

Serving-size information on nutrition labels in Australia

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SUPPLEMENTARY INFORMATION

### Method

Information was obtained directly from the food packages in the supermarkets, rather than relying on information from the manufacturer's website, because this study aimed to summarise the information that is easily available to consumers at the point of purchase or while consuming food at home. All information was manually coded in the supermarket by a team of student researchers, and data recording accuracy was checked on a subsample of products by a senior member of the research team. Permission to enter the supermarkets and record data was obtained prior to commencing data collection. One supermarket refused to grant entry so permission was sought and granted from an alternate location in the same region.

**Supplementary Table 1.** Food categories surveyed, frequency of serving-size information in common household units, and items included in each category.

Food category	Number of products	Additional information		Included items in category
		n	%	
1. Biscuits	199	151	75.9	Sweet biscuits and cookies, wafers, shortbread
2. Bread	146	97	66.4	Plain, fruit and herb bread varieties; loaves, sliced and rolls
3. Cakes and Pastries	145	9	6.2	Fresh or frozen cakes, sweet pies, tarts, muffins, frozen pastry
4. Cereal	181	55	30.4	Ready to eat cereals, muesli and porridge
5. Cheese	226	1	0.4	Fresh hard and soft varieties, cheese spreads
6. Chips	136	32	23.5	Potato crisps, popcorn, pretzels, corn chips, savoury snacks
7. Confectionary	242	70	28.9	Chocolates, lollies, licorice
8. Crackers	160	103	64.4	Savoury wheat and rice crackers and crispbreads
9. Eggs	23	22	95.7	Fresh eggs
10. Fish and Seafood	140	9	6.4	Canned or frozen fish and seafood including tuna, salmon, prawns
11. Fruit	218	0	0.0	Canned, bottled, frozen or dried fruit
12. Ice Cream	105	13	12.4	Ice cream, sorbet, frozen yogurt, creams
13. Legumes	123	14	11.4	Canned beans and peas, lentils, tofu, vegetarian meat substitutes
14. Nuts and Seeds	106	5	4.7	Salted and unsalted nuts, dried fruit and nut mixes, seeds
15. Meat and Poultry	180	19	10.6	Fresh, frozen, canned and processed red meat and poultry
16. Pasta	143	1	0.7	Uncooked and cooked pasta, spaghetti, noodles
17. Ready-to-eat Meals	94	16	17.0	Frozen meals including tortellini, lasagne, pizza, pies
18. Rice and Other Grains	61	20	32.8	Plain and flavoured rice, quinoa, polenta
19. Soup	97	4	4.1	Condensed and ready-to-eat soups
20. Spreads and Dips	266	39	17.7	Butter, margarine, jam, honey, yeast extracts, nut butters, dips
21. Vegetables	244	21	8.6	Canned, bottled or frozen vegetables and root vegetables including tomatoes
22. Yogurt	109	0	0	Plain and flavoured yogurt, custards
<b>Total</b>	<b>3,344</b>	<b>701</b>	<b>21.0</b>	