

## Supplement

### Supplementary Table S1

#### Demographic characteristics of the study participants

	<b>Total (n=233)</b>
<u>Sex</u>	
Male	56 (24%)
Female	177 (76%)
<u>Experience</u>	
Low	112 (48%)
High	121 (52%)
Years of experience	15 (6.5-24)
<u>Subspecialty</u>	
No	174 (75%)
Yes	59 (25%)
<u>Subspecialty</u>	
No	173 (74%)
Neonatology	22 (9%)
Allergology	8 (3%)
Pulmonology	8 (3%)
Infectious disease	2 (1%)
Intensive care	6 (3%)
Developmental	3 (1.5%)
Gastroenterology	1 (0.5%)
Puberty	2 (1%)
Hematology	3 (1.5%)
Immunology	1 (0.5%)
Homeopathy	1 (0.5%)
Endocrinology	1 (0.5%)
Breastfeeding	3 (1.5%)
<u>Location</u>	
Rural	129 (55%)
Urban	104 (45%)

<u>Place of work</u>	
Abroad	5 (2%)
Attica	65 (28%)
Macedonia	38 (16%)
Epirus	6 (3%)
Central Greece	15 (7%)
Island	17 (7%)
The Peloponnese	7 (3%)
Thrace	2 (1%)
Cyprus	3 (1.5%)
Ped. Hospital	29 (12%)
Private Practice	37 (16%)
University	1 (0.5%)
n/a	8 (3%)
<u>Parentship</u>	
No	33 (14%)
Yes	200 (86%)
<u>No of Children</u>	2 (1-2)
Healthy-children waiting period_Low	
High	126 (54%) 107 (46%)
Healthy-children waiting period duration	2 (2-3)
Allergic-children waiting period	
Low	24 (10%)
High	209 (90%)
Allergic-children waiting period duration	5 (3-6)

**Supplementary Table S2 Age of Introduction of Solid Food as Recommended by the Pediatricians**

	Total (N=233)			
VitD	0 (0-0)		Potato	6 (5-6)
Probiotics	0 (0-2)		Corn	6 (6-8)
N3	12 (7.5-18)		Peas	6 (6-7)
Multivitamins	18 (12-18)		White rice	6 (5-6)
VitA	18 (12-18)		Whole-grain rice	6 (5-7)
VitC	18 (12-18)		Oat	6 (6-7)
Iron	4 (0-6)		Whole-wheat products	7 (6-8)
Olive oil	6 (5-6)		White-wheat products	7 (6-7)
Butter	12 (10-15)		Trahanas frumenty	7 (6-8)
Olives	12 (10-12)		Baby biscuits without sugar	8 (7-12)
Seed oils	12 (12-18)		Baby biscuits with sugar	13 (12-18)
Margarine	12 (12-18)		Gluten-free oat	6 (5-7)
Almonds	9 (8-12)		Carrot	6 (5-6)
Walnuts	9 (8-12)		Zucchini	6 (5-6)
Sunflower/pumpkin seeds	10 (8-14)		Green leafy vegetables	6 (5-6)
Pistachios	10 (8-15)		Cabbage	6 (5-6)
Peanuts	10 (8-15)		Cauliflower	6 (5-6)
Hazelnuts	10 (8-12)		Tomato	6 (5-7)
Cashew nuts	10 (8-15)		Beetroot	6 (5-7)
Sesame	10 (8-12)		Spinach	6 (5-7)
Almond butter	9 (7-12)		Pepper	6 (5-7)
Hazelnut butter	9 (7-12)		Eggplant	6 (5-7)
Peanut butter	9 (7-12)		Pear	5 (5-6)
Tahini	10 (8-12)		Apple	5 (5-6)
Cod	9 (8-11)		Banana	5 (5-6)
Anchovy	10 (8-12)		Orange	6 (5-7)
Dover sole	9 (7-10)		Kiwi	6 (6-8)
Sardine	10 (8-12)		Pomegranate	7 (6-8)
Sea bass	9 (8-11)		Mandarin	6 (6-7)
Hake	9 (7-10)		Apricot	6 (5-6)
Calamari	12 (10-13)		Cherry	6 (6-7)
Salmon	11 (8-12)		Peach/nectarine	6 (5-7)
Octopus	12 (10-14)		Raisins	9 (6-12)
Shrimps	12 (9-13)		Grapes	6 (6-8)
Mussels	12 (10-18)		Strawberry	8 (6-12)
Canned tuna	13 (12-18)		Fresh orange juice	8 (6-10)
Beans	8 (7-11)		Fresh berries	7 (6-10)
Lentils	8 (7-10)		Fig	7 (6-11)
Chickpeas	8 (7-10)		Fresh mixed fruit juice	10 (7-12)
Fava	8 (7-11)		Watermelon	6 (6-7)
Hard-boiled egg	8 (7-11)		Melon	6 (6-7)
Omelet or egg eye	11 (9-12)		Dried berries	10 (7-12)
Raw egg	13 (11-18)		Dried apricots	9 (6-12)
Egg-lemon sauce	12 (9-12)		Dried dates	8 (6-12)
Cow milk	12 (12-13)		Dried figs	10 (7-12)
Goat milk	12 (12-13)		Boiled food	6 (5-6)
Cow-milk yogurt	8 (7-12)		Family food without salt	12 (9-12)
Traditional yogurt	8 (7-12)		Family food with salt	13 (12-18)
Sheep-milk yogurt	8 (7-12)		Baby-led weaning	8 (6-12)
Drained yogurt	9 (7-12)		Mashed food	6 (5-6)
Fruit yogurt	9 (7-12)		Fork-mashed food	9 (8-10)

Kids' yogurt	7 (6-8)		Food in pieces	10 (9-12)
Cottage cheese	11 (8-12)		Roasted food	12 (9-12)
Cream cheese	12 (8-12)		Family food with salt	13 (12-18)
Manouri cheese	9 (7-12)		Fried food	12 (12-18)
Katiki cheese	12 (8-12)		Sugar sweets	15 (12-18)
Feta cheese	12 (10-12)		Honey	12 (12-13)
Kasari/graviera/kefalotyri cheese	12 (10-13)		Salt	12 (12-18)
Gouda cheese	12 (9-12)		Spices	12 (8-13)
Sour cream	13 (12-18)		Ready meals in jar	12 (8-13)
Ariani	12 (10-13)			
Kefir	12 (8-12)			
Chicken	6 (6-6)			
Rabbit	7 (6-8)			
Lamb	7 (6-8)			
Beef	6 (6-6)			
Pork	10 (7-12)			
Hare or wild boar	9 (7-12)			
Birds	9 (7-12)			
Liver	9 (7-12)			
Cold cuts/salami/ham	18 (12-18)			

**Supplementary Table S3: Differences based on location of practice**

	<b>Semi-urban or rural (N = 129)</b>	<b>Urban (N = 104)</b>	<b>p-value</b>
Rabbit	6 (6-8)	7 (6-8)	0.02
Kasari/graviera/kefalotyri cheese	12 (11-14)	12 (10-12)	0.04
Ariani	12 (9-12)	12 (12-14)	0.04
Hazelnuts	9 (7-12)	12 (9-13)	0.03
Hazelnut butter	9 (7-11)	10 (8-12)	0.04
Iron supplement	3 (0-6)	4 (4-6)	0.04

**Supplementary Table S4: Differences based on parenthood**

<b>Food</b>	<b>Total (N=233)</b>	<b>No (N=33)</b>	<b>Yes (N=200)</b>	<b>p</b>
Cherry	6 (6-7)	6 (6-7)	6 (6-7)	0.04
Fresh orange juice	8 (6-10)	8 (6-10)	7 (6-11)	0.02
Whole-wheat products	7 (6-8)	7 (6-8)	7 (6-7)	0.008
White-wheat products	7 (6-7)	7 (6-7)	7 (6-7)	0.02
Cottage cheese	11 (8-12)	10 (8-12)	12 (8-12)	0.023
Mussels	12 (10-18)	12 (10-18)	12 (10-15)	0.04
Baby-led weaning	8 (6-12)	7 (6-12)	8 (6-12)	0.003
Fork-mashed food	9 (8-10)	9 (8-10)	9 (8-10)	0.04

**Supplementary Table S5**

DEPENDENT VARIABLE: ALMONDS/ALMOND BUTTER

INDEPENDENT VARIABLE: SEX, EXPERIENCE, SUBSPECIALTY, LOCATION, PARENTHSHIP

		Variables in the Equation					95% C.I. for EXP(B)		
		B	S.E.	Wald	df	Sig.	Exp(B)	Lower	Upper
Step 1 <sup>a</sup>	SEX(1)	.721	.516	1.952	1	.162	2.056	.748	5.654
	EXPERIENCE(1)	-1.471	.503	8.558	1	.003	.230	.086	.616
	SUBSPECIALTY (1)	-1.505	.399	14.191	1	.000	.222	.102	.486
	LOCATION(1)	-.836	.407	4.210	1	.040	.434	.195	.963
	PARENTHSHIP(1)	.848	.678	1.563	1	.211	2.334	.618	8.812

a. Variable(s) entered on step 1: SEX, EXPERIENCE, SUBSPECIALTY, LOCATION, PARENTHSHIP.

DEPENDENT VARIABLE: WALNUTS

INDEPENDENT VARIABLE: SEX, EXPERIENCE, SUBSPECIALTY, LOCATION, PARENTHSHIP

		Variables in the Equation					95% C.I. for EXP(B)		
		B	S.E.	Wald	df	Sig.	Exp(B)	Lower	Upper
Step 1 <sup>a</sup>	SEX(1)	.696	.461	2.277	1	.131	2.006	.812	4.954
	EXPERIENCE(1)	-.649	.400	2.624	1	.105	.523	.238	1.146
	SUBSPECIALTY (1)	-.901	.353	6.519	1	.011	.406	.203	.811
	LOCATION(1)	-.735	.367	4.016	1	.045	.480	.234	.984
	PARENTHSHIP(1)	.372	.602	.382	1	.537	1.451	.446	4.724

a. Variable(s) entered on step 1: SEX, EXPERIENCE, SUBSPECIALTY, LOCATION, PARENTHSHIP.

DEPENDENT VARIABLE: PISTACHIOS

INDEPENDENT VARIABLE: SEX, EXPERIENCE, SUBSPECIALTY, LOCATION, PARENTHSHIP

		Variables in the Equation							95% C.I. for EXP(B)	
		B	S.E.	Wald	df	Sig.	Exp(B)	Lower	Upper	
Step 1 <sup>a</sup>	SEX(1)	-.010	.519	.000	1	.985	.990	.358	2.736	
	EXPERIENCE(1)	-.867	.413	4.406	1	.036	.420	.187	.944	
	SUBSPECIALTY(1)	-.353	.379	.869	1	.351	.703	.334	1.476	
	LOCATION(1)	-.402	.372	1.165	1	.280	.669	.322	1.388	
	PARENTHSHIP(1)	.231	.663	.122	1	.727	1.260	.344	4.621	

a. Variable(s) entered on step 1: SEX, EXPERIENCE, SUBSPECIALTY, LOCATION, PARENTHSHIP.

DEPENDENT VARIABLE: PEANUTS/PEANUT BUTTER

INDEPENDENT VARIABLE: SEX, EXPERIENCE, SUBSPECIALTY, LOCATION, PARENTHSHIP

		Variables in the Equation							95% C.I. for EXP(B)	
		B	S.E.	Wald	df	Sig.	Exp(B)	Lower	Upper	
Step 1 <sup>a</sup>	SEX(1)	-.503	.522	.928	1	.335	.605	.217	1.683	
	EXPERIENCE(1)	-1.521	.450	11.412	1	.001	.218	.090	.528	
	SUBSPECIALTY(1)	-.339	.365	.866	1	.352	.712	.349	1.456	
	LOCATION(1)	-.716	.367	3.799	1	.051	.489	.238	1.004	
	PARENTHSHIP(1)	.245	.632	.150	1	.699	1.277	.370	4.407	

a. Variable(s) entered on step 1: SEX, EXPERIENCE, SUBSPECIALTY, LOCATION, PARENTHSHIP.

DEPENDENT VARIABLE: SESAME/TAHINI

INDEPENDENT VARIABLE: SEX, EXPERIENCE, SUBSPECIALTY, LOCATION, PARENTHSHIP

		Variables in the Equation					95% C.I. for EXP(B)		
		B	S.E.	Wald	df	Sig.	Exp(B)	Lower	Upper
Step 1 <sup>a</sup>	SEX(1)	-1.002	.594	2.847	1	.092	.367	.115	1.176
	EXPERIENCE(1)	-1.861	.494	14.204	1	.000	.156	.059	.409
	SUBSPECIALTY(1)	-.359	.377	.907	1	.341	.698	.334	1.462
	LOCATION(1)	-.765	.380	4.062	1	.044	.465	.221	.979
	PARENTHSHIP(1)	.197	.703	.079	1	.779	1.218	.307	4.826

a. Variable(s) entered on step 1: SEX, EXPERIENCE, SUBSPECIALTY, LOCATION, PARENTHSHIP.

DEPENDENT VARIABLE: HAZELNUT BUTTER

INDEPENDENT VARIABLE: SEX, EXPERIENCE, SUBSPECIALTY, LOCATION, PARENTHSHIP

		Variables in the Equation					95% C.I. for EXP(B)		
		B	S.E.	Wald	df	Sig.	Exp(B)	Lower	Upper
Step 1 <sup>a</sup>	SEX(1)	-1.473	.803	3.364	1	.067	.229	.047	1.106
	EXPERIENCE(1)	-1.158	.533	4.715	1	.030	.314	.110	.893
	SUBSPECIALTY(1)	-.524	.473	1.228	1	.268	.592	.234	1.496
	LOCATION(1)	-1.105	.482	5.260	1	.022	.331	.129	.852
	PARENTHSHIP(1)	.842	.761	1.224	1	.269	2.321	.522	10.314

a. Variable(s) entered on step 1: SEX, EXPERIENCE, SUBSPECIALTY, LOCATION, PARENTHSHIP.

DEPENDENT VARIABLE: SEAFOOD

INDEPENDENT VARIABLE: SEX, EXPERIENCE, SUBSPECIALTY, LOCATION, PARENTHSHIP

**Variables in the Equation**

		B	S.E.	Wald	df	Sig.	Exp(B)	95% C.I. for EXP(B)	
								Lower	Upper
Step 1 <sup>a</sup>	SEX(1)	-18.234	4990.962	.000	1	.997	.000	.000	.
	EXPERIENCE(1)	-18.360	3530.094	.000	1	.996	.000	.000	.
	SUBSPECIALTY(1)	-2.305	.746	9.553	1	.002	.100	.023	.430
	LOCATION(1)	-2.705	1.037	6.801	1	.009	.067	.009	.511
	PARENTHSHIP(1)	-15.098	6209.920	.000	1	.998	.000	.000	.

a. Variable(s) entered on step 1: SEX, EXPERIENCE, SUBSPECIALTY, LOCATION, PARENTHSHIP.

DEPENDENT VARIABLE: CALAMARI

INDEPENDENT VARIABLE: SEX, EXPERIENCE, SUBSPECIALTY, LOCATION, PARENTHSHIP

**Variables in the Equation**

		B	S.E.	Wald	df	Sig.	Exp(B)	95% C.I. for EXP(B)	
								Lower	Upper
Step 1 <sup>a</sup>	SEX(1)	-.286	.542	.279	1	.598	.751	.259	2.174
	EXPERIENCE(1)	-1.686	.428	15.509	1	.000	.185	.080	.429
	SUBSPECIALTY(1)	.239	.389	.376	1	.540	1.270	.592	2.722
	LOCATION(1)	-.268	.368	.529	1	.467	.765	.372	1.574
	PARENTHSHIP(1)	.065	.618	.011	1	.917	1.067	.318	3.581

a. Variable(s) entered on step 1: SEX, EXPERIENCE, SUBSPECIALTY, LOCATION, PARENTHSHIP.

DEPENDENT VARIABLE: BEANS

INDEPENDENT VARIABLE: SEX, EXPERIENCE, SUBSPECIALTY, LOCATION, PARENTHSHIP

**Variables in the Equation**

	B	S.E.	Wald	df	Sig.	Exp(B)	95% C.I. for EXP(B)	
							Lower	Upper

Step 1 <sup>a</sup>	SEX(1)	-.951	.793	1.440	1	.230	.386	.082	1.826
	EXPERIENCE(1)	-1.756	.669	6.900	1	.009	.173	.047	.640
	SUBSPECIALTY(1)	-1.446	.464	9.715	1	.002	.236	.095	.585
	LOCATION(1)	-1.814	.567	10.247	1	.001	.163	.054	.495
	PARENTHSHIP(1)	.110	1.134	.009	1	.923	1.116	.121	10.303

a. Variable(s) entered on step 1: SEX, EXPERIENCE, SUBSPECIALTY, LOCATION, PARENTHSHIP.

DEPENDENT VARIABLE: LENTILS

INDEPENDENT VARIABLE: SEX, EXPERIENCE, SUBSPECIALTY, LOCATION, PARENTHSHIP

		Variables in the Equation						95% C.I. for EXP(B)	
		B	S.E.	Wald	df	Sig.	Exp(B)	Lower	Upper
Step 1 <sup>a</sup>	SEX(1)	-.784	1.164	.453	1	.501	.457	.047	4.473
	EXPERIENCE(1)	-18.582	3657.451	.000	1	.996	.000	.000	.
	SUBSPECIALTY(1)	-2.440	.762	10.253	1	.001	.087	.020	.388
	LOCATION(1)	-2.646	1.043	6.432	1	.011	.071	.009	.548
	PARENTHSHIP(1)	-15.796	6377.711	.000	1	.998	.000	.000	.

a. Variable(s) entered on step 1: SEX, EXPERIENCE, SUBSPECIALTY, LOCATION, PARENTHSHIP.

DEPENDENT VARIABLE: HARD-BOILED EGG

INDEPENDENT VARIABLE: SEX, EXPERIENCE, SUBSPECIALTY, LOCATION, PARENTHSHIP

		Variables in the Equation						95% C.I. for EXP(B)	
		B	S.E.	Wald	df	Sig.	Exp(B)	Lower	Upper
Step 1 <sup>a</sup>	SEX(1)	.077	.364	.045	1	.832	1.081	.529	2.207

EXPERIENCE(1)	-.622	.311	4.011	1	.045	.537	.292	.987
SUBSPECIALTY (1)	-.576	.269	4.588	1	.032	.562	.332	.952
LOCATION(1)	-.445	.281	2.502	1	.114	.641	.369	1.112
PARENTHSHIP(1)	-.629	.584	1.159	1	.282	.533	.170	1.675

a. Variable(s) entered on step 1: SEX, EXPERIENCE, SUBSPECIALTY, LOCATION, PARENTHSHIP.

DEPENDENT VARIABLE: OMELETTE OR EGG EYE

INDEPENDENT VARIABLE: SEX, EXPERIENCE, SUBSPECIALTY, LOCATION, PARENTHSHIP

		Variables in the Equation					95% C.I. for EXP(B)		
		B	S.E.	Wald	df	Sig.	Exp(B)	Lower	Upper
Step 1 <sup>a</sup>	SEX(1)	.662	.430	2.367	1	.124	1.939	.834	4.506
	EXPERIENCE(1)	-.455	.324	1.969	1	.161	.634	.336	1.198
	SUBSPECIALTY (1)	.912	.321	8.104	1	.004	2.490	1.329	4.668
	LOCATION(1)	-.235	.312	.571	1	.450	.790	.429	1.455
	PARENTHSHIP(1)	.673	.576	1.365	1	.243	1.960	.634	6.062

a. Variable(s) entered on step 1: SEX, EXPERIENCE, SUBSPECIALTY, LOCATION, PARENTHSHIP.

DEPENDENT VARIABLE: COW-MILK YOGURT

INDEPENDENT VARIABLE: SEX, EXPERIENCE, SUBSPECIALTY, LOCATION, PARENTHSHIP

		Variables in the Equation					95% C.I. for EXP(B)		
		B	S.E.	Wald	df	Sig.	Exp(B)	Lower	Upper
Step 1 <sup>a</sup>	SEX(1)	.093	.441	.044	1	.833	1.097	.462	2.606

EXPERIENCE(1)	-.843	.363	5.398	1	.020	.431	.211	.876
SUBSPECIALTY (1)	-.530	.333	2.528	1	.112	.589	.306	1.131
LOCATION(1)	.218	.337	.417	1	.518	1.243	.642	2.407
PARENTHSHIP(1)	-.320	.576	.308	1	.579	.726	.235	2.246

a. Variable(s) entered on step 1: SEX, EXPERIENCE, SUBSPECIALTY, LOCATION, PARENTHSHIP.

DEPENDENT VARIABLE: COW MILK

INDEPENDENT VARIABLE: SEX, EXPERIENCE, SUBSPECIALTY, LOCATION, PARENTHSHIP

		Variables in the Equation					95% C.I. for EXP(B)		
		B	S.E.	Wald	df	Sig.	Exp(B)	Lower	Upper
Step 1 <sup>a</sup>	SEX(1)	-.391	.375	1.090	1	.296	.676	.324	1.409
	EXPERIENCE(1)	-.458	.308	2.205	1	.138	.633	.346	1.158
	SUBSPECIALTY (1)	-.165	.288	.329	1	.566	.848	.482	1.491
	LOCATION(1)	-.055	.294	.035	1	.852	.946	.531	1.686
	PARENTHSHIP(1)	-1.337	.656	4.157	1	.041	.263	.073	.950

a. Variable(s) entered on step 1: SEX, EXPERIENCE, SUBSPECIALTY, LOCATION, PARENTHSHIP.

DEPENDENT VARIABLE: CREAM CHEESE

INDEPENDENT VARIABLE: SEX, EXPERIENCE, SUBSPECIALTY, LOCATION, PARENTHSHIP

		Variables in the Equation					95% C.I. for EXP(B)		
		B	S.E.	Wald	df	Sig.	Exp(B)	Lower	Upper
Step 1 <sup>a</sup>	SEX(1)	-.444	.497	.799	1	.371	.642	.242	1.698
	EXPERIENCE(1)	.140	.417	.113	1	.737	1.151	.508	2.605

SUBSPECIALTY (1)	.828	.379	4.756	1	.029	2.288	1.087	4.812
LOCATION(1)	.495	.370	1.795	1	.180	1.641	.795	3.387
PARENTHSHIP(1)	.047	.652	.005	1	.942	1.049	.292	3.763

a. Variable(s) entered on step 1: SEX, EXPERIENCE, SUBSPECIALTY, LOCATION, PARENTHSHIP.

DEPENDENT VARIABLE: GOUDA CHEESE

INDEPENDENT VARIABLE: SEX, EXPERIENCE, SUBSPECIALTY, LOCATION, PARENTHSHIP

		Variables in the Equation					95% C.I. for EXP(B)		
		B	S.E.	Wald	df	Sig.	Exp(B)	Lower	Upper
Step 1 <sup>a</sup>	SEX(1)	-1.423	.636	5.010	1	.025	.241	.069	.838
	EXPERIENCE(1)	-.316	.373	.715	1	.398	.729	.351	1.516
	SUBSPECIALTY( 1)	-.695	.335	4.297	1	.038	.499	.259	.963
	LOCATION(1)	-.478	.343	1.937	1	.164	.620	.316	1.215
	PARENTHSHIP(1)	-.372	.687	.293	1	.589	.690	.179	2.650

a. Variable(s) entered on step 1: SEX, EXPERIENCE, SUBSPECIALTY, LOCATION, PARENTHSHIP.

DEPENDENT VARIABLE: WHEAT PRODUCTS

INDEPENDENT VARIABLE: SEX, EXPERIENCE, SUBSPECIALTY, LOCATION, PARENTHSHIP

		Variables in the Equation					95% C.I. for EXP(B)		
		B	S.E.	Wald	df	Sig.	Exp(B)	Lower	Upper
Step 1 <sup>a</sup>	SEX(1)	-1.893	.762	6.175	1	.013	.151	.034	.670
	EXPERIENCE(1)	-1.027	.381	7.279	1	.007	.358	.170	.755
	SUBSPECIALTY( 1)	-.626	.321	3.811	1	.051	.535	.285	1.003
	LOCATION(1)	-.648	.339	3.644	1	.056	.523	.269	1.017
	PARENTHSHIP(1)	1.186	.537	4.884	1	.027	3.274	1.144	9.373

a. Variable(s) entered on step 1: SEX, EXPERIENCE, SUBSPECIALTY, LOCATION, PARENTHSHIP.

DEPENDENT VARIABLE: TRAHANAS

INDEPENDENT VARIABLE: SEX, EXPERIENCE, SUBSPECIALTY, LOCATION, PARENTHSHIP

		Variables in the Equation						95% C.I. for EXP(B)	
		B	S.E.	Wald	df	Sig.	Exp(B)	Lower	Upper
Step 1 <sup>a</sup>	SEX(1)	-.494	.374	1.741	1	.187	.610	.293	1.271
	EXPERIENCE(1)	-.661	.291	5.146	1	.023	.516	.292	.914
	SUBSPECIALTY(1)	.027	.264	.010	1	.920	1.027	.612	1.724
	LOCATION(1)	-.015	.265	.003	1	.954	.985	.586	1.655
	PARENTHSHIP(1)	.468	.464	1.016	1	.314	1.597	.643	3.966

a. Variable(s) entered on step 1: SEX, EXPERIENCE, SUBSPECIALTY, LOCATION, PARENTHSHIP.

DEPENDENT VARIABLE: TOMATO

INDEPENDENT VARIABLE: SEX, EXPERIENCE, SUBSPECIALTY, LOCATION, PARENTHSHIP

		Variables in the Equation						95% C.I. for EXP(B)	
		B	S.E.	Wald	df	Sig.	Exp(B)	Lower	Upper
Step 1 <sup>a</sup>	SEX(1)	.734	1.197	.376	1	.540	2.084	.200	21.759
	EXPERIENCE(1)	-1.850	1.195	2.399	1	.121	.157	.015	1.634
	SUBSPECIALTY(1)	-.146	.869	.028	1	.866	.864	.157	4.744
	LOCATION(1)	-2.610	1.223	4.555	1	.033	.074	.007	.808
	PARENTHSHIP(1)	-19.823	13879.901	.000	1	.999	.000	.000	.

a. Variable(s) entered on step 1: SEX, EXPERIENCE, SUBSPECIALTY, LOCATION, PARENTHSHIP.

DEPENDENT VARIABLE: ORANGE

INDEPENDENT VARIABLE: SEX, EXPERIENCE, SUBSPECIALTY, LOCATION, PARENTHSHIP

		Variables in the Equation						95% C.I. for EXP(B)	
		B	S.E.	Wald	df	Sig.	Exp(B)	Lower	Upper
Step 1 <sup>a</sup>	SEX(1)	-1.361	.769	3.134	1	.077	.256	.057	1.157
	EXPERIENCE(1)	-1.125	.500	5.064	1	.024	.325	.122	.865
	SUBSPECIALTY(1)	-1.698	.399	18.126	1	.000	.183	.084	.400
	LOCATION(1)	-.532	.407	1.715	1	.190	.587	.265	1.303
	PARENTHSHIP(1)	.433	.735	.347	1	.556	1.542	.365	6.515

a. Variable(s) entered on step 1: SEX, EXPERIENCE, SUBSPECIALTY, LOCATION, PARENTHSHIP.

DEPENDENT VARIABLE: KIWI OR STRAWBERRY

INDEPENDENT VARIABLE: SEX, EXPERIENCE, SUBSPECIALTY, LOCATION, PARENTHSHIP

		Variables in the Equation						95% C.I. for EXP(B)	
		B	S.E.	Wald	df	Sig.	Exp(B)	Lower	Upper
Step 1 <sup>a</sup>	SEX(1)	-1.870	.755	6.142	1	.013	.154	.035	.676
	EXPERIENCE(1)	-.817	.395	4.274	1	.039	.442	.204	.958
	SUBSPECIALTY(1)	-1.226	.334	13.446	1	.000	.293	.152	.565
	LOCATION(1)	-.021	.334	.004	1	.950	.979	.509	1.885
	PARENTHSHIP(1)	.251	.590	.181	1	.670	1.286	.404	4.089

a. Variable(s) entered on step 1: SEX, EXPERIENCE, SUBSPECIALTY, LOCATION, PARENTHSHIP.

**SUPPLEMENTARY TABLE S6**

**Multivariate regression Analysis to evaluate the association of different factors with the time and the waiting period for food introduction of various foods in low- and high-risk children**

DEPENDENT VARIABLE: WAITING PERIOD IN HEALTHY CHILDREN

INDEPENDENT VARIABLE: SEX, EXPERIENCE, SUBSPECIALTY, LOCATION, PARENTHSHIP

		Variables in the Equation					95% C.I. for EXP(B)		
		B	S.E.	Wald	df	Sig.	Exp(B)	Lower	Upper
Step 1 <sup>a</sup>	SEX(1)	.641	.309	4.310	1	.038	1.898	1.036	3.475
	EXPERIENCE(1)	-.060	.251	.057	1	.811	.942	.576	1.540
	SUBSPECIALTY(1)	-.224	.235	.906	1	.341	.799	.504	1.268
	LOCATION(1)	-.029	.237	.015	1	.904	.972	.611	1.545
	PARENTHSHIP(1)	-.581	.407	2.035	1	.154	.560	.252	1.242

a. Variable(s) entered on step 1: SEX, EXPERIENCE, SUBSPECIALTY, LOCATION, PARENTHSHIP.

DEPENDENT VARIABLE: WAITING PERIOD IN ALLERGIC CHILDREN

INDEPENDENT VARIABLE: SEX, EXPERIENCE, SUBSPECIALTY, LOCATION, PARENTHSHIP

		Variables in the Equation					95% C.I. for EXP(B)		
		B	S.E.	Wald	df	Sig.	Exp(B)	Lower	Upper
Step 1 <sup>a</sup>	SEX(1)	.314	.463	.460	1	.498	1.369	.552	3.391
	EXPERIENCE(1)	.254	.358	.502	1	.479	1.289	.639	2.599
	SUBSPECIALTY(1)	1.777	.336	27.896	1	.000	5.913	3.058	11.435
	LOCATION(1)	1.066	.345	9.571	1	.002	2.904	1.478	5.705
	PARENTHSHIP(1)	-.841	.527	2.542	1	.111	.431	.153	1.213

a. Variable(s) entered on step 1: SEX, EXPERIENCE, SUBSPECIALTY, LOCATION, PARENTHSHIP.

# QUESTIONNAIRE

## Personal Information

1. Sex

male

female

2. Year of birth

[year]

3. Year of graduation from pediatric specialty

[year]

4. Years of work as a pediatrician

[number]

5. Do you have a subspecialty of pediatrics? if Yes please name

[freetext]

6. Place of work (name City/Town and Hospital, University, own practice etc)

[freetext]

7. Number of children

[number]

## Complementary feeding order

[This section of the online questionnaire displayed a multi-part **ordering/ranking activity** where users could select from the following items and “place” them in the appropriate month (Birth – Month 18)]

### STARCHY / WHEAT

Brown rice (including brown rice flour)

Fruментy

Grains from white flour e.g. Pasta, pastries, etc. from white flour

Oat

Oat (gluten free)

Potato

White rice (including white rice flour)

Whole grains (wheat, barley, rye) e.g. Pasta, pastries, etc

### MILK / DAIRY

Anthotyro/manouri cheese  
Ariani  
Cottage cheese  
Cow's milk yogurt  
Cream cheese (Katiki Domokou)  
Drained yogurt  
Feta cheese  
Fresh cow's milk  
Fruit yogurt  
Goat's milk yogurt  
Gouda cheese  
Hard type cheese eg kaseri/graviera/kefalotyri  
Kefir  
Kid's yogurt  
Philadelphia cream cheese  
Sheep yogurt  
Traditional yogurt with skin

## **FRUIT**

Apple  
Apricot  
Banana  
Cherries  
Dried apricots  
Dried berries  
Dried figs  
Dried plums  
Figs  
Fresh berries  
Fresh fruit mixture  
Fresh orange juice  
Grapes  
Kiwi  
Mantarine  
Melon  
Orange  
Peach/nectarine  
Pear  
Pomegranate  
Raisins  
Strawberries  
Watermelon

## **VEGETABLES**

Aubergine  
Beetroot  
Broccoli

Cabbage  
Carrot  
Cauliflower  
Corn  
Green leafy vegetables  
Pea  
Pepper  
Spinach  
Tomato  
Zucchini

#### **MEAT / MEAT PRODUCTS**

Chicken  
Cold cuts/Ham/Salami  
Game meat - birds (thrush, snipe, partridge, etc.)  
Game meat - rabbit, hare, boar  
Lamb  
Liver  
Pork  
Rabbit  
Veal

#### **FISH / SHELLFISH**

Anchovy  
Calamari  
Clams  
Cod  
Codfish  
Octopus  
Salmon  
Sardines  
Sea bream/bass  
Shrimps  
Sole  
Tuna fish (can)

#### **EGG**

Egg omelet/egg eye  
Egg with lemon  
Hard boiled egg (boiling >6min)  
Raw egg

#### **LEGUMES**

Beans (all types)  
Chickpeas  
Fava  
Lentils

#### **OILS / LIPIDS**

Butter

Corn oil/vegetable oils  
Margarine  
Olive oil  
Olives  
Whipping cream

## **NUTS**

Almond paste  
Almonds  
Cashews  
Hazelnut  
Hazelnut butter  
Peanut  
Peanut butter  
Pistacchio  
Sesame  
Sunflower/pumpkin seed  
Tachini  
Walnuts

## **SUGAR /SWEETENERS / HONEY**

Baby biscuits with sugar  
Baby biscuits without sugar  
Honey  
Sugar/sweets with sugar

## **FOOD SUPPLEMENTS**

Iron  
Multivitamin  
Omega-3  
Probiotic  
Vitamin A  
Vitamin C  
Vitamin D

## **COOKING INSTRUCTIONS**

Salt  
Spices (eg pepper, cinammon, etc)  
Boiled  
Frying  
Roasted  
Family food with salt  
Family food without salt  
Mashed food  
Fork mashed food  
Food in pieces  
Ready meal in jar

## Additional questions

1. What is the interval between the introduction of one food and the next in a healthy child?

- 1-2 days
- 2-3 days
- 3-4 days
- 4-5 days
- 5-6 days
- 6-7 days

2. What is the interval between the introduction of one food and the next in an allergic child?

- 1-2 days
- 2-3 days
- 3-4 days
- 4-5 days
- 5-6 days
- 6-7 days

3. Please select for which of the following foods you delay the introduction, if the child is allergic:

- Kiwi Fruit
- Egg
- Cow's milk
- Yoghurt
- Grains (gluten products)
- Nuts
- Orange
- Strawberries
- Peanuts
- Fish
- Other

4. What factors make you vary the general food order guideline you described (eg neurodevelopmental factors)?

[freetext]

**Comments**

[freetext]