

SUPPLEMENTARY DOCUMENTS:

Supplementary table 1: Information on Food Items and Box Combinations

Food Item	Grams ^a	Kilojoules	Protein (g)	Fat (g)	Saturated fat (g)	Carbohydrates (g)	Sugar (g)	Sodium (mg)
Peaches in juice	150	316	1	<1	<1	17	14	5
Flavoured rice crackers	18	308	1	1	<1	15	<1	79
Miniature wheat fruit bites	22	336	2	<1	<1	17	5	11
Cheese wedge	20	290	3	6	4	1	1	326
Miniature animal-shaped biscuits	25	458	2	3	2	17	7	71
Miniature Oreo biscuits	27	555	1	6	3	10	10	144
Fruit muesli bar	24	452	2	4	<1	16	4	10
Miniature milk chocolate bar ^c	13	279	1	4	2	7	7	9

Box ^d	Total energy per box (kJ)	Food items contained in box
Combinations 1 & 2	<i>Children:</i> 1651 (15-20% of child RDI ^e)	Peaches in juice, Flavoured rice crackers, Cheese wedge, Miniature animal-shaped biscuits, Milk chocolate bar 1
	<i>Parents:</i> 2201 (15-20% of adult RDI ^e)	Peaches in juice, Flavoured rice crackers, Cheese wedge, Miniature Oreo biscuits, Fruit muesli bar 1, Milk chocolate bar 1
Combinations 3 & 4	<i>Children:</i> 2718 (25-30% of child RDI ^e)	Peaches in juice, Flavoured rice crackers, Miniature wheat fruit bites, Cheese wedge, Miniature animal-shaped biscuits, Fruit muesli bar 1, Miniature milk chocolate bar 1, Miniature milk chocolate bar 2
	<i>Parents:</i> 3267 (25-30% of adult RDI ^e)	Peaches in juice, Flavoured rice crackers, Miniature wheat fruit bites, Cheese wedge, Miniature Oreo biscuits, Fruit muesli bar 1, Fruit muesli bar 2, Miniature milk chocolate bar 1, Miniature milk chocolate bar 2

^aBecause each item naturally varied from its listed package weight, 20 individual items (reference units) were weighed and the mean grams derived for each item. This mean item weight is listed here and used in all calculations for derived variables. ^bPeaches were discontinued by manufacturers part way through data collection. We replaced the peaches with fruit salad (same brand/appearance) for the final 123 families who participated in CheckPoint. Fruit salad g=150; kJ=348. ^cParticipants (381 families) in the beginning months of CheckPoint received 11g milk chocolate bars (kJ=224). Part way through data collection, the manufacturers replaced the 11g bar with the 13g bar.

^dBox combination details

Box combination 1: Small number of snack food items, small snack box (18.0cm x 12.0cm x 5.0cm; volume 1080cm³)

Box combination 2: Small number of snack food items, large snack box (19.5cm x 14.0cm x 6.5cm; volume 1774.5cm³)

Box combination 3: Large number of snack food items, small snack box (18.0cm x 12.0cm x 5.0cm; volume 1080cm³)

Box combination 4: Large number of snack food items, large snack box (19.5cm x 14.0cm x 6.5cm; volume 1774.5cm³)

^eAustralian children (11-12 years) with light activity levels are recommended to consume 8650kJ per day.⁵³ Australian adults (19-50 years) with light activity levels are recommended to consume 9823kJ per day.⁵³

Supplementary table 2: Parent-child concordance stratified by parent and child sex

Consumption	Mothers				Fathers			
	Sons (n=512 to 517)		Daughters (n=539 to 541)		Sons (n=93 to 95)		Daughters (n=74)	
Pearson's correlation	CC	95% CI	CC	95% CI	CC	95% CI	CC	95% CI
Grams (g)	0.10	-0.00 to 0.20	0.14	0.03 to 0.24	0.27	0.00 to 0.51	0.30	0.15 to 0.62
Energy (kJ)	0.21	0.12 to 0.30	0.18	0.06 to 0.29	0.16	-0.03 to 0.33	0.21	-0.05 to 0.43
Protein (g)	0.18	0.08 to 0.28	0.19	0.08 to 0.29	0.07	-0.13 to 0.27	0.07	-0.21 to 0.33
Saturated fat (g)	0.14	0.03 to 0.24	0.09	-0.03 to 0.21	0.02	-0.16 to 0.21	-0.01	-0.24 to 0.22
Sodium (mg)	0.10	-0.00 to 0.20	0.13	0.02 to 0.24	-0.09	-0.35 to 0.17	-0.12	-0.38 to 0.16
Sugar (g)	0.13	0.03 to 0.23	0.10	-0.01 to 0.22	0.28	0.04 to 0.52	0.32	0.08 to 0.53
Carbohydrates (g)	0.22	0.14 to 0.32	0.19	0.08 to 0.30	0.25	0.06 to 0.41	0.29	0.03 to 0.52
Total fat (g)	0.17	0.06 to 0.25	0.14	0.03 to 0.25	0.01	-0.18 to 0.21	0.02	-0.22 to 0.27
Linear regression	RC	P-value	RC	P-value	RC	P-value	RC	P-value
Grams (g)	0.12	0.02	0.15	0.01	0.18	0.14	0.37	0.01
Energy (kJ)	0.15	<0.001	0.15	0.002	0.06	0.54	0.11	0.25
Protein (g)	0.14	0.002	0.17	0.001	0.02	0.83	0.00	0.98
Saturated fat (g)	0.11	0.01	0.09	0.06	-0.01	0.92	-0.04	0.73
Sodium (mg)	0.08	0.08	0.12	0.01	-0.09	0.44	-0.08	0.47
Sugar (g)	0.11	0.01	0.10	0.04	0.14	0.16	0.22	0.01
Carbohydrates (g)	0.19	<0.001	0.18	0.001	0.11	0.27	0.21	0.03
Total fat (g)	0.11	0.004	0.11	0.01	-0.01	0.92	-0.03	0.77

CC: Pearson's correlation coefficient; CI: confidence interval; RC: estimated linear regression coefficient