



Figure S1. The overall scheme of the program Eating healthy, growing healthy (the part of the program presented in the manuscript is marked in red)

Table S1. The content of energy and nutrients presented as median and 25th and 75th percentiles (per a child a day) in 231 preschools' 10 day menus before (baseline) and after (post-baseline) the education program.

Nutrient	Daily supply (per a child / day)	
	Median (25th; 75th perc.)	
	Baseline	Post-baseline
Energy [kcal]	1243.1 (1102.2; 1394.2)	1210.9 (1067.7; 1351.5)
Protein [g]	44.6 (39.5; 50.6)	44.2 (40.0; 50.6)
Protein [% of energy]	14.5 (13.7; 15.5)	15.5 (14.1; 15.7)
Animal protein [g]	27.3 (23.9; 31.6)	26.5 (23.8; 30.6)
Vegetable protein [g]	17.3 (15.3; 19.8)	14.7 (14.1; 20.2)
Fat [g]	44.9 (39.1; 53.0)	43.7 (37.8; 50.2)
Fat [% of energy]	33.1 (30.3; 35.5)	33.0 (30.3; 35.1)
SFA [% of energy]	12.8 (11.6; 14.1)	12.9 (11.7; 13.9)
MUFA [% of energy]	12.9 (11.6; 14.3)	12.7 (11.4; 14.0)
PUFA [% of energy]	4.7 (4.1; 5.3)	4.6 (4.1; 5.4)
Cholesterol [mg]	165.5 (144.7; 189.8)	162.8 (143.3; 186.2)
CHO [g]	161.6 (140.0; 180.5)	157.8 (138.3; 177.4)
CHO [% of energy]	51.9 (49.3; 54.5)	51.6 (49.7; 54.1)
Sucrose [% of energy]	8.7 (7.0; 11.0)	8.8 (6.5; 10.9)
Lactose [g]	10.5 (8.2; 13.0)	10.8 (8.6; 13.0)
Starch [g]	93.0 (81.9; 106.1)	92.5 (80.1; 107.0)
Dietary fiber [g]	15.5 (13.6; 18.3)	16.0 (13.6; 18.3)
Vitamin A [μg]	1019.7 (750.0; 1285.5)	1023.9 (815.1; 1310.2)
Retinol [μg]	256.3 (212.7; 312.7)	249.8 (207.6; 310.5)
Beta-carotene [μg]	4074.2 (3047.8; 5508.8)	4340.3 (3280.9; 5855.9)
Vitamin B ₁ [mg]	0.9 (0.8; 1.0)	0.9 (0.8; 1.0)
Vitamin B ₂ [mg]	1.1 (0.9; 1.2)	1.1 (1.0; 1.2)
Vitamin B ₆ [mg]	1.5 (1.3; 1.7)	1.5 (1.3; 1.7)
Vitamin B ₁₂ [μg]	2.6 (2.2; 3.2)	2.6 (2.1; 3.1)
Vitamin C [mg]	98.4 (81.1; 117.4)	99.5 (83.2; 122.7)
Vitamin D [μg]	1.7 (1.3; 2.1)	1.6 (1.2; 2.0)
Vitamin E [mg]	6.3 (5.2; 7.5)	6.3 (5.2; 7.3)
Folate [μg]	214.1 (184.8; 249.1)	218.0 (185.5; 253.9)
Niacin [mg]	10.2 (8.9; 11.3)	10.0 (8.7; 11.5)
Calcium [mg]	450.7 (373.5; 528.5)	457.9 (388.8; 535.0)
Copper [mg]	0.8 (0.7; 0.9)	0.8 (0.7; 1.0)
Iodine [μg]	97.3 (69.2; 135.7)	96.8 (66.4; 133.7)
Iron [mg]	6.5 (5.7; 7.4)	6.5 (5.8; 7.6)
Magnesium [mg]	200.6 (175.9; 230.4)	202.8 (179.3; 232.0)
Phosphorus [mg]	792.4 (705.6; 887.5)	786.5 (712.4; 900.8)
Potassium [mg]	2439.3 (2119.1; 2769.2)	2381.9 (2107.1; 2764.2)
Sodium [mg]	2046.6 (1567.0; 2720.4)	2046.0 (1439.5; 2632.0)
Zinc [mg]	5.7 (5.1; 6.6)	5.8 (5.3; 6.7)