Supplemental Table 2: Condensed Data Abstraction Summary

| **Reference** | **Source Type** | **Method** | **Population** | **Location** | **Food and Nutrition Knowledge** | **Food Skills** | **Self-Efficacy and Confidence** | **Ecologic (beyond self)** | **Food Decisions** |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 6 | Research report | Non-experimental | Overall high risk | Canada | x | x | x | x | x |
| 10 | Refereed journal article | Non-experimental | Youth 16-19 years | Australia and New Zealand | x | x | x | x |  |
| 18 | Government report | Non-experimental | General population | Canada  | x | x | x | x | x |
| 19 | Dissertation/ Thesis | Qualitative interviews | Youth 16-19 years | Australia and New Zealand | x | x | x | x |  |
| 20 | Refereed journal article | Non-experimental | Youth 16-19 years | USA | x | x | x |  |  |
| 21 | Refereed journal article | Non-experimental | Youth 16-19 years | USA | x | x | x |  |  |
| 22 | Dissertation/ thesis | Qualitative interviews | Youth 16-19 years | Australia and New Zealand | x | x | x | x |  |
| 23 | Refereed journal article | Quasi-experimental | Youth 16-19 years | Australia and New Zealand |  | x | x | x | x |
| 25 | Research report | Non-experimental | General Population | Canada | x | x | x |  |  |
| 26 | Dissertation/ thesis | Qualitative interviews | Young parents 16-25 years | USA | x | x | x | x | x |
| 27 | Research report | Non-experimental | General population | Canada | x | x | x | x |  |
| 28 | Refereed journal article | Quasi-experimental | Youth 16-19 years | Australia and New Zealand | x | x | x | x |  |
| 29 | Practice application | Non-experimental | General population | USA | x |  |  |  |  |
| 30 | Refereed journal article | Systematic literature review | Youth 16-19 years | Australia and New Zealand | x | x | x |  |  |
| 31 | Government report | Non-experimental | General population | Europe | x | x | x |  |  |
| 32 | Conference proceedings | Non-experimental | General population | USA | x | x | x |  |  |
| 33 | Conference proceedings | Non-experimental | General population | USA | x |  |  |  |  |
| 34 | Conference proceedings | Quasi-experimental | Youth 16-19 years | USA | x | x | x |  |  |
| 35 | Conference proceedings | Quasi-experimental | Youth 16-19 years | USA | x | x | x |  |  |
| 36 | Refereed journal article | Experimental | General population | Other | x | x |  |  |  |
| 37 | Presentation slides | Non-experimental | General population | Canada | x | x | x |  |  |
| 38 | Government report | Non-experimental | General population | Canada | x | x | x | x |  |
| 39 | Practice application | Non-experimental | Overall high risk | Canada | x | x | x | x | x |
| 40 | Conference proceedings | Quasi-experimental | Youth 16-19 years | Canada | x | x | x |  |  |
| 41 | Presentation slides | Non-experimental | General population | Canada | x |  |  |  |  |
| 42 | Research report | Quasi-experimental | Overall high risk | USA | x | x | x |  |  |
| 43 | Conference proceedings | Quasi-experimental | Youth 16-19 years | Canada | x | x |  |  |  |
| 44 | Government report | Non-experimental | General population | Canada | x | x | x |  |  |
| 45 | Practice application | Case studies/series | Youth 16-19 years | Canada | x | x | x |  |  |
| 46 | Refereed journal article | Qualitative interviews | Youth 16-19 years | Canada | x | x | x |  |  |
| 48 | Refereed journal article | Non-experimental | General population | Canada | x | x | x |  |  |
| 49 | Dissertation/ thesis | Quasi-experimental | General population  | USA | x | x | x |  |  |
| 50 | Refereed journal article | Qualitative interviews | General population | Australia and New Zealand | x | x | x |  |  |
| 51 | Research report | Case studies/series  | Youth 16-19 years | Australia and New Zealand | x | x | x | x |  |
| 52 | Research report | Non-experimental | Youth 16-19 years | Canada | x | x |  |  |  |
| 53 | Refereed journal article | Qualitative interviews | General population | UK | x |  |  |  |  |
| 54 | Refereed journal article | Systematic literature review | Youth 16-19 years | USA | x | x | x | x |  |
| 55 | Abstract  | Quasi-experimental | Youth 16-19 years | USA | x |  |  |  |  |
| 56 | Practice application  | Non-experimental | Overall high risk | Canada | x | x |  |  |  |
| 57 | Government report | Non-experimental | Overall high risk | Canada | x | x |  |  |  |
| 58 | Dissertation/ thesis | Non-experimental | Overall high risk | Canada | x | x | x |  |  |
| 61 | Refereed journal article | Qualitative interviews | Young parents (16-25 years) | Australia and New Zealand | x | x |  |  |  |
| 62 | Refereed journal article | Quasi-experimental | Youth 16-19 years | USA | x | x |  |  |  |
| 64  | Refereed journal article | Quasi-experimental | Youth 16-19 years | USA | x | x |  |  |  |
| 65  | Refereed journal article | Quasi-experimental | Youth 16-19 years | USA | x | x |  |  |  |
| 66 | Abstract | Non-experimental | General Population | USA | x | x | x |  |  |
| 67 | Refereed journal article | Scoping review | General population | Canada | x | x | x | x | x |