**Supplementary Table 2.** Nutritional Knowledge, Attitudes, and Practices Questionnaire

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| **Knowledge**   1. Which of the following foods has the highest **calcium** content?   ☐ Eggs ☐ Milk ☐ Pork   1. Which of the following foods is a **processed food**?   ☐ Soy milk ☐ Eggs ☐ Sausage   1. Which of the following foods has the highest **fibre** content?   ☐ Vegetable ☐ Chicken ☐ Rice   1. Which of the following nutrients is mainly provided by **soy, fish, eggs, and meat**?   ☐ Carbohydrates ☐ Fat ☐ Protein   1. Do you think you should eat grain foods such as rice, noodles, steamed bread, and bread every day?   ☐ Yes ☐ No   1. Which of the following dinners is the healthiest?   ☐ Ten fried dumplings and a bowl of corn soup  ☐ A hamburger, French fries, and a soft drink  ☐ A bowl of noodle soup, a plate of boiled vegetables, and braised tofu  **Attitudes**   1. A person cannot develop any health problems if he/she eats enough food.   ☐ True ☐ False   1. As long as a person eats three meals per day, he/she will have no health problems even the meals contain no vegetables.   ☐ Agree ☐ Do not agree ☐ Ambivalent   1. I do not eat breakfast, so I compensate for it by eating more at lunch and dinner.   ☐ Agree ☐ Do not agree ☐ Ambivalent   1. Only obese people need to limit their snack intake.   ☐ Agree ☐ Do not agree ☐ Ambivalent  **Practice**   1. How often do you choose your food based on whether the food is good for your health?   ☐ Frequently ☐ Sometimes ☐ Rarely ☐ Never   1. How often do you choose your food by checking the ingredients on food labels?   ☐ Frequently ☐ Sometimes ☐ Rarely ☐ Never   1. How often do you buy food for yourself or family based on advertisements on TV?   ☐ Frequently ☐ Sometimes ☐ Rarely ☐ Never   1. How often do you ask for the name of food if you are not sure what it is?   ☐ Frequently ☐ Sometimes ☐ Rarely ☐ Never |