissiveness | -0.061 (0.010) | -0.146 (<0.001) | -0.049 (0.061) | 0.032 (0.193) | -0.117 (<0.001) | -0.126 (<0.001) | -0.127 (<0.001) | 0.178 (<0.001) | 0.016 (0.543) | 0.275 (<0.001) | 0.255 (<0.001) |
| Use of foods as reward* | -0.083 (<0.001) | -0.060 (0.023) | 0.024 (0.348) | 0.025 (0.317) | -0.099 (<0.001) | -0.086 (0.001) | -0.081 (0.002) | 0.144 (<0.001) | 0.023 (0.366) | 0.151 (<0.001) | 0.170 (<0.001) |

N= 1494, except salty snacks N = 1268. Linear regressions were performed individually (one for each practice) and were adjusted for country, group (control vs. intervention), parental education, sex, age, and BMI and children's gender, age, and z-BMI. β = Standardized coefficients; FPP, food parenting practices; HA, home availability. Boldface indicates statistical significance at $p \leq 0.05$. (*) Energy-dense/nutrient-poor foods like sweets, salty snacks, and fast food.

Table S4. Cross-sectional associations between food parenting practices and dietary intake in boys in servings/day at baseline.

| | Nutrient-dense foods | | | | | | Energy-dense/nutrient-poor foods | | | | |
|---------------------------|---------------------------|---------------------------------|--|----------------------------------|---------------------------|---------------------------------|----------------------------------|---|----------------------------------|--------------------------|---|
| | Water β (p-value) | Fruits & berries β (p-value) | Canned fruits & berries β (p-value) | Fresh fruit juice β (p-value) | Vegetables β (p-value) | F&V ¹ β (p-value) | F&V ² β (p-value) | Soft drinks & sugar juices β (p-value) | Light soft drinks β (p-value) | Sweets β (p-value) | Salty snacks & fast food β (p-value) |
| Positive FPP | | | | | | | | | | | |
| HA Fruit | 0.033 (0.163) | 0.321 (<0.001) | 0.022 (0.409) | 0.085 (0.001) | 0.216 (<0.001) | 0.322 (<0.001) | 0.317 (<0.001) | -0.068 (0.010) | 0.025 (0.349) | 0.002 (0.926) | -0.119 (<0.001) |
| HA 100% fruit juice | -0.040 (0.106) | 0.106 (<0.001) | 0.059 (0.029) | 0.506 (<0.001) | 0.093 (<0.001) | 0.265 (<0.001) | 0.270 (<0.001) | -0.096 (<0.001) | 0.079 (0.004) | -0.031 (0.218) | -0.023 (0.430) |
| HA Vegetables | 0.022 (0.364) | 0.208 (<0.001) | 0.031 (0.242) | 0.078 (0.002) | 0.319 (<0.001) | 0.309 (<0.001) | 0.306 (<0.001) | 0.023 (0.378) | 0.004 (0.866) | -0.003 (0.887) | -0.069 (0.015) |
| Modelling of fruit intake | 0.059 (0.011) | 0.448 (<0.001) | 0.056 (0.027) | 0.106 (<0.001) | 0.234 (<0.001) | 0.394 (<0.001) | 0.393 (<0.001) | -0.093 (<0.001) | 0.001 (0.959) | -0.051 (0.032) | -0.088 (0.001) |
| Negative FPP | | | | | | | | | | | |
| HA Sugar juices | -0.090 (<0.001) | -0.060 (0.021) | 0.057 (0.024) | 0.079 (0.001) | -0.061 (0.013) | -0.028 (0.279) | -0.023 (0.384) | 0.432 (<0.001) | 0.051 (0.046) | 0.120 (<0.001) | 0.135 (<0.001) |
| HA Soft drinks | -0.069 (0.007) | -0.159 (<0.001) | 0.016 (0.565) | 0.026 (0.337) | -0.107 (<0.001) | -0.129 (<0.001) | -0.122 (<0.001) | 0.319 (<0.001) | 0.024 (0.388) | 0.126 (<0.001) | 0.186 (<0.001) |
| HA Light soft drinks | -0.083 (0.001) | -0.040 (0.160) | -0.017 (0.536) | 0.074 (0.006) | -0.056 (0.038) | -0.015 (0.592) | -0.015 (0.601) | 0.034 (0.233) | 0.208 (<0.001) | 0.026 (0.322) | 0.037 (0.230) |
| HA Sweets | -0.053 (0.038) | -0.095 (0.001) | -0.096 (0.001) | -0.016 (0.556) | -0.060 (0.027) | -0.082 (0.004) | -0.092 (0.001) | 0.149 (<0.001) | -0.023 (0.419) | 0.393 (<0.001) | 0.195 (<0.001) |
| HA Salty snacks | -0.073 (0.005) | -0.101 (0.001) | -0.073 (0.010) | 0.009 (0.758) | -0.084 (0.002) | -0.084 (0.004) | -0.090 (0.002) | 0.201 (<0.001) | -0.22 (0.445) | 0.184 (<0.001) | 0.410 (<0.001) |
| Permissiveness | -0.072 (0.003) | -0.128 (<0.001) | -0.050 (0.055) | -0.010 (0.691) | -0.099 (<0.001) | -0.111 (<0.001) | -0.117 (<0.001) | 0.170 (<0.001) | 0.070 (0.009) | 0.261 (<0.001) | 0.250 (<0.001) |
| Use of foods as reward* | -0.026 (0.260) | -0.032 (0.222) | 0.019 (0.467) | -0.005 (0.854) | -0.012 (0.630) | -0.004 (0.886) | -0.003 (0.904) | 0.085 (0.001) | -0.005 (0.848) | 0.145 (<0.001) | 0.150 (<0.001) |

N= 1473, except salty snacks N= 1232. Linear regressions were performed individually (one for each practice) and were adjusted for country, group (control vs. intervention), parental education, sex, age, and BMI and children's gender, age, and z-BMI. β = Standardized coefficients; FPP, food parenting practices; HA, home availability. Boldface indicates statistical significance at $p \leq 0.05$. (*) Energy-dense/nutrient-poor foods like sweets, salty snacks, and fast food.

