

Table S2 Contribution of meal types to consumption of total energy, the proportion of each meal (by energy) that is from discretionary foods/beverages, and the top three discretionary foods/beverages contributing most to total energy at each meal type, by age and gender

School grade: 5th Girls (N=599)	Boys (N=490)				8th Girls (N=574)				Boys (N=476)				11th Girls (N=577)				Boys (N=423)			
	% of		% of		% of		% of		% of		% of		% of		% of		% of		% of	
	% of total E	which is disc. E	% of total E	which is disc. E	% of total E	which is disc. E	% of total E	which is disc. E	% of total E	which is disc. E	% of total E	which is disc. E	% of total E	which is disc. E	% of total E	which is disc. E	% of total E	which is disc. E	% of total E	which is disc. E
Breakfast	20.1	19			20.1	19	18.6	19			19.0	20	18.0	20			16.7	20		
Mixed fat spread*	1.0		Pies, pizza, toasted sandwiches*	0.9	Mixed fat spread*	0.9	Pies, pizza, toasted sandwiches*	1.1	Mixed fat spread*	0.9	Pies, pizza, toasted sandwiches*	0.8	Pies, pizza, toasted sandwiches*	0.9	Pies, pizza, toasted sandwiches*	0.8				
Pies, pizza, toasted sandwiches*	0.9		Mixed fat spread*	0.8	Pies, pizza, toasted sandwiches*	0.9	Mixed fat spread*	0.8	Pies, pizza, toasted sandwiches*	0.6	Pies, pizza, toasted sandwiches*	0.6	Pies, pizza, toasted sandwiches*	0.6	Mixed fat spread*	0.6				
Cakes, biscuits	0.3		Jam, marmelade	0.4	Cakes, biscuits	0.2	Cakes, biscuits	0.3	Cakes, biscuits	0.3	Cakes, biscuits	0.3	Cakes, biscuits	0.3	Cakes, biscuits	0.3				
Lunch	25.8	28			26.2	27	22.9	26			25.2	29	23.9	29			27.1	29		
Sausages*	1.1		Sausages*	1.4	Sausage dishes	0.9	Pies, pizza, toasted sandwiches*	1.3	Pies, pizza, toasted sandwiches*	1.8	Pies, pizza, toasted sandwiches*	1.7	Pies, pizza, toasted sandwiches*	1.8	Pies, pizza, toasted sandwiches*	1.7				
Pies, pizza, toasted sandwiches*	0.8		Pies, pizza, toasted sandwiches*	0.9	Pies, pizza, toasted sandwiches*	0.8	Sausage dishes	1.1	Sausage dishes	1.1	Sauces, dressings*	1.0	Sauces, dressings*	1.1	Sugar-sweetened beverages	1.0				
Sausage dishes	0.8		Sweetened beverages	0.6	Sauces, dressings*	0.6	Sausages*	0.8	Sausages*	0.8	Sugar-sweetened beverages	0.8	Sauces, dressings*	0.8	Sauces, dressings*	0.8				
Dinner	30.7	34			34.9	34	30.7	31			33.0	33	31.0	33			34.2	33		
Pies, pizza, toasted sandwiches*	1.9		Pies, pizza, toasted sandwiches*	2.5	Pies, pizza, toasted sandwiches*	2.3	Pies, pizza, toasted sandwiches*	3.0	Pies, pizza, toasted sandwiches*	2.4	Pies, pizza, toasted sandwiches*	3.0	Pies, pizza, toasted sandwiches*	2.4	Pies, pizza, toasted sandwiches*	3.0				
Sugar-sweetened beverages	1.5		Sugar-sweetened beverages	1.9	Sugar-sweetened beverages	1.2	Sugar-sweetened beverages	1.8	Sugar-sweetened beverages	1.5	Sauces, dressings	1.8	Sauces, dressings	1.5	Sugar-sweetened beverages	1.8				
Potato products and dishes*	1.2		Sausages*	1.0	Sauces, dressings*	1.0	Potato products and dishes*	1.3	Potato products and dishes*	1.5	Sausages*	1.3	Sausages*	1.5	Sausages*	1.3				
Snack/between meal	10.0	36			9.2	39	10.5	33			8.7	35	9.2	35			7.7	35		
Cakes, biscuits	1.0		Cakes, biscuits	1.0	Cakes, biscuits	0.9	Cakes, biscuits	0.9	Cakes, biscuits	1.2	Cakes, biscuits	0.7	Cakes, biscuits	1.2	Cakes, biscuits	0.7				
Desserts, icecream	0.5		Pies, pizza, toasted sandwiches*	0.5	Sweets, chocolate	0.7	Sweets, chocolate	0.4	Sweets, chocolate	0.5	Pies, pizza, toasted sandwiches*	0.3	Pies, pizza, toasted sandwiches*	0.5	Pies, pizza, toasted sandwiches*	0.3				
Sweets, chocolate	0.5		Sweets, chocolate	0.5	Mixed fat spread*	0.3	Pies, pizza, toasted sandwiches*	0.3	Pies, pizza, toasted sandwiches*	0.4	Sweets, chocolate	0.4	Sweets, chocolate	0.4	Sugar-sweetened beverages	0.3				
Other	12.8	84			9.2	79	16.5	84			13.2	79	15.9	79			11.7	79		
Sweets, chocolate	4.8		Sweets, chocolate	3.1	Cakes, biscuits	3.2	Sweets, chocolate	5.6	Sweets, chocolate	5.1	Sweets, chocolate	2.8	Sweets, chocolate	5.1	Sweets, chocolate	2.8				
Cakes, biscuits	2.2		Crisps, savoury snacks	1.6	Crisps, savoury snacks	1.7	Crisps, savoury snacks	1.9	Cakes, biscuits	2.6	Crisps, savoury snacks	2.2	Crisps, savoury snacks	2.6	Crisps, savoury snacks	2.2				
Crisps, savoury snacks	1.7		Cakes, biscuits	1.1	Desserts, icecream	1.0	Cakes, biscuits	1.3	Crisps, savoury snacks	2.0	Cakes, biscuits	1.6	Crisps, savoury snacks	2.0	Cakes, biscuits	1.6				
Beverage (mainly)	0.6	35			0.5	46	0.8	51			0.8	85	2.1	85			2.6	85		
Sugar-sweetened beverages	0.1		Sugar-sweetened beverages	0.2	Cakes, biscuits	0.01	Sugar-sweetened beverages	0.4	Sugar-sweetened beverages	0.6	Sugar-sweetened beverages	0.7	Sugar-sweetened beverages	0.6	Sugar-sweetened beverages	0.7				
Sugar, syrup, honey	0.02		Sweets, chocolate	0.05	Cider, alcopops	0.01	Sweets, chocolate	0.02	Sweets, chocolate	0.6	Cider, alcopops	0.4	Beer	0.6	Beer	0.4				
Desserts, icecream	0.02		Dietary supplements	0.00	Desserts, icecream	0.01	Dietary supplements	0.01	Dietary supplements	0.1	Beer	0.1	Dietary supplements	0.1	Dietary supplements	0.4				

* Food group that contains both discretionary and non-discretionary foods

E, energy

Disc, discretionary