

Supplementary table 1: REGARDS food groupings and Aus Food codes

Food Group Name	Individual Foods	Aus Food codes	New Stata var (all lower)
1. 100% fruit juice	orange juice, fruit juice	11301, 11302, 11303	fruit_juice
2. Added fats	shortening, lard, vegetable oil, olive oil, gravy, mayonnaise	Fats and oils (14) Mayonnaise (23301) Gravy 231	added_fats
3. Beans	baked beans, refried beans, tofu, meat substitutes	25201 (beans and pulses, baked beans included) 20601 meat substitutes	beans
4. Beer	beer including light beer and non-alcoholic	291	beer
5. Bread	white bread, biscuits, bagels, cornbread	122 (all breads/regular) 12201 (breads/bread rolls/ white)	White_bread
6. Bread - Whole Grain	dark bread	12204 (mixed grain breads)	Wholegrain_bread
7. Butter	Butter	Butters (141) Butter (14101)	butter
8. Candy	candy (not chocolate)	Lollies and confectionary 28401 Intensely sweetened- 28404 28405 'other confectionary'	candy
9. Cereal	cold cereals and cooked cereals	125 (cereal and cereal products) 12505 wheat based cereal	cereal
10. Cereal - High Fiber	bran and high fiber cereals	12511 (breakfast cereal, mixed grains) 12512 (mixed grain) 12513 (mixed grain with fruit) 12506	high_fiber_cereals
11. Chinese food	Chinese dishes	Beef, fish, chicken, veg stir fries with rice/noodles 15602009 15603007 15603008	Chinese_dish

		15603009 15603010 15603011 15603012 15603013 15603014 18702015 18702016 18702017 18702018 18702019 18902020 18902021 18902022 18902023 18902024 18902025 24901023 24901024 24901025 24901026	
12. Chocolate	chocolate	281 (all) 28101 (unfilled)	Chocolate
13. Coffee	coffee	112 12201	coffee
14. Condiments	salsa, ketchup, mustard, barbecue sauce	23103 (savory sauces not tomato based) 23104 (tomato sauces)	condiments
15. Desserts	cookies, cakes, pies	131 (all sweet biscuits), 133- all sweet cakes	swcookies_cakes_biscs_pies
16. Eggs and egg dishes	eggs	171- eggs, chicken eggs- 17101	eggs
17. Fish	non-fried fish, tuna	15	fish
18. Fried food	fried chicken, fried fish	12307 fried bread 13406 fried pastries	Fried_food

		24102002 15501039	
19. Fried potatoes	French fries	24102	Fried_chips
20. Fruit	fruits	16	fruit
21. High-fat dairy		193-cream 19401- cheeses reg fat 19406-processed 19501- high fat dessert frozen 19506 19507 19508 19601 19701 19702 19801 19802	High_fat_dairy
	cheese, cream, ice cream		
22. Liquor		all alcohol/spirits (not wine and beer) 293 294 ciders/perry 295	liquor
	liquor		
23. Low-fat dairy		19402- reduced fat hard cheeses 19404- soft cheeses 19407 19503 19506 19602 19803 19804	Low_fat_dairy
	low-fat cheese, ice cream		
24. Margarine	margarine	146- Margarine and table spreads	Margarine
25. Mexican dishes	tacos, burritos	13507	mexican

		13508	
26. Milk alternatives	non-dairy creamer, rice milk, soy milk	201- all dairy substitutes Or 5 digits: 20101 20102 20103 20104 20105 20106 (nut and rice milks etc) 20201 20202	Non_dairy_milk
27. Milk - High-fat	whole and 2% milk	19101 , 19102 and 19801 full fat flavoured 19802	High_fat_milk
28. Milk - Low-fat	non-fat and 1% milk	19103, 19104, 19105	Low_fat_milk
29. Miscellaneous sugar	jelly, jam, syrup, sugar in coffee/tea	27301001 27301002 27301003 27301004 27301005 27301006 27301007 27201-jams 27203 27204 27205 27101 (added sugar) 27102 (syrup/honey)	Added_sugar_spreads
30. Mixed dishes with meat	mixed dishes with beef, pork, or chicken; chili with beans	187 (all mixed with meat as major component)	Mixed_meat_dish
31. Organ meat	liver, gizzard, neckbones, chitlins	18401 18402 18403 18404 18405	Organ_meat

32. Pasta dishes	spaghetti, other pasta, macaroni and cheese, other cheese dishes	13509	Pasta_dish
33. Pizza	pizza	13501	Pizza
34. Potatoes	white potatoes, baked or mashed but not fried	24101	Potatoes
35. Poultry	chicken (not fried)	18301 (all chicken) (has boiled/steamed/fried/roast all grouped together by section of the chicken)	Poultry
36. Processed meats	hot dogs, bacon, sausage, ham, lunch meat	18501 18502 18503 18601 18602 18603 18604 18605 18606	Proc_meats
37. Red meat	beef, hamburger, pork, ribs, veal	18103, 18101,18102	Red_meat
38. Refined grains	rice, tortillas, crackers	26401 (crackers), 26301, 12102, 13201	Refined_grains
39. Salad dressing/sauces	salad dressing	233	Salad_dressing
40. Salty snacks	salty snacks, chips, popcorn	26202, 26201,	Salty_snacks
41. Seeds, nuts	peanuts, other nuts, peanut butter	22201, 22202,22204	Seeds_nuts
42. Shell fish	oysters and shellfish	15202	Shell_fish
43. Soda	soft drinks	11702	soda
44. Soup	vegetable, bean, lentil, and other soups	21102, 21302, 21402	soup
45. Sugar-sweetened beverages	drinks with sugar added (Kool aid) or containing some juice (Hi-C)	115	SSB
46. Sweet breakfast foods	pancakes, waffles, doughnuts, pastries, breakfast/power bars	13401, 13601,13603, 28301	Sweet_breakfast
47. Tea	tea, iced tea	111	tea

48. Vegetable - cruciferous	broccoli, coleslaw, cabbage, greens, collards	242	Vege_crucif
49. Vegetable - dark yellow	sweet potatoes	24302034, 24302035, 24302036, 24302037, 24302038, 24302039, 24302040, 24302041, 24302042, 24302043, 24302044, 24302045, 24302046, 24302047, 24302048,	Vege_darkyellow
50. Vegetable - green leafy	green salad, spinach	24401	Vege_leafy
51. Vegetable - other	carrots, corn, green beans, peas, other vegetables	24301,24402, 245, 24601, 247,248	Vege_other
52. Vegetable - tomato	tomatoes, tomato juice, vegetable juice	246	Vege_tomato
53. Vegetable mixed dishes	vegetable stew	24901	Vege_stew
54. Water	water	11701	Water
55. Wine	wine	292	Wine
56. Yogurt	yogurt including frozen yogurt	192	yoghurt

