

Figure S1. Participants' snack choices regarding gender, nutritional status and educational stage

The most often consumed snack among the normal nutritional status group were fruits (44.5%) followed by salty snacks (27.2%), sweets (11.9%), cereals/muesli (4.9%), and supplements (1.95%). Compared to other nutritional status groups, a difference regarding snack choice was noted for the obese group where sweets came in fourth place (12.9%), and the overweight group where sweets occupy fifth place (5.23%).

Regardless of the educational stage, fruits and salty snack came in the first and second place, respectively, but with opposite tendencies. Participants in higher educational stages evinced more seldom preference towards fruit (decrease from 51.3% to 37.4%) while conversely salty snack was more often chosen (an increase from 18.8% to 28.7%). Furthermore, sweets as a snack were more preferred among 7th-grade elementary school participants and 3rd-grade secondary school participants (positioned in third place with 9.3% and 17.1% share, respectively), while 5th-grade participants preferred cereals instead (10.5%). In addition, 3rd-grade secondary school participants excluded snack from the diet more often (7.1%) compared to the participants from other grades.

Considering gender, snack choices were identical and correspond to the normal nutritional status group.

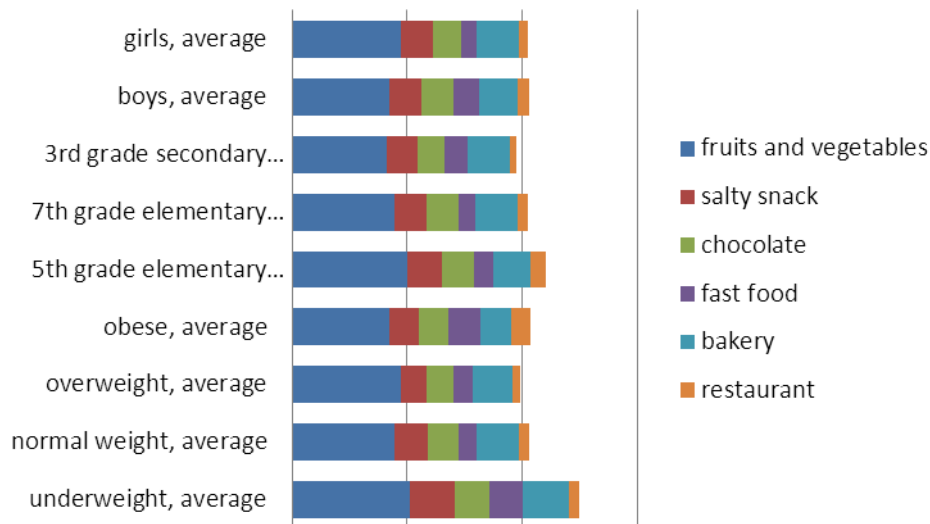


Figure S2. Participants' consumption frequency of selected snacks and eating outside home regarding gender, nutritional status and educational stage

Among all nutritional status groups, fruits and vegetables were consumed weekly more than 4.3 times especially among participants with overweight nutritional status (4.7 times). Reported salty snack and chocolate weekly consumption frequencies were similar 1.46 and 1.3 times, respectively for normal status participants, followed by obese status participants (1.3 and 1.23 times, respectively), and overweight status participants (1.17 and 1.13 times, respectively).

Considering the educational stage, a decrease in consumption frequencies for all mentioned snacks was noted with a higher educational stage. Participants from 5th grade consumed fruit and vegetables five times weekly, while among secondary school participants the average weekly consumption was 4.1. Higher consumption frequency for salty snack and chocolate was also noticed among 5th-grade participants (1.47 and 1.39 times weekly, respectively) compared to other grades.