

Online Supplemental Material

Online Supplementary Table 1: Food coding scheme for aggregating foods reported in 24-hour dietary recalls from the 2007-2010 National Health and Nutrition Examination Survey (NHANES) into fruit and vegetable groups comparable to 2013 Youth Risk Behavior Surveillance System (YRBSS)^a

YRBSS survey question ^{1,2}	Foods included ^b
1. During the past 7 days, how many times did you drink 100% fruit juices such as orange juice, apple juice, or grape juice? (Do not count punch, Kool-Aid, sports drinks, or other fruit-flavored drinks.)	611----- or 61201--- thru 61213--- or 61216--- and 6120050- or 61214--- or 61219--- thru 61226---- or 6410011- thru 6422101-
2. During the past 7 days, how many times did you eat fruit? (Do not count fruit juice.)	6110---- thru 634----- or 641----- thru 642----- excluding fruit juice (see above)
3. During the past 7 days, how many times did you eat green salad?	274463--, 274501--, 274502--, 581019--, 72101100, 72107100, 72113100, 72116000, 72116140, 72116150, 72122100, 72124100, 72125100, 72130100, 75100250, 75100300, 75100500, 75101000, 75103000, 75104000, 75113000, 75113060, 75113080, 75114000, 75127500, 75143---, 75145--- thru 75148--- excluding 27450100, 27450130, 27450150, 27450250
4. During the past 7 days, how many times did you eat potatoes? (Do not count French fries, fried potatoes, or potato chips.)	71----- excluding fried potatoes and chips (712----- and 714-----)
5. During the past 7 days, how many times did you eat carrots?	731-----
6. During the past 7 days, how many times did you eat other vegetables? (Do not count green salad, potatoes, or carrots.)	7----- excluding green salad, potatoes, and carrots (see above), and fried potatoes and chips (712----- and 714-----)

^aBased on US Department of Agriculture (USDA), Food Survey Research Group defined food groups (descriptions available at http://www.ars.usda.gov/SP2UserFiles/Place/80400530/pdf/fndds/fndds4_doc.pdf and http://www.ars.usda.gov/SP2UserFiles/Place/12355000/pdf/fndds/fndds5_doc.pdf). To facilitate comparisons with YRBSS certain food codes were excluded: baby foods (67- ----- and 76- -----), dried fruit (62- -----), fruits and vegetables eaten in combination with sandwiches, and condiments including tomato sauces (salsa, ketchup, spaghetti sauce, etc., 744 -----), olives, pickles, and relishes (755 -----), and vinegar (644 -----).

^bUnique 8-digit USDA food code assigned to each food and beverage reported by NHANES participants during 24-hour dietary

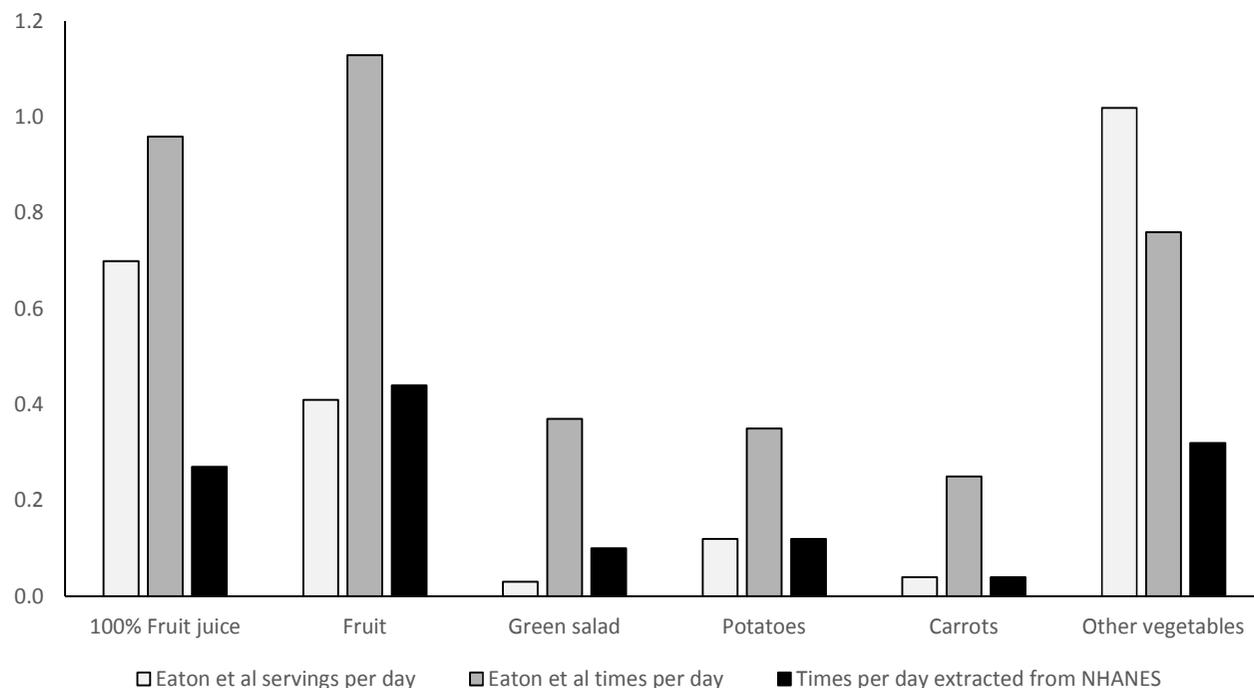
recalls. Description of codes available at http://www.ars.usda.gov/SP2UserFiles/Place/80400530/pdf/fndds/fndds4_doc.pdf and http://www.ars.usda.gov/SP2UserFiles/Place/12355000/pdf/fndds/fndds5_doc.pdf.

Online Supplementary Table 2: Regression coefficients for models predicting the log odds that cup equivalents of fruits and vegetables consumed \geq US Department of Agriculture Food Patterns intake recommendations for 14–18 year olds, by sex, National Health and Nutrition Examination Survey, United States, 2007-2010^a

Parameter	Description	Females	Males
Fruits			
β_0	Intercept	-7.5462	-4.4521
	Times per day		
β_1	100% Fruit juice	2.4820	1.4862
β_2	Fruit	2.3187	1.5688
	Race/ethnicity		
β_3	Hispanic	0.8625	-0.4365
β_4	Non-Hispanic Black	0.2416	-0.3798
Vegetables			
β_0	Intercept	-8.0599	-11.3467
	Times per day		
β_1	Green salad	4.3051	6.8078
β_2	Potatoes	2.2611	4.8934
β_3	Carrots	1.3320	2.5880
β_4	Other vegetables	1.9292	2.6681
	Race/ethnicity		
β_5	Hispanic	-0.1299	0.5696
β_6	Non-Hispanic Black	-1.1783	-1.8287

^a Prediction models account for usual intakes of fruits and vegetables, day of recall effect, weekend effect, and race/ethnicity. Intake recommendations are sex- and age-specific and assume physical activity is < 30 minutes daily.^{4,5}

Online Supplementary Figure 1: Mean times and servings per day of fruits and vegetables consumed from National Youth Physical Activity and Nutrition Study (NYPANS) 2010^a versus extracted times per day from National Health and Nutrition Examination Survey (NHANES) 2007-2010 24 hour dietary recalls^b



^a NYPANS assessed 1) times per day 100% fruit juice, fruit, salad, white potatoes excluding fried potatoes, carrots, and other vegetables were consumed over the past 7 days via a 6 item screener identical to the one on the national Youth Risk Behavior Surveillance System¹² and 2) servings per day of fruit and vegetables consumed via multiple 24 hour dietary recalls in a nationally representative sample of 610 high school students.⁹ Mean servings and times per day salad, potatoes, carrots, and other vegetables were consumed were calculated from NYPANS data (unpublished analyses) following methodology reported by Eaton et. al. because only total vegetable intake was provided in the original study⁹

^b The reported number of times per day each fruit and vegetable group were consumed extracted from NHANES 24 hour dietary recall data

Online Supplementary Table 3: Mean fruit and vegetable intake and correction factors, National Youth Physical Activity and Nutrition Study (NYPANS), 2010^a

	100% Fruit juice ^b	Fruit ^b	Green salad ^c	Potatoes ^c	Carrots ^c	Other vegetables ^c
Mean servings per day	0.70	0.41	0.03	0.12	0.04	1.02
Mean times per day	0.96	1.13	0.37	0.35	0.25	0.76
Correction factor ^d	0.73	0.36	0.08	0.34	0.16	1.34

^a NYPANS assessed 1) times per day 100% fruit juice, fruit, salad, white potatoes excluding fried potatoes, carrots, and other vegetables were consumed over the past 7 days via a 6 item screener identical to the one on the national Youth Risk Behavior Surveillance System¹² and 2) servings per day of fruit and vegetables consumed via multiple 24 hour dietary recalls in a nationally representative sample of 610 high school students⁹

^b Mean servings per day and mean times per day for 100% fruit juice and fruit as reported by Eaton et. al.⁹

^c Mean servings and times per day salad, potatoes, carrots, and other vegetables were consumed were calculated from NYPANS data (unpublished analyses) following methodology reported by Eaton et. al. because only total vegetable intake was provided in the original study⁹

^d Derived by dividing mean servings per day by mean times per day for each fruit and vegetable group