

Table S1 Dietary assessment questions

Dietary questions

In a typical week, on how many days do you eat fruit?

How many servings of fruit do you eat on one of those days?

In a typical week, on how many days do you eat vegetables?

How many servings of vegetables do you eat on those days?

How many times do you eat meat in a typical week?

How many times do you eat egg in a typical week?

How many times do you eat fish in a typical week?

On average, how many meals do you eat in a week (breakfast, lunch, and dinner) that were not prepared at home?

Do you usually add extra salt to your food before eating it?

In a typical week, how many servings of processed or pre-packed foods do you eat?

In a typical week, how many servings of drinks (coke/fanta/sprite/7-up/energy drink) do you consume?

How much sugar (teaspoon) do you take with tea?
