Supplementary files:

Table S1: Preference of food

PREFERENCE OF FOOD IN BREAKFAST				
		Total Kcal Intake	Frequency	Percent
Breakfast	Skip breakfast most of the time	0Kcal	3	0.6
	1 serving of boil egg (75 kcals) + 1 cup (250 ml) of milk (120 kcals)	445Kcal	1	0.2
	Bread 1 serving (80 kcals) + egg 1 whole (75 kcals)	155Kcal	149	29.8
	1 Cake (30 kcals) + 1 Biscuit (20 kcals) + Milk 1 cup (120 kcals)	170Kcal	1	0.2
	Cup of Milk (120 kcals)	120Kcal	5	1.0
	Do not take Breakfast	0Kcal	14	2.8
	Egg fried (135 kcals) +1 Paratha (300 kcals)	435Kcal	194	38.8
	Cup of Milk (120 kcals) + Yogurt 6 Tbsp (100 kcals) + egg fried (135 kcals) + Paratha (300 kcals)	656Kcal	31	6.2
	2 Rusk (80 kcals) + Porridge (100 kcals)	180Kcal	1	0.2
	Slice (80 kcals) + egg (75 kcals) + cup of milk (120 kcals) + juice (120 kcals)	395Kcal	14	2.8
	Slice (80 kcals) + Jam 2 tbsp (60 kcals) + Cup ofmilk (120 kcals)	260Kcal	1	0.2
	Tea (100 kcals), Paratha (300 kcals)	400Kcal	85	17.0
	Tea (100 kcals) + Boil egg (75 kcals)	175Kcal	1	0.2
Preference of food in Lunch break				
Lunch break	Do not take anything for lunch break	0Kcal	63	12.6
	Biscuits (40 kcals), Chips (160 kcals) etc	200Kcal	52	10.4
	Different		92	18.4
	Egg fried (135 kcals) + Paratha (300 kcals)	435Kcal	14	2.8
	Fried Food (300 kcals)	300Kcal	5	1.0
	Fruit (60 kcals)	60Kcal	11	2.2
	Junk Food (300 kcals)	300Kcal	5	1.0
	Kabab (200 kcals) + Paratha (300 kcals) + noodles (150 kcals)	650Kcal	1	0.2
	Noodles (150 kcals), chips	310Kcal	30	6.0

	(160 kcals)			
	Rice 1 serving (240 kcals)	240Kcal	1	0.2
	Sandwiches (320 kcals) etc.	320Kcal	226	45.2
Preference of food in Lunch				
Lunch	Skip lunch most of the time	0Kcal	19	3.8
	Burger (360 kcals) + Fruits (120 kcals)	480Kcal	1	0.2
	Fruit (60 kcals) + vegetables (150 kcals)	210Kcal	5	1.0
	Noodles (260 kcals)	260Kcal	2	0.4
	Rice (300 kcals)	300Kcal	9	1.8
	Whatever cooked (350 kcals)	350Kcal	464	92.8
Preference of food in Evening snacks				
Evening snacks	Nothing	0Kcal	228	45.6
	2 Cake (60 kcals) + Dairy Milk (50 kcals)	110Kcal	3	0.6
	Cookies (40 kcals) + tea (100 kcals)	140Kcal	82	16.4
	Fruits (120 kcals)	120Kcal	26	5.2
	Noodles (150 kcals) etc	150Kcal	3	0.6
	Salad (60 kcals) + custard (150 kcals)	210Kcal	1	0.2
	Snacks (80 kcals) + Chips (100 kcals) etc	180Kcal	157	31.4
Preference of food in Dinner				
Dinner	Skip dinner most of the time	0Kcal	25	5
	Chapati (150 kcals) + Salan (200 kcals) + Rice (150 kcals)	500Kcal	13	2.6
	Fried food (250 kcals)	250Kcal	3	0.6
	Rice (300 kcals) + Fruits (120 kcals)	420Kcal	18	3.6
	Same as lunch		441	88.2
Preference of food in Midnight snacks				
Midnight snacks	Nothing	0Kcal	249	49.8
	Burger (360 kcals) + Chips (160 kcals)	520Kcal	2	0.4
	Cup of Milk (250 ml) (120 kcals)	120Kcal	248	49.6
	Pizza 2 slices (400 kcals)	400Kcal	1	0.2
Meal skipping pattern among children				
Meal Skip (n=500)	Breakfast	0Kcal	3	0.6
	Lunch	0Kcal	19	3.8
	Dinner	0Kcal	25	5
Correlation with malnutrition (r =0.312; p=0.037) significant				

Table S2: Comparison of breakfast among various age groups

BREAKFAST	AGE (YEARS)				TOTAL
	5-7	8-10	11-13	≥14	
Boil egg (75 kcals) + Milk (120 kcals) = 195Kcal	0	0	0	1	1
Bread (160 kcals) + egg (135 kcals) = 295Kcal	2	69	79	1	151
Cake (40 kcals) + Biscuit (20 kcals) + Milk (120Kcal) = 180Kcal	0	0	1	0	1
Chocó	0	1	0	0	1
Do not take Breakfast = 0Kcal	1	6	7	0	14
Egg (135 kcals), Paratha (300 kcals) = 435Kcal	5	85	103	1	194
Cup of Milk (120 kcals) = 120Kcal	0	4	4	0	8
Half Cup of Milk (60 kcals) + Yogurt (60 kcals) + egg (135 kcals) + Paratha (300 kcals) = 555Kcal	0	17	9	0	26
Rusk (40 kcals) + Porridge (100 kcals) = 140Kcal	0	1	0	0	1
Slice (80 kcals) + egg fried (135 kcals) + cup of milk (120 kcals) + juice (120 kcals) = 455Kcal	0	2	12	0	14
Slice (80 kcals) + Jam 2 tbsp (60 kcals) + Cup of Milk (120 kcals) = 260Kcal	0	1	0	0	1
Tea (100 kcals) + Paratha (300 kcals) = 400Kcal	1	47	37	0	85
Tea (100 kcals) + Boil egg (75 kcals) = 175Kcal	0	0	1	0	1
Yogurt (120 kcals) + Paratha (300 kcals) = 420Kcal	0	2	0	0	2
Total	9	235	253	3	500
Correlation with nutritional status (r =0.103; p=0.801) insignificant					
Comparison of lunch break among various age groups					
Lunch break	Age (years)				Total
	5-7	8-10	11-13	≥14	
	3	24	36	0	63
Biscuits etc	1	9	11	0	21
Bread (80 kcals) + egg fried (135 kcals) = 215Kcal	0	13	16	0	29
chips (100 kcals) etc = 100Kcal	0	15	15	1	31
Different	2	60	30	0	92
Egg fried (135 kcals) + Paratha (300 kcals) = 435Kcal	0	8	5	0	13
Fried Food (260 kcals) = 260Kcal	0	3	2	0	5
Fruit 1 serving (60 kcals) = 60Kcal	0	6	5	0	11
Healthy Food (150 kcals) = 150Kcal	0	1	0	0	1
Junk Food (260 kcals) = 260Kcal	1	1	3	0	5
2 Kabab (200 kcals) + Paratha (300 kcals) + noodles (160 kcals) = 660Kcal	0	0	0	1	1
Noodles (160 kcals), chips (100 kcals) = 260Kcal	0	15	15	0	30
Rice (300 kcals) = 300Kcal	0	0	1	0	1
Sandwiches (320 kcals) etc. = 320Kcal	2	80	114	1	197

Total	9	235	253	3	500
Correlation with nutritional status (r =0.103; p=0.601) insignificant					
Comparison of lunch among various age groups					

Lunch	Age (years)				Total
	5-7	8-10	11-13	≥14	
Nothing = 0Kcal	0	1	4	0	5
Burger (350 kcals) + Fruits (120 kcals) = 470Kcal	0	1	0	0	1
Fruit (60 kcals) + vegetables (80 kcals) = 140Kcal	0	3	2	0	5
Noodles (160 kcals) = 160Kcal	0	1	1	0	2
Rice (300 kcals) = 300Kcal	0	7	2	0	9
Whatever cooked (300 kcals) = 300Kcal	9	222	244	3	478
Total	9	235	253	3	500
Correlation with nutritional status (r =0.189; p=0.201) insignificant					

Evening snacks	Age (years)				Total
	5-7	8-10	11-13	>14	
Nothing = 0Kcal	6	115	106	1	228
2 Cakes (80 kcals) + Dairy Milk (50 kcals) = 130Kcal	0	1	2	0	3
Cookies (60 kcals) + tea (100 kcals) = 160Kcal	3	43	36	0	82
Fruits (120 kcals) = 120Kcal	0	11	14	1	26
Noodles (160 kcals) etc = 160Kcal	0	1	2	0	3
Salad (60 kcals) + custard half serving (150 kcals) = 210Kcal	0	1	0	0	1
Snacks (120 kcals) + Chips (160 kcals) etc = 280Kcal	0	63	93	1	157
Total	9	235	253	3	500
Correlation with nutritional status (r =0.142; p=0.187) insignificant					
Comparison of dinner among various age groups					

Dinner	Age (years)				Total
	5-7	8-10	11-13	≥14	
Chapati (150 kcals) + Salan (250 kcals) + Rice (300 kcals) = 700Kcal	0	8	5	0	13
Fried food (320 kcals) = 320Kcal	0	3	0	0	3
Rice (300 kcals) + Fruits (120 kcals) = 420Kcal	0	10	7	1	18
Same as lunch	9	214	241	2	466
Total	9	235	253	3	500
Correlation with nutritional status (r =0.175; p=0.199) insignificant					
Comparison of midnight snacks in various age groups					

Midnight snacks	Age (years)				Total
	5-7	8-10	11-13	≥14	
Nothing =0Kcal	4	115	129	1	249
Burger (350 kcals) + Chips (160 kcals) = 510	0	1	1	0	2
Cup of Milk (120 kcals) = 120Kcal	5	118	123	2	248
Pizza 2 slices (400 kcals) = 400Kcal	0	1	0	0	1
Total	9	235	253	3	500
Correlation with nutritional status (r =0.271; p=0.099) insignificant					