

Supplementary Materials

Table S1 : Pure fructose and fructose total exposure intake content in various fructose-containing foods.

Dietary sources of fructose according to Mesana <i>et al</i> 2016 (39)	Pure Fructose (per 100 g of food)	Fructose total ex- posure* (per 100 g of food)	Reference
Sugar-sweetened beverages	4.9	5.4	Walker et al 2014 [44]
Non-chocolate confectionary	2.6	22.6	Walker et al 2015 [45]
Chocolate	8.5	9.5	Sluik et al 2015 [46]
Cakes/pies/biscuits	3.5	15.8	Walker et al 2015 [45]
Desserts and puddings	2.1	5.1	Walker et al 2015 [45]
Breakfast cereals	1.2	11.4	Walker et al 2015 [45]
Others sources	2.7	2.7	Walker et al 2015 [45]
Fruit and vegetables juices	4.3	4.9	Walker et al 2015 [45]
Honey/Jam/Syrup	40.9	50.4	Raatz et al 2015 [47]
Fruits	7.0	8.5	Sluik et al 2015 [46]

*Fructose total exposure = Pure fructose (monosaccharide form) + fructose from sucrose ($0.5 \times$ sucrose per 100g)

Table S2. Data of confounding factors according to fructose exposure

	Pure fructose			Total fructose exposure		
	Low	Middle	High	Low	Middle	High
Number of adolescents	542	584	579	542	582	581
Gender (%boys)	33.0	44.4	63.2	33.4	43.3	63.9
Age (years)	14.6 ± 1.2	14.8 ± 1.2	14.9 ± 1.3	14.6 ± 1.2	14.7 ± 1.2	14.9 ± 1.3
Height (cm)	163.8 ± 8.3	165.7 ± 9.4	168.0 ± 9.0	163.3 ± 8.4	165.8 ± 9.0	168.3 ± 9.2
Body mass (kg)	56.5 ± 11.3	56.1 ± 11.6	58.3 ± 11.6	55.8 ± 10.6	56.6 ± 12.3	58.4 ± 11.5
Z-score BMI	0.28 ± 0.93	0.10 ± 0.85	0.14 ± 0.89	0.26 ± 0.91	0.13 ± 0.88	0.13 ± 0.88
MVPA (min/d)	47.6 ± 22.6	53.5 ± 26.7	61.0 ± 29.8	47.6 ± 22.7	53.1 ± 26.9	61.2 ± 29.4
Tobacco intake (%)	12.7	14.7	18.7	13.0	13.9	19.2
Salt intake (mg/d)	2309.8	2407.8	2684.2	2308.2	2410.	2682.
	± 728.2	± 876.2	± 905.0	± 732.0	± 872.4	± 906.1
Energy intake (kcal/d)	2143.4	2366.4	2827.8	2120.3	2363	2850.4
	± 445.6	± 496.1	± 711.3	± 416.3	± 498.7	± 702.6

Mean ± SD

Table S3. Comparison of main characteristics between the included and non-included adolescents

	Included	Not included	P-value	Absolute standardized difference (%)
Number of adolescents	1705	2024		
Gender (%boys)	52.8	51.8	0.53	4.3
Age (years)	14.7 ± 1.2	14.7 ± 1.2	0.48	9.0
Height (cm)	165.9 ± 9.1	165.8 ± 9.2	0.77	7.6
Body mass (kg)	57.0 ± 11.5	61.1 ± 13.4	<0.001	26.6
Z-score BMI	0.17 ± 0.89	0.56 ± 0.93	<0.001	35.6

Mean ± SD