

## Supplementary Excel File

**Supplementary Excel File 1:** List of all excluded foods and reason(s) for exclusion.

Nutrient	Food	Reason for exclusion
Vitamin A (Retinol)	Milk powder	Carbs per serve >5 g, NOVA 4
	Milo	Carbs per serve >5 g, NOVA 4
Vitamin D	Quail / pigeon raw	Cooked version available and included
	Salmon raw	Cooked version available and included
Vitamin E	Cotton seed oil	NOVA 4
	Basil pesto pasta sauce	Carbs per serve >5 g, NOVA 4
	Margarine	NOVA 4
	White chocolate	Carbs per serve >5 g, NOVA 4
	Potato chips	Carbs per serve >5 g, NOVA 4
Vitamin B1 (Thiamine)	Goat raw	Cooked version available and %NRV <10+ included foods
	Simmer sauce for chicken	Carbs per serve >5 g, NOVA 4
	Simmer sauce curry	Carbs per serve >5 g, NOVA 4
	Vegemite / marmite	NOVA 4
	Breakfast cereal	Carbs per serve >5 g, NOVA 4
	Bacon	NOVA 4
	Sausage (vegetarian)	Carbs per serve >5 g, NOVA 4
	Peas (dried)	Carbs per serve >5 g
	Pasta sauce (cream/cheese based)	Carbs per serve >5 g, NOVA 4
	Chorizo	NOVA 4
	Prosciutto	NOVA 4
	Milo	Carbs per serve >5 g, NOVA 4
	Fava bean (dry)	Carbs per serve >5 g
Vitamin B2 (Riboflavin)	Bread fortified	Carbs per serve >5 g, NOVA 4, fortified
	Chickpeas, lentil	Carbs per serve >5 g
	Vegemite / marmite	NOVA 4
	Energy drink	Carbs per serve >5 g, NOVA 4
	Soy beverage	Carbs per serve >5 g, NOVA 4
	Vanilla yoghurt low-fat	Carbs per serve >5 g, NOVA 4
	Snack bars fruit filled	Carbs per serve >5 g, NOVA 4
	Evaporated milk	Carbs per serve >5 g, NOVA 4
	Maple syrup (pure)	Carbs per serve >5 g
	Milk powder	Carbs per serve >5 g, NOVA 4
	Breakfast cereal	Carbs per serve >5 g, NOVA 4
Milo	Carbs per serve >5 g, NOVA 4	
2-min noodles uncooked	Carbs per serve >5 g, NOVA 4	
White chocolate	Carbs per serve >5 g, NOVA 4	

Vitamin B3 (Niacin)	Veal raw	Cooked version available and included
	Lamb mince raw	Cooked version available and %NRV <10+ included foods
	Chicken breast raw	Cooked version available and included
	Bacon	NOVA 4
	Vegemite / marmite	NOVA 4
	Breakfast cereal	Carbs per serve >5 g, NOVA 4
Vitamin B5 (Pantothenic Acid)	Breakfast drink (e.g., Up and Go)	Carbs per serve >5 g, NOVA 4
	Veal raw	Cooked version available and %NRV <10+ included foods
	Duck raw	Cooked version available and %NRV <10+ included foods
	Evaporated milk	Carbs per serve >5 g, NOVA 4
Vitamin B6	Simmer sauce	Carbs per serve >5 g, NOVA 4
	Chickpeas dried	Carbs per serve >5 g
	Chicken liver raw	Cooked version available and included
	Mutton/lamb raw	Cooked version available and %NRV <10+ included foods
	Chickpea flour	Carbs per serve >5 g
	Chicken breast raw	Cooked chicken available and included
	Rye rolled uncooked	Carbs per serve >5 g
	Vitamin B7 (Biotin)	Peanut chocolate
Liquorice		Carbs per serve >5 g, NOVA 4
Yeast		Leavening agent
Sundried tomato		Carbs per serve >5 g
Wheat pasta dry		Carbs per serve >5 g
Split pea / barley dry		Carbs per serve >5 g
Breakfast cereal, fortified		Carbs per serve >5 g, NOVA 4, fortified
Vitamin B9 (Natural Folate)	Beans/legumes dried	Carbs per serve >5 g
	Beans/legumes cooked	Carbs per serve >5 g
	Vegemite / marmite	NOVA 4
Vitamin B12	<i>Nil foods excluded</i>	-
Vitamin C	Guava	Carbs per serve >5 g
	Kiwi fruit	Carbs per serve >5 g
	Orange and mango commercial juice	Carbs per serve >5 g, NOVA 4
	Rambutan	Carbs per serve >5 g
	Pawpaw	Carbs per serve >5 g
	Brussel sprouts raw	Cooked version available and included
	Orange	Carbs per serve >5 g
	Lychee	Carbs per serve >5 g
	Strawberry	Carbs per serve >5 g
	Melon bitter gourd fresh	Equal %NRV to rocket, but more carbs per serve than rocket so excluded as the 10 <sup>th</sup> top 10 nutrient
Calcium	Tofu	Fortified
	Milk powder	Carbs per serve >5 g, NOVA 4
	Evaporated milk	Carbs per serve >5 g, NOVA 4
	Breakfast cereal	Carbs per serve >5 g, NOVA 4

Chromium	Bread	Carbs per serve >5 g, NOVA 4
	Potato	Carbs per serve >5 g
	Apple	Carbs per serve >5 g
	Muesli	Carbs per serve >5 g, NOVA 4
	Bulgur	Carbs per serve >5 g
	Pasta sauce	Carbs per serve >5 g, NOVA 4
	Milo	Carbs per serve >5 g, NOVA 4
	Prawn banana raw	Cooked version available and %NRV <10+ included foods
	Ham leg	NOVA 4
	Breakfast cereal	Carbs per serve >5 g, NOVA 4
	Couscous raw	Carbs per serve >5 g
	Biscuit (savoury, wheat)	Carbs per serve >5 g, NOVA 4
Copper	Bulgur uncooked	Carbs per serve >5 g
	Cashew nut	Carbs per serve >5 g
Fluoride	Turkey hindquarter raw	Cooked version available and %NRV <10+ included foods
	2-min noodle	Carbs per serve >5 g, NOVA 4
	Pork raw	Cooked version available and included
	Muesli	Carbs per serve >5 g, NOVA 4
	Carrot	Carbs per serve >5 g
	Liquorice	Carbs per serve >5 g, NOVA 4
Iodine	Salt iodised	Salt, fortified
	Prawn raw	Cooked version available and %NRV <10+ included foods
	Sardine raw	Cooked version available and included
	Skim milk powder	Carbs per serve >5 g, NOVA 4
Iron	Milo	Carbs per serve >5 g, NOVA 4
	Liquorice	Carbs per serve >5 g, NOVA 4
	Breakfast cereal	Carbs per serve >5 g, NOVA 4
	Navy bean	Carbs per serve >5 g
	Beef sausage raw	NOVA 4
	Bread fortified	Carbs per serve >5 g, NOVA 4, fortified
Magnesium	Tofu	Fortified
	Legumes/lentils dry	Carbs per serve >5 g
	Amaranth raw	Carbs per serve >5 g
	Buckwheat / quinoa	Carbs per serve >5 g
	Breakfast cereal	Carbs per serve >5 g, NOVA 4
Manganese	Breakfast cereal	Carbs per serve >5 g, NOVA 4
	Spelt	Carbs per serve >5 g
	Tofu	Fortified
	Bread roll (multigrain/wholemeal)	Carbs per serve >5 g, NOVA 4
	Rice brown uncooked	Carbs per serve >5 g
	Wholemeal pasta dry	Carbs per serve >5 g, NOVA 4
	Chickpeas dried	Carbs per serve >5 g
	Muesli	Carbs per serve >5 g, NOVA 4

Molybdenum	Baked beans canned	Carbs per serve >5 g, NOVA 4
	Rice crackers	Carbs per serve >5 g, NOVA 4
	Spelt raw	Carbs per serve >5 g
	Couscous raw	Carbs per serve >5 g
	Muesli	Carbs per serve >5 g, NOVA 4
	Bread (multigrain)	Carbs per serve >5 g, NOVA 4
	Bulgur raw	Carbs per serve >5 g
	Breakfast cereal	Carbs per serve >5 g, NOVA 4
Phosphorous	Milk powder	Carbs per serve >5 g, NOVA 4
	Bacon short cut	NOVA 4
	Kidney bean dried	Carbs per serve >5 g
	Flour wheat wholemeal	Carbs per serve >5 g
	Breakfast cereal	Carbs per serve >5 g
Potassium	Legumes/lentils	Carbs per serve >5 g
	Sundried tomato	Carbs per serve >5 g
	Sausage (beef or lamb)	NOVA 4
	Milk powder	Carbs per serve >5 g, NOVA 4
	Potato	Carbs per serve >5 g
	Apricot dried	Carbs per serve >5 g, NOVA 4
	Potato chips	Carbs per serve >5 g, NOVA 4
	Liquorice	Carbs per serve >5 g, NOVA 4
Sultana/currant/fig/date/prune/raisin	Carbs per serve >5 g, NOVA 4	
Selenium	Prawn raw	Cooked version available and included
	Chickpea flour	Carbs per serve >5 g
Sodium	Bacon commercial cooked	NOVA 4
	Lamb sausage cooked	NOVA 4
	Prosciutto	NOVA 4
	Leg ham	NOVA 4
	Chorizo	NOVA 4
Zinc	Sundried tomato	Carbs per serve >5 g
Total long-chain omega-3 fats	Fish fingers	Carbs per serve >5 g, NOVA 4

**Note:** Carbs - Carbohydrates, NRV - Nutrient Reference Value