

Additional File 3. Average Nutrient Content Per Serving* with Standard Deviations from 13 Food and Drink Categories

Food Category	Calories (kcal)	Protein (g)	Carbohydrates (g)	Fat (g)	Fiber (g)	Sodium (mg)
<i>Perceived Healthy</i>						
<i>Cereals</i>	202.6 (15.3)	4.3 (1.6)	43.9 (3.5)	2.1 (1.0)	3.8 (1.6)	270.7 (73.2)
<i>Cheese</i>	98.2 (10.3)	6.6 (0.8)	1.1 (0.6)	7.4 (1.1)	0.00 (0.0)	262.4 (62.7)
<i>Crackers</i>	135.4 (14.3)	2.4 (0.6)	20.0 (2.3)	5.1 (1.3)	0.6 (0.7)	260.5 (50.3)
<i>Juices</i>	100.2 (27.1)	0.70 (0.6)	24.3 (6.7)	0.1 (0.7)	0.2 (0.4)	71.5 (100.3)
<i>Milk</i>	122.9 (24.8)	8.1 (0.6)	13.4 (2.7)	3.9 (2.5)	0.0 (0.2)	132.1 (16.1)
<i>Soup</i>	216.8 (196.9)	6.8 (4.8)	30.4 (31.0)	7.0 (7.0)	2.6 (2.5)	2090.2 (3291.0)
<i>Yogurt</i>	172.5 (41.1)	7.7 (1.5)	31.1 (8.0)	1.7 (1.5)	0.4 (0.8)	121.2 (21.7)
<i>Perceived Unhealthy</i>						
<i>CSDs</i>	60.5 (45.1)	0.00 (0.0)	16.3 (12.1)	0.00 (0.0)	0.0 (0.0)	29.2 (10.5)
<i>Cookies</i>	138.1 (12.2)	1.3 (0.4)	20.4 (1.7)	5.9 (1.2)	0.4 (0.4)	108.0 (67.9)
<i>Frozen Dinners</i>	262.0 (71.4)	11.3 (2.3)	29.7 (7.8)	10.6 (3.9)	2.2 (0.6)	603.1 (138.6)
<i>Ice Cream</i>	149.4 (30.0)	2.6 (0.6)	19.5 (3.2)	7.0 (2.5)	0.4 (0.5)	56.9 (13.6)
<i>Processed Meats</i>	129.6 (30.6)	7.8 (2.1)	1.6 (1.1)	10.1 (3.2)	0.0 (0.2)	532.4 (154.7)
<i>Salty Snacks</i>	148.0 (20.0)	2.2 (0.7)	17.9 (2.3)	7.7 (2.4)	1.0 (0.3)	221.1 (82.4)
*Expressed as one-year monthly average weighed per capita nutrient per serving, average (standard deviation)						