## **Table S1.** Interview topic guide.

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Topic Guide
1. Can you tell me a little bit about how you normally decide how much food to serve your child at snack time?
2. And how did you decide today?
3. Is this amount similar or different to what you would normally provide?
4. Is there any reason why you might serve a different amount than you did today?
5. I can see you served more X than Y, can you explain your reasons for this?
6. Can you tell me about how these portion sizes are similar or different to other snack food items that you usually
serve?
7. Can you tell me a little bit about how this amount is similar or different to the amount another family member
would provide?
8. What role does your child play in deciding the amount of a snack that they receive?
9. If a snack comes in a packet for one, such as pom bears, how do you decide how much to give?
10. How does your child's liking/dislike of a snack influence the amount you serve?
11. How much of this snack would you expect your child to consume?
12. How do you decide how much you want your child to consume?
13. How would you normally respond if your child asks for more?
14. How would you normally respond if your child refuses a snack?
15. What information do you use when deciding on a portion size for yourself?
16. What information do you use to guide your decision regarding the amount of food to serve your child?
17. Can you tell me about a time you were provided with portion size information?
18. What is your opinion on receiving portion size guidance?
19. How willing would you be to follow portion size guidelines?
20. What is your opinion on supermarkets providing packaged snacks in a size suitable for child consumption?