

Supplemental Figure 1: Sample 5% and 25% added sugar diets, 2000 kcal/d

5%, “Low” Added Sugar (LAS) Diet			25%, “High” Added Sugar (HAS) Diet		
Food	Quantity		Food	Quantity	
Breakfast			Breakfast		
Oatmeal (quick cooking)	29 g		Maple and brown sugar oatmeal (instant)	42 g	
Blueberries (from frozen, unsweetened)	158 g		Dried cranberries	57 g	
Whole milk	265 g		Whole chocolate milk	245 g	
Banana (fresh)	120 g				
Morning Snack			Morning Snack		
String cheese (regular fat)	25 g		String cheese (regular fat)	28 g	
Lunch			Lunch		
PB&J Sandwich			PB&J Sandwich		
Peanut butter	22 g		Peanut butter	28 g	
Sugar-free jam	15 g		Reduced sugar jelly	23 g	
White bread	76 g		White bread	86 g	
Baby carrots (fresh)	70 g		Baby carrots (fresh)	80 g	
Ranch dressing (reduced calorie)	32 g		Ranch dressing (reduced calorie)	33 g	
Orange juice	318 g		Fruit-juice flavored drink	258 g	
Fruit-juice flavored drink	72 g				
Afternoon Snack			Afternoon Snack		
Strawberries (fresh)	200 g		Granola bar (dark chocolate, peanut, and almond)	35 g	
Granola bar (apple crisp)	21 g				
Dinner			Dinner		
Chicken breast (baked)	102 g		Chicken breast (baked)	102 g	
Barbecue sauce	18 g		Barbecue sauce	15 g	
Instant rice	125 g		Dinner roll (from frozen)	28 g	
Butter (unsalted)	18 g		Butter (unsalted)	12 g	
Green beans (steamed from frozen)	130 g		Green beans (steamed from frozen)	120 g	
Iceberg lettuce	90 g		Iceberg lettuce	90 g	
Baby carrots (fresh)	70 g		Baby carrots (fresh)	80 g	

Ranch dressing (reduced calorie)	32 g	Ranch dressing (reduced calorie)	35 g
Extras		Extras	
Sucralose	3 packets	Sucralose	3 packets
Water (bottled, spring)	3 x 16.9 fluid ounces	Water (bottled, spring)	3 x 16.9 fluid ounces