

# Supplementary Materials: Table S1 - The Questionnaire

Questions	Answers
PERSONAL DATA	
Gender	Male/Female
Age (years)	Age in years
Weight	kg
Height	cm
School attended by the child	Nursery/Primary school
Ethnic group	African/Asiatic/Caucasian/Eurasian/Hispanic
Household income	Up to 10.000 euros/Between 10.001 and 25.000 euros/Between 25.001 and 40.000 euros/Between 40.001 and more
Parents employment	Both parents employed/≤1 parent employed
Children in family	Number in units
SECTION 1 (S1) - CHILD FOOD NEOPHOBIA SCALE (CFNS)	
S1.1 The child constantly sampling new and different food	For each question, choose one of the following options:  Strongly disagree/Disagree/Somewhat disagree/Neither agree nor disagree/Somewhat agree/Agree/Strongly agree
S1.2 The child doesn't trust new foods	
S1.3 If the child does not know what a kind of food is, he does not try it	
S1.4 The child likes food from different cultures	
S1.5 Ethnic food looks to him/her too weird to eat	
S1.6 During a party the child is willing to try new foods	
S1.7 The child is afraid to eat things he has never had before	
S1.8 The child is very particular about the food he/she eats	
S1.9 The child will eat almost anything	
S1.10 The child likes to try new ethnic restaurants	
SECTION 2 (S2) - KIDMED TEST	
S2.1 Takes a fruit or fruit juice every day	Yes/No
S2.2 Has a second fruit every day	
S2.3 Has fresh or cooked vegetables regularly once a day	
S2.4 Has fresh or cooked vegetables more than once a day	
S2.5 Consumes fish regularly (at least 2–3 times per week)	
S2.6 Goes more than once a week to a fast-food (hamburger) restaurant	
S2.7 Likes pulses and eats them more than once a week	
S2.8 Consumes pasta or rice almost every day (5 or more times per week)	
S2.9 Has cereals or grains (bread, etc.) for breakfast	
S2.10 Consumes nuts regularly (at least 2–3 times per week)	
S2.11 Uses olive oil at home	
S2.12 Skips breakfast	
S2.13 Has a dairy product for breakfast (yoghurt, milk, etc.)	
S2.14 Has commercially baked goods or pastries for breakfast	
S2.15 Takes two yoghurts and/or some cheese (40 g) daily	
S2.16 Takes sweets and candy several times every day	

**Supplementary Materials: Table S2 - Results of the KIDMED Test**

		<b>n</b>	<b>%</b>
<b>Fruit or fruit juice every day</b>	Yes	229	79.5
	No	59	20.5
<b>Second fruit every day</b>	Yes	110	38.2
	No	178	61.8
<b>Fresh or cooked vegetables regularly once a day</b>	Yes	92	31.9
	No	196	68.1
<b>Fresh or cooked vegetables more than once a day</b>	Yes	77	26.7
	No	211	73.3
<b>Fish at least 2-3 times per week</b>	Yes	188	65.3
	No	100	34.7
<b>Fast-food more than once a week</b>	Yes	54	18.8
	No	234	81.2
<b>Legumes more than once a week</b>	Yes	133	46.2
	No	155	53.8
<b>Pasta or rice 5 or more times per week</b>	Yes	90	31.3
	No	198	68.7
<b>Cereals or grains (bread, etc.) for breakfast</b>	Yes	54	18.8
	No	234	81.2
<b>Nuts at least 2–3 times per week</b>	Yes	73	25.3
	No	215	74.7
<b>Olive oil as seasoning</b>	Yes	276	95.8
	No	12	4.2
<b>Skips breakfast</b>	Yes	34	11.8
	No	254	88.2
<b>Dairy product for breakfast (yoghurt, milk, etc.)</b>	Yes	264	91.7
	No	24	8.3
<b>Commercially baked goods or pastries for breakfast</b>	Yes	235	81.6
	No	53	18.4
<b>Two yoghurts and/or some cheese (40 g) daily</b>	Yes	171	59.4
	No	117	40.6
<b>Sweets and candy several times every day</b>	Yes	115	39.9
	No	173	60.1