

	Item No	Recommendation	Location in the manuscript
Title and abstract	1	(a) Indicate the study’s design with a commonly used term in the title or the abstract	Title
		(b) Provide in the abstract an informative and balanced summary of what was done and what was found	Abstract, second paragraph
Introduction			
Background/rationale	2	Explain the scientific background and rationale for the investigation being reported	Introduction, first and second paragraphs
Objectives	3	State specific objectives, including any prespecified hypotheses	Introduction, second paragraph
Methods			
Study design	4	Present key elements of study design early in the paper	Methods, under Summary of the study design
Setting	5	Describe the setting, locations, and relevant dates, including periods of recruitment, exposure, follow-up, and data collection	Methods, under Collection of nutritional information and ingredients of packaged foods and beverages
Participants	6	(a) Give the eligibility criteria, and the sources and methods of selection of participants	Methods, under Collection of nutritional information and ingredients of packaged foods and beverages
Variables	7	Clearly define all outcomes, exposures, predictors, potential confounders, and effect modifiers. Give diagnostic criteria, if applicable	Method, under Data analyses
Data sources/ measurement	8*	For each variable of interest, give sources of data and details of methods of assessment (measurement). Describe comparability of assessment methods if there is more than one group	Methods, under Summary of study design, and under Collection of nutritional information and ingredients of packaged foods and beverages
Bias	9	Describe any efforts to address potential sources of bias	Methods, under Collection of nutritional information and ingredients of packaged foods and beverages
Study size	10	Explain how the study size was arrived at	Methods, under Data processing and definition of the analytical sample, and Fig

			1
Quantitative variables	11	Explain how quantitative variables were handled in the analyses. If applicable, describe which groupings were chosen and why	Methods, under Data analyses
Statistical methods	12	(a) Describe all statistical methods, including those used to control for confounding	Methods, under Data analyses
		(b) Describe any methods used to examine subgroups and interactions	Methods, under Data analyses
		(c) Explain how missing data were addressed	Methods, under Data processing and definition of the analytical sample
		(d) If applicable, describe analytical methods taking account of sampling strategy	NA
		(e) Describe any sensitivity analyses	NA
Results			
Participants	13*	(a) Report numbers of individuals at each stage of study—eg numbers potentially eligible, examined for eligibility, confirmed eligible, included in the study, completing follow-up, and analysed	Methods, under Data processing and definition of the analytical sample, and Fig 1
		(b) Give reasons for non-participation at each stage	Methods, under Data processing and definition of the analytical sample, and Fig 1
		(c) Consider use of a flow diagram	Fig 1
Descriptive data	14*	(a) Give characteristics of study participants (eg demographic, clinical, social) and information on exposures and potential confounders	NA
		(b) Indicate number of participants with missing data for each variable of interest	Fig 1
Outcome data	15*	Report numbers of outcome events or summary measures	NA
Main results	16	(a) Give unadjusted estimates and, if applicable, confounder-adjusted estimates and their precision (eg, 95% confidence interval). Make clear which confounders were adjusted for and why they were included	Results, Tables 1-4
		(b) Report category boundaries when continuous variables were categorized	NA
		(c) If relevant, consider translating estimates of relative risk into absolute risk for a meaningful time period	NA
Other analyses	17	Report other analyses done—eg analyses of subgroups and interactions, and sensitivity analyses	NA
Discussion			
Key results	18	Summarise key results with reference to study objectives	Discussion, seventh paragraph
Limitations	19	Discuss limitations of the study, taking into account sources of potential bias or imprecision.	Discussion, fourth paragraph

		Discuss both direction and magnitude of any potential bias	
Interpretation	20	Give a cautious overall interpretation of results considering objectives, limitations, multiplicity of analyses, results from similar studies, and other relevant evidence	Discussion, fifth paragraph
Generalisability	21	Discuss the generalisability (external validity) of the study results	Discussion, seventh paragraph
<b>Other information</b>			
Funding	22	Give the source of funding and the role of the funders for the present study and, if applicable, for the original study on which the present article is based	Metadata

\*Give information separately for exposed and unexposed groups.

**Note:** An Explanation and Elaboration article discusses each checklist item and gives methodological background and published examples of transparent reporting. The STROBE checklist is best used in conjunction with this article (freely available on the Web sites of PLoS Medicine at <http://www.plosmedicine.org/>, Annals of Internal Medicine at <http://www.annals.org/>, and Epidemiology at <http://www.epidem.com/>). Information on the STROBE Initiative is available at [www.strobe-statement.org](http://www.strobe-statement.org).