

**Supplementary material**

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Title: A repeated cross-sectional survey assessing changes in diet and nutrient quality of English children's packed lunches from 2006 to 2016

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**Supplementary Table 1: Number and percentage of children consuming each food type and mean weight and confidence interval of each food type consumed in packed lunches for English children in 2006 and 2016**

<i>Food type Consumed</i>	<i>N in 2006</i>	<i>% in 2006</i>	<i>N 2016</i>	<i>% in 2016</i>	<i>Mean weight (g) 2006</i>	<i>95% CI 2006</i>	<i>% consumed 2006</i>	<i>Mean Weight (g) 2016</i>	<i>95% CI 2016</i>	<i>% consumed 2016</i>
Sandwich	978	85	267	83	74.2	70.3 to 78.1	77.5	72.4	61.3 to 83.4	78.8
High fat savoury food	165	11	44	14	8.4	6.4 to 10.5	65.6	8.7	5.8 to 11.6	78.8
Vegetables/salad outside sandwich	130	13	33	10	5.1	3.8 to 6.5	72.9	5.4	3.5 to 7.3	70.1
Fruit	621	54	185	57	37.0	31.1 to 43.0	53.2	41.8	36.6 to 47.0	62.9
Cheese snack	202	17	63	20	5.3	4.2 to 6.3	74.6	4.0	2.7 to 5.4	71.4
Milk based desserts	537	44	137	42	32.7	29.3 to 36.1	83.4	25.1	18.6 to 31.6	90.6
Savoury snacks	697	60	195	60	12.4	11.3 to 13.4	74.7	13.3	10.8 to 15.8	84.7
Confectionery	707	63	167	52	19.2	17.5 to 20.8	84.6	14.3	11.3 to 17.3	88.3
Permitted cakes & biscuits	170	15	80	25	5.2	4.1 to 6.4	70.3	7.6	5.4 to 9.9	82.6
Sweetened drinks	693	61	149	46	130	119 to 142	61.0	88.1	69.8 to 106	64.3
Permitted drinks	338	31	100	31	60.3	51.9 to 68.7	59.7	49.0	36.6 to 61.5	49.1

**Supplementary Table 2: Levels of nutrients consumed in 2006 and 2016 with percent consumed for each year**

<i>Nutrient (units)</i>	<i>Mean consumed 2006</i>	<i>95% CI 2006</i>	<i>% consumed 2006</i>	<i>Mean consumed 2016</i>	<i>95% CI 2016</i>	<i>% consumed 2016</i>
Energy (kcal)	475	457 to 493	75.9	480	444 to 516	81.2
Protein (g)	13.9	13.2 to 14.5	76.8	15.0	13.6 to 16.5	81.1
Total fat (g)	16.9	16.0 to 17.8	80.5	18.2	16.7 to 19.7	83.5
Saturated fat (g)	6.6	6.3 to 7.0	80.5	6.8	6.1 to 7.4	85.0
Saturated fat (% E)	12.2	11.8 to 12.6	n/a	12.0	11.3-12.6	n/a
Total carbohydrate (g)	70.7	68.1 to 73.4	73.3	68.3	62.9 to 73.6	80.0
Total sugar (g)	37.9	36.0 to 39.7	75.3	28.1	25.3 to 31.0	77.4
NMES* (g)	29.0	27.6 to 30.4	73.4	19.4	17.0-21.8	80.8
NMES (% E)	24.5	23.3 to 25.6	n/a	16.2	14.1-18.2	n/a
NSP** (g)	1.64	1.49 to 1.79	45.6	2.90	2.62 to 3.17	76.3
Sodium (mg)	667	636 to 698	76.8	651	584 to 718	81.7
Vitamin A (µg)	119.3	107.3 to 131.3	74.4	76.3	63.6 to 88.9	68.1
Vitamin C (mg)	35.7	33.0 to 38.5	61.7	19.0	15.8 to 22.1	62.7
Folate (µg)	56.4	48.6 to 64.3	73.3	43.2	37.7 to 48.6	75.8
Calcium (mg)	213	202 to 225	76.9	218	196 to 240	81.6
Iron (mg)	1.84	1.76 to 1.93	75.4	2.03	1.84 to 2.22	81.2
Zinc (mg)	1.57	1.49 to 1.65	74.8	1.57	1.42 to 1.71	82.6

NMES\*=Non Milk Extrinsic Sugars NSP\*\*=Non Starch Polysaccharides