

Table S4. Proportion of misinformed answers per source of dietary change.

1

Misinformed Answers per Source of Dietary Change									
Sources Used for Eating Behavior Change from Lowest to Highest Proportion of Misinformed Answers		Never	Hardly	Occasion-ally	Repeat-edly	Continu-ally	WAVG*	SD	Total Mis-informed Responses on All 25 State-ments <i>n</i>
		%							
1	My own medi-cal doctor or GP	24.7	27.1	29.1	33.4	41.2	33.8	1.4	12,728
2	Nutrition sci-entists, PhDs and academics	22.3	25.6	27.2	32.5	41.1	34.1	1.4	12,724
3	A nutrition professional	22.4	26.6	28.1	33.4	41.3	34.8	1.4	12,747
4	Government officials	25.1	24.9	31.6	34.4	44.8	35.5	1.6	12,746
5	A nurse or health coach	23.2	27.7	30.7	37.4	43.5	35.6	1.5	12,687
6	Scientific jour-nals or science news publica-tions	22.5	26.8	29.9	35.1	44.4	35.7	1.5	12,789
7	Official gov-ernment web-sites (WHO, UNICEF, CDC, NHS, etc.)	23.9	23.9	29.9	33.7	45.0	36.6	1.5	12,805
8	Gym instruc-tors or per-sonal trainers	24.6	30.3	32.5	38.1	49.2	37.4	1.7	12,693
9	Family mem-bers, friends, colleagues or peers	23.4	27.4	32.7	41.9	48.6	37.8	1.8	12,777
10	Celebrity doc-tors or experts	23.8	30.0	30.9	40.0	49.4	38.0	1.8	12,679
11	Nutrition or health web-sites	21.5	25.6	30.4	37.7	48.3	38.1	1.7	12,792
12	Film or TV documentaries	23.6	30.4	36.0	42.3	50.1	38.7	1.7	12,766

13	Google or Internet searches	22.7	29.3	33.1	43.7	47.3	39.1	1.6	12,782
14	Diet or health books	22.4	27.5	31.3	39.7	50.5	39.2	1.8	12,792
15	School, college or university teachers or lecturers	23.5	28.4	34.5	43.6	49.1	39.5	1.7	12,671
16	Blogs or podcasts	23.3	30.7	38.1	41.1	51.6	40.0	1.6	12,792
17	Influencers I follow on social media	23.9	30.4	35.9	46.9	50.9	41.1	1.8	12,774
18	TV or radio news	23.9	29.9	36.1	44.0	52.6	41.2	1.9	12,681
19	Online news outlets or magazines	23.9	30.7	36.3	47.0	53.6	42.4	1.9	12,766
20	Social media (Facebook, Twitter, etc.)	23.7	31.9	37.8	46.6	52.5	42.5	1.7	12,756
21	Famous personalities, actors or presenters	25.0	32.7	38.4	46.8	55.4	42.7	1.9	12,653
22	Private messages (WhatsApp, Viber, Messenger, etc.)	24.0	33.6	38.8	47.7	51.1	42.9	1.7	12,755

* The ranking of sources used for eating behavior change from lowest to highest proportion of misinformed answers is based on weighted averages of frequencies per source calculated on the scale 'never' (0), 'hardly' (1), 'occasionally' (2), 'repeatedly' (3), and 'continually' (4).

2
3
4