

Title	The use of a dietary quality score as a predictor of childhood overweight and obesity
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Additional file 3: Prevalence odds ratios for overweight and obesity with frequency of consumption of individual foods component of parent reported DQS

OR (95 % CI)		Model 1 †		Model 2 ††	
		Overweight	Obese	Overweight	Obese
Water	Eaten once	0.89 (0.68 1.15)	1.25 (0.83 1.89)	0.90 (0.69 1.19)	1.25 (0.81 1.92)
	Eaten > once	1.15 (0.93 1.42)	1.14 (0.81 1.61)	1.22 (0.97 1.53)	1.32 (0.92 1.90)
Fresh fruit	Eaten once	1.16 (0.97 1.39)	1.22 (0.90 1.64)	1.17 (0.96 1.42)	1.35 (0.97 1.87)
	Eaten > once	1.00 (0.84 1.20)	0.85 (0.62 1.16)	1.02 (0.84 1.24)	1.13 (0.80 1.59)
Fruit juice	Eaten once	1.06 (0.87 1.29)	1.14 (0.85 1.52)	1.05 (0.86 1.29)	1.12 (0.81 1.54)
	Eaten > once	1.09 (0.89 1.33)	0.90 (0.66 1.23)	1.10 (0.90 1.35)	0.98 (0.70 1.37)
Cooked veg	Eaten once	0.98 (0.83 1.16)	0.86 (0.66 1.13)	1.01 (0.84 1.20)	0.98 (0.74 1.30)
	Eaten > once	0.85 (0.69 1.05)	0.60 (0.43 0.83)	0.90 (0.72 1.12)	0.79 (0.56 1.13)
Raw veg	Eaten once	1.09 (0.91 1.32)	0.60 (0.44 0.83)	1.07 (0.88 1.31)	0.66 (0.47 0.93)
	Eaten > once	0.92 (0.68 1.25)	0.55 (0.34 0.91)	0.87 (0.62 1.23)	0.54 (0.32 0.93)
Meat/ chicken/ fish	Eaten once	1.09 (0.77 1.55)	0.87 (0.54 1.39)	1.11 (0.77 1.58)	1.02 (0.60 1.71)
	Eaten > once	0.98 (0.69 1.40)	0.64 (0.40 1.05)	1.02 (0.71 1.48)	0.84 (0.49 1.44)
Eggs	Eaten once	1.02 (0.85 1.22)	1.02 (0.75 1.39)	0.97 (0.80 1.17)	1.01 (0.72 1.39)
	Eaten > once	0.76 (0.51 1.12)	0.83 (0.46 1.50)	0.74 (0.48 1.13)	0.87 (0.46 1.65)
Cereals	Eaten once	0.82 (0.66 1.01)	0.67 (0.49 0.92)	0.85 (0.68 1.07)	0.74 (0.53 1.04)
	Eaten > once	0.71 (0.56 0.91)	0.45 (0.31 0.65)	0.78 (0.61 1.01)	0.50 (0.34 0.75)
Potato/ pasta/ rice	Eaten once	0.90 (0.73 1.10)	0.81 (0.58 1.12)	0.89 (0.72 1.10)	0.94 (0.66 1.34)
	Eaten > once	0.88 (0.69 1.11)	0.56 (0.38 0.83)	0.93 (0.73 1.19)	0.65 (0.42 1.00)
Bread	Eaten once	1.00 (0.76 1.33)	1.13 (0.72 1.78)	1.10 (0.82 1.46)	1.36 (0.83 2.22)
	Eaten > once	0.85 (0.64 1.14)	0.84 (0.53 1.35)	0.97 (0.73 1.30)	1.06 (0.64 1.75)
Full cream milk	Eaten once	0.70 (0.58 0.85)	0.61 (0.46 0.81)	0.68 (0.56 0.83)	0.65 (0.48 0.88)
	Eaten > once	0.66 (0.56 0.78)	0.44 (0.34 0.58)	0.70 (0.59 0.84)	0.53 (0.39 0.71)
Skimmed milk	Eaten once	1.79 (1.36 2.34)	2.09 (1.44 3.05)	1.75 (1.31 2.33)	1.90 (1.26 2.87)
	Eaten > once	1.76 (1.40 2.21)	1.74 (1.20 2.52)	1.86 (1.46 2.36)	1.89 (1.27 2.82)
Cheese/ yoghurt	Eaten once	1.05 (0.89 1.23)	0.79 (0.60 1.05)	1.07 (0.90 1.27)	0.84 (0.62 1.14)
	Eaten > once	0.96 (0.80 1.16)	0.79 (0.58 1.10)	1.00 (0.81 1.22)	0.85 (0.60 1.20)
Low fat cheese/ yoghurt	Eaten once	1.77 (1.36 2.29)	2.22 (1.56 3.14)	1.66 (1.25 2.21)	1.84 (1.23 2.73)
	Eaten > once	1.66 (1.07 2.58)	2.14 (1.19 3.82)	1.75 (1.08 2.83)	2.23 (1.18 4.20)
Meat pie sausage	Eaten once	0.97 (0.83 1.15)	1.24 (0.96 1.59)	0.97 (0.82 1.15)	1.06 (0.81 1.39)
	Eaten > once	0.96 (0.66 1.38)	1.50 (0.94 2.39)	0.95 (0.64 1.41)	1.29 (0.77 2.17)
Hot chips	Eaten once	1.12 (0.97 1.29)	1.17 (0.92 1.50)	0.97 (0.83 1.13)	0.88 (0.68 1.15)
	Eaten > once	1.37 (0.87 2.16)	1.24 (0.66 2.31)	1.18 (0.69 2.01)	0.75 (0.36 1.55)
Crisps/ savoury snacks	Eaten once	0.97 (0.83 1.13)	1.00 (0.77 1.30)	0.92 (0.78 1.08)	0.97 (0.74 1.28)
	Eaten > once	0.92 (0.74 1.15)	0.64 (0.43 0.94)	0.84 (0.66 1.07)	0.50 (0.33 0.75)
Biscuits/ chocolate	Eaten once	0.75 (0.63 0.90)	0.65 (0.50 0.85)	0.82 (0.68 0.98)	0.69 (0.51 0.92)
	Eaten > once	0.69 (0.57 0.84)	0.62 (0.46 0.84)	0.74 (0.61 0.91)	0.67 (0.48 0.93)
Regular soft drinks	Eaten once	1.16 (0.97 1.37)	0.99 (0.76 1.30)	1.08 (0.91 1.30)	0.83 (0.62 1.10)
	Eaten > once	1.00 (0.84 1.19)	1.02 (0.76 1.38)	0.87 (0.72 1.05)	0.79 (0.57 1.10)
Diet soft drinks	Eaten once	1.29 (1.05 1.58)	2.01 (1.48 2.71)	1.20 (0.96 1.50)	1.69 (1.21 2.35)
	Eaten > once	1.39 (1.09 1.77)	2.63 (1.85 3.73)	1.37 (1.06 1.78)	2.12 (1.47 3.05)

Reference category for each food component was not eaten at all over the past 24 hours. †Unadjusted regression †† Adjusted for gender, parent's education, child's PA, child's T.V. viewing, parent's BMI. All individual food components were analysed in separate models with the outcome and confounders.