

**Table S1** Most accepted category and form of consumption, by food group, according to age group, of children and adolescents with eating difficulties. CENDA-PENSI, São Paulo, 2025.

		1 - Milk and dairy products	2 - Protein foods	3 - Mixed meals	4 - Grains and cereals	5 - Snacks and sweets	6 - Fruits and vegetables	7 - Beverages	8 - Fats, condiments, and sauces	9 - Baby food and formulas
Age group	Ranking	Category/ Most accepted form of consumption	Category/ Most accepted form of consumption	Category/ Most accepted form of consumption	Category/ Most accepted form of consumption	Category/ Most accepted form of consumption	Category/ Most accepted form of consumption	Category/ Most accepted form of consumption	Category/ Most accepted form of consumption	Category/ Most accepted form of consumption
Infants	1	Yogurt/yogurt with strawberry-flavored fruit preparation	Egg/boiled egg	Soup/clear soup	Bread/French bread	Savory biscuit/cassava starch biscuit	Potato/French fries	Natural juice/natural orange juice	Cream cheese Vegetable cream Barbecue sauce Green olives	Infant formula/follow-on infant formula (6-12 months)
	2	Cheese/white cheese	Chicken/cooked chicken	Filled bread/Sliced bread with cream cheese	Rice/white rice	Sweet biscuit/sweet corn starch cookie	Banana	Whole juice/whole grape juice		Sweet baby food puree
	3	Vitamin/banana vitamin with milk	Beef/cooked beef Beans/carioca beans	Kibbeh	Pasta/wheat pasta	Cheese bread	Apple/red apple Grape/purple grape	Coconut water		Breast milk Young children formula
	4	Milk/pure whole milk	Fish/cooked fish	Savory stuffed pie Pizza	Oats/oatmeal	Popcorn/salted popcorn	Mango	Coffee Tea/chamomile tea Ready-sweetened fruit drink/apple-flavored sweetened fruit drink		High-calorie dietary supplement
	5		Peas	Pasta with topping/pasta with tomato sauce Quiche/cheese-filled quiche	Cake/homemade cake	Ice cream/creamy ice cream	Pear			Savory baby food puree
Preschoolers	1	Cheese/petit suisse cheese	Chicken/breaded chicken breast fillet	Filled bread/French bread with butter	Bread/French bread	Sweet biscuit/corn starch sweet biscuit	Potatoes/French fries	Natural juice/natural orange juice	Olives/green olives Cream cheese	Young children formula
	2	Yogurt/strawberry-flavored yogurt with fruit	Egg/hard-boiled egg	Pizza/mozzarella pizza	Cake/light homemade cake	Savory biscuit/cassava starch biscuit	Banana	Whole juice/whole grape juice	Butter Ketchup	High-calorie dietary supplement
	3	Milk/whole milk	Beef/cooked beef	Pasta with supplement/pasta with butter	Rice/white rice	Chocolate/milk chocolate	Apple/red apple	Soda/guarana soda	Honey	Sweet baby food puree
	4	Fermented milk	Beans/carioca beans	Soup/vegetable soup	Pasta/wheat pasta	Ice cream/creamy ice cream	Grapes/purple grape	Ready-sweetened fruit drink/grape-flavored sweetened fruit drink	Cream cheese	Follow-up infant formula for young children (ages 1 to 3 years)

Schoolchildren	5	Vitamin/yellow fruit vitamin with milk	Fish/cooked fish	Pastry/cheese-filled pastry	Breakfast cereal/corn cereal with sugar	Cheese bread	Cassava/cassava flour	Soy extract-based drink/grape-flavored soy extract-based drink	Savory baby food puree
	1	Cheese/mozzarella cheese	Egg/hard-boiled egg	Pizza/mozzarella pizza Pasta with topping/pasta with tomato sauce	Bread/French bread	Sweet biscuit/chocolate-flavored sweet biscuit with chocolate filling	Potato/French fries	Natural juice/natural orange juice	Olives/green olives High-calorie dietary supplement
	2	Yogurt/strawberry-flavored yogurt with fruit	Chicken/breaded chicken breast fillet	Sandwich/French bread with butter	Rice/white rice	Ice cream/creamy ice cream	Banana	Ready-sweetened fruit drink/grape-flavored sweetened fruit drink	Cream cheese Young children formula
	3	Fermented milk Milk/whole milk with infant food supplement	Beef/cooked beef	Pastry/pastry with cheese filling	Pasta/wheat pasta	Chocolate/milk chocolate	Apple/red apple	Whole juice/whole grape juice	Butter Savory baby food puree
	4	Milk drink/chocolate-flavored UHT milk drink	Beans/carioca beans	Rice with side dish/rice with vegetables Hamburger/homemade beef hamburger Coxinha	Cake/chocolate cake	Popcorn/salted popcorn Savory biscuit/traditional savory biscuit	Strawberry	Soft drink/guarana soda	Sweet baby food puree
Adolescents	5	Vitamin/yellow fruit vitamins with milk	Fish/cooked fish		Breakfast cereal/sweet corn cereal with sugar	Candy/chewy candy	Carrot/cooked carrot Grape/purple grape	Soy extract-based drink/grape-flavored soy extract-based drink	
	1	Cheese/mozzarella cheese	Egg/hard-boiled egg	Sandwich/bread with butter	Bread/French bread	Sweet biscuit/ Chocolate-flavored sweet biscuit with chocolate filling	Potato/French fries	Natural juice/natural orange juice	Butter Vanilla-flavored high-calorie dietary supplement
	2	Milk/whole milk with chocolate powder	Chicken/breaded chicken breast fillet	Pasta with toppings/pasta with butter	Cake/homemade cake and carrot cake	Chocolate/milk chocolate	Apple/red apple	Whole juice/whole purple grape juice	Cream cheese Ketchup
	3	Yogurt/strawberry-flavored yogurt with fruit	Beans/carioca beans	Pizza Soup/vegetable soup	Rice/white rice	Ice cream/popsicle	Banana Pear	Soda/guarana soda	
	4	Fermented milk	Beef/cooked meat	Beef stroganoff Hamburger Sushi Pastry/cheese-filled pastry	Pasta/wheat pasta	Popcorn/salted popcorn	Mango Grape/purple grape	Ready-sweetened fruit drink	
5		Fish		Cassava/cassava flour	Savory biscuit/traditional savory biscuit	Tomato Lettuce	Soy extract-based beverage		