

Supplementary material 1

Amount of food portions to be taken from each food group for each age category

Food group	No. of portions that should be taken by each age category		List of portion sizes of food belonging to each group
	8–11 years	12–15 years	
Starchy foods	4–6	6–8	1 Portion size is equivalent for 1 Cup cooked rice, pasta, noodles 1 Slice of bread (1/9th of 450-g loaf of bread) 1 Cup porridge, 1 cup breakfast cereal flakes 5 String hoppers 2 Hoppers Roti (about 10-cm diameter and 0.5-cm thickness) 1 Those (about 10-cm diameter) 1 Parata (about 15-cm diameter) ½ Nan (about 8-cm diameter and 2-cm thickness) Boiled corn of ¾ cup ½ Cup of pasta, spaghetti, macaroni ¼ Cup of boiled jack, bread fruit etc. 1 Piece of pittu (3 × 2 cm piece) Cream cracker or nonsugary biscuits ½ cup of yams
Pulses and legumes	1	1	½ Cup cooked green gram, kadala, cowpea, dhal and soya bean
Vegetables	2–3	3–4	75 g or ½ cup cooked leafy vegetables 1 Cup salad vegetables (raw)
Fruits	2	2–3	1 Medium piece/fruit of, eg apple, banana, orange, pear, papaw, mango, guawa, custard apple, pineapple (or equal to the content of 1 cup) ½ Cup or 1½ table spoon of plums ½ Glass (100 mL) of fresh juice (papaw, water melon, orange, lemon)
Milk and milk products	2	2–3	200-mL (one cup) fresh 30 g (2 table spoons) of reconstituted dried milk 1 Slice of cheese 80-g yogurt (~1 cup)