

Supplemental Tables

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eTable 1 Comparison of characteristics of participants included (provided either intake or status data) and not included (provided neither intake nor status data)^a

	Included (<i>n</i> =169)	Not included (<i>n</i> =37)	<i>p</i>
Maternal and household variables			
Maternal age at birth (years), mean (SD)	31.9 (5.3)	28.3 (5.8)	<0.001
Maternal parity			0.79
First child	69 (41)	16 (43)	
Two children	64 (38)	11 (30)	
3 or more children	36 (21)	10 (27)	
Maternal ethnicity			0.45
NZ European	141 (83)	27 (73)	
Māori	14 (8.5)	6 (16)	
Other	14 (8.5)	4 (11)	
Maternal education			0.29
School only	49 (29)	14 (38)	
Post-secondary	33 (20)	10 (27)	
University	87 (51)	13 (35)	
Household deprivation ^b			0.92
1-3 (Low)	49 (29)	11 (30)	
4-7	83 (49)	19 (51)	
8-10 (High)	37 (22)	7 (19)	

	Included (<i>n</i> =169)	Not included (<i>n</i> =37)	<i>p</i>
Infant variables			
Sex			0.29
Female	87 (51)	22 (61)	
Male	82 (49)	14 (39)	
Infant birth weight (g), mean (SD)	3503 (449)	3619 (545)	0.18
Infant gestational age at birth (weeks), mean (SD)	39.6 (1.1)	39.6 (1.0)	0.95

Abbreviations: NZ European, New Zealand European

Bold indicates a statistically significant difference at $p < 0.05$

^aData presented as *n* (%), unless otherwise stated

^bHousehold deprivation categorised using the NZDep2013 scale in which decile 1 indicates the lowest level of deprivation and 10 indicates the highest[25]

eTable 2 Milk consumers at 7 and 12 months of age^{a,b}

	Total	Control	BLISS	<i>p</i> Value
7 months of age	n=162	n=77	n=85	
Breast milk only	82 (51)	38 (49)	44 (52)	0.95
Infant formula only	39 (24)	19 (25)	20 (23)	
Mixed (breast milk and infant formula)	41 (25)	20 (26)	21 (25)	
12 months of age	n=143	n=68	n=75	
Breast milk only	62 (43)	31 (46)	31 (41)	0.94
Infant formula only	47 (33)	22 (32)	25 (33)	
Mixed (breast milk and infant formula)	15 (11)	7 (10)	8 (11)	
None of the above	19 (13)	8 (12)	11 (15)	
Cow's milk^c				
None	92 (64)	47 (69)	45 (60)	0.51
< 500mL/day	40 (28)	17 (25)	23 (31)	
≥ 500mL/day	11 (8)	4 (6)	7 (9)	

^aData presented as n (%)^bBased on intake reported during the three-day weighed diet records, collected at 7 and 12 months of age^cCow's milk consumed as a drink

eTable 3 Number of consumers of each food group at 7 months of age^{a,b,c}

	Control	BLISS	p Value
Breads and cereals ^d	77 (100)	85 (100)	-
Miscellaneous ^e	77 (100)	85 (100)	-
Vegetables	75 (97)	84 (99)	0.50
Fruit and fruit juice	73 (95)	81 (95)	0.89
Dairy	66 (86)	82 (96)	0.015
Breast milk	58 (75)	65 (76)	0.87
Red meat ^f	42 (55)	65 (76)	0.003
Iron-fortified infant cereal	39 (51)	62 (73)	0.003
Infant formula	39 (51)	41 (48)	0.76
Other meat ^g	38 (49)	45 (53)	0.65
Legumes, nuts, seeds and eggs	26 (34)	71 (84)	<0.001

^aData presented as n (%)

^bIntake reported during the three-day weighed diet records collected at 7 months of age

^cOrdered by number of consumers in the Control group from highest to lowest

^dBreads and cereals other than iron-fortified infant cereals

^eMiscellaneous includes: fats, sugar, sweet foods, herbs and spices, sauces, spreads, beverages etc.

^fRed meat defined as: beef, lamb, mutton, venison

^gOther meat defined as: fish, poultry, pork, processed meats

eTable 4 Dietary sources of iron for consumers only^a at 7 months of age (complementary foods and infant milks)^{b,c,d}

	Control		BLISS		Difference (95% CI) ^e	p Value
	g/day	mg/day	g/day	mg/day		
Infant formula	309 (110, 745)	5.5 (1.2, 8.3)	525 (136, 804)	6.0 (2.7, 7.5)	0.5 (-2.0, 3.0)	0.70
Iron-fortified infant cereal	4.0 (2, 9)	0.72 (0.3, 1.3)	1.7 (0.5, 5)	0.37 (0.1, 0.9)	-0.3 (-0.7, -0.0)	0.041
Breast milk	750 (660, 750)	0.52 (0.46, 0.53)	750 (660, 750)	0.52 (0.48, 0.53)	0.0 (-0.0, 0.0)	0.99
Vegetables	34.8 (12, 72)	0.16 (0.1, 0.4)	20.5 (10, 43)	0.10 (0.0, 0.2)	-0.06 (-0.1, 0.0)	0.06
Fruit and fruit juice	55.6 (19, 94)	0.14 (0.1, 0.3)	39.5 (16, 69)	0.10 (0.0, 0.2)	-0.0 (-0.1, 0.0)	0.21
Red meat ^f	3.8 (1, 9)	0.13 (0.0, 0.4)	3.2 (1, 6)	0.11 (0.0, 0.2)	-0.0 (-0.1, 0.1)	0.50
Breads and cereals ^g	7.8 (2, 18)	0.11 (0.0, 0.3)	15.5 (8, 28)	0.26 (0.1, 0.4)	0.15 (0.1, 0.2)	<0.001
Legumes, nuts, seeds and eggs	3.7 (1, 7)	0.06 (0.01, 0.2)	3.1 (1, 9)	0.05 (0.0, 0.2)	-0.0 (-0.1, 0.0)	0.41
Other meat ^h	3.6 (2, 8)	0.04 (0.01, 0.1)	4.7 (2, 9)	0.04 (0.02, 0.1)	0.0 (-0.0, 0.0)	0.90
Miscellaneous ⁱ	40.0 (10, 85)	0.01 (0.0, 0.1)	32.8 (10, 61)	0.02 (0.0, 0.1)	-0.0 (-0.0, 0.0)	0.99
Dairy	10.8 (0.4, 29)	0.0 (0.0, 0.0)	9.4 (2, 24)	0.0 (0.0, 0.0)	0.0 (-0.0, 0.0)	0.27

^aRefer to eTable 3 for the number of consumers of each food group at 7 months of age

^bData presented as median (25th, 75th percentile)

^cIntake reported during the three-day weighed diet records collected at 7 months of age

^dOrdered from highest to lowest food group contributing to total iron intakes in the Control group

^eDifference in median iron (mg/day) intake between groups: negative values represent lower values in BLISS than in Control, positive values represent higher values in BLISS than in Control

^fRed meat defined as: beef, lamb, mutton, venison

^gBreads and cereals other than iron-fortified infant cereals

^hOther meat defined as: fish, poultry, pork and processed meats

ⁱMiscellaneous includes: fats, sugar, sweet foods, herbs and spices, sauces, spreads, beverages etc.

eTable 5 Number of consumers of each food group at 12 months of age^{a,b,c}

	Control	BLISS	p Value
Breads and cereals ^d	68 (100)	75 (100)	-
Miscellaneous ^e	68 (100)	75 (100)	-
Dairy	68 (100)	74 (99)	0.34
Vegetables	67 (99)	75 (100)	0.29
Fruit and fruit juice	66 (97)	72 (96)	0.73
Other meat ^f	57 (84)	67 (89)	0.33
Legumes, nuts, seeds and eggs	55 (81)	66 (88)	0.24
Red meat ^g	41 (60)	53 (71)	0.19
Breast milk	38 (56)	39 (52)	0.64
Infant formula	29 (43)	33 (44)	0.87
Iron-fortified infant cereal	14 (21)	21 (28)	0.30

^aData presented as n (%)

^bIntake reported during the three-day weighed diet records collected at 12 months of age

^cOrdered by number of consumers in the Control group from highest to lowest

^dBreads and cereals other than iron-fortified infant cereals

^eMiscellaneous includes: fats, sugar, sweet foods, herbs and spices, sauces, spreads, beverages etc.

^fOther meat defined as: fish, poultry, pork, processed meats

^gRed meat defined as: beef, lamb, mutton, venison

eTable 6 Dietary sources of iron for consumers only^a at 12 months of age (complementary foods and infant milks)^{b,c,d}

	Control		BLISS		Difference (95% CI) ^e	p Value
	g/day	mg/day	g/day	mg/day		
Infant formula	414 (274, 569)	4.9 (3.5, 6.4)	329 (87, 524)	3.8 (1.5, 5.4)	-1.1 (-2.9, 0.7)	0.23
Iron-fortified infant cereal	7.2 (3, 15)	1.2 (0.6, 3.5)	3.3 (2, 5)	0.73 (0.4, 1.2)	-0.7 (-1.8, 0.4)	0.22
Breads and cereals ^f	57.1 (39, 74)	0.84 (0.5, 1.6)	60.2 (47, 82)	1.10 (0.6, 1.8)	0.2 (-0.2, 0.5)	0.26
Vegetables	64.6 (45, 97)	0.39 (0.2, 0.5)	55.5 (26, 73)	0.29 (0.1, 0.5)	-0.1 (-0.2, -0.0)	0.023
Miscellaneous ^g	132 (89, 205)	0.32 (0.1, 0.6)	119 (67, 235)	0.18 (0.1, 0.5)	-0.1 (-0.3, 0.0)	0.05
Breast milk	448 (448, 448)	0.31 (0.3, 0.31)	448 (443, 448)	0.31 (0.3, 0.31)	-0.0 (-0.0, 0.0)	0.54
Fruit and fruit juice	94.4 (52, 132)	0.27 (0.2, 0.5)	106 (60, 165)	0.32 (0.2, 0.5)	0.1 (-0.0, 0.2)	0.31
Red meat ^h	9.2 (5, 19)	0.27 (0.1, 0.6)	9.4 (4, 15)	0.28 (0.1, 0.5)	0.0 (-0.2, 0.2)	0.89
Other meal ⁱ	17.7 (8, 28)	0.21 (0.1, 0.3)	15.7 (8, 27)	0.19 (0.1, 0.3)	-0.0 (-0.1, 0.1)	0.64
Legumes, nuts, seeds and eggs	7.2 (3, 25)	0.14 (0.0, 0.4)	11.2 (5, 23)	0.20 (0.1, 0.4)	0.1 (-0.0, 0.2)	0.27
Dairy	84.4 (34, 188)	0.06 (0.0, 0.1)	109 (51, 188)	0.06 (0.0, 0.1)	0.0 (-0.0, 0.0)	0.82

^aRefer to eTable 5 for the number of consumers of each food group at 12 months of age

^bData presented as median (25th, 75th percentile)

^cIntake reported during the three-day weighed diet records collected at 12 months of age

^dOrdered from highest to lowest food group contributing to total iron intakes in the Control group

^eDifference in median iron (mg/day) intake between groups: negative values represent lower values in BLISS than in Control, positive values represent higher values in BLISS than in Control

^fBreads and cereals other than iron-fortified infant cereals

^gMiscellaneous includes: fats, sugar, sweet foods, herbs and spices, sauces, spreads, beverages etc.

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