

## Supplementary Files

**Table 4: Summary of fortnightly diet outputs generated in DIETCOST**

Diet Scenario		Common foods used (N)	Individual diet outputs (N)	Mean Energy (kJ/day)	Household diet outputs (N)
<b>Current</b>	<i>G</i>	106	237	7285	237
	<i>B</i>		242	13956	
	<i>M</i>		237	12569	
	<i>W</i>		238	9488	
<b>Healthy</b>	<i>G</i>	105	236	6859	219
	<i>B</i>		225	12742	
	<i>M</i>		219	11274	
	<i>W</i>		220	9046	
<b>Flexitarian</b>	<i>G</i>	62	253	6613	211
	<i>B</i>		222	12576	
	<i>M</i>		242	10992	
	<i>W</i>		211	8789	
<b>Vegan</b>	<i>G</i>	66	210	6666	210
	<i>B</i>		221	12650	
	<i>M</i>		229	11052	
	<i>W</i>		232	8848	

*G = Girl; B = Boy; W = Woman; M = Man*

**Table 5: Mean Nutrient intake of household members across fortnightly diet outputs**

Diet Scenario		% Energy				Sodium mg	Fibre g
		Fat	Saturated Fat	Carbohydrate	Protein		
<b>Current</b>	<i>G</i>	37	13	49	14	33323	254
	<i>B</i>	35	11	48	16	63852	342
	<i>M</i>	38	12	43	19	60677	355
	<i>W</i>	37	13	43	20	43614	316
<b>Healthy</b>	<i>G</i>	23	7	57	19	17691	380
	<i>B</i>	27	8	53	19	30675	748
	<i>M</i>	26	8	54	19	30340	654
	<i>W</i>	25	8	54	20	27355	516
<b>Flexitarian</b>	<i>G</i>	36	7	44	19	13573	553
	<i>B</i>	38	7	41	18	25380	1036
	<i>M</i>	36	7	42	19	24101	938
	<i>W</i>	35	7	43	19	20584	752
<b>Vegan</b>	<i>G</i>	40	6	40	16	10436	592
	<i>B</i>	42	6	38	16	21008	1094
	<i>M</i>	42	6	38	17	20153	987
	<i>W</i>	40	6	40	17	18007	798

**Table 6: Substitution of common foods among the four dietary scenarios. Adapted from Mackay<sup>31</sup>**

<b>Food group</b>	<b><i>Current</i></b>	<b><i>Healthy</i></b>	<b><i>Flexitarian</i></b>	<b><i>Vegan</i></b>
Grains	White bread	Multigrain bread	Multigrain bread	Multigrain bread
	White rice	Brown rice	Brown rice	Brown rice
	Plain pasta	Wholemeal pasta	Wholemeal pasta	Wholemeal pasta
Dairy/dairy alternatives	Regular milk	Low-fat milk	Low-fat milk	Almond/Soy milk
	Full-fat sweetened yoghurt	Low-fat plain yoghurt	Low-fat plain yoghurt	Soy yoghurt
	Colby Cheese	Edam Cheese	Edam Cheese	NA
Meat, poultry, seafood, nuts, legumes, and seeds	Corned beef	Blade steak	Neck chops	Masala burger patty
	Chicken drumsticks	Chicken breast, no skin	Chicken breast, no skin	Four Bean Mix
	Salted peanuts	Unsalted peanuts	Unsalted peanuts	Unsalted peanuts
Beverages	Regular soda	Diet soda	NA	NA
	Fruit drink	Water	Water	Water
Fruit	Peaches canned in light syrup	Lite peaches canned with no added sugar (artificial sweetener)	Lite peaches canned with no added sugar (artificial sweetener)	Lite peaches canned with no added sugar (artificial sweetener)
Vegetables	Tomatoes canned, added salt	Tomatoes canned, no added salt	Tomatoes canned, no added salt	Tomatoes canned, no added salt
Fats	Butter	Margarine	Canola/Olive oil	Canola/Olive oil
Other	Peanut butter, added salt	Peanut butter, no added salt or sugar	Peanut butter, no added salt or sugar	Peanut butter, no added salt or sugar
	Tomato sauce, regular	Tomato sauce, lite	Salsa	Salsa

**Table 7: List and quantities of common foods among the four dietary scenarios. Adapted from Mackay<sup>31</sup>**

<b>Current Diet</b>					
<b>Common foods</b>	<b>Serve size (g)</b>	<b>Total number of serves per fortnight (range)</b>			
		<b>Adult man</b>	<b>Adult woman</b>	<b>14-year old boy</b>	<b>7-year old girl</b>
<b>FRUIT</b>					
Kiwifruit, fresh	120	16-20	18-22	14-18	22-26
Bananas, fresh					
Apples, fresh					
Peaches, canned no added sugar					
Mandarins, fresh					
Oranges, fresh					
Pears, fresh					
Canned fruit salad in syrup					
<b>VEGETABLES</b>					
Broccoli, fresh	75	46-54	48-56	38-46	30-38
Cabbage, fresh					
Carrots, fresh					
Cauliflower, fresh					
Cucumber, fresh					
Lettuce, fresh					
Mixed vegetables, frozen					
Onions, fresh					
Silverbeet, fresh					
Tomatoes, fresh					

Vegetable soup, canned					
Taro leaves					
Garlic, fresh	5				
<b>STARCHY VEGETABLES</b>					
Kumara, fresh	135	2-8	2-8	0-8	0-8
Potatoes, fresh					
Potato fries, frozen, superfries, straight cut					
Pumpkin, fresh					
Cassava, frozen					
Taro					
Green banana					
<b>GRAINS</b>					
Bread, white	65	78-94	58-78	80-96	40-56
Bread, wheatmeal					
Bread, multigrain					
Cornflakes					
Muesli, toasted					
Weetbix					
Rolled oats					
Pasta regular					
Rice, long grain, white					
Spaghetti, canned					
Crackers, cabin bread					
Vermicelli					
Quick noodles, 2 minutes					
Cocoa puffs					

Cake, chocolate					
Pineapple pie					
Biscuits, arrowroot	30				
Donut					
Coconut cream buns					
<b>DAIRY/ALTERNATIVES</b>					
Cheese, Colby	40	16-20	16-20	20-24	20-24
Cheese, Edam					
Milk, trim	250				
Milk, standard					
Yoghurt, full-fat flavoured					
<b>PROTEIN FOODS</b>					
Beef, corned silverside	100	36-44	20-28	24-32	14-22
Beef steak, blade					
Beef, mince					
Chicken, whole, pre-cooked					
Chicken drumstick					
Lamb shoulder chops					
Pork leg roast					
Fish fillets, fresh					
Tuna, canned in oil					
Fish fillets, frozen					
Corned beef regular					
Lamb mutton flaps					
Sausages					
Luncheon sausage					

Corned beef regular					
Lamb mutton flaps					
Baked Beans regular	135				
Chickpeas, canned					
Eggs	50				
peanuts, salted					
Bacon, middle rashers					
Ham, sliced or shaved					
<b>FATS &amp; OILS</b>					
Butter	15				
Margarine, monounsaturated regular fat					
Olive oil		22-34	18-26	20-32	18-26
Canola oil	10				
Coconut cream regular					
<b>DISCRETIONARY FOODS</b>					
Chocolate, dairy milk block	50				
Sweets - gum, jelly soft					
Potato crisps, regular cut					
Ice cream, plain	60				
Muesli Bar, fruit nut choc	40				
Pasta sauce	125	46-68	22-32	54-82	40-60
Tomato sauce	15				
Mayonnaise, regular					
White sugar	5				
Jam, strawberry	10				
<b>SAUCES, DRESSINGS, SPREADS, SUGARS</b>					

Peanut butter, added salt	15	88-132	82-124	68-102	28-42
Tomato sauce					
Soy sauce regular	5				
Marmite	10				
<b>BEVERAGES</b>					
Milo, powder	20	12-16	8-10	14-22	8-10
Cola					
Diet cola					
Fruit drink orange	250				
Orange juice					
Energy drink					
Soft drink powder	15				
<b>TAKEAWAYS</b>	0				
<b>ALCOHOL</b>	0				
<b>SUPPLEMENT</b>	0				

<b>Healthy Diet</b>					
Common foods	Serve size	Total number of serves per fortnight (target)			
		Adult man	Adult woman	14-year old boy	7-year old girl
<b>FRUIT</b>					
Kiwifruit, fresh	120	28-42	28-42	28-42	28-42
Bananas, fresh					
Apples, fresh					
Peaches, canned no added sugar					
Mandarins, fresh					
Oranges, fresh					



Pears, fresh					
<b>VEGETABLES</b>					
Avocados, fresh	75	28-56	28-56	28-56	14-42
Broccoli, fresh					
Cabbage, fresh					
Carrots, fresh					
Cauliflower, fresh					
Corn, frozen					
Cucumber, fresh					
Lettuce, fresh					
Mixed vegetables, frozen					
Onions, fresh					
Peas, frozen					
Silverbeet, fresh					
Tomatoes, fresh					
Tomatoes, canned, low salt					
Taro leaves					
Garlic, fresh	5				
<b>STARCHY VEGETABLES</b>					
Kumara, fresh	135	14-28	14-28	14-28	14-28
Potatoes, fresh					
Pumpkin, fresh					
Cassava, frozen					
Taro					
Green banana					
<b>GRAINS</b>					

Bread, white					
Bread, wheatmeal					
Bread, multigrain					
Cornflakes					
Muesli, toasted					
Weetbix					
Rolled oats					
Pasta regular	65	84-168	84-168	70-168	56-112
Pasta wholemeal					
Rice, long grain, white					
Rice, brown					
Spaghetti, canned, lite					
Crackers, cabin bread					
Vermicelli					
<b>DAIRY/ALTERNATIVES</b>					
Cheese, Colby	40				
Cheese, Edam					
Milk, trim	270	28-56	28-56	42-70	28-56
Milk, standard					
Yoghurt, reduced fat, flavoured	150				
<b>PROTEIN FOODS</b>					
Eggs	50				
Peanuts, plain					
Almonds, plain		28-56	28-56	28-56	14-42
Beef, corned silverside	100				
Beef steak, rump					

Chicken, whole, pre-cooked					
Chicken drumstick					
Lamb shoulder chops					
Pork leg roast					
Fish fillets, fresh					
Tuna, canned in water					
Fish fillets, frozen					
Beef, mince lean					
Chickpeas, canned	135				
Baked Beans 50% less sugar					
<b>FATS &amp; OILS</b>					
Margarine, mufa regular fat	15				
Olive oil		2-32	2-30	8-50	8-24
Canola oil	10				
coconut cream lite					
<b>DISCRETIONARY FOODS</b>					
Chocolate, dairy milk block					
Sweets - gum, jelly soft					
Bacon, middle rashers	50				
Ham, sliced or shaved					
Ice cream, plain	60	2-10	2-10	4-16	2-10
Muesli Bar, fruit nut choc	40				
Potato crisps, regular cut	135				
Cake, fruit					
Pineapple pie	65				
Quick noodles, 2 minutes					

Cocoa puffs					
Biscuits, arrowroot					
Donut	30				
Coconut cream buns					
Sausages					
Luncheon sausage	100				
lamb mutton flaps					
corned beef regular					
Jam, strawberry	10				
Pasta sauce	125				
Mayonnaise, regular	15				
White sugar	5				
<b>SAUCES, DRESSINGS, SPREADS, SUGARS</b>					
Peanut butter, no added salt or sugar					
Tomato sauce, lite	15	2-36	2-30	2-42	2-30
Soy sauce reduced salt					
<b>BEVERAGES</b>					
Milo, powder	20				
Soft drink powder	15				
Cola					
Diet cola		6-8	6-8	6-10	6-10
Fruit drink orange	250				
Orange juice					
Energy drink					
<b>TAKEAWAYS</b>	0				
<b>ALCOHOL</b>	0				

<b>SUPPLEMENT</b>	0				
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<b>Flexitarian - Planetary Diet</b>					
<b>Common foods</b>	<b>Serve size</b>	<b>Total number of serves per fortnight (range)</b>			
		<b>Adult man</b>	<b>Adult woman</b>	<b>14-year old boy</b>	<b>7-year old girl</b>
<b>FRUIT</b>					
Kiwifruit, fresh	120	24-46	24-46	24-46	24-46
Bananas, fresh					
Apples, fresh					
Peaches, canned no added sugar					
Mandarins, fresh					
Oranges, fresh					
Pears, fresh					
<b>VEGETABLES</b>					
Tomatoes, canned, low salt	75	56-112	56-112	56-112	56-112
Broccoli, fresh					
Tomatoes, fresh					
Cucumber, fresh					
Stir Fry Vegetables, frozen					
Cauliflower, fresh					
Avocados, fresh					
Courgettes, fresh					
Lettuce, fresh					
Mushrooms, fresh					
Spinach, frozen					
Cabbage, fresh					
Capsicums, fresh					
Onions, fresh					

<b>STARCHY VEGETABLES</b>					
Kumara, fresh	135	6-10	6-10	6-10	6-10
Potatoes, fresh					
Pumpkin, fresh					
Carrots, fresh					
<b>GRAINS</b>					
Weetbix	65	50-66	50-66	42-66	34-44
Bread, multigrain					
Pasta wholemeal					
Couscous, wholemeal wheat					
Bread, wheatmeal					
Rolled oats					
Mixed grain crackers					
Pita bread, wholemeal					
Muesli, toasted					
Rice, brown					
Corn Chips					
Mixed Grain Crispbread					
<b>DAIRY/ALTERNATIVES</b>					
Yoghurt, natural, low-fat	150	12-26	12-26	16-32	12-26
Milk, trim	270				
Cheese, Edam	40				
<b>PROTEIN FOODS</b>					
Pork leg roast	100	48-98	48-98	48-98	24-72
Lamb shoulder chops					
Fish fillets, fresh					

Black Beans Canned						
Chicken breast fresh						
Pumpkin seeds	50					
Hummus dip						
Almonds, plain						
Sunflower seeds						
Eggs						
Peanuts, plain						
Peanut butter, no added salt or sugar						
Baked Beans 50% less sugar		135				
Lentils, canned in springwater		150				
Red Kidney Beans, canned						
Chickpeas, canned						
Tofu						
Middle Eastern Falafel Lisa						
<b>FATS &amp; OILS</b>						
Olive oil	10	14-30	14-30	14-30	14-30	
Canola oil						
<b>DISCRETIONARY FOODS</b>	0					
<b>SAUCES, DRESSINGS, SPREADS, SUGARS</b>						
Marmite	15	0-28	0-28	0-28	0-28	
Mild Salsa						
<b>BEVERAGES</b>	0					
<b>TAKEAWAYS</b>	0					
<b>ALCOHOL</b>	0					
<b>SUPPLEMENT</b>	0					



<b>Vegan - Planetary Diet</b>					
<b>Common foods</b>	<b>Serve size</b>	<b>Total number of serves per fortnight (range)</b>			
		<b>Adult man</b>	<b>Adult woman</b>	<b>14-year old boy</b>	<b>7-year old girl</b>
<b>FRUIT</b>					
Kiwifruit, fresh	120	24-46	24-46	24-46	24-46
Bananas, fresh					
Apples, fresh					
Peaches, canned no added sugar					
Mandarins, fresh					
Oranges, fresh					
Pears, fresh					
<b>VEGETABLES</b>					
Tomatoes, canned, low salt	75	56-112	56-112	56-112	56-112
Tomatoes, fresh					
Cucumber, fresh					
Stir Fry Vegetables, frozen					
Cauliflower, fresh					
Avocados, fresh					
Courgettes, fresh					
Lettuce, fresh					
Mushrooms, fresh					
Spinach, frozen					
Cabbage, fresh					
Capsicums, fresh					
Onions, fresh					

<b>STARCHY VEGETABLES</b>					
Kumara, fresh	135	6-10	6-10	6-10	6-10
Potatoes, fresh					
Pumpkin, fresh					
Carrots, fresh					
<b>GRAINS</b>					
Weetbix	65	50-66	50-66	42-66	34-44
Bread, multigrain					
Pasta wholemeal					
Couscous, wholemeal wheat					
Bread, wheatmeal					
Rolled oats					
Mixed grain crackers					
Pita bread, wholemeal					
Muesli, toasted					
Rice, brown					
Corn Chips					
Wholegrain burger bun					
Spaghetti Pasta, wholemeal					
Mixed Grain Crispbread					
<b>DAIRY/ALTERNATIVES</b>					
Almond milk	270	18-36	18-36	24-44	18-36
Soy yoghurt with berries	150				
Soy yoghurt with mango and peach					
Soy milk	270				
<b>PROTEIN FOODS</b>					

Almonds, plain					
Sunflower seeds					
Peanut butter, no added salt or sugar					
Peanuts, plain	50				
Sesame Seeds					
Edamame, frozen					
Seed,sesame butter, Tahini					
Pumpkin seeds					
Hummus dip	100	48-98	48-98	48-98	24-72
Masala vegetarian patty					
Baked Beans 50% less sugar	135				
Tofu					
Middle Eastern Falafel Lisa					
Black Beans Canned	150				
Chickpeas, canned					
Lentils, canned in springwater					
Red Kidney Beans, canned					
Four Bean Mix, canned					
<b>FATS &amp; OILS</b>					
Olive oil	10	14-30	14-30	14-30	14-30
Canola oil					
<b>DISCRETIONARY FOODS</b>					
	0				
<b>SAUCES, DRESSINGS, SPREADS, SUGARS</b>					
Marmite	15	8-24	8-24	8-24	8-24
Mild Salsa					
<b>BEVERAGES</b>					
	0				

<b>TAKEAWAYS</b>	0				
<b>ALCOHOL</b>	0				
<b>SUPPLEMENT</b>					
Vitamin B12	1	14	14	14	14