

Table S1. Measures of frequency of foods and beverages consumption.

	Items	Response options	Scoring
Junk foods ¹	During the past 7 days, how many times did you eat regular potato chips?	Never = 0, 1 – 3 times in the past	Total score
	During the past 7 days, how many times did you eat any type of candy or chocolate?	7 days = 0.29, 4 – 6 times in the past	
	During the past 7 days, how many times did you eat cookies or cakes?	7 days = 0.71, 1 time per day = 1,	
	During the past 7 days, how many times did you eat fried potatoes?	2 times per day = 2, 3 or more times per day = 3.	
	During the past 7 days, how many times did you eat ice cream or other frozen desserts?		
Sugar sweetened beverages ²	During the past 7 days, how many times did you drink regular soda?	Never = 0, 1 – 3 times in the past	Total score
	During the past 7 days, how many times did you drink energy drinks?	7 days = 0.29, 4 – 6 times in the past	
	During the past 7 days, how many times did you drink sweetened fruit drinks?	7 days = 0.71, 1 time per day = 1,	
	During the past 7 days, how many times did you drink sports drinks?	2 times per day = 2, 3 or more times per day = 3.	
Fast foods ³	During the past 7 days, how many times did you eat fried potatoes?	Never = 0, 1 – 3 times in the past	Total score
	During the past 7 days, how many times did you eat fried chicken?	7 days = 0.29, 4 – 6 times in the past	
	During the past 7 days, how many times did you eat pizza?	7 days = 0.71, 1 time per day = 1,	
	During the past 7 days, how many times did you eat tacos?	2 times per day = 2, 3 or more times per day = 3.	
	During the past 7 days, how many times did you eat hamburgers or cheeseburgers?		
	During the past 7 days, how many times did you eat foods that you heat and serve or make from a box?		

Fruits and vegetables ⁴	During the past 7 days, how many times did you drink 100% pure fruit?	Never = 0, 1 – 3 times in the past	Total score
	During the past 7 days, how many times did you eat fruit?	7 days = 0.29,	
	During the past 7 days, how many times did you eat a green salad?	4 – 6 times in the past	
	During the past 7 days, how many times did you eat other non-fried vegetables?	7 days = 0.71,	
	During the past 7 days, how many times did you eat other cooked beans?	1 time per day = 1,	
	During the past 7 days, how many times did you eat any other kind of potatoes?	2 times per day = 2, 3 or more times per day = 3.	
All detrimental foods ⁵	During the past 7 days, how many times did you eat pizza?		Total score
	During the past 7 days, how many times did you eat foods that you heat and serve or make from a box?		
	During the past 7 days, how many times did you eat tacos?		
	During the past 7 days, how many times did you eat fried chicken?		
	During the past 7 days, how many times did you eat hamburgers or cheeseburgers?	Never = 0, 1 – 3 times in the past	
	During the past 7 days, how many times did you eat processed meat?	7 days = 0.29,	
	During the past 7 days, how many times did you eat fried potatoes?	4 – 6 times in the past	
	During the past 7 days, how many times did you eat any type of candy or chocolate?	7 days = 0.71,	
	During the past 7 days, how many times did you eat cookies or cakes?	1 time per day = 1,	
	During the past 7 days, how many times did you eat regular potato chips?	2 times per day = 2, 3 or more times per day = 3.	
	During the past 7 days, how many times did you eat ice cream or other frozen desserts?		
	During the past 7 days, how many times did you eat sugary cereals?		
	During the past 7 days, how many times did you drink sweetened fruit drinks?		
	During the past 7 days, how many times did you drink regular soda?		
During the past 7 days, how many times did you drink energy drinks?			
During the past 7 days, how many times did you drink sports drinks?			

All beneficial foods ⁶

During the past 7 days, how many times did you drink 100% pure fruit?		
During the past 7 days, how many times did you drink any water?	Never = 0,	
During the past 7 days, how many times did you eat fruit?	1 – 3 times in the past	
During the past 7 days, how many times did you eat a green salad?	7 days = 0.29,	
During the past 7 days, how many times did you eat other non-fried vegetables?	4 – 6 times in the past	Total score
During the past 7 days, how many times did you eat other cooked beans?	7 days = 0.71,	
During the past 7 days, how many times did you eat whole grain bread?	1 time per day = 1,	
During the past 7 days, how many times did you eat other cooked whole grains?	2 times per day = 2,	
During the past 7 days, how many times did you eat non-sugary cereals?	3 or more times per day = 3.	
During the past 7 days, how many times did you eat any other kind of potatoes?		

Note: ¹Junk foods include the frequency of consumption of potato chip, candy/chocolate, cookie/cake, fried potato, and frozen dessert. ²Sugar sweetened beverages include the frequency of consumption of soda, energy drink, sweetened fruit drink and sport drink. ³Fast foods include the frequency of consumption of fried potato, fried chicken, pizza, taco, burger, and heat-and-serve food. ⁴Fruits and vegetables include the frequency of consumption of 100% fruit juice, fruit, green salad, other nonfried vegetables, cooked beans, and other potatoes consumption frequency. ⁵All detrimental foods include the frequency of consumption of pizza, heat-and-serve food, tacos, fried chicken, burger, processed meat, fried potatoes, candy/chocolate, cookies/cake, potato chips, frozen dessert, sugary cereal, sweetened fruit drink, soda, energy drink and sport drinks. ⁶All beneficial foods include the frequency of consumption of 100% fruit juice, water, fruit, green salad, other nonfried vegetable, cooked beans, whole-grain bread, cooked whole grains, no sugary cereal and other potatoes consumption frequency.