

Supplementary Materials

Free sugar intake and dietary sources in rural Japanese infants aged 18–23 months

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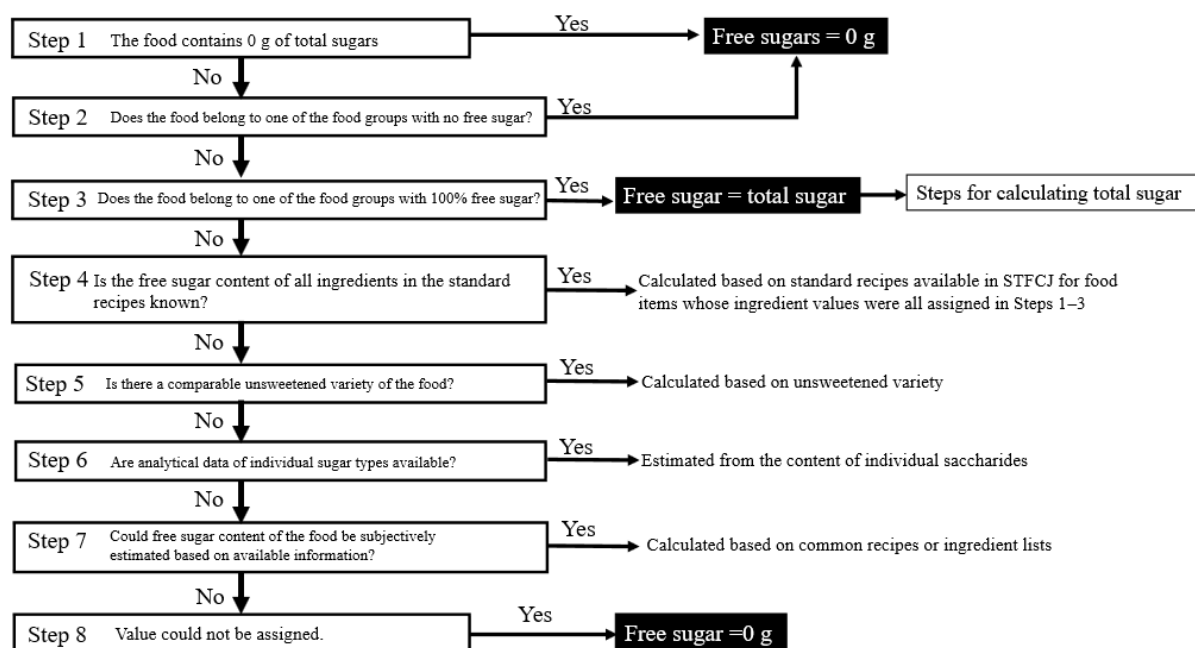
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The following 18 food groups are classified based on their nutritional composition and culinary characteristics, as outlined in the Standard Tables of Food Composition in Japan (STFC), 2020: Eighth Revised Edition—Available Carbohydrates, Polyols, Dietary Fiber and Organic Acids.⁴⁴

These groups are as follows: (1) cereals and grains; (2) potatoes and starches; (3) sugars and sweeteners; (4) legumes; (5) nuts and seeds; (6) vegetables; (7) fruits; (8) mushrooms; (9) seaweeds; (10) fish and shellfish; (11) meat; (12) eggs; (13) dairy products; (14) fats and oils; (15) confectioneries; (16) beverages (including tea, coffee, and alcohol); (17) seasonings and spices; and (18) processed and ready-to-eat foods



Supplementary Figure 1. Steps for measuring free sugar

The steps for measuring free sugar followed by Louie et al. included Steps 1 to 10,⁴³ with Steps 1 through 6 considered high-confidence as objective steps. Regarding the steps followed by Fujiwara et al.,³³ which was based on the measurement method utilized by Louie et al.,⁴³ the number of foods in Step 7 onwards was small, with the exception of Step 8 (calculated from general ingredient proportions). We considered it unlikely that the commercial foods consumed by the infants in this study would be included in Steps 7 and 9. Step 7 in the study by Fujiwara et al.³³ consisted of only three items, namely sugars, jams, and alcoholic beverages, whereas more than half of Step 9 consisted of seasonings. We modified the protocol by excluding both Steps 7 and 9 and following Step 8. Lastly, we followed the same procedure used by Louie et al.⁴³ and Fujiwara et al.³³ for Steps 1–6 (i.e., Objective Steps), with Step 7 as “calculated from general ingredient proportions” and Step 8 with 0 g free sugar given that no values could be assigned. The free sugar content was determined using an eight-step approach.

Supplementary Table 1. Number of food items in each step during the assessment of free sugar

Assessment step	total	Food groups																	
		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18
step1	8	0	0	0	1	0	0	1	0	0	0	0	0	1	0	0	5	0	0
step2	91	5	2	0	1	0	0	0	0	0	1	0	0	17	0	55	6	0	4
step3	308	4	2	0	0	0	1	1	0	1	1	0	0	26	0	246	7	0	19
step4	1	0	0	0	0	0	0	0	0	0	0	0	0	0	0	1	0	0	0
step5	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
step6	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
step7	1	0	0	0	0	0	0	0	1	0	0	0	0	0	0	0	0	0	0
step8	36	0	0	0	0	0	0	0	0	1	1	0	0	1	0	1	2	0	30

