**Table 1 Key foods selected for the 2018-19 analysis program**

| Food Group Category | Reason for Inclusion | Key Foods |
| --- | --- | --- |
| Savoury pasta/noodle and sauce dishes, 5% saturated fat | 1st tertile contributor to 20 nutrients (protein, total fat, starch, dietary fibre, folate, vitamin B6, vitamin B12, alpha-tocopherol, iron, magnesium, phosphorus, potassium, selenium, zinc, cholesterol, tryptophan, total saturated fat, total monounsaturated fat, linoleic acid, alpha-linoleic acid)2nd tertile contributor to 11 nutrients | 1. Pasta, white wheat flour, cooked from dry2. Bolognese sauce, homemade from basic ingredients3. Bolognese sauce, homemade from commercial sauce |
| Milk, cow, fluid, regular whole, full fat | 1st tertile contributor to 17 nutrients (protein, total fat, total sugars, retinol, riboflavin, folate, vitamin B6, vitamin B12, calcium, iodine, magnesium, phosphorus, potassium, zinc, tryptophan, total saturated fat, total monounsaturated fat)2nd tertile contributor to 6 nutrients | 4. Milk, cow, fluid, regular whole, full fat, unfortified |
| Bread and rolls, white, fortified | 1st tertile contributor to 14 nutrients (protein, starch, dietary fibre, thiamin, niacin, folic acid, iodine, iron, magnesium, phosphorus, selenium, sodium, tryptophan, linoleic acid)2nd tertile contributor to 9 nutrients | 5. White bread, commercial, fresh6. White bread, commercial, toasted |
| Poultry crumbed, battered, meatloaf or patty type | 1st tertile contributor to 11 nutrients (protein, total fat, niacin, vitamin B6, alpha-tocopherol, phosphorus, selenium, tryptophan, total monounsaturated fat, linoleic acid, alpha-linoleic acid)2nd tertile contributor to 13 nutrients | 7. Chicken schnitzel, commercial, baked without fat |
| Milk, cow, fluid, reduced fat, <2% | 1st tertile contributor to 8 nutrients (riboflavin, folate, vitamin B12, calcium, iodine, magnesium, phosphorus, potassium)2nd tertile contributor to 10 nutrients | 8. Milk, cow, fluid, reduced fat, <2 g/100g, unfortified |
| Breads and bread rolls, mixed grain, fortified | 1st tertile contributor to 5 nutrients (dietary fibre, alpha-tocopherol, iron, magnesium, alpha-linoleic acid)2nd tertile contributor to 15 nutrients | 9. Grain bread, commercial, fresh |
| Breakfast cereal, wheat based, fortified | 1st tertile contributor to 7 nutrients (dietary fibre, thiamin, riboflavin, niacin, iron, magnesium, zinc)2nd tertile contributor to 10 nutrients | 10. Weet Bix |
| Cheese, hard cheese ripened styles | 1st tertile contributor to 7 nutrients (total fat, retinol, calcium, phosphorus, sodium, zinc, total saturated fat)2nd tertile contributor to 10 nutrients | 11. Cheese, cheddar, natural, regular fat |
| Potatoes | 1st tertile contributor to 5 nutrients (starch, dietary fibre, folate, magnesium, potassium)2nd tertile contributor to 14 nutrients | 12. Potato, peeled, boiled |
| Bread and rolls, wholemeal and brown, fortified | 1st tertile contributor to 1 nutrient (dietary fibre)2nd tertile contributor to 15 nutrients | 13. Wholemeal bread, commercial, fresh |
| Butter | 1st tertile contributor to 3 nutrients (total fat, retinol, saturated fat)2nd tertile contributor to 1 nutrientUpdated fatty acid profile required | 14. Butter |