

Table S1. Components and criteria for the calculation of Breakfast Quality Index (BQI) score (14).

		Yes		No
Cereals and derivate	+1	Bread, non-sugar rich breakfast cereals	0	Biscuits, pastries, sugar rich breakfast cereals ^φ
Fruits and vegetables	+1	Fresh fruit, natural fruit juices, tomato	0	Artificial juices, jam ^φ
Dairy products	+1	Whole or skimmed milk, yoghurt, cheese	0	Dairy desserts ^φ £
Food rich in simple sugars	+1	<5% of total daily energy from simple sugars	0	≥5% of total daily energy from simple sugars
MUFA-rich fats	+1	Olive oil added by the consumer	0	Olive oil from biscuits or other fats such as butter ^φ
MUFA/SFA ratio	+1	≥ 2/1	0	< 2
Energy intake	+1	20-25% of daily energy intake from breakfast	0	<20% or >25% of daily energy intake from breakfast
Fruits, cereals and dairy product	+1	To include the 3 of the components	0	Not to be composed of three of the components
Calcium	+1	≥ 200mg	0	<200mg
Absence of butter or margarine	+1	Not to include butter or margarine in the breakfast	0	To include butter or margarine in the breakfast

MUFA, monounsaturated fatty acids; SFA, saturated fatty acids

^φ=Not to consume the foods of these item also is punctuated as 0

£=Commercial chocolate milk-shakes, smoothies and rice-puddings, mousse, ice-creams or vegetal drinks

Sugared or flavored yoghurt, commercial chocolate milk-shakes and smoothies, rice-puddings, mousse, ice-creams, vegetal drinks.

Table S2. Breakfast Quality Index (BQI) components and number of children meeting the criteria (N, %).

	N	Girls	N	Boys	p	N	EFIGRO	N	ActiveBrains	p
Cereals and derivate	90	20 (22.2) [‡]	100	21 (21)	0.805	109	12 (11)	82	30 (36.6)	<0.001
Fruits and vegetables	90	7 (7.8)	100	12 (12)	0.591	109	11 (10.1)	82	8 (9.8)	0.360
Dairy products	90	73 (81.1)	100	89 (89)	0.016	109	94 (86.2)	82	69 (84.1)	0.885
Food rich in simple sugars	90	32 (35.6)	100	41 (41)	0.740	109	29 (26.6)	82	44 (53.7)	0.001
MUFA-rich fats	90	5 (5.6)	100	7 (7)	0.354	109	1 (0.9)	82	12 (14.6)	<0.001
MUFA/SFA ratio	90	1 (1.1)	100	4 (4)	0.410	109	1 (0.9)	82	4 (4.9)	0.044
Energy intake	90	9 (10)	100	5 (5)	0.405	109	7 (6.4)	82	7 (8.5)	0.634
Fruits, cereals and dairy product	90	5 (5.6)	100	3 (3)	0.587	109	2 (1.8)	82	6 (7.3)	0.172
Calcium	90	67 (74.4)	100	81(81)	0.504	109	81 (74.3)	82	68 (82.9)	0.355
Absence of butter or margarine	90	66 (73.3)	100	80 (80)	0.525	109	86 (78.9)	82	61 (74.4)	0.514

[‡] Values are the number and percentage of children who meet the criteria in both 24h-recalls.