

**Supplemental Material S1.** List of foods/liquids the children consumed each day.

**UCP group**

ID	Day	Solid and Semisolid	Utensils used	Liquid
UCP 1	1	Chips, pudding	Finger-feeding/spoon	Juice pouch
UCP 1	2	PBJ (peanut butter jelly) sandwich, chips	Finger-feeding	Juice pouch
UCP 1	3	Sandwich, meat, bread, chips	Finger-feeding	Juice pouch
UCP 1	4	Chips, chicken	Finger-feeding/fork	Juice pouch
UCP 1	5	Skittles, sandwich, meat	Finger-feeding	Juice pouch
UCP 1	6	Sandwich, fruit	Finger-feeding/fork	Juice pouch
UCP 1	7	Orange	Finger-feeding	Juice pouch
UCP 1	8	Salami, sandwich, chips	Finger-feeding	Juice pouch
UCP 1	9	PB (peanut butter), PBJ sandwich, apple, apple w/ PB	Finger-feeding	Juice pouch
UCP 1	10	PB, PBJ sandwich, chips, gushers	Finger-feeding	Juice
UCP 1	11	PBJ sandwich, chips, brownie	Finger-feeding	Juice
UCP 1	12	Chips, chicken	Finger-feeding	Water
UCP 1	13	PBJ sandwich, chips	Finger-feeding	Juice
UCP 1	14	PBJ sandwich	Finger-feeding	No liquid
UCP 1	15	Pizza	Finger-feeding	Juice
UCP 2	1	Salami sandwich, fruit	Finger-feeding	Juice
UCP 2	2	Salami sandwich, fruit, salami, crackers, cracker sticks	Finger-feeding	Juice, water
UCP 2	3	PBJ sandwich, cracker sticks	Finger-feeding	Juice pouch, water
UCP 2	4	Salami sandwich, fruit, cake	Finger-feeding	Juice pouch, water
UCP 2	5	Salami sandwich, fruit, salami, cracker sticks	Finger-feeding	Water
UCP 2	6	Salami sandwich, fruit, cracker sticks	Finger-feeding	Water
UCP 2	7	Salami sandwich, watermelon, fruit cup	Finger-feeding/fork	Juice pouch
UCP 2	8	PBJ sandwich, watermelon	Finger-feeding/fork	Water
UCP 2	9	Bagel and cream cheese, fruit, pretzels	Finger-feeding	Water

UCP 2	10	Salami sandwich, chips, yogurt	Finger-feeding/spoon	Water
UCP 2	11	Salami sandwich, cracker sticks	Finger-feeding	Juice pouch
UCP 2	12	PBJ sandwich, Veggie Straws	Finger-feeding	Water
UCP 2	13	Noodles, cracker sticks	Finger-feeding/fork	Water
UCP 2	14	Macaroni, cracker sticks	Finger-feeding/fork	Water
UCP 2	15	Pizza	Finger-feeding	Diet coke
UCP 3	1	Pizza, cucumbers, chips	Finger-feeding	Unknown drink
UCP 3	2	Pizza, chips, cucumbers	Finger-feeding	Unknown drink
UCP 3	3	Sandwich, chicken, chips, bread, cucumbers, Goldfish cracker	Finger-feeding	Unknown drink
UCP 3	4	Chicken, Goldfish cracker, cucumbers	Finger-feeding/fork	Unknown drink
UCP 3	5	Chicken sandwich, Goldfish crackers, cucumbers	Finger-feeding	Unknown drink
UCP 3	6	Pizza, chips, cucumbers	Finger-feeding	Unknown drink
UCP 3	7	Pickles, pizza, Goldfish	Finger-feeding	Unknown drink
UCP 3	8	Pizza, cucumber, chips	Finger-feeding	Unknown drink
UCP 3	9	Pizza, cucumber, Goldfish	Finger-feeding	Water
UCP 3	10	Crackers, Goldfish, chicken finger, cucumber	Finger-feeding	Water
UCP 3	11	Chicken tenders, chips, cucumbers	Finger-feeding	Water
UCP 3	12	Oreos, cheese crackers, chicken finger, cucumbers	Finger-feeding	Water
UCP 3	13	Pancake, pancake and chicken fingers, cheese cracker, cucumbers, Oreos	Finger-feeding/fork	Water
UCP 3	14	Chicken finger, cheese cracker, cucumbers, Oreos	Finger-feeding	Unknown drink
UCP 3	15	Pizza, Oreos	Finger-feeding	Unknown drink
UCP 4	1	Cookie, carrots, sandwich, applesauce	Finger-feeding/spoon	Water
UCP 4	2	Carrots, sandwich, applesauce	Finger-feeding/spoon	Water, juice
UCP 4	3	Strawberries, carrots, graham crackers, sandwich	Finger-feeding	Water, juice
UCP 4	4	Sandwich, carrots	Finger-feeding	Water
UCP 4	5	Sandwich, carrots, applesauce	Finger-feeding/spoon	Water
UCP 4	6	Fig Newtons, sandwich, carrots	Finger-feeding	Water

UCP 4	7	Sandwich, carrots	Finger-feeding	Water
UCP 4	8	Banana, sandwich, Fig Newtons	Finger-feeding	Juice pouch
UCP 4	9	Sandwich, Fig Newtons, carrots, dried fruit	Finger-feeding	Water
UCP 4	10	Sandwich, Oreos, applesauce	Finger-feeding/spoon	Water
UCP 4	11	Pancake, PBJ sandwich	Finger-feeding/fork	Water
UCP 4	12	PBJ sandwich, pancake	Finger-feeding/fork	Water
UCP 4	13	PBJ sandwich, pancake, carrots	Finger-feeding/fork	Water
UCP 4	14	Cheez-Its, pancake, PBJ, Oreos	Finger-feeding/fork	Apple juice, water
UCP 4	15	Pizza, carrots	Finger-feeding	Water
UCP 5	1	PBJ sandwich	Finger-feeding	Water
UCP 5	2	PBJ sandwich, pretzels	Finger-feeding	Water
UCP 5	3	Chicken, sandwich, pretzels	Finger-feeding	Water
UCP 5	4	Vegetable, chicken, dessert	Finger-feeding	Water
UCP 5	5	Chicken, spinach, cookies	Finger-feeding/fork	Water
UCP 5	6	Chicken, salad, bread with topping	Finger-feeding/fork	Water
UCP 5	7	PBJ sandwich, pretzels	Finger-feeding	Water
UCP 5	8	PBJ sandwich, pretzels, cookies	Finger-feeding	Water
UCP 5	9	PBJ sandwich, brownie	Finger-feeding	Water
UCP 5	10	PBJ sandwich	Finger-feeding	Water
UCP 5	11	PBJ sandwich, pretzel sticks, cookies, brownie	Finger-feeding	Water
UCP 5	12	PBJ sandwich, pretzel sticks	Finger-feeding	Water
UCP 5	13	PBJ sandwich, pretzel, cookie	Finger-feeding	Water
UCP 5	14	PBJ sandwich, pretzel sticks, cookies	Finger-feeding	Water
UCP 5	15	Pizza	Finger-feeding	Soda
UCP 6	1	Sandwich	Finger-feeding	Apple juice
UCP 6	2	Kit-Kat bar, muffins	Finger-feeding	Water
UCP 6	3	Kit-Kat bar, bread, fruit	Finger-feeding	Apple juice
UCP 6	4	Granola bar, pretzel, grapes	Finger-feeding	Apple juice

UCP 6	5	Pretzels, granola bar	Finger-feeding	Apple juice
UCP 6	6	Bagel, applesauce	Finger-feeding/spoon	Juice
UCP 6	7	Cheez-Its, pretzels, bagel, fruit, applesauce	Finger-feeding/spoon	Water
UCP 6	8	Apple slices, potato chips	Finger-feeding	Juice, water
UCP 6	9	Apple slices, bagel	Finger-feeding	Water
UCP 6	10	Apple, grapes, pineapple	Finger-feeding/fork	Juice
UCP 6	11	Potato chips, bagel, granola bar	Finger-feeding	Juice, water
UCP 6	12	Fruit snacks, doughnut, potato chips	Finger-feeding/fork	Water
UCP 6	13	Potato chips, bagel, granola bar	Finger-feeding	Juice
UCP 6	14	Granola bar, bagel	Finger-feeding	Water
UCP 6	15	Pizza	Finger-feeding	Water

### BCP group

ID	Day	Solid and Semisolid	Utensils used	Liquid
BCP 1	1	PBJ sandwich, cheese, peach, pudding, peanut butter	Finger-feeding/spoon	
BCP 1	2	Cheese, PB sandwich, fruit snack	Finger-feeding/spoon	Water
BCP 1	3	PB sandwich	Finger-feeding	Water, juice
BCP 1	4	NA		NA
BCP 1	5	NA		NA
BCP 1	6	Cheese and bread, apple crisps, gummy snack	Finger-feeding	Juice
BCP 1	7	Cheese, Cheerios bar	Finger-feeding	Juice
BCP 1	8	PBJ sandwich, cheese PJ snacks	Finger-feeding	Juice
BCP 1	9	Turkey salad wrap, biscuit	Finger-feeding	Juice
BCP 1	10	Bread, plum, cheese	Finger-feeding	Juice
BCP 1	11	Cheese, Froot Loops, soft candy	Finger-feeding	Juice
BCP 1	12	Cheese, apple, Cheerio bar	Finger-feeding	Juice
BCP 1	13	Nutella PB bread, cheese, chocolate bar	Finger-feeding	Water
BCP 1	14	PB Nutella bread	Finger-feeding	Water
BCP 1	15	Pizza, chocolate	Finger-feeding	Water
BCP 2	1	NA		NA
BCP 2	2	NA		NA
BCP 2	3	Mac and cheese	Spoon	Water
BCP 2	4	Mashed potatoes	Spoon	Juice
BCP 2	5	NA		NA
BCP 2	6	Vegetables (broccoli, carrots, potatoes)	Finger-feeding/fork	Lemonade
BCP 2	7	Sandwich	Finger-feeding	Juice
BCP 2	8	Cheese wrap	Finger-feeding	Juice
BCP 2	9	Apple, cheese and crackers	Finger-feeding	Juice, sprite
BCP 2	10	Apple, watermelon, popcorn	Finger-feeding	Sprite
BCP 2	11	Grape, apple, watermelon, brownie, glazed doughnut	Finger-feeding	Water

BCP 2	12	Burrito	Finger-feeding	Sprite
BCP 2	13	Chicken, broccoli, carrots, cookie	Finger-feeding/fork	Soda
BCP 2	14	NA		NA
BCP 2	15	Pizza	Finger-feeding	Soda
BCP 3	1	NA		NA
BCP 3	2	NA		NA
BCP 3	3	Strawberry, cheese, brownie, bagel, soybeans, chocolate	Finger-feeding	Juice
BCP 3	4	NA		NA
BCP 3	5	NA		NA
BCP 3	6	Bagels with cheese, tomatoes, pretzels, cheese	Finger-feeding	Juice
BCP 3	7	Pasta, brownie, blueberries, pretzels	Finger-feeding/fork	Juice
BCP 3	8	Chips, cheese, chickpeas	Finger-feeding/fork	Juice
BCP 3	9	Sandwich, pita bread, cheese, chips	Finger-feeding	Juice
BCP 3	10	Pasta, beans, pretzel	Finger-feeding/fork	Juice, water
BCP 3	11	Bagel with PB, cheese, cracker	Finger-feeding	Juice
BCP 3	12	Pita and cheese, cherry tomatoes, pretzels	Finger-feeding/fork	Water, juice
BCP 3	13	Bagel with PB, pretzel, cucumber	Finger-feeding	Water
BCP 3	14	Pasta, brownie, pretzel	Finger-feeding/fork	Water
BCP 3	15	Pretzel with PB, brownie	Finger-feeding	Juice, water
BCP 4	1	Yogurt, sandwich, cheese puffs, banana, pretzel	Finger-feeding/spoon	Capri sun
BCP 4	2	Yogurt, cheese sticks, plain roll, sliced peach	Finger-feeding/spoon	Juice
BCP 4	3	Yogurt, plain roll, sliced peaches, potato chips	Finger-feeding/spoon	Juice
BCP 4	4	Roll, watermelon, cheese puffs	Finger-feeding	Juice
BCP 4	5	Pizza, chips	Finger-feeding	Water
BCP 4	6	Yogurt, poll, peaches, popcorn	Finger-feeding/spoon	Juice
BCP 4	7	Yogurt, pretzels, strawberry	Finger-feeding/spoon	Water
BCP 4	8	Yogurt, roll, chips, fruit	Finger-feeding/spoon	Juice

BCP 4	9	Yogurt, roll, pineapple, cheese puffs	Finger-feeding/spoon	Juice, water
BCP 4	10	Applesauce and carrots, rolls, chips	Finger-feeding/spoon	Milk, juice
BCP 4	11	Yogurt, sandwich, watermelon, chips	Finger-feeding/spoon	Juice, water
BCP 4	12	Yogurt, sandwich, strawberry, chips, cracker	Finger-feeding/spoon	Juice
BCP 4	13	Sandwich, chips, cheese stick, cracker, strawberry	Finger-feeding	Juice, water
BCP 4	14	NA		NA
BCP 4	15	Crackers, peaches, yogurt	Finger-feeding/spoon	Water
BCP 5	1	Bagel with PB, fruit snack, cookie, blueberries	Finger-feeding	
BCP 5	2	Cheese, chips, ham sandwich	Finger-feeding	Water, juice
BCP 5	3	Wrap, chips, beans, cookies	Finger-feeding/fork	Water
BCP 5	4	Tortilla with ham and PB, chips, cookies	Finger-feeding	Water
BCP 5	5	NA		NA
BCP 5	6	Sandwich, chips, cheese	Finger-feeding	Juice
BCP 5	7	Sandwich, cookies, chips, strawberries, blueberries	Finger-feeding	Water
BCP 5	8	Chips, wrap, M&Ms	Finger-feeding	Water
BCP 5	9	Bread, cheese, chips, salami, cherry, cracker	Finger-feeding	Water
BCP 5	10	Seaweed, bread, turkey, peas, peaches, strawberry, cracker, pretzel sticks, cherry	Finger-feeding	Water
BCP 5	11	Salami, chips, peas, cracker, cheese, cherry, bread, cookie	Finger-feeding	
BCP 5	12	Cracker, sandwich, chips, cherries	Finger-feeding	Water
BCP 5	13	Cracker, wrap, cherries, cookie with chocolate	Finger-feeding	Water
BCP 5	14	Chips, wrap, cherries, cookie with chocolate	Finger-feeding	Water
BCP 5	15	Cookie, pizza, cherries	Finger-feeding	Water
BCP 6	1	NA		NA
BCP 6	2	NA		NA
BCP 6	3	Yogurt, salmon, pineapple	Finger-feeding/spoon	Water
BCP 6	4	NA		NA

BCP 6	5	NA		NA
BCP 6	6	Pasta with spinach, potato, watermelon	Finger-feeding/fork	Water
BCP 6	7	Yogurt, salmon, watermelon	Finger-feeding/spoon/fork	Water
BCP 6	8	Yogurt, chicken, bananas, grapes	Finger-feeding/spoon/fork	Water
BCP 6	9	Yogurt, chicken quesadilla	Finger-feeding/spoon	Water
BCP 6	10	NA		NA
BCP 6	11	Yogurt, cheese and chicken, grapes	Finger-feeding/spoon	Water
BCP 6	12	Yogurt, PBJ wrap, pineapple	Finger-feeding/spoon	Water
BCP 6	13	Yogurt, turkey cheeseburger, strawberry	Finger-feeding/spoon	Water
BCP 6	14	Applesauce, yogurt, chicken	Finger-feeding/spoon	Water
BCP 6	15	Yogurt, pizza, grapes, pretzel	Finger-feeding/spoon	Water
BCP 7	1	Yogurt, turkey sandwich, lettuce, pretzel chips	Finger-feeding/spoon/fork	Water
BCP 7	2	Lettuce, burger, chips	Finger-feeding/fork	Ensure
BCP 7	3	Yogurt, vegetable noodles, chips	Finger-feeding/fork/spoon	Water, milk
BCP 7	4	Vegetable noodles, chips	Finger-feeding/fork	
BCP 7	5	Pizza, chips	Finger-feeding	Water
BCP 7	6	Yoghurt, turkey sandwich, grapes, lettuce, chips	Finger-feeding/spoon	Water
BCP 7	7	Yogurt, bread with butter, red velvet cake, grapes	Finger-feeding/spoon	Water
BCP 7	8	Yogurt, cream cheese sandwich, grapes	Finger-feeding/spoon	Water
BCP 7	9	Yogurt, egg noodles, chips	Finger-feeding/spoon	Water
BCP 7	10	Yogurt, egg noodles, apple pie	Finger-feeding/spoon/fork	Milk
BCP 7	11	Sandwich, yogurt, apple crisp dessert	Finger-feeding/spoon	Water
BCP 7	12	Sandwich, yogurt, doughnut	Finger-feeding/spoon	Water
BCP 7	13	Wrap, yogurt, cake	Finger-feeding/spoon	Water
BCP 7	14	NA		NA
BCP 7	15	Yogurt	Spoon	Water

*Note.* NA: Not applicable, as children were absent from camp during those days.