**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 ☐ Pork1. Which of the following foods is a **processed food**?

☐ Soy milk ☐ Eggs ☐ Sausage1. Which of the following foods has the highest **fibre** content?

☐ Vegetable ☐ Chicken ☐ Rice1. Which of the following nutrients is mainly provided by **soy, fish, eggs, and meat**?

☐ Carbohydrates ☐ Fat ☐ Protein1. Do you think you should eat grain foods such as rice, noodles, steamed bread, and bread every day?

☐ Yes ☐ No1. 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 ☐ False1. 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 ☐ Ambivalent1. I do not eat breakfast, so I compensate for it by eating more at lunch and dinner.

☐ Agree ☐ Do not agree ☐ Ambivalent1. 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 ☐ Never1. How often do you choose your food by checking the ingredients on food labels?

☐ Frequently ☐ Sometimes ☐ Rarely ☐ Never1. How often do you buy food for yourself or family based on advertisements on TV?

☐ Frequently ☐ Sometimes ☐ Rarely ☐ Never1. How often do you ask for the name of food if you are not sure what it is?

☐ Frequently ☐ Sometimes ☐ Rarely ☐ Never |