***Table 3***

Components of the breakfast quality score

| Breakfast Quality Score component | Scoring criteria | % study population | Total (n) |
| --- | --- | --- | --- |
| No food or beverage (other than water); breakfast skipping | 1 | 20.1 | 49 |
| A food or beverage from “extra” foods onlya | 2 | 7.0 | 17 |
| A food or beverage from one AGHE groupb | 3 | 25.0 | 61 |
| A food or beverage from two AGHE groupsb | 4 | 39.3 | 96 |
| A food or beverage from three or more AGHE groupsc | 5 | 8.6 | 21 |

AGHE: Australian Guide to Healthy Eating.

aConsidered to be a breakfast of low quality.

bConsidered to be a breakfast of moderate quality.

cConsidered to be of good breakfast quality.