

Supplementary material: T-values of items

Items	T-value
1. How many portions a day do you think CFG recommends, for an individual of your age and gender for each of the following food groups? (Vegetables and fruit)	2.45
2. How many portions a day do you think CFG recommends, for an individual of your age and gender for each of the following food groups? (Grain products)	2.11
3. How many portions a day do you think CFG recommends, for an individual of your age and gender for each of the following food groups? (Milk and Alternatives)	1.05
4. How many portions a day do you think CFG recommends, for an individual of your age and gender for each of the following food groups? (Meat and Alternatives)	3.11
5. For each of the four CFG groups, five food items are listed. Identify whether or not these items are included in the food group. (Vegetables and Fruit)	7.17
6. For each of the four CFG groups, five food items are listed. Identify whether or not these items are included in the food group. (Grain Products)	4.28
7. For each of the four CFG groups, five food items are listed. Identify whether or not these items are included in the food group. (Milk and Alternatives)	5.74
8. For each of the four CFG groups, five food items are listed. Identify whether or not these items are included in the food group. (Meat and Alternatives)	6.27
9. To how many CFG portions do you think the following amounts of food correspond? (Vegetables and Fruit)	1.75
10. To how many CFG portions do you think the following amounts of food correspond? (Grain Products)	1.00
11. To how many CFG portions do you think the following amounts of food correspond? (Milk and Alternatives)	0.26
12. To how many CFG portions do you think the following amounts of food correspond? (Meat and Alternatives)	1.90
13. Indicate whether the following statements are included in CFG recommendations. Eat red meat every day.	3.39
14. Indicate whether the following statements are included in CFG recommendations. Limit consumption of frozen vegetables and fruit.	4.98
15. Indicate whether the following statements are included in CFG recommendations. Drink skimmed, 1% or 2% fat milk every day.	-0.84
16. Indicate whether the following statements are included in CFG recommendations. Eat a variety of whole grains (whole wheat, whole oats, quinoa, buckwheat).	2.00
17. Indicate whether the following statements are included in CFG recommendations. Limit your legumes consumption to 3/4 cup (175 ml) a day.	1.56
18. Indicate whether the following statements are included in CFG recommendations. Limit your milk consumption to 1 cup (250 ml) a day.	1.48
19. Indicate whether the following statements are included in CFG recommendations. Enriched soy beverages can be consumed as an alternative for milk.	3.94
20. Indicate whether the following statements are included in CFG recommendations. Avoid removing poultry skin.	2.50
21. Indicate whether the following statements are included in CFG recommendations. Consume regularly meat alternatives such as tofu.	3.01
22. Indicate whether the following statements are included in CFG recommendations. Choose 100% pure juice instead of fresh fruit.	2.86
23. Indicate whether the following statements are included in CFG recommendations.	0.31

Eat at least one green vegetable a day.	
24. Amongst the following statements, indicate the one you consider most accurate. A portion of CFG is...	0.74
25. Indicate whether you agree or disagree with the following statements. A decrease in dietary saturated fat can lead to a decrease in blood cholesterol.	1.00
26. Indicate whether you agree or disagree with the following statements. Certain types of fibers can help lower blood cholesterol.	5.00
27. Indicate whether you agree or disagree with the following statements. Non-hydrogenated margarine, or soft margarine, contains less fat than butter.	4.47
28. Indicate whether you agree or disagree with the following statements. To be considered balanced, a plate should consist of a half meat and alternatives, a quarter vegetables and a quarter grain products.	3.24
29. Indicate whether you agree or disagree with the following statements. It is not necessary to eat fruit when you take vitamin and mineral supplements.	1.87
30. Indicate whether you agree or disagree with the following statements. To have a healthy diet, you must decrease your food portions.	1.94
31. Indicate whether you agree or disagree with the following statements. All kinds of fats are harmful for health.	5.87
32. Indicate whether you agree or disagree with the following statements. All spices are high in sodium (salt).	2.35
33. Indicate whether you agree or disagree with the following statements. Anemia can be caused by an iron deficiency.	-0.64
34. Indicate whether you agree or disagree with the following statements. A diet high in saturated fats can increase infarction risks.	0.75
35. Indicate whether you agree or disagree with the following statements. There is a direct link between sugar consumption and diabetes development.	2.58
36. Indicate whether you agree or disagree with the following statements. CFG is not recommended for an individual who wishes to lose weight.	1.57