

## Appendix 1

(I) Questions asking about the informativeness of meals:

1. Can I check all nutritional information included in the diet?
2. Are the calorie and nutritional information of the meal clearly displayed?
3. Is sufficient information provided about the sources of the menu's ingredients?
4. Is the diet confirmed to be tailored to specific health conditions?
5. If I change my diet, can I check the updated nutritional information?

(II) Questions to ask about the reliability of your diet:

6. Is the nutritional information for the meal provided by an accredited organization?
7. Can I check hygiene information during meal preparation?
8. Are the raw materials fresh and quality guaranteed?
9. Are the taste and nutrition of the meal well balanced?
10. Can I check reviews or testimonials from people who have used this diet?