

## Supplementary Materials

### Supplement S1. *Questionnaire.*

The percentage of respondents selecting each answer choice is parenthetically stated and correct answers are in boldened font. Response rates for each question are in parentheses after the question stem.

#### Physical Activity Knowledge

1. The American Heart Association recommends getting *at least* \_\_\_\_ minutes per week of moderate-intensity aerobic activity.

(96.2% response rate)

- a. **150 minutes (29.6%)**
- b. 120 minutes (40.7%)
- c. 200 minutes (7.4%)
- d. 10 minutes (18.5)

2. The American Heart Association recommends muscle-strengthening activity (like resistance or weight training) *at least* \_\_\_\_ time(s) per week.

(96.2% response rate)

- a. 1 (14.8%)
- b. **2 (29.6%)**
- c. 4 (37.0%)
- d. 7 (14.8%)

#### Nutrition Knowledge

1. At least how many servings of vegetables should you eat each day?

(100% response rate)

- a. 1 serving (0.5 cup or palm) (18.5%)
- b. 2 servings (1 cup or 1 fist) (44.5%)
- c. **5 servings (2.5 cups or 2.5 fists) (33.3%)**
- d. 7 servings (3.5 cups or 3.5 fists) (3.7%)

2. At least how many servings of fruits should you eat each day?

(96.2% response rate)

- a. 1 serving (0.5 cup or palm) (18.5%)
- b. 2 serving (1 cup or 1 fist) (40.7%)
- c. **4 serving (2 cups or 2 fists) (37%)**
- d. 8 serving (4 cups or 4 fists) (0%)

3. At least how many servings of whole grains should you eat each day?  
(96.3% response rate)

- a. **3-6 servings (3-6 ounces or 3-6 handfuls) (11.1%)**
- b. 1-2 servings (1-2 ounces or 1-2 handfuls) (81.5%)
- c. 6-8 servings (6-8 ounces or 6-8 handfuls) (3.7%)
- d. 0 servings (0 ounces or 0 handfuls) (0%)

4. Which of the below is an example of a whole grain?  
(81.5% response rate)

- a. Brown rice (14.8%)
- b. Oatmeal (22.2%)
- c. Whole wheat pasta (7.4%)
- d. White bread (3.7%)
- e. **A, B, and C (33.3%)**

5. The American Heart Association recommends limiting added sugars to no more than  
(88.9% response rate)

- a. 150 calories a day (9 teaspoons or 9 marbles) for women and 250 calories a day (15 teaspoons or 15 marbles) for men (25.9%)
- b. 200 calories a day (12 teaspoons or 12 marbles) for women and 150 calories a day (9 teaspoons or 9 marbles) for men (3.7%)
- c. 500 calories a day (30 teaspoons or 30 marbles) for women and 600 calories a day (36 teaspoons or 36 marbles) for men (0%)
- d. **100 calories a day (6 teaspoons or 6 marbles) for women and 150 calories a day (9 teaspoons or 9 marbles) for men (59.3%)**

6. According to the American Heart Association, what is the biggest source of added sugar in the American diet?  
(85.2% response rate)

- a. **Sugar-sweetened beverages (55.6%)**
- b. Fruit (3.7%)
- c. 100% Fruit Juice (14.8%)
- d. Ice Cream (11.1%)

7. The American Heart Association recommends eating no more than \_\_\_\_\_ of sodium in a day.  
(92.6% response rate)

- a. 3500 mg (14.8%)
- b. **1500 mg (29.6%)**
- c. 1000 mg (48.1%)
- d. 5000 mg (0%)

8. Too much sodium/salt may put you at risk for:  
(88.9% response rate)

- a. Stroke (11.1%)
- b. Heart failure (0%)
- c. Kidney stones (3.7%)
- d. All of the above (63%)**
- e. None of the above (11.1%)

9. Sodium is often “hidden” in which of the below?  
(100% response rate)

- a. Soup (3.7%)
- b. Restaurant foods (3.7%)
- c. Processed foods (22.2%)
- d. All of the above (70.4%)**

10. \_\_\_\_\_ fat lower rates of heart disease and all-cause death.  
(100% response rate)

- a. Unsaturated (18.5%)**
- b. Saturated (14.8%)
- c. Trans (22.2%)
- d. All of the above (44.5%)

11. Which of the below are unsaturated fat(s)? **Circle all that apply.**  
(100% response rate)

- a. Fish (55.6%)**
- b. Nuts (59.3%)**
- c. Red meat (29.6%)
- d. Butter (29.6%)
- e. Avocado (40.7%)**
- f. Heavy Cream (22.2%)
- g. Cheese (33.3%)
- h. Olive oil (55.6%)**

12. \_\_\_\_\_ fat raises the risk of developing heart disease and raises bad cholesterol (LDL) levels.  
(96.3% response rate)

- a. Unsaturated (3.7%)
- b. Saturated (25.9%)**
- c. Trans (11.1%)**
- d. All of the above (55.6%)

13. One cup of food is roughly equal to the size of  
(96.3% response rate)

- a. **A fist or a baseball (51.9%)**
- b. A palm or a tennis ball (25.9%)
- c. Two fists or a softball (3.7%)
- d. A thumb or a ping pong ball (14.8%)

14. Three ounces of meat is roughly equal to the size of  
(100% response rate)

- a. A thumb or a ping pong ball (18.5%)
- b. **A palm or a decks of cards (48.2%)**
- c. A fist or a baseball (18.5%)
- d. Two palms or two decks of cards (14.8%)