

Supplementary Material

SUPPLEMENTARY TABLE

Table S1. Row percentages (numbers of data entries) of the complete 60 standard food groups by 7 time slots in the NDNS RP (2008-2017).

| Food Groups / Time Slots | 6am to 9am | 9am to 12am | 12 noon to 2pm | 2pm to 5pm | 5pm to 8pm | 8pm to 10pm | 10pm to 6am | Total |
|--------------------------------|-----------------|-----------------|-----------------|----------------|-----------------|----------------|---------------|----------|
| Artificial sweeteners | 24.13% (1814) | 23.22% (1746) | 12.09% (909) | 14.91% (1121) | 10.99% (826) | 9.31% (700) | 5.35% (402) | (7518) |
| Bacon and ham | 4.98% (422) | 16.95% (1435) | 39.62% (3355) | 10.66% (903) | 21.45% (1816) | 4.94% (418) | 1.39% (118) | (8467) |
| Beef | 0.10% (5) | 0.96% (48) | 17.97% (896) | 10.15% (506) | 58.17% (2901) | 11.23% (560) | 1.42% (71) | (4987) |
| Beer lager | 0.37% (30) | 0.72% (59) | 6.56% (538) | 10.96% (899) | 25.19% (2065) | 36.02% (2953) | 20.19% (1655) | (8199) |
| Biscuits | 6.23% (822) | 17.79% (2348) | 17.18% (2268) | 21.31% (2813) | 12.57% (1659) | 15.86% (2093) | 9.07% (1197) | (13200) |
| Brown bread | 17.43% (1078) | 18.63% (1152) | 35.06% (2168) | 8.94% (553) | 11.68% (722) | 5.52% (341) | 2.73% (169) | (6183) |
| Burgers/kebabs | 0.00% (0) | 2.56% (24) | 22.15% (208) | 16.72% (157) | 44.62% (419) | 10.44% (98) | 3.51% (33) | (939) |
| Butter | 15.75% (1607) | 17.45% (1780) | 24.11% (2460) | 10.74% (1096) | 21.44% (2188) | 7.69% (785) | 2.81% (287) | (10203) |
| Cakes & pastries | 4.69% (366) | 15.18% (1185) | 18.52% (1446) | 23.28% (1817) | 21.88% (1708) | 11.80% (921) | 4.65% (363) | (7806) |
| Cheese | 2.67% (293) | 7.15% (785) | 34.71% (3812) | 11.80% (1296) | 28.17% (3094) | 12.12% (1331) | 3.39% (372) | (10983) |
| Chicken/turkey | 0.35% (31) | 2.23% (198) | 23.95% (2123) | 12.60% (1117) | 46.27% (4101) | 12.08% (1071) | 2.50% (222) | (8863) |
| Chips | 0.56% (38) | 3.20% (216) | 18.86% (1273) | 12.96% (875) | 51.44% (3472) | 10.70% (722) | 2.27% (153) | (6749) |
| Chocolate | 1.74% (113) | 10.33% (671) | 14.67% (953) | 22.36% (1452) | 16.09% (1045) | 25.33% (1645) | 9.48% (616) | (6495) |
| Coated chicken | 0.09% (1) | 1.54% (18) | 17.18% (201) | 15.13% (177) | 50.51% (591) | 12.14% (142) | 3.42% (40) | (1170) |
| Commercial toddlers foods | 7.58% (5) | 4.55% (3) | 33.33% (22) | 13.64% (9) | 30.30% (20) | 7.58% (5) | 3.03% (2) | (66) |
| Crisps | 0.49% (28) | 9.27% (525) | 31.59% (1789) | 18.47% (1046) | 15.18% (860) | 16.67% (944) | 8.33% (472) | (5664) |
| Diet soft drinks | 5.38% (761) | 9.53% (1349) | 16.40% (2322) | 15.70% (2222) | 26.97% (3818) | 16.33% (2311) | 9.69% (1372) | (14155) |
| Dietary supplements | 71.61% (9321) | 18.87% (2456) | 2.09% (272) | 1.13% (147) | 1.79% (233) | 1.84% (239) | 2.67% (348) | (13016) |
| Eggs | 10.86% (820) | 20.86% (1576) | 24.36% (1840) | 9.89% (747) | 25.47% (1924) | 7.04% (532) | 1.52% (115) | (7554) |
| Fruit | 15.63% (5300) | 17.58% (5959) | 21.42% (7262) | 14.46% (4903) | 17.45% (5916) | 10.33% (3501) | 3.13% (1062) | (33903) |
| Fruit juice | 27.53% (1916) | 17.40% (1211) | 14.71% (1024) | 9.87% (687) | 18.49% (1287) | 8.22% (572) | 3.78% (263) | (6960) |
| High fiber cereals | 62.33% (5120) | 29.88% (2455) | 2.17% (178) | 1.03% (85) | 0.97% (80) | 1.56% (128) | 2.06% (169) | (8215) |
| Ice cream | 0.06% (1) | 0.88% (16) | 11.34% (206) | 16.08% (292) | 42.35% (769) | 24.01% (436) | 5.29% (96) | (1816) |
| Jams & spreads | 24.32% (9231) | 23.62% (8965) | 12.21% (4636) | 13.02% (4942) | 13.13% (4983) | 8.71% (3306) | 5.00% (1897) | (37960) |
| Lamb | 0.08% (1) | 0.32% (4) | 18.94% (237) | 12.71% (159) | 49.16% (615) | 16.31% (204) | 2.48% (31) | (1251) |
| Liver | 4.41% (20) | 8.15% (37) | 34.36% (156) | 11.67% (53) | 29.07% (132) | 11.01% (50) | 1.32% (6) | (454) |
| Low fiber cereals | 55.22% (2376) | 32.16% (1384) | 3.25% (140) | 1.56% (67) | 1.81% (78) | 2.32% (100) | 3.67% (158) | (4303) |
| Low fat spreads | 18.31% (669) | 19.13% (699) | 29.06% (1062) | 8.05% (294) | 17.21% (629) | 5.61% (205) | 2.63% (96) | (3654) |
| Low-fat milk | 30.48% (385) | 21.62% (273) | 9.82% (124) | 12.83% (162) | 11.64% (147) | 8.16% (103) | 5.46% (69) | (1263) |
| Margarine | 3.19% (279) | 6.91% (604) | 18.53% (1620) | 10.41% (910) | 44.29% (3872) | 14.54% (1271) | 2.13% (186) | (8742) |
| Meat pastries | 1.01% (20) | 6.72% (133) | 32.49% (643) | 15.31% (303) | 32.84% (650) | 8.79% (174) | 2.83% (56) | (1979) |
| Misc./Vending | 3.65% (1775) | 6.51% (3164) | 23.87% (11598) | 11.35% (5517) | 38.57% (18742) | 12.52% (6086) | 3.53% (1715) | (48597) |
| Nuts and seeds | 20.88% (1307) | 17.26% (1080) | 14.87% (931) | 13.26% (830) | 16.71% (1046) | 11.81% (739) | 5.21% (326) | (6259) |
| Oily fish | 1.61% (42) | 3.98% (104) | 29.46% (769) | 11.15% (291) | 41.53% (1084) | 10.84% (283) | 1.42% (37) | (2610) |
| Other bread | 17.06% (159) | 16.09% (150) | 34.66% (323) | 10.52% (98) | 13.73% (128) | 6.01% (56) | 1.93% (18) | (932) |
| Other meat | 4.77% (75) | 10.18% (160) | 33.35% (524) | 11.33% (178) | 28.39% (446) | 9.48% (149) | 2.48% (39) | (1571) |
| Other milk cream | 18.29% (1208) | 16.46% (1087) | 13.81% (912) | 12.73% (841) | 23.85% (1575) | 11.02% (728) | 3.85% (254) | (6605) |
| Other white fish | 0.51% (19) | 3.46% (128) | 33.00% (1222) | 10.26% (380) | 37.51% (1389) | 13.04% (483) | 2.21% (82) | (3703) |
| Pasta & rice and other cereals | 7.61% (1396) | 5.90% (1083) | 17.03% (3126) | 10.10% (1853) | 42.97% (7887) | 13.51% (2479) | 2.88% (529) | (18353) |
| Polyunsaturated margarine | 3.59% (114) | 6.73% (214) | 17.40% (553) | 9.88% (314) | 46.30% (1472) | 13.72% (436) | 2.39% (76) | (3179) |
| Pork | 0.44% (8) | 1.69% (31) | 18.12% (332) | 12.01% (220) | 54.09% (991) | 12.55% (230) | 1.09% (20) | (1832) |
| Other potatoes | 0.21% (21) | 1.02% (103) | 19.24% (1946) | 10.60% (1072) | 59.04% (5971) | 9.04% (914) | 0.85% (86) | (10113) |
| Puddings | 0.87% (20) | 3.10% (71) | 22.00% (504) | 12.79% (293) | 42.69% (978) | 14.62% (335) | 3.93% (90) | (2291) |
| Regular soft drinks | 5.23% (596) | 9.39% (1069) | 18.57% (2114) | 16.39% (1866) | 24.84% (2829) | 16.19% (1844) | 9.39% (1069) | (11387) |
| Salad and raw vegetables | 0.86% (285) | 3.78% (1257) | 35.17% (11697) | 11.48% (3820) | 36.37% (12098) | 10.65% (3544) | 1.69% (562) | (33263) |
| Sausages | 4.96% (150) | 19.27% (583) | 18.71% (566) | 10.18% (308) | 38.05% (1151) | 7.64% (231) | 1.19% (36) | (3025) |
| Semi-skimmed milk | 26.43% (15225) | 23.64% (13622) | 11.34% (6531) | 13.81% (7957) | 11.02% (6349) | 8.49% (4891) | 5.27% (3036) | (57611) |
| Skimmed (fat-free) Milk | 28.72% (2781) | 21.41% (2073) | 10.62% (1028) | 13.50% (1307) | 10.84% (1050) | 8.97% (869) | 5.94% (575) | (9683) |
| Smoothies | 21.90% (30) | 21.90% (30) | 24.09% (33) | 13.87% (19) | 5.84% (8) | 9.49% (13) | 2.92% (4) | (137) |
| Spirits and liqueurs | 0.22% (6) | 0.96% (26) | 2.67% (72) | 5.49% (148) | 22.28% (601) | 38.36% (1035) | 30.02% (810) | (2698) |
| Spreads less-fat | 15.37% (1940) | 20.52% (2590) | 28.87% (3643) | 8.58% (1083) | 17.12% (2161) | 6.51% (822) | 3.02% (381) | (12620) |
| Sugar confectionery | 4.62% (84) | 12.53% (228) | 12.80% (233) | 26.43% (481) | 15.66% (285) | 19.29% (351) | 8.68% (158) | (1820) |
| Tea/coffee/water | 18.70% (28448) | 21.28% (32367) | 13.76% (20926) | 15.55% (23657) | 13.73% (20881) | 9.70% (14758) | 7.28% (11071) | (152108) |
| Vegetables not raw | 0.78% (399) | 2.52% (1293) | 20.65% (10599) | 9.83% (5042) | 53.37% (27389) | 11.62% (5963) | 1.23% (632) | (51317) |
| White bread | 12.92% (2382) | 19.14% (3529) | 30.06% (5542) | 9.81% (1808) | 18.02% (3322) | 7.14% (1317) | 2.90% (534) | (18434) |
| White fish, shellfish | 0.13% (2) | 0.88% (14) | 19.35% (309) | 9.33% (149) | 59.42% (949) | 10.14% (162) | 0.75% (12) | (1597) |
| Whole milk | 24.26% (3306) | 22.56% (3075) | 11.56% (1575) | 12.27% (1672) | 13.39% (1825) | 9.53% (1299) | 6.43% (876) | (13628) |
| Wine | 0.04% (3) | 0.42% (29) | 5.20% (362) | 5.40% (376) | 38.61% (2690) | 39.53% (2754) | 10.81% (753) | (6967) |
| Whole meal bread | 19.51% (1403) | 18.05% (1298) | 33.62% (2418) | 8.09% (582) | 13.54% (974) | 4.78% (344) | 2.42% (174) | (7193) |
| Yogurt | 16.04% (1087) | 12.43% (842) | 24.38% (1652) | 9.36% (634) | 23.72% (1607) | 10.92% (740) | 3.16% (214) | (6776) |
| Total | 14.30% (107144) | 14.77% (110614) | 18.45% (138183) | 12.63% (94606) | 24.10% (180498) | 10.91% (81716) | 4.84% (36265) | (749026) |

NDNS RP: National Diet and Nutrition Survey Rolling Programme.