

Supplementary Table 7. Changes in nutritional intake among children and adolescents

Nutrient	Overweight/obesity			Normal-weight		
	2016–2019	2020–2021	P-value	2016–2019	2020–2021	P-value
	Mean (CI)	Mean (CI)		Mean (CI)	Mean (CI)	
Food (g)	1372.9 (1318.5–1427.4)	1344.5 (1237.3–1451.6)	0.639	1414.2 (1369–1459.3)	1293.4 (1237.1–1349.6)	0.001
Energy (kcal)	2089.7 (2012.4–2167.1)	1949.4 (1827.7–2071)	0.056	2111.2 (2056.2–2166.1)	1918.1 (1851.7–1984.5)	<0.001
Water (g)	746.4 (709.4–783.4)	812.8 (725–900.6)	0.169	775.8 (745.1–806.5)	747.5 (703.9–791.1)	0.298
Protein (g)	79 (75.4–82.5)	75.3 (70–80.6)	0.256	77.6 (75.1–80.1)	71.9 (68.6–75.1)	0.006
Lipid (g)	59.3 (55.7–63)	58.1 (52.6–63.7)	0.714	58.9 (56.6–61.2)	56.2 (53.3–59)	0.138
SFA (g)	20.8 (19.2–22.3)	19.8 (17.6–22.1)	0.488	20.7 (19.8–21.5)	19.2 (18.2–20.2)	0.023
MFA (g)	19.5 (18.1–20.9)	19.9 (17.8–22.1)	0.725	19.1 (18.3–20)	18.8 (17.7–19.9)	0.655
PFA (g)	13.4 (12.6–14.2)	12.9 (11.8–14)	0.483	13.3 (12.7–13.8)	13 (12.2–13.8)	0.519
N3FA (g)	1.7 (1.6–1.8)	1.6 (1.4–1.8)	0.503	1.6 (1.5–1.7)	1.5 (1.4–1.6)	0.167
N6FA (g)	11.7 (11–12.3)	11.2 (10.2–12.3)	0.500	11.6 (11.1–12.1)	11.4 (10.7–12.1)	0.582
Cholesterol (mg)	295.5 (277.1–313.8)	298.1 (263.1–333.1)	0.895	283.8 (270.6–297)	275.6 (259.6–291.6)	0.436
Carbohydrate (g)	303.4 (291.1–315.6)	276.9 (259.6–294.3)	0.014	312 (303.8–320.2)	276.1 (266.1–286)	<0.001
Fiber (g)	20.2 (19.1–21.3)	20.1 (18.3–21.9)	0.929	20.2 (19.5–20.9)	19.3 (18.3–20.2)	0.112
Sugar (g)	68.5 (64.3–72.6)	60.7 (54–67.4)	0.054	73.4 (70.5–76.3)	66.2 (61.6–70.7)	0.008
Sodium (mg)	3,197.4 (3,034.2–3,360.6)	3,001.3 (2,794–3,208.6)	0.137	3,120.2 (3,018–3,222.5)	2,933.6 (2,783.3–3,084)	0.044
Potassium (mg)	2,411.3 (2,304.3–2,518.3)	2,411.1 (2,224.3–2,597.9)	>0.99	2,438 (2,364.8–2,511.3)	2,227.9 (2,131.4–2,324.4)	<0.001
Vitamin A (µgRAE)	372 (342.2–401.8)	369.6 (323.4–415.9)	0.932	369 (349.5–388.5)	378.5 (348.4–408.7)	0.600
β-Carotene (µg)	1,900.6 (1,722.7–2,078.5)	2,183.9 (1,869.8–2,498.1)	0.123	1,963.3 (1,863.3–2,063.4)	2,006.1 (1,822.5–2,189.7)	0.687
Retinol (µg)	212.7 (185.6–239.7)	187.7 (155.1–220.3)	0.246	204.5 (187.9–221.1)	211.4 (184.9–237.9)	0.666
Thiamine (mg)	1.5 (1.4–1.5)	1.3 (1.2–1.5)	0.131	1.4 (1.4–1.5)	1.2 (1.2–1.3)	<0.001
Riboflavin (mg)	1.7 (1.6–1.8)	1.8 (1.6–2)	0.357	1.7 (1.7–1.8)	1.6 (1.6–1.7)	0.064
Niacin (mg)	12.9 (12.2–13.6)	12.5 (11.5–13.5)	0.603	13 (12.5–13.4)	12.2 (11.5–12.9)	0.082
Folic acid (µgDFE)	260.8 (247.9–273.7)	257.7 (234.7–280.7)	0.816	262.3 (253.5–271.1)	243 (229.9–256.2)	0.016
Vitamin C (mg)	52.3 (46.2–58.5)	59 (42.3–75.7)	0.462	60.3 (56.1–64.4)	58.5 (50.1–66.9)	0.713

CI, confidence interval; SFA, saturated fatty acid; MFA, monounsaturated fatty acid; PFA, polyunsaturated fatty acid; N3FA, n-3 fatty acid; N6FA, n-6 fatty acid.