

**Table S5.** Comparison of dietary change frequencies per each of six subpar information sources relative to the number of books owned.

Source Reliance for Making Dietary Changes		Number of Physical and Digital Books Owned					Total Responses <i>n</i>
		0-9	10-99	100-499	500-999	1000 or more	
Social media	Never	<b>6.4</b>	<b>32.4</b>	<b>40.3</b>	<b>13.4</b>	<b>7.6</b>	1243
	Rarely	<b>9.2</b>	<b>37.6</b>	<b>36.8</b>	<b>10.3</b>	<b>6.1</b>	620
	Sometimes	<b>10.3</b>	<b>47.9</b>	<b>30.8</b>	<b>7.7</b>	<b>3.3</b>	428
	Often	<b>26.4</b>	<b>34.1</b>	33.0	<b>5.5</b>	<b>1.1</b>	91
	All the time	20.7	58.6	13.8	0.0	6.9	29
Influencers followed on social media	Never	<b>7.0</b>	<b>32.3</b>	<b>40.1</b>	<b>13.2</b>	<b>7.5</b>	1288
	Rarely	<b>8.3</b>	<b>40.3</b>	<b>36.2</b>	<b>8.9</b>	<b>6.4</b>	531
	Sometimes	<b>12.8</b>	<b>41.9</b>	32.8	<b>8.7</b>	<b>3.9</b>	461
	Often	<b>15.8</b>	<b>48.3</b>	<b>28.1</b>	7.0	<b>0.9</b>	114
	All the time	15.6	<b>53.1</b>	<b>21.9</b>	6.3	3.1	32
Famous personalities, actors, or presenters	Never	<b>7.6</b>	<b>34.9</b>	<b>38.4</b>	<b>12.3</b>	6.7	1707
	Rarely	<b>8.9</b>	<b>40.8</b>	<b>35.9</b>	9.1	5.4	449
	Sometimes	<b>13.5</b>	41.1	<b>33.8</b>	<b>7.3</b>	4.4	207
	Often	<b>26.8</b>	<b>51.2</b>	<b>14.6</b>	4.9	2.4	41
	All the time	35.0	45.0	<b>20.0</b>	0.0	0.0	20
Diet or health books	Never	<b>15.0</b>	38.1	33.5	9.2	4.2	260
	Rarely	<b>10.4</b>	<b>37.0</b>	<b>33.7</b>	12.3	6.6	422
	Sometimes	<b>7.0</b>	<b>34.4</b>	<b>39.4</b>	<b>12.2</b>	7.1	1120
	Often	<b>7.4</b>	<b>40.2</b>	<b>38.2</b>	<b>9.7</b>	4.4	497
	All the time	11.4	<b>48.3</b>	<b>27.2</b>	6.1	7.0	114
Nutrition or health websites	Never	<b>13.4</b>	<b>35.0</b>	<b>32.3</b>	<b>12.4</b>	7.0	186
	Rarely	<b>9.0</b>	<b>33.3</b>	<b>37.3</b>	<b>13.3</b>	7.1	421
	Sometimes	<b>6.7</b>	<b>36.1</b>	<b>40.1</b>	<b>10.8</b>	6.3	1199
	Often	<b>10.6</b>	<b>40.3</b>	<b>33.1</b>	<b>11.3</b>	4.7	489
	All the time	<b>15.9</b>	<b>49.2</b>	<b>25.4</b>	<b>4.0</b>	5.6	126
Google or Internet searches	Never	<b>7.4</b>	<b>32.6</b>	<b>41.7</b>	12.0	6.3	460
	Rarely	<b>7.5</b>	<b>34.8</b>	<b>34.8</b>	<b>14.1</b>	<b>8.9</b>	655
	Sometimes	<b>7.5</b>	<b>39.4</b>	<b>38.0</b>	<b>9.8</b>	<b>5.3</b>	947
	Often	<b>14.1</b>	39.1	<b>34.4</b>	<b>8.7</b>	<b>3.6</b>	276
	All the time	<b>25.0</b>	<b>47.4</b>	<b>18.4</b>	<b>5.3</b>	4.0	76

\* Bolded values represent  $p < 0.05$ .