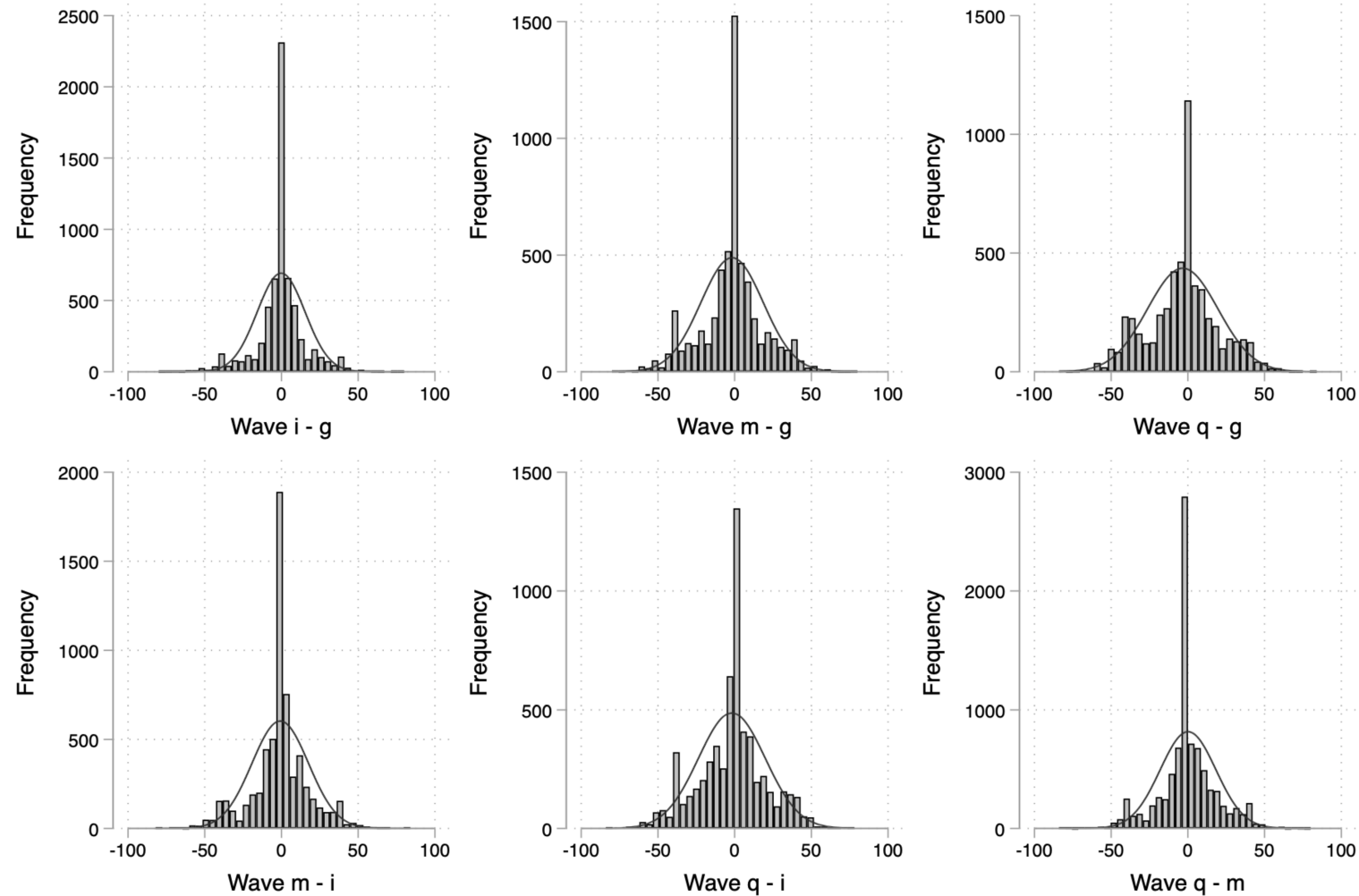


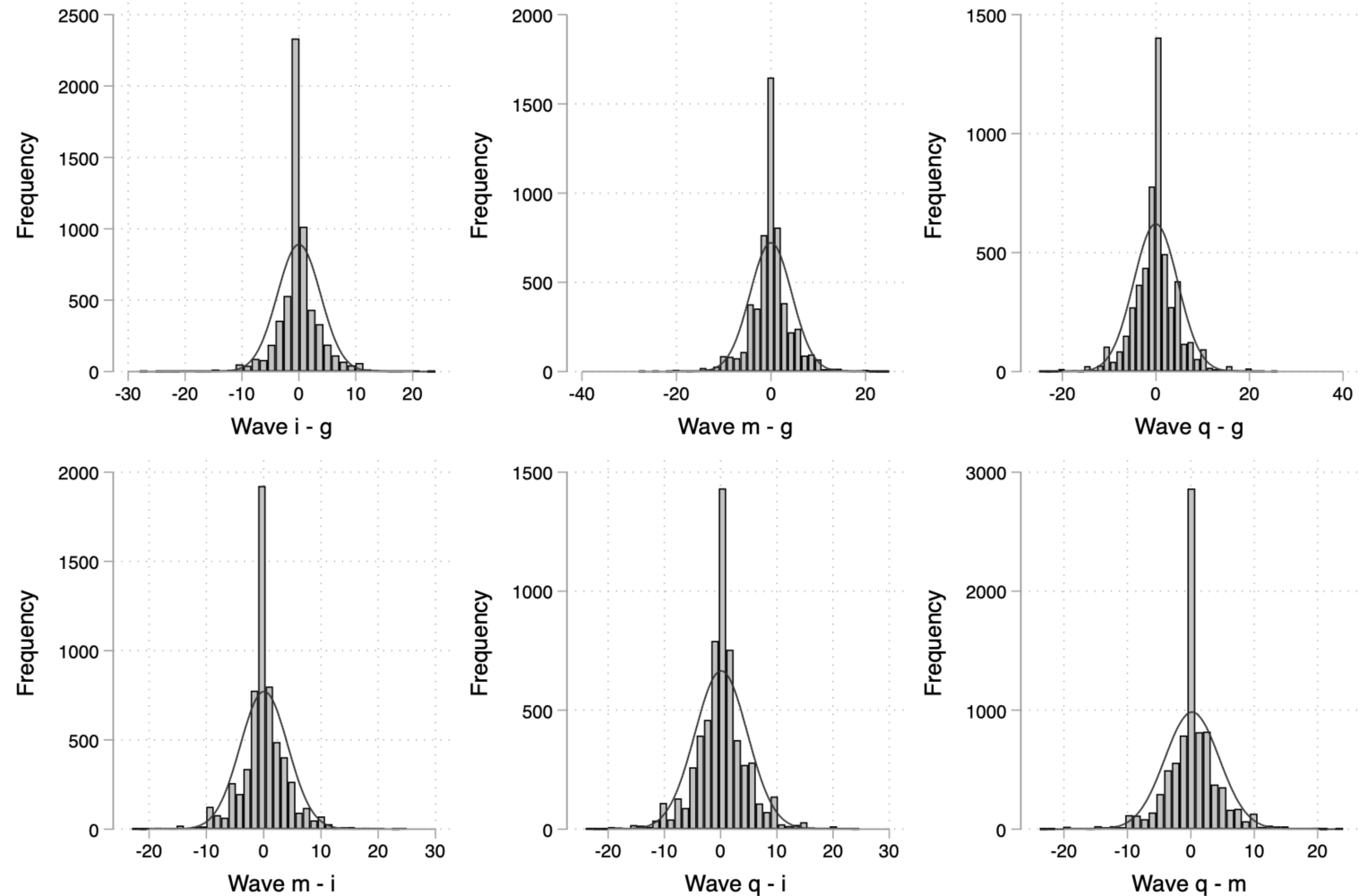
Supplementary file 3: Histograms of the variations within individuals for the exposure and outcomes variables

Individual variation in work hours across waves



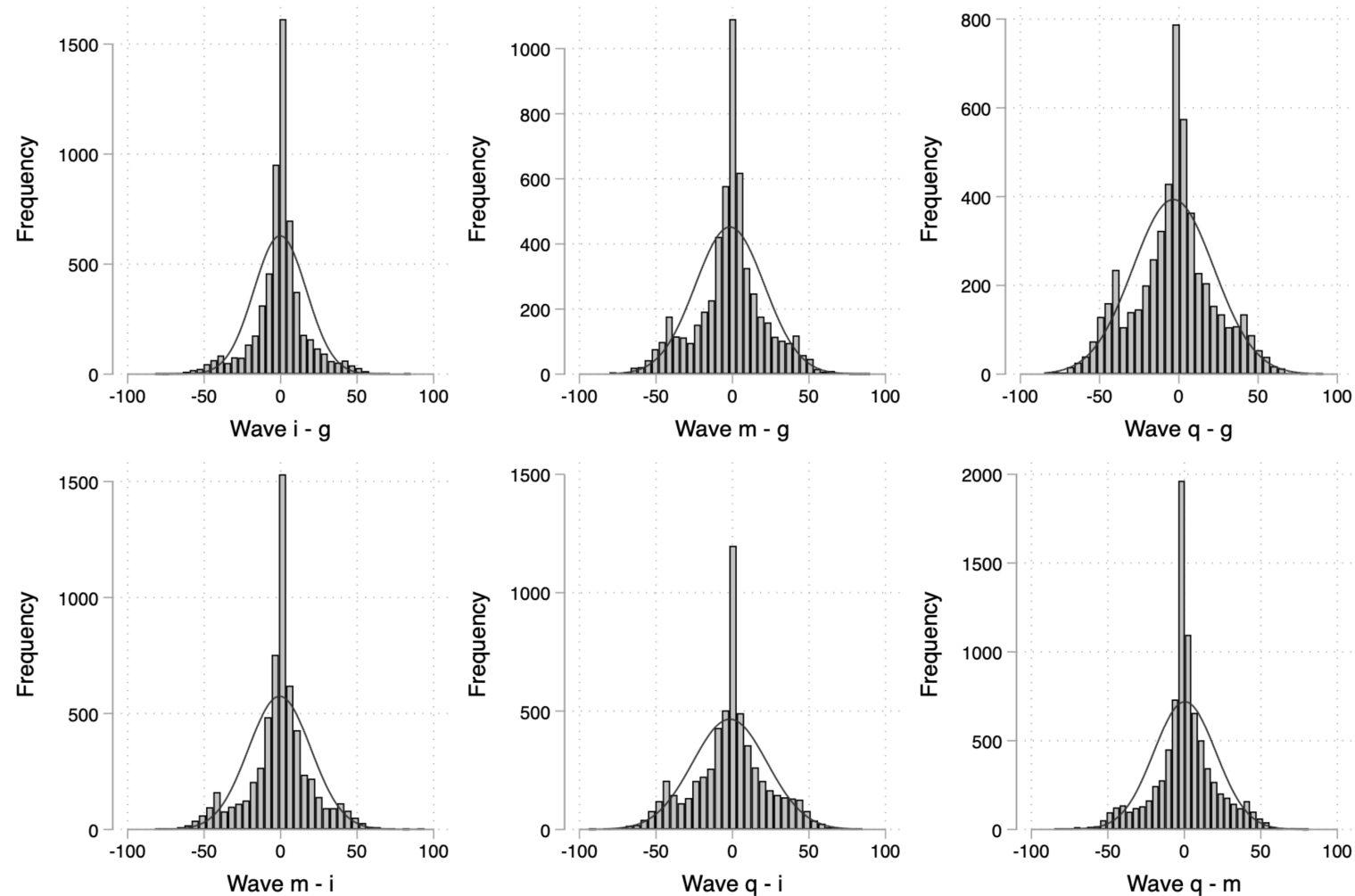
Note: Names of the waves correspond to the waves in the original HILDA dataset. Wave i is wave 1 in the current study. Wave g is wave 2 in the current study. Wave m is wave 3 in the current study. Wave q is wave 4 in the current study.

Individual variation in commute hours across waves



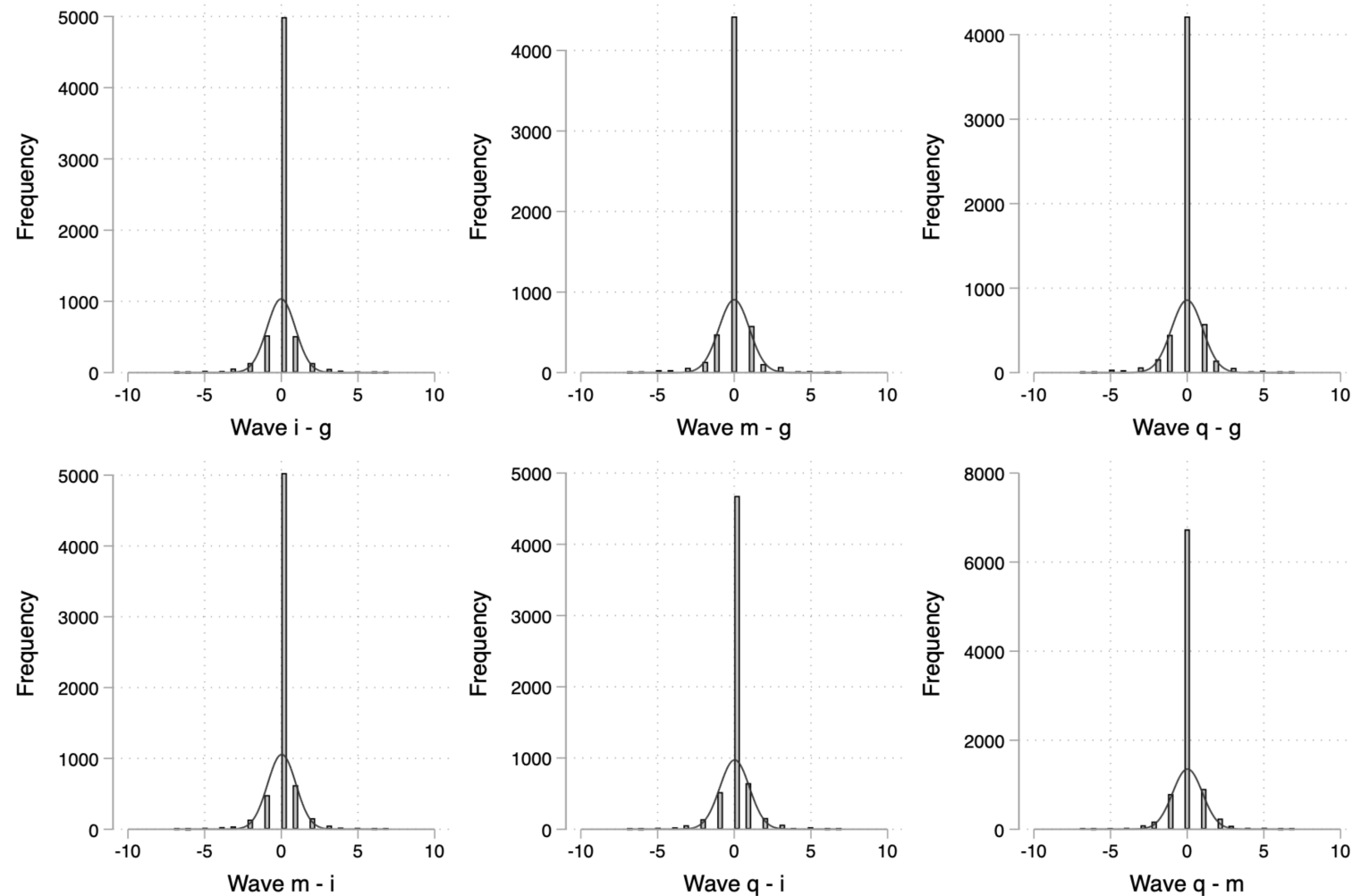
Note: Names of the waves correspond to the waves in the original HILDA dataset. Wave i is wave 1 in the current study. Wave g is wave 2 in the current study. Wave m is wave 3 in the current study. Wave q is wave 4 in the current study.

Individual variation in work and commute hours across waves



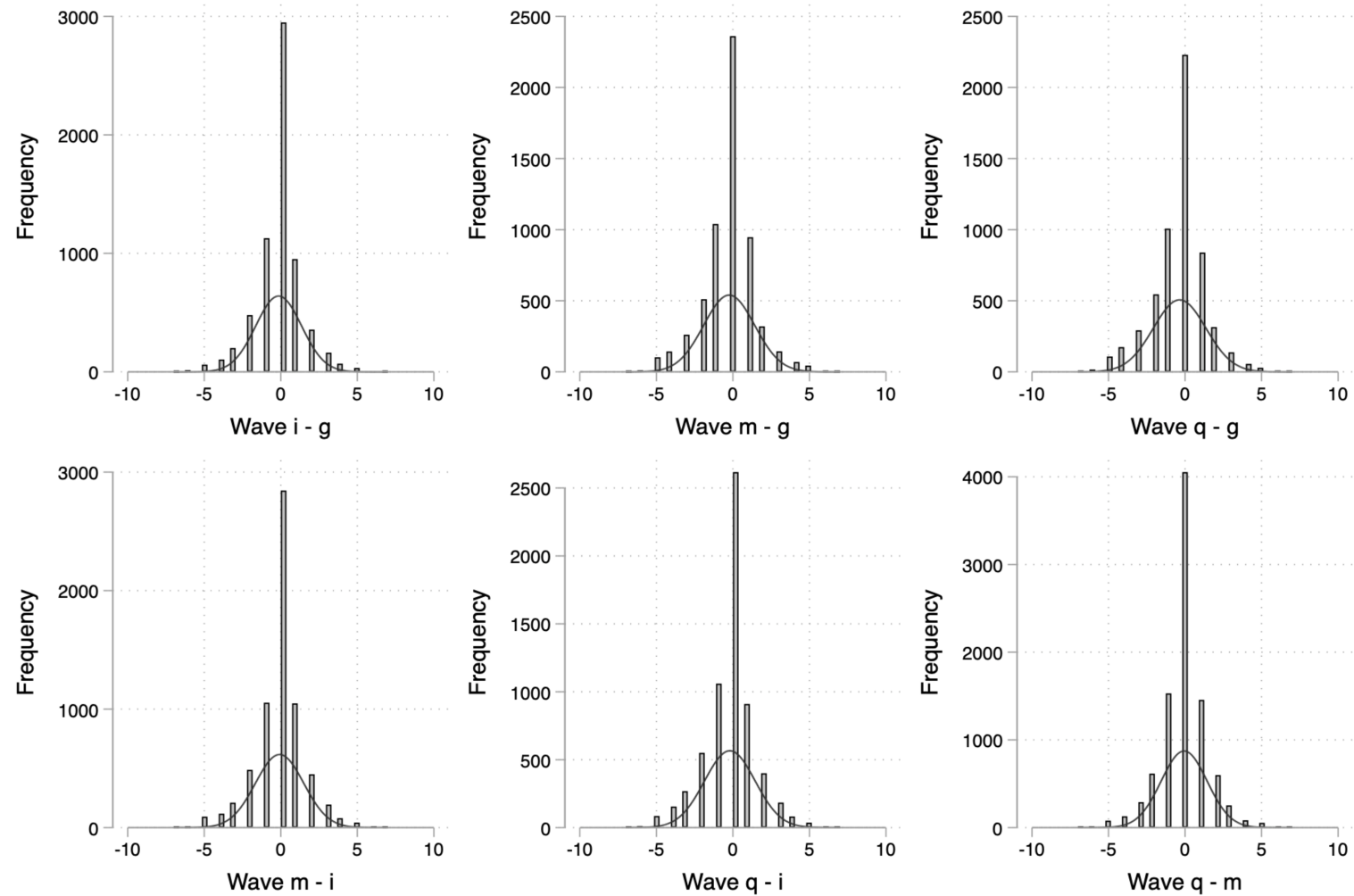
Note: Names of the waves correspond to the waves in the original HILDA dataset. Wave i is wave 1 in the current study. Wave g is wave 2 in the current study. Wave m is wave 3 in the current study. Wave q is wave 4 in the current study.

Individual variation in breakfast across waves



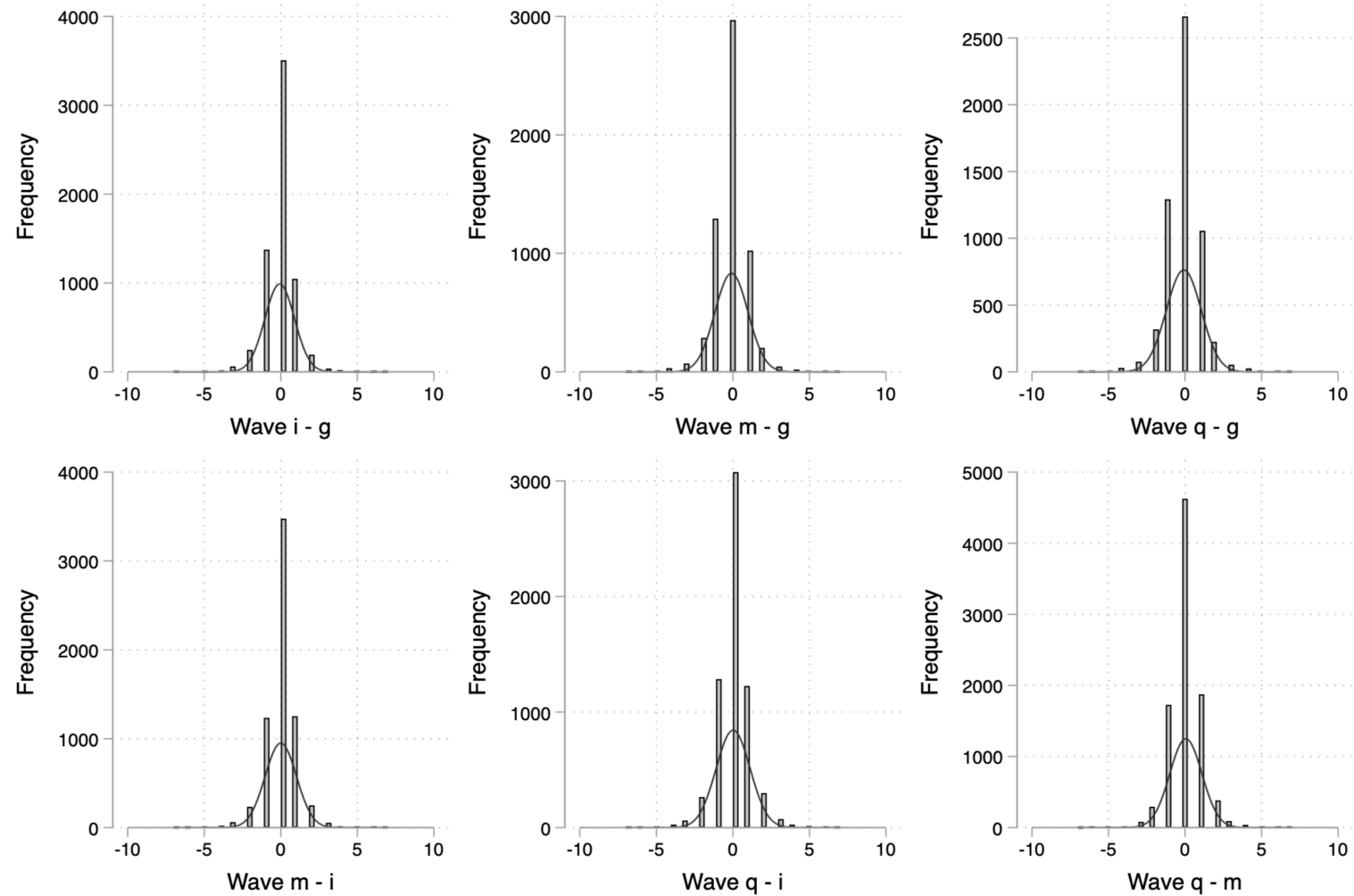
Note: Names of the waves correspond to the waves in the original HILDA dataset. Wave i is wave 1 in the current study. Wave g is wave 2 in the current study. Wave m is wave 3 in the current study. Wave q is wave 4 in the current study.

Individual variation in lunch across waves



Note: Names of the waves correspond to the waves in the original HILDA dataset. Wave i is wave 1 in the current study. Wave g is wave 2 in the current study. Wave m is wave 3 in the current study. Wave q is wave 4 in the current study.

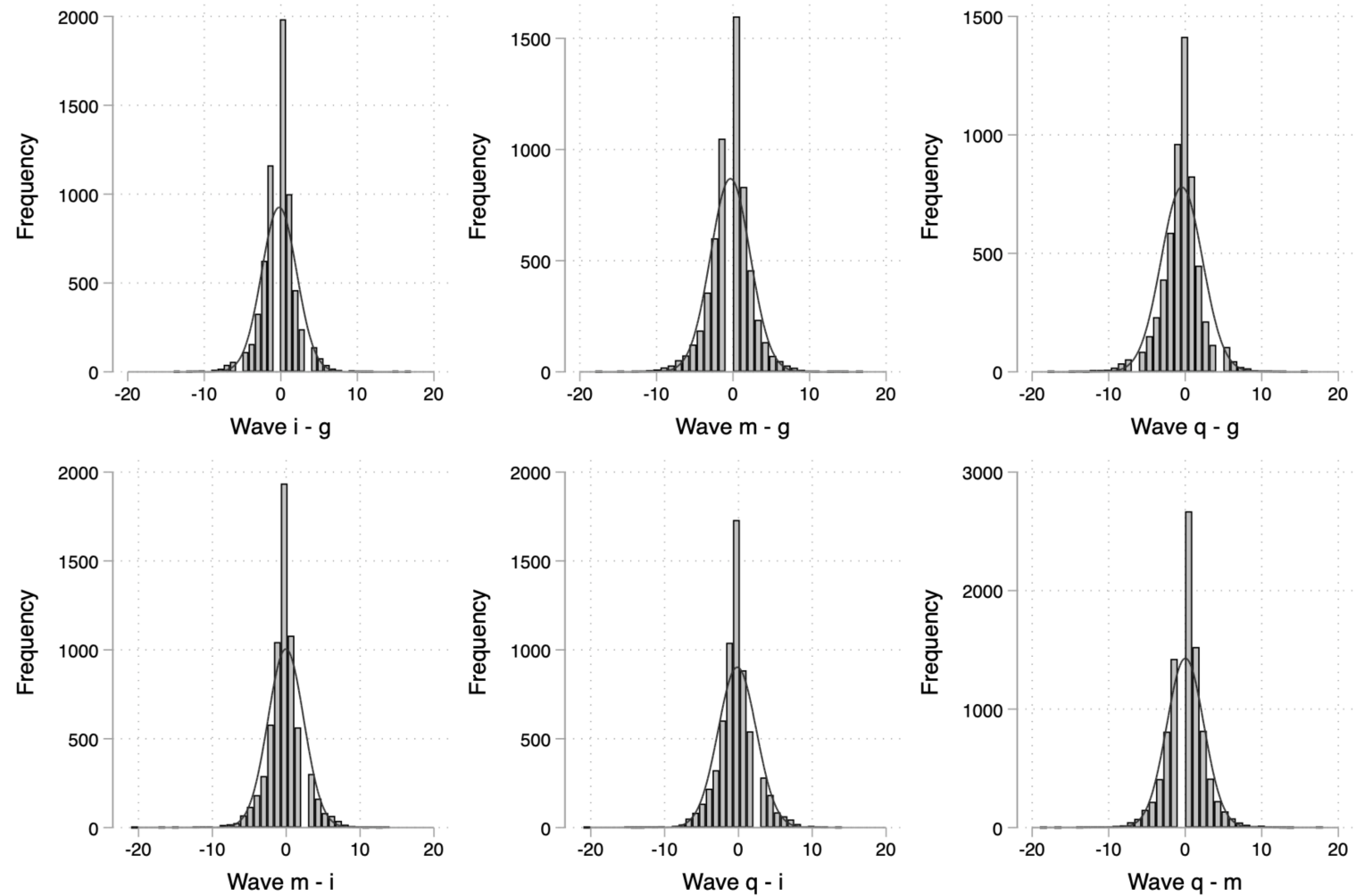
Individual variation in dinner across waves



Note:

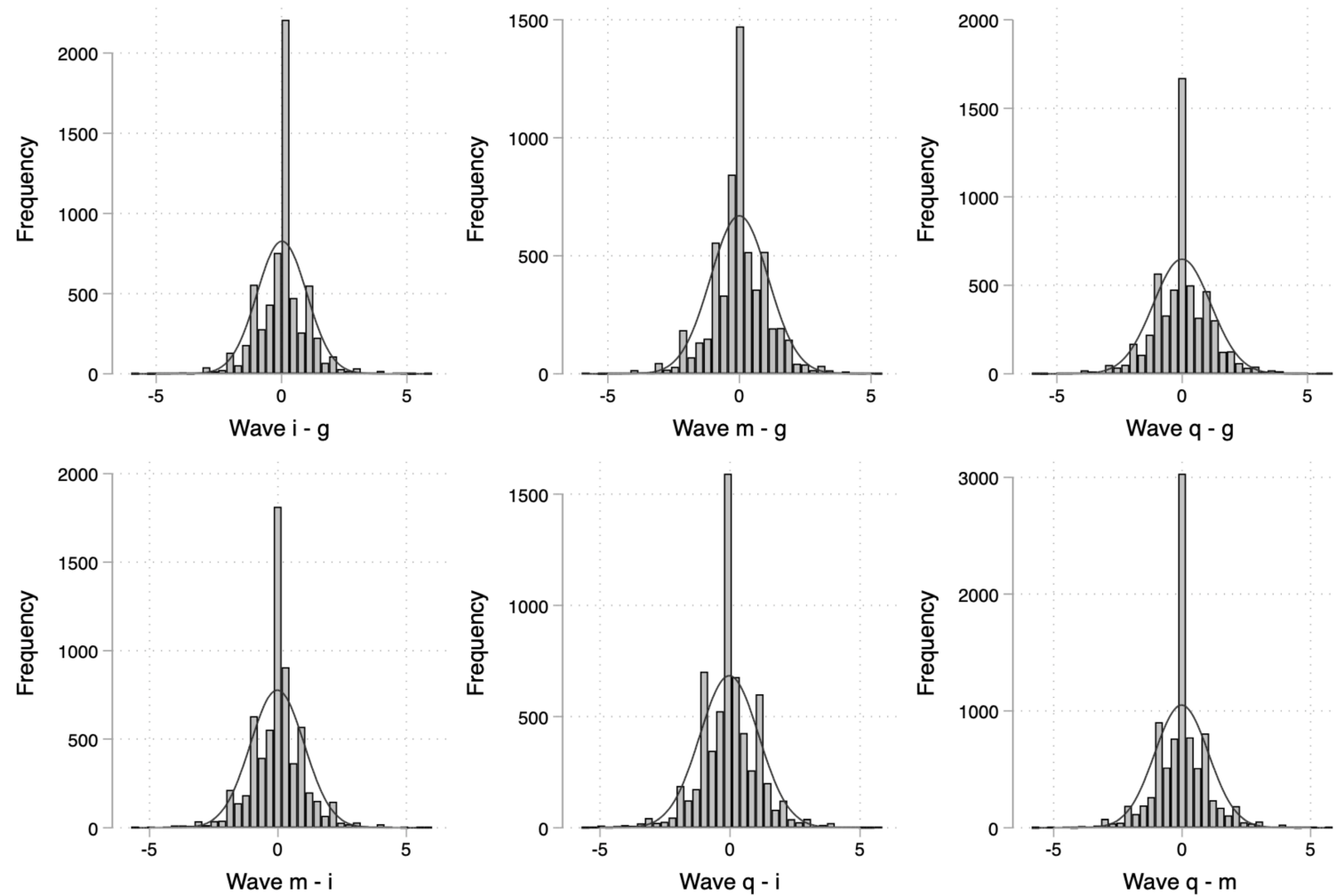
Names of the waves correspond to the waves in the original HILDA dataset. Wave i is wave 1 in the current study. Wave g is wave 2 in the current study. Wave m is wave 3 in the current study. Wave q is wave 4 in the current study.

Individual variation in total food out across waves



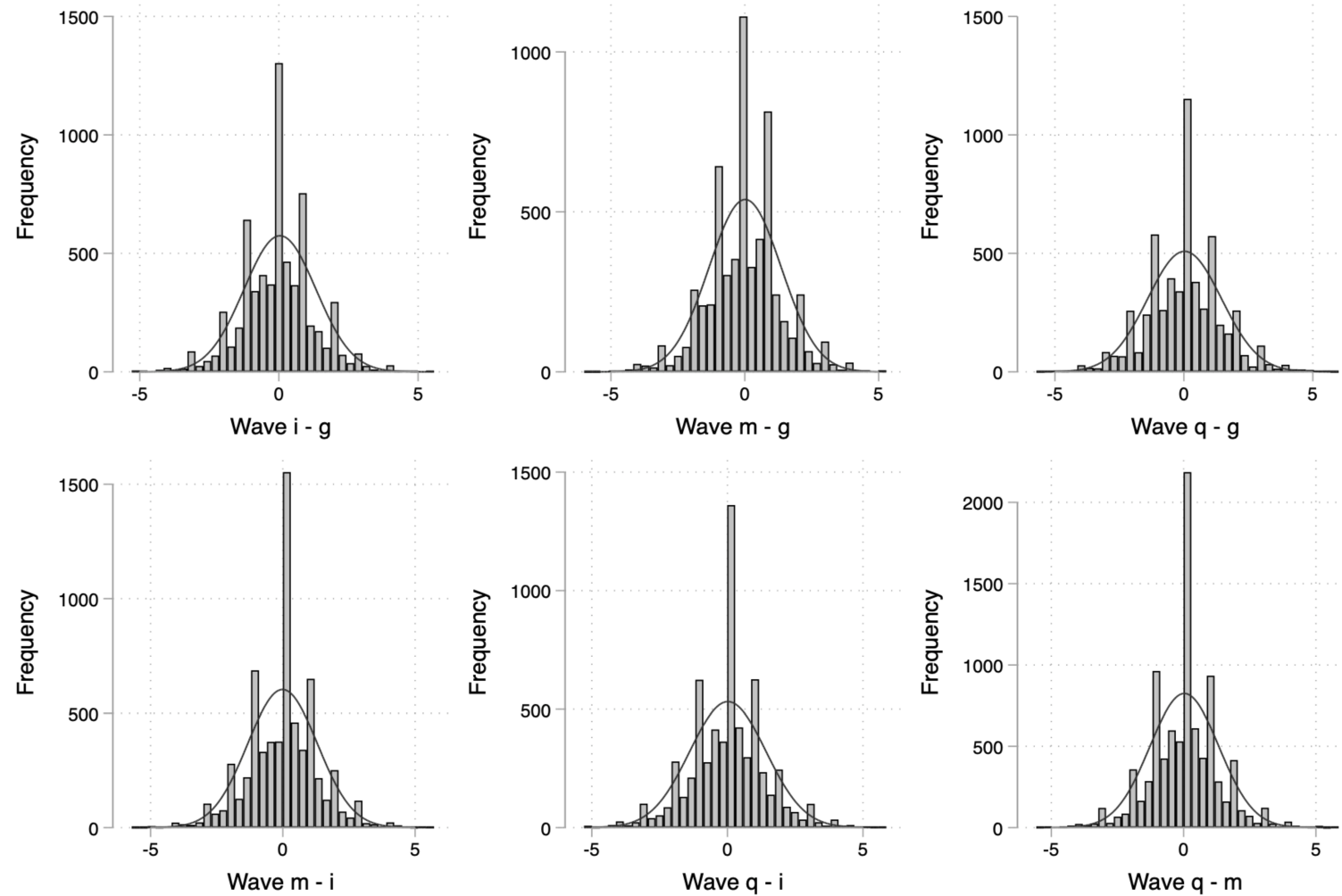
Note: Names of the waves correspond to the waves in the original HILDA dataset. Wave i is wave 1 in the current study. Wave g is wave 2 in the current study. Wave m is wave 3 in the current study. Wave q is wave 4 in the current study.

Individual variation in fruit across waves



Note: Names of the waves correspond to the waves in the original HILDA dataset. Wave i is wave 1 in the current study. Wave g is wave 2 in the current study. Wave m is wave 3 in the current study. Wave q is wave 4 in the current study

Individual variation in vegetables across waves



Note: Names of the waves correspond to the waves in the original HILDA dataset. Wave i is wave 1 in the current study. Wave g is wave 2 in the current study. Wave m is wave 3 in the current study. Wave q is wave 4 in the current study.