

**Additional file 1 – Proportion of food products that qualified for Health Check™ compared to the proportion of food products that carried the system's symbol by subcategory (N=7503)**

Category	N	Products carrying Health Check™ N (%)	Products qualifying for Health Check™ N (%)	P-Value*	Kappa Statistic (confidence interval)†
<b>Vegetables &amp; Fruit</b>					
Fruit Juices	554	47 (8.5)	317 (57.2)	<.0001	0.1(0.1-0.2)
Fresh Fruit	0	- (-)	- (-)	-	-
Frozen Fruit	6	0 (0.0)	6 (100.0)	0.0313	0.0 (0.0-0.0)
Canned Fruit	129	19 (14.7)	115 (89.2)	<.0001	0.0 (0.0-0.1)
Apple and other fruit sauces	33	6 (18.2)	18 (54.6)	0.0005	0.3(0.1-0.5)
Dried Fruit Pieces	69	7 (10.1)	68 (98.6)	<.0001	0.0 (-0.0-0.0)
Dried Fruit Snacks	38	14 (36.8)	14 (36.8)	.	1.0(1.0-1.0)
Fresh and Frozen Vegetables (plain)	171	25 (14.6)	171 (100.0)	<.0001	0.0(0.0-0.0)
Canned Vegetables (plain)	162	7 (4.3)	160 (98.8)	<.0001	0.0(-0.0-0.0)
Canned Tomatoes	60	12 (20.0)	58 (96.7)	<.0001	0.0(-0.0-0.0)
Frozen and Canned Vegetables (seasoned, sauced)	27	1 (3.7)	6 (22.2)	0.0625	0.2(-0.2-0.6)
Tomato Juice	6	1 (16.7)	5 (83.3)	0.1250	0.1(-0.1-0.3)
Vegetable Juices and Blends	35	6 (17.1)	18 (51.4)	0.0005	0.3(0.1-0.6)
Tomato Paste	11	0 (0.0)	10 (90.9)	0.0020	-0.0(-0.0--0.0)
Minor Main Entrée Vegetable-Based Sauces	93	1 (1.1)	49 (52.7)	<.0001	0.0(-0.0-0.1)
Vegetable-Based Dips					
Frozen Fruit Bars	23	0 (0.0)	6 (26.1)	0.0313	0.0(0.0-0.0)
	7	0 (0.0)	0 (0.0)	-	-
<b>Grain Products</b>					
Bread	185	20 (10.8)	112 (60.5)	<.0001	0.1(0.1-0.2)
Bread Products	228	17 (7.5)	91 (39.9)	<.0001	0.2(0.1-0.3)
Hot Breakfast Cereals	57	4 (7.0)	40 (70.2)	<.0001	0.0(-0.1-0.1)
Breakfast Cereals (20-42 g per 250 mL)	79	7 (8.9)	29 (36.7)	<.0001	0.3(0.1-0.5)
Breakfast Cereals (≥43 g per 250 mL)	145	7 (4.8)	53 (36.6)	<.0001	0.1(0.0-0.2)

Very High Fibre Breakfast Cereals	7	2 (28.6)	7 (100.0)	0.0625	0.0(0.0-0.0)
Flour / Grains	6	0 (0.0)	3 (50.0)	0.2500	0.0(0.0-0.0)
Crackers / Rusks	261	28 (10.7)	115 (44.1)	<.0001	0.2(0.1-0.3)
Croutons	53	5 (9.4)	6 (11.3)	1.0000	0.9(0.7-1.0)
Rice Cakes	62	2 (3.2)	18 (29.0)	<.0001	0.2(-0.0-0.3)
Waffles / Pancakes	73	2 (2.7)	9 (12.3)	0.0156	0.3(-0.0-0.7)
Rice / Grains (plain)	78	8 (10.3)	78 (100.0)	<.0001	0.0(0.0-0.0)
Instant Rice (plain)	5	2 (40.0)	5 (100.0)	0.2500	0.0(-0.0--0.0)
Pasta	383	32 (8.4)	242 (63.2)	<.0001	0.1(0.1-0.1)
Side Dishes – Rice, grains or potatoes (seasoned, sauced)	132	7 (5.3)	31 (23.5)	<.0001	0.3(0.1-0.4)
Side Dishes – Pasta or noodles (seasoned, sauce)	104	0 (0.0)	1 (1.0)	1.0000	-0.0(-0.0--0.0)
Grain-based Bars	178	7 (3.9)	52 (29.2)	<.0001	0.2(0.1-0.3)
Muffins / Muffin-Style Bars	57	0 (0.0)	11 (15.8)	0.0010	0.0(0.0-0.0)
Plain Popcorn	53	3 (5.7)	3 (5.7)	1.0000	0.3(-0.2-0.8)
<b>Milk &amp; Alternatives</b>					
Milk and Milk Based Drinks	82	1 (1.2)	57 (69.5)	<.0001	0.0(-0.0-0.0)
Yogurts	95	12 (12.6)	49 (51.6)	<.0001	0.2(0.0-0.3)
Yogurt Based Drinks	17	0 (0.0)	11 (64.7)	0.0010	0.0(0.0-0.0)
Dairy-based dips	48	0 (0.0)	37 (77.1)	<.0001	0.0(0.0-0.0)
Fresh Cheese (plain and flavoured)	63	0 (0.0)	0 (0.0)	-	-
Cheese	390	9 (2.3)	46 (11.8)	<.0001	0.3(0.1-0.5)
Soy-based Cheese	5	0 (0.0)	0 (0.0)	-	-
Ricotta Cheese (plain)	10	0 (0.0)	1 (10.0)	1.0000	-0.0(-0.0--0.0)
Cottage Cheese (plain and flavoured)	23	0 (0.0)	18 (78.3)	<.0001	0.0(0.0-0.0)
Plant-based Beverages	76	8 (10.5)	61 (80.3)	<.0001	0.1(0.0-0.1)
<b>Meat &amp; Alternatives</b>					
Meats / Poultry (plain, seasoned, coated)	45	0 (0.0)	13 (28.9)	0.0002	-0.0(-0.0--0.0)
Meats / Poultry (with sauce)	103	4 (3.9)	18 (17.5)	0.0001	0.3(0.1-0.6)
Ground Meats (plain, seasoned)	6	1 (16.7)	6 (100.0)	0.0625	0.0(0.0-0.0)
Patties, meatballs, etc.	126	6 (4.8)	25 (19.8)	<.0001	0.3(0.1-0.5)
Sausages	117	1 (0.9)	5 (4.3)	0.1250	0.3(-0.2-0.8)

Deli Meats / Ham	213	4 (1.9)	55 (25.8)	<.0001	0.1(0.0-0.2)
Fish and Seafood (plain)	60	0 (0.0)	49 (81.7)	<.0001	0.0(0.0-0.0)
Fish and Seafood (seasoned or coated)	104	1 (1.0)	21 (18.3)	<.0001	0.1(-0.0-0.2)
Fish and Seafood (sauced)	32	3 (9.4)	7 (21.9)	0.1250	0.5(0.2-0.9)
Canned Fish and Seafood (packed in broth or water)	86	1 (1.2)	82 (95.4)	<.0001	0.0(-0.0-0.0)
Canned Fish and Seafood (seasoned, sauced)	45	3 (6.7)	26 (57.8)	<.0001	0.1(-0.0-0.2)
Processed Fish	7	2 (28.6)	3 (42.9)	1.0000	0.7(0.2-1.0)
Dried Legumes	78	1 (1.3)	78 (100.0)	<.0001	0.0(0.0-0.0)
Frozen and Canned Legumes (plain)	95	2 (2.1)	37 (39.0)	<.0001	0.1(-0.0-0.2)
Canned Legumes (prepared)	28	10 (35.7)	10 (35.7)	1.0000	0.8(0.6-1.0)
Tofu (plain)	15	3 (20.0)	14 (93.3)	0.0009	0.0(-0.0-0.1)
Vegetarian Meat Alternatives	28	7 (25.0)	17 (60.7)	0.0010	0.4(0.1-0.6)
Vegetarian Terrines, Spreads or Pâtés	0	- (-)	- (-)	-	-
Eggs	37	17 (46.0)	37 (100.0)	<.0001	-0.0(-0.0--0.0)
Egg Substitutes	0	- (-)	- (-)	-	-
Nuts, Seeds or Ready to Eat Dried Legumes	113	0 (0.0)	68 (60.2)	<.0001	-0.0(-0.0--0.0)
Nuts and Seeds Butters	39	1 (2.6)	30 (76.9)	<.0001	0.0(-0.0-0.0)
Legume-based dips	33	0 (0.0)	23 (69.7)	<.0001	-0.0(-0.0--0.0)
<b>Oils &amp; Fats</b>					
Oils	105	4 (3.8)	67 (63.8)	<.0001	0.0(0.0-0.0)
Margarines	47	10 (21.3)	39 (82.9)	<.0001	0.1(0.0-0.2)
Light Margarines	5	2 (40.0)	4 (80.0)	0.5000	0.3(-0.3-0.8)
Salad dressings	267	17 (6.4)	128 (47.9)	<.0001	0.1(0.0-0.2)
<b>Combination Foods</b>					
Soups	337	74 (22.0)	94 (27.9)	0.0005	0.7(0.7-0.8)
Dinners and Entrees / Mixed Dishes	427	26 (6.1)	81 (19.0)	<.0001	0.2(0.1-0.3)
Pizza	119	2 (1.7)	4 (3.4)	0.5000	0.7(.2-1.0)
Vegetarian or Meat Pies	39	0 (0.0)	0 (0.0)	-	-
Tofu or Meat or Fish with vegetables	65	6 (9.2)	1 (1.5)	0.1250	-0.0(-0.0-0.0)
Stuffed Pasta	26	2 (7.7)	3 (11.5)	1.0000	0.8(0.3-1.0)
Stuffed Meat	37	2 (5.4)	4 (10.8)	0.6250	0.3(-0.2-0.8)
Major Main Entrée Sauce	143	16 (11.2)	62 (43.4)	<.0001	0.3(0.2-0.4)

Potato and Pasta Salads	17	0 (0.0)	1 (5.9)	1.0000	0.0(0.0-0.0)
Other Salads	43	3 (7.0)	17 (39.5)	0.0001	0.2(-0.0-0.4)
Dried Fruit and Nut Mixture	37	0 (0.0)	28 (75.7)	<.0001	0.0(-0.0--0.0)
Nut and/or Seed Bars (with or without dried fruit)	0	- (-)	- (-)	-	-

\*P-Value for exact McNemar's test to compare paired proportions; testing whether the proportion of products qualifying for the FOP symbol is statistically different from the proportion carrying the FOP.

† The kappa coefficient measures the difference between observed agreement and expected agreement and lies on a scale of -1 to 1, where 0.0 is considered 'poor' agreement, 0.2 'slight', 0.4 'fair', 0.6 'moderate', 0.8 'substantial', and 1.0 'almost perfect' agreement.

“-” Indicates that there were no products available for a meaningful calculation.