

1 **Table 1:** Classification of foods and dishes included in the study

Main Categories	Number of dishes (picture series)	Food and Dishes included
Vegetables and legumes	15	Cucumber, tomato, carrot, green leafy vegetables (raw or boiled), cabbage, broccoli, beans and peas, stuffed vegetables with rice, spinach with rice, vegetable stew, vegetable purée
Spreads	4	Marmalade, jam and butter
Cereals and cereal-based dishes	16	Bread, pasta (plain boiled, different patterns including traditional ones), macaroni pie, rice, trahanas (traditional porridge), breakfast cereals, porridge
Sweets	5	Cakes, sweet pies with cream fillings
Meat and meat-based dishes	11	Meat in lemon sauce, soup of meat balls with rice, meat balls, bolognaise sauce, steaks, silverside slices, roasted chicken, sausages, burgers
Seafood	4	Fish (whole or fillet), fried squids
Fruit	3	Melon, fruit purée, fruit compote
Dairies and eggs	5	Cream pudding, rice pudding, ice cream, tzatziki, egg omelette
Potatoes	4	French fries, baked potatoes, potato purée, chips
Traditional pies and savoury pastry	3	Spinach pies (triangular, rectangular), pizza
Soups	1	Vegetable soup
Cheese	2	Feta cheese and different varieties of traditional yellow cheeses

2 **Table 2:** Descriptive characteristics of the parents participating in the study (N=138) by number of offsprings

	Number of offsprings			Total
	One N (%)	Two N (%)	Three or more N (%)	N (%)
Overall	49 (36)	71 (51)	18 (13)	138 (100%)
Gender				
Male	13 (9)	26 (19)	4 (3)	43 (31)
Female	36 (26)	45 (33)	14 (10)	95 (69)
Education (years of schooling)				
≤12 years	7 (5)	23 (17)	10 (7)	40 (29)
>12 years	42 (30)	48 (35)	8 (6)	98 (71)
Age (years)				
25-34	17 (12)	12 (9)	1 (1)	30 (22)
35-44	22 (16)	46 (33)	11 (8)	79 (57)
≥45	10 (7)	13 (9)	6 (4)	29 (21)

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4 **Table 3:** Number of assessments (n) and mean differences (SD)^a of the picture number indicated by each participant from the picture
 5 number corresponding to the actually displayed portion (Pictures No2 - No5 in all photo series)^b

Food groups	Picture No2				Picture No3				Picture No4				Picture No5			
	mean difference= -0.002				mean difference= -0.108				mean difference= -0.161				mean difference= -0.192			
	SD difference= 0.743				SD difference= 0.681				SD difference= 0.651				SD difference= 0.649			
	N	Differences			N	Differences			N	Differences			N	Differences		
		mean	(sd)			mean	(sd)			mean	(sd)			mean	(sd)	
Vegetables and legumes	82	-0.27	(0.57)	***	84	-0.32	(0.66)	***	84	-0.39	(0.73)	***	80	-0.33	(0.59)	***
Spreads	19	-0.05	(0.62)		20	0.05	(0.60)		27	-0.07	(0.47)		26	-0.15	(0.67)	
Cereals and cereal-based dishes	81	0.14	(0.96)		83	-0.29	(0.77)	**	81	-0.17	(0.77)	*	79	-0.16	(0.67)	*
Sweets	30	0.00	(0.59)		28	-0.07	(0.94)		28	-0.18	(0.72)		30	-0.30	(1.02)	
Meat and meat-based dishes	52	0.00	(0.69)		52	0.12	(0.43)		54	0.09	(0.40)		49	-0.06	(0.32)	
Seafood	20	0.00	(0.00)		19	-0.11	(0.32)		19	0.05	(0.40)		19	-0.05	(0.23)	
Fruit	18	-0.06	(0.24)		16	-0.13	(0.50)		16	-0.19	(0.54)		17	-0.18	(0.64)	
Dairies and eggs	26	0.00	(0.75)		30	-0.03	(0.41)		29	-0.21	(0.62)		28	-0.36	(0.83)	*
Potatoes	24	0.38	(0.58)	**	21	0.19	(0.75)		23	-0.17	(0.58)		21	0.00	(0.55)	
Traditional pies and savory pastry	18	0.17	(0.86)		17	0.12	(0.60)		18	0.11	(0.32)		18	0.00	(0.49)	
Soups	6	-1.00	(0.00)		6	-0.50	(0.55)		6	-0.67	(1.03)		6	-0.83	(1.17)	
Cheese	11	0.55	(1.29)		12	0.50	(0.80)		12	-0.08	(0.51)		12	0.00	(0.43)	

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 7 ^a: Differences estimated as (picture number selected) – (picture number of the displayed, actual portion)
 8 ^b: Level of significance of estimated differences evaluated through a t-test
 9 * : significant differences at 5% level of sign
 10 ** : significant differences at 1% level of sign
 11 ***: significant differences at 0.1% level of sign
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13 **Table 4:** Number (n) and percentage (%) of selections of correct, adjacent or distal food pictures (Picture No1 and Picture No6 in all
 14 photo series)^a

Food groups	Picture No 1							Picture No 6						
	All	No difference,		Exactly 1 pict. dif.		>1 pict. dif.		All	No difference		Exactly 1 pict. dif.		>1 pict. dif.	
	n	n	(%)	n	(%)	n	(%)	n	n	(%)	n	(%)	n	(%)
Vegetables and legumes	86	66	(77%)	17	(20%)	3	(3%)	78	39	(50%)	35	(45%)	4	(5%)
Spreads	17	13	(76%)	4	(24%)	0	(0%)	24	22	(92%)	1	(4%)	1	(4%)
Cereals and cereal-based dishes	75	54	(72%)	17	(23%)	4	(5%)	79	51	(65%)	20	(25%)	8	(10%)
Sweets	30	26	(87%)	4	(13%)	0	(0%)	28	24	(86%)	4	(14%)	0	(0%)
Meat and meat-based dishes	50	46	(92%)	2	(4%)	2	(4%)	45	38	(84%)	7	(16%)	0	(0%)
Seafood	20	20	(100%)	0	(0%)	0	(0%)	20	19	(95%)	1	(5%)	0	(0%)
Fruit	17	13	(76%)	4	(24%)	0	(0%)	18	14	(78%)	4	(22%)	0	(0%)
Dairies and eggs	27	22	(81%)	5	(19%)	0	(0%)	26	18	(69%)	5	(19%)	3	(12%)
Potatoes	23	14	(61%)	8	(35%)	1	(4%)	24	17	(71%)	7	(29%)	0	(0%)
Traditional pies and savory pastry	17	17	(100%)	0	(0%)	0	(0%)	18	18	(100%)	0	(0%)	0	(0%)
Soups	6	6	(100%)	0	(0%)	0	(0%)	6	4	(67%)	1	(17%)	1	(17%)
Cheese	11	8	(73%)	2	(18%)	1	(9%)	12	11	(92%)	0	(0%)	1	(8%)

15 ^a“Correct” corresponds to selections of pictures of the displayed portions; “Adjacent” corresponds to selections of picture No2, when
 16 the quantity in picture No1 was displayed or picture No5, when the quantity in picture No6 was displayed; and “Distal” refers to any
 17 other selection.

Table 5: Mean differences in picture selection^a by participants' characteristics and food groups

	Mean difference	Significant differences ^b
Gender^c		
Male	-0.11	NS
Female	-0.09	NS
Education^c		
≤12 school years	-0.12	NS
>12 school years	-0.08	NS
Age Groups^d		
25-34	-0.12	NS
35-44	-0.07	NS
45+	-0.12	NS
Number of offsprings^d		
1	-0.08	NS
2	-0.11	NS
3 or more	-0.04	NS
Age Groups (children)^d		
<1	-0.11	NS
1-3	-0.09	NS
≥4	-0.09	NS
Food Groups^d		
Vegetables and legumes	-0.26	with spreads, cereals, meat, fish, potatoes, pastries, cheese
Spreads	-0.05	with vegetables, soups
Cereals and cereal-based dishes	-0.11	vegetables, soups, cheese
Sweets	-0.09	with soups, cheese
Meat and meat-based dishes	0.02	with vegetables, soups
Seafood	-0.03	with vegetables, soups
Fruit	-0.09	with soups
Dairies and eggs	-0.14	with soups, cheese
Potatoes	0.09	with vegetables, soups
Traditional pies and savoury pastry	0.07	with vegetables, soups
Soups	-0.58	with all food groups except for vegetables
Cheese	0.21	with vegetables, cereals, sweets, dairy products, soups

NS: Difference not significant

^a: Differences estimated as (picture number selected) – (picture number of the displayed, actual portion)

^b The detected significant differences across groups were defined by $p < 0.05$, when using the Tukey-Kramer test

^c The t-test was used for comparisons

^d The Tukey-Kramer test was used for comparisons