Supplementary Table 1. Statistical aspects of the estimates of food portion size using median intakes from the NANS database for the two options for computing median intakes: population based or individual based

| | Eating occasion intakes (g/d) individual | | | | | | | | | Eating occasion intakes (g/d) population | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | Mean | Median | Mode | Min - max | SD | SEM | Percentile | | | Mean | Median | Mode | Min - max | SD | SEM | Percentile | | |
| | | | | | | | 25th | 50th | 75th | | | | | | | 25th | 50th | 75th |
| RTEBC | 51 | 45 | 38 | 9 - 230 | 27 | 0.90 | 33 | 45 | 63 | 49 | 41 | 38 | 6 - 288 | 29 | 0.61 | 30 | 41 | 60 |
| Muesli type | 74 | 73 | 100 | 15 - 235 | 38 | 3.15 | 50 | 73 | 91 | 73 | 70 | 87 | 15 - 235 | 38 | 1.98 | 49 | 70 | 90 |
| Cakes | 73 | 63 | 60 | 5 - 457 | 44 | 1.70 | 45 | 63 | 90 | 71 | 60 | 60 | 5 - 457 | 44 | 1.15 | 40 | 60 | 91 |
| Hard cheese | 37 | 34 | 20 | 1 - 200 | 22 | 0.74 | 22 | 34 | 45 | 37 | 34 | 20 | 1 - 200 | 25 | 0.57 | 20 | 34 | 45 |
| Soft cheese | 37 | 30 | 30 | 2 - 210 | 29 | 1.88 | 18 | 30 | 42 | 36 | 30 | 17 | 2 - 265 | 33 | 1.77 | 17 | 30 | 42 |
| Chocolate tablets | 32 | 26 | 45 | 4 - 150 | 22 | 1.92 | 17 | 26 | 45 | 32 | 26 | 26 | 2 – 150 | 22 | 1.62 | 18 | 26 | 45 |
| Chocolate bars | 37 | 31 | 50 | 3 - 300 | 25 | 0.96 | 21 | 31 | 48 | 33 | 26 | 25 | 1 - 300 | 24 | 0.60 | 17 | 26 | 46 |
| Ice cream | 80 | 72 | 75 | 10 - 390 | 43 | 2.37 | 53 | 72 | 95 | 80 | 70 | 75 | 10 - 600 | 48 | 2.28 | 51 | 70 | 96 |
| Margarine | 13 | 10 | 8 | 1 - 54 | 8 | 0.28 | 7 | 10 | 16 | 12 | 8 | 8 | 1 - 96 | 10 | 0.16 | 6 | 8 | 16 |
| Mayonnaise | 19 | 15 | 15 | 1 - 210 | 18 | 0.82 | 10 | 15 | 25 | 19 | 15 | 15 | 1 - 210 | 18 | 0.63 | 10 | 15 | 23 |
| Savoury snacks | 35 | 28 | 25 | 5 - 350 | 25 | 1.09 | 25 | 28 | 37 | 34 | 25 | 25 | 4 - 350 | 26 | 0.80 | 25 | 25 | 37 |
| Sugar confectionery | 36 | 30 | 37 | 1 - 250 | 32 | 1.79 | 20 | 30 | 42 | 33 | 28 | 37 | 1 - 500 | 35 | 1.40 | 15 | 28 | 40 |
| Jams & marmalade | 17 | 15 | 8 | 3 - 144 | 13 | 0.55 | 8 | 15 | 20 | 16 | 15 | 8 | 1 - 144 | 12 | 0.31 | 8 | 15 | 19 |
| Nut butter spreads | 26 | 20 | 8 | 5 - 80 | 18 | 2.77 | 12 | 20 | 36 | 26 | 20 | 16 | 4 - 120 | 21 | 2.35 | 12 | 20 | 36 |
| Sweet Biscuits | 30 | 25 | 26 | 2 - 357 | 22 | 0.73 | 17 | 25 | 36 | 26 | 20 | 14 | 2 - 474 | 22 | 0.42 | 13 | 20 | 32 |