

Supplementary Table 2. Examples of common food items purchased.

Food Category	Commonly Purchased Folate-poor Food Items*	Commonly Purchased Folate-rich Food Items*	Commonly Eaten GF Food Items in Children with CD
Vegetables	Carrots, Cucumber, Tomatoes	Broccoli, Romaine lettuce, Kale, Spinach	Cucumber, Carrot, Tomatoes, Bell peppers
Fruit	Apple, Banana, Blueberry, Grape	Avocado	Banana, Apples, Grapes
Fruit/Vegetable Juice	Apple juice	n/a	Orange juice, Apple juice
Eggs	n/a	Fresh eggs	Fresh eggs
Animal Protein	Ground beef, Fresh chicken	Pulled pork, Hot dogs/sausages	Fresh chicken, Fresh beef, Deli meat
Legumes	Canned baked beans	Chickpeas, Black beans	Black beans, Kidney beans, Chickpeas
Other Plant Based Protein	Tofu	Peanuts, Sunflower seeds, Flax seeds, Hummus, Peanut Butter	Almonds, Chia and flax seeds, Peanut butter
Dairy Products	1-2% Milk, Greek yogurt, Mozzarella	Brie cheese	1-2% milk, 2% MF yogurt, Cheddar cheese, Marble cheese
Gluten: Bread/Buns/Bagels	n/a	Folate fortified white bread/buns/bagels	n/a
GF: Bread/Buns/Bagels	Non-fortified GF white bread/buns/bagels	Folate fortified GF white bread/buns/bagels	GF Bread
Gluten: Other Grain Based Foods	n/a	Wheat based cereal, Wheat based pasta	n/a
GF: Other Grain Based Foods	Rice noodles, White rice, GF penne/fusilli, GF flour blends, Corn tortilla shells	Quinoa, Folate fortified GF cereal	White Rice, Rolled Oats, Rice flour, Folate fortified GF cereals
Other Processed Foods ^a	Bottled water, Soda (including. diet), Orange flavoured juice drink, Canned soup (chicken soup, beef broth, etc...), Frozen hash browns, Chocolate, Ice cream, Gummy candies, Tortilla chips, Popcorn, Salad dressing, Pasta sauce, Cooking oil, Sugar, Salt, GF cookies, GF crackers and muffins, GF Granola bars	Gluten frozen pizza (cheese/pepperoni), Gluten boxed macaroni and cheese, Wheat based crackers, Potato chips, Wheat based cookies, Guacamole, Dry yeast, Onion powder, GF bean flour based crackers	Water, Frozen french fries, Chocolate, Ice cream/frozen Yogurt, Tortilla chips, Popcorn, Rice cakes/crackers, Butter, Ketchup, Honey, Canola oil, Salt, Sugar, GF multigrain crackers, GF cookies, GF pretzels
CD=Celiac disease; GF=Gluten-free; n/a=Not applicable; MF=Milk fat. *Folate-rich is defined as $\geq 60\mu\text{g}$ folate-dietary folate equivalent (DFE)/100g, equivalent to 15% of the Daily Value. Folate-poor is $\leq 20\mu\text{g}$ folate-DFE /100g, equivalent to 5% of the Daily Value (Health Canada 2016; Government of Canada 2019). ^a Category includes both GF and gluten containing food items.			