| **Food Categories** | **Definition** | **Inclusions** | **Exclusions** |
|---------------------|----------------|----------------|---------------|
| **Dairy and alternatives** | Dairy and alternatives food group. | Includes milk within dishes (e.g. milk on cereal), yoghurt, cheese and/or their alternatives | |
| **Breads and Cereals** | Grain (cereal) food group, mostly wholegrain and or high cereal fibre varieties. | Includes all breads and cereals (with or without fruit, nuts and seeds), pasta, noodles, roti, bread rolls, flat breads, oatmeal (porridge), crumpets | Excludes: Breakfast cereals categorised as discretionary (> 15g sugar per 100g) |
| **Fruit** | All fresh fruit, diced, canned fruit, stewed and dried. | Includes oranges, mandarins and grapefruit, apricots, cherries, peaches, nectarines, plums, bananas, paw paw, mangoes, pineapple, melons, berries, grapes, passionfruit, apples, pears, watermelon, banana, coconut and guava | |
| **Vegetables** | Vegetables food group – these can be fresh, frozen and canned vegetables. | Includes green leafy or raw salad vegetables, sweet corn, potato or starchy vegetables, tomato, celery, sprouts, zucchini, squash, capsicum, eggplant, cucumber, okra, pumpkin, green peas, green beans, potato, cassava, sweet potato, taro, carrots, beetroot, onions, shallots, garlic, bamboo shoots, swede, turnip, broccoli, brussels sprouts, bok choy, cabbages, cauliflower, kale, lettuce, silverbeet, spinach and snow peas | Excludes: legumes |
| **Vegetables (Other)** | All other food items that are consumed like vegetables however botanically not a vegetable. | Includes: avocados, olives (of any variety), mushrooms, tomatoes, wakame (seaweed salad), chilli | |
| **Meat and Alternatives** | Meat and alternatives food group. | Includes: Red meats such as beef, lamb, veal, pork, goat or kangaroo. Poultry such as chicken or turkey. Fish and seafood such as prawns, crab, lobster, mussels, oysters, scallops, clams. Eggs, tofu, Quorn etc. | Excludes: legumes, processed meats |
| **Nuts and Seeds (incl. pastes)** | Any nuts (or not botanically nuts e.g. Peanuts that are consumed like nuts) or seeds. These can be non-processed, roasted, peeled, salted or made into pastes. | Includes: Nuts such as almonds, pine nuts, walnut, macadamia, hazelnut, cashew, peanut, brazil nuts. Seeds such as pumpkin seeds, sesame seeds, sunflower seeds. Nut/Seed Pastes such as almond/peanut butter or tahini. | Excludes: Legume based dips |
| **Legumes** | Most legumes | Includes: All cooked, baked/roasted, dried or canned beans such as: red kidney beans, soybeans, lima beans, cannellini beans, chickpeas, lentils, split peas Legume based dips e.g. Hummus | Excludes: Soy based products e.g. Tofu that are classified under meat alternatives as sometimes it is difficult to distinguish between real and imitation meat. Peanuts as these are consumed more like nuts than legumes |
| **Confectionery** | Sweet discretionary products that are usually higher in sugar and/or fat. | Includes: Lollies, chocolate, roll-ups, nougat, fruit leather, sesame snaps, peanut brittle, chocolate coated fruit/nuts/seeds, chocolate hazelnut spreads, chocolate sauces | |
| **Bars** | Product usually made from grains, whey protein, nuts and/or fruit. These can be packaged, homemade or made outside the home and purchased by the consumer. | Includes: Muesli bars, nut bars, protein bars/balls/biscuits/slices | |
| **Baked Goods/Desserts (homemade or similar)** | These foods are usually made from flour. These may be made in an oven, microwave or on the benchtop and may have a confectionary style covering e.g. Frosting or chocolate. These are usually homemade or made outside the home by a bakery, café or dessert outlet and purchased by the consumer. | Includes: cookies, cakes, cake-type desserts, muffins, slices, sweet pies, scones, crumbles, iced buns, pancakes or crepes with/without toppings, waffles, soufflé, croissant, fruit crumbles, pastries | Excludes: bread Examples: churros, baklava, gulab jamun, kanafeh, nutella pizzas |
| **Discretionary snack food (Savoury) – Packaged** | Packaged savoury snack foods that cannot be classified into other categories that are higher in one or more of the following: salt, sat fat, energy or added sugar. | Examples: potato chips, flavoured crisps and crackers, prawn crackers, popcorn, corn chips, pork crackling, pretzels, grain chips, cheese spread, rice crackers | |
| **Discretionary snack food (Sweet) - Packaged** | Packaged sweet snack foods that cannot be classified into other categories that are higher in one or more of the following: salt, sat fat, energy or added sugar. | |
| Food Group                                      | Definition                                                                 | Examples                                                                                   |
|-----------------------------------------------|---------------------------------------------------------------------------|--------------------------------------------------------------------------------------------|
| Other snack food (other)                      | Other snack foods that do not belong to any other category                | Pocky, Hello Panda, yanyan, Timtams, Teevee snacks, wagon wheels, cheeses, etc.             |
| Iced confectionary and dairy-based desserts   | Milk or water-based desserts that are cold and/or frozen.                 | Includes: pie, cake, ice cream, sorbet, gelato, etc.                                      |
| Processed meats                               | Meat that has been cured, salted, smoked or has had chemicals added to it | Sausage, bacon, ham, salami, luncheon meat                                              |
| Cereal-based mixed meal (five food groups)    | Meals where cereal or cereal products are the major ingredients AND       | Examples: pasta, pizza, burgers, sandwiches, sushi, wraps, filled rolls, fried rice,      |
|                                               | discretionary AND/or processed meats are not an ingredient which is not    | fried noodles, ravioli, dumplings, etc.                                                  |
|                                               | clearly visible.                                                         |                                             |
| Cereal-based mixed meal (Discretionary)       | Meals where cereal or cereal products are the major ingredients, however   | Examples: deep fried foods, pizza, burgers, etc.                                         |
|                                               | are discretionary themselves i.e. Are higher in fat and saturated fat,     |                                             |
|                                               | sodium and sugar or contain visible discretionary products e.g. Bacon.    |                                             |
| Cereal-based mixed meal (not further defined) | Meals where cereal or cereal products are the major ingredients and the   | Examples: pasta, lasagne, Char Kway Teow, Japanese Ramen, tempura dishes.                 |
|                                               | proportion of five food group and discretionary cannot be easily discerned.|                                             |
| Meat or alternative based mixed meal (five    | Meals where meat and alternatives are the major constituent AND           | Examples: omelette, frittata, scrambled eggs, curry, stew, etc.                           |
| food groups)                                  | discretionary AND processed meats are not an ingredient which is clearly    |                                             |
|                                               | visible.                                                                 |                                             |
| Meat or alternative based mixed meal (Discretionary) | Meat or meat-based products are the major ingredients, however are     | Examples: battered or crumbed fish, schnitzel, untrimmed meats (e.g. chicken wings).     |
|                                               | discretionary themselves i.e. Are higher in fat and saturated fat, sodium  | Kebabs (Minced - kofta, kafta, seekh kebabs, adana (minced lamb) or shaved meat –       |
|                                               | and sugar or contain visible discretionary products e.g. Bacon.           | Shawarma).                                  |
|                                               |                                                                          | Coconut based sauce/soup/curry, satay sauce, paneer curries, etc.                        |
|                                               |                                                                          |                                             |
| Meat or alternative based mixed meal (not      | Meat or meat-based products are the major ingredients and the proportion  | Examples: tempura vegetables, deep fried vegetable patties or croquettes, Caesar salad,   |
| further defined)                              | of five food group and discretionary cannot be easily discerned.          | falafel, creamy potato bakes, coleslaw                                                   |
| Fats/Oils                                     | Any fat-based spreads and/or oil.                                        |                                             |
| Fried Potato (similar)                        | Any fried or oil cooked potato products including sweet potato.           | Examples: hot chips, French fries, etc.                                                  |
| Vegetable-based mixed meal (five food groups) | A meal in which vegetables are the major ingredients AND discretionary    | examples: salads, vegetable curries, etc.                                                |
|                                               | and processed meats are not an ingredient which is clearly visible.      |                                             |
| Vegetable-based mixed meals (Discretionary)   | A meal in which vegetables are the major ingredient, however are         | Examples: tempura vegetables, deep fried vegetable patties or croquettes, Caesar salad,   |
|                                               | discretionary themselves i.e. Are higher in fat and saturated fat, sodium | falafel, creamy potato bakes, coleslaw                                                   |
|                                               | and sugar or contain visible discretionary products e.g. Bacon.           |                                             |
| Vegetable-based mixed meal (not further       | A meal in which vegetables are the major ingredients and the proportion  |                                             |
| defined)                                      | of five food group and discretionary cannot be easily discerned.          |                                             |
|                          | Definition: All broths, blended and chunky soups based from meat, fish, poultry or vegetables, containing a variety of ingredients. Excludes noodle soups (e.g. Ramen, pho) |
|--------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Special dietary foods    | Definition: All other special dietary foods. Includes: oral nutritional supplements (non-beverages only) e.g. puddings, jellies Excludes: protein bars and supplemental vitamins (e.g. multivitamins, chewable Vitamin C and sish oil) |
| Prescription Medication and related | Definition: All prescription medication and tablets (e.g. multivitamins).                                                                                                                                 |
| Sugar and Related Products | Definition: Any form of sweetener which can be added to foods. Examples: honey, sugar (caster, cane, white, raw, powdered, etc.) syrups, nutritive and non-nutritive artificial sweeteners, jam. |
| Savoury Sauces, Condiments and Spreads | Definition: Any savoury sauce, condiment and non-fat spread. Examples: tomato sauce, chutney, salad dressings, mayonnaise, vinegar, (non legume) dips and yeast spreads |
| Undetermined             | Coder is not 100% certain of the food item/product.                                                                                                                                               |
| Beverage type | Example |
|---------------|---------|
| **Tea**       | Includes: All tea types (black, white, green, fruit tea) with minimal or no milk/sugar/honey at any temperature (hot/iced/warm). <br>Excludes: chain milk tea varieties e.g. pearl milk tea as these are high in sugar due to syrup used and will be considered a discretionary milk-based beverage or sugar sweetened beverages if no added milk. |
| **Coffee**    | Includes: All coffee types with minimal or no milk/sugar at any temperature (hot/iced/warm). <br>Excludes: coffee flavoured milk <br>Examples: macchiato, short black, Espresso, Greek Frappe |
| **Water**     | Includes: All water types (sparkling, mineral, still, tap, filtered) and may contain added ingredients (e.g. lemon wedge, mint, dash of apple cider vinegar) that do not significantly alter the nutritional composition. <br>Excludes: tonic water <br>Example: Acqua panna (mineral water) |
| **Juice**     | Includes: All fruit and vegetable juices, may be fresh, store purchased, cartooned with added or no added sugars. Includes coconut water (or juice) <br>Excludes: juices with any additional components e.g. milk |
| **Energy Drinks** | Includes: All beverages containing caffeine, guarana or any other similar stimulant compound. <br>Examples: Mother, V, Rockstar or Red Bull <br>Excludes: Coffee/Tea |
| **Sugar Sweetened Beverages** | Includes: All beverages containing added sugars and/or nutritive sweeteners. <br>Examples: soft drinks, cordial or non-dairy chain tea varieties. <br>Iced tea, Chinotto (Italian soft drink), Milkis (Korean Milk soft drink), Cascade (mixer), aloe vera (But if name has Juice, put in Juice), Cidona (Irish Softdrink), mineral water with added sugar, Lucozade (Japanese softdrink), Uludag (Turkish soft drink) |
| **Non-Sugar Sweetened Beverages** | Includes: All beverages without added sugars and/or nutritive sweeteners. <br>Examples: diet soft drinks, zero sugar beverages, Nexba, kombucha |
| **Water Based Flavoured Beverage – sugar not determined** | Includes: Any beverage whose sugar level is not determined |
| **Milk/Milk Alternatives** | Includes: All animal milk of all fat levels, rice milk, almond milk, macadamia milk, soy milk, drinkable yoghurts, Ayran. <br>Excludes: any milk based beverages, yoghurt based bubble tea (e.g. yomie’s yoghurt and rice drink) |
| **Milk/Milk Alternative Based Beverages** | Includes: Flavoured milk or milk/milk alternatives with additional core food items. <br>Examples: fruit smoothies, oak chocolate flavoured milk, iced coffee (without icecream or syrups), hot chocolate, milo, up and go, acai smoothie, piccolo latte, dirty chai, turmeric latte, cappuccino, latte, flat white <br>Excludes: plain milk/milk alternatives |
| **Discretionary Milk Based Beverages** | Includes: Milk/milk alternatives with additional discretionary items. <br>Examples: milk based drinks made with ice-cream, syrups and any other sweeteners e.g. chocolate milk shake with ice-cream/whipped cream or syrup, commercial milk teas with toppings (e.g. pearls) <br>frappe, chai latte, mocha, flavoured lattes (Taro, Matcha) <br>Excludes: plain milk/milk alternatives or milk/milk based beverages |
| **Alcohol** | Includes: All forms of alcohol. <br>Examples: Wine, whisky, beer, soju, cocktails etc. |
| **Body Building and Performance Beverages** | Includes: All sports based beverages – these are usually protein and/or amino acid based and consumed around (before/during/after) situations where the participant undertakes physical activity. <br>Examples: protein shakes (made in water or milk) or branched chain amino acids (BCAAs) <br>Excludes: all electrolyte drinks, these can be consumed for purposes other than physical activity |
| **Rehydration Beverages (Electrolytes)** | Includes: All electrolyte based drinks aimed to improve the hydration status of the consumer. <br>Examples: Gatorade, Powerade, Gastrolyte, HYDRAlyte, Pedialyte and Repalyte |
| Undetermined | Coder is not 100% certain of the food item/product.  
Examples: bottles, can without description, kid’s drink |
|--------------|---------------------------------------------------|
| Supplements  | Includes: All other oral supplements.  
Examples: fibre supplements or meal replacement beverages or carbohydrate gels for endurance runners  
Excludes: sports beverages and rehydration beverages, meal replacement non-beverage items e.g. bars |
Table S3. The proportion of food and beverage categories in the most popular menu items \((n = 625)\) from 196 independent takeaways. Categories are sorted in descending order.

| Type of Category | Food Categories                         | n   | %    |
|------------------|-----------------------------------------|-----|------|
| **Discretionary**| Cereal-Based Mixed Meal                  | 357 | 57.1 |
|                  | Meat Or Alternative Based Mixed Meal     | 157 | 25.1 |
|                  | Vegetable-Based Mixed Meal               | 20  | 3.2  |
|                  | Fried Potato (Or Similar)                | 16  | 2.6  |
|                  | Baked Goods/Desserts (Homemade Or Similar)| 8   | 1.3  |
|                  | Iced Confectionary And Dairy-Based Desserts | 3   | 0.5  |
|                  | Other Food\(^1\)                         | 3   | 0.5  |
|                  | Discretionary Milk Based Beverages       | 2   | 0.3  |
|                  | Savoury Sauces, Condiments And Spreads   | 2   | 0.3  |
|                  | Other Beveraged\(^b\)                    | 0   | 0    |
|                  | Sugar Sweetened Beverages                | 0   | 0    |
| **Five Food Groups** | Cereal-Based Mixed Meal                  | 22  | 3.5  |
|                  | Meat Or Alternative Based Mixed Meal     | 19  | 3    |
|                  | Vegetable-Based Mixed Meal               | 15  | 2.4  |
|                  | Other Food\(^c\)                         | 1   | 0.2  |
|                  | Juice                                    | 0   | 0    |
|                  | Other Beverage\(^d\)                     | 0   | 0    |
|                  | Water                                    | 0   | 0    |
| **Total**        |                                         | 625 |      |