

**Table S1.** Anthropometric profile, age group, body fat, and income variables for both groups of students, consumers at the University Restaurants.

| Variables                  |                           | Group 1 (n = 79) |      |            | Group 2 (n = 94) |            |           |
|----------------------------|---------------------------|------------------|------|------------|------------------|------------|-----------|
|                            |                           | n                | %    | p          | n                | %          | p         |
| Age Group                  | <20                       | 21               | 26.6 | 0.000 **   | 24               | 25.5       | 0.001 **  |
|                            | 20–29                     | 54               | 68.4 |            | 63               | 67         |           |
|                            | 30–39                     | 3                | 3.8  |            | 5                | 5.3        |           |
|                            | >40                       | 1                | 1.3  |            | 2                | 2.1        |           |
| BMI (average ± SD)         |                           | kg/m²            |      | 21.8 ± 3.7 | 0.027 ***        | 23.2 ± 4.2 | 0.027 *** |
| Body fat percentage (mean) |                           |                  |      | 20.7 ± 8.9 | 0.411 ***        | 19.6 ± 7.2 | 0.411 *** |
| Income                     | <1.5 mw *                 | 79               | 100  | -          | -                | -          | 0.001 **  |
|                            | >1.5 mw *                 | -                | -    |            | 21               | 22.3       |           |
|                            | >3–5 mw *                 | -                | -    |            | 10               | 10.6       |           |
|                            | >5 mw *                   | -                | -    |            | 28               | 29.8       |           |
|                            | Not Declared, but >1.5 mw | -                | -    |            | 35               | 37.2       |           |

\* mw—Brazilian minimum wage (US\$289.00); \*\* Kruskal–Wallis; \*\*\* chi-square.

**Table S2.** The Measure of central tendency and variance of the student's intake nutritional composition by frequency of consumption in the University Restaurant.

|                      | Consumption of 3 mains meals at University restaurant (Monday) |        |                  |                  |        |                  |        | Consumption of 3 mains meals at University restaurant (Tuesday) |        |                  |                  |        |                  |        |
|----------------------|----------------------------------------------------------------|--------|------------------|------------------|--------|------------------|--------|-----------------------------------------------------------------|--------|------------------|------------------|--------|------------------|--------|
|                      | YES                                                            |        |                  | NO               |        |                  | P      | YES                                                             |        |                  | NO               |        |                  | P      |
|                      | Percentile<br>25                                               | Median | Percentile<br>75 | Percentile<br>25 | Median | Percentile<br>75 |        | Percentile<br>25                                                | Median | Percentile<br>75 | Percentile<br>25 | Median | Percentile<br>75 |        |
| TEI (kcal/day)       | 2629.8                                                         | 3204.0 | 3859.0           | 1700.3           | 2460.6 | 3465.0           | 0.007* | 2393.7                                                          | 3208.3 | 3400.7           | 1749.0           | 2317.3 | 3400.6           | 0.022* |
| Cholesterol (mg/day) | 115.8                                                          | 203.1  | 270.0            | 129.8            | 227.9  | 364.3            | 0.442  | 186.3                                                           | 206.3  | 232.1            | 93.6             | 194.7  | 303.5            | 0.917  |
| Fiber (g/day)        | 56.6                                                           | 80.5   | 120.7            | 35.8             | 57.0   | 79.2             | 0.025* | 60.9                                                            | 73.5   | 108.4            | 33.7             | 55.7   | 73.7             | 0.007* |
| Iron (mg/day)        | 18.3                                                           | 20.5   | 37.8             | 13.6             | 18.1   | 25.6             | 0.023* | 18.3                                                            | 28.6   | 34.4             | 12.2             | 18.2   | 25.7             | 0.012* |
| Sodium (mg/dia)      | 4999.6                                                         | 6591.9 | 7190.2           | 3287.3           | 4659.3 | 6485.5           | 0.009* | 5795.7                                                          | 6932.8 | 8689.8           | 3538.7           | 4768.7 | 6334.6           | 0.001* |
| Calcium (mg/dia)     | 848.4                                                          | 1109.1 | 1475.9           | 469.6            | 665.6  | 1107.2           | 0.003* | 788.5                                                           | 1001.7 | 1225.7           | 502.5            | 732.4  | 956.3            | 0.013* |

|                                |      |      |      |      |      |      |       |      |      |      |      |      |      |       |
|--------------------------------|------|------|------|------|------|------|-------|------|------|------|------|------|------|-------|
| <b>Carbohydrate (% of TEI)</b> | 59.9 | 64.9 | 70.8 | 55.2 | 59.  | 67.5 | 0.105 | 53.0 | 59.2 | 62.6 | 51.2 | 57.5 | 64.0 | 0.916 |
| <b>Lipid (% of TEI)</b>        | 14.6 | 18.4 | 21.4 | 16.7 | 20.7 | 26.2 | 0.176 | 21.3 | 23.0 | 25.4 | 19.3 | 25.5 | 31.4 | 0.535 |
| <b>Protein (% of TEI)</b>      | 13.9 | 17.7 | 18.8 | 14.4 | 17.6 | 20.1 | 0.675 | 16.2 | 17.7 | 19.3 | 14.7 | 16.9 | 19.7 | 0.472 |

\* P<0.05; Mann-Whitney U test.