

**Table S4.** Cross-tabulations of self-reported diet-nutrition information source-seeking frequencies with levels of trust and with reliance for making dietary changes.

Frequency of Nutrition-Diet Information Source-Seeking Behaviors		Assigned Level of Trust Relative to Source-Seeking Frequency					Total Responses <i>n</i>	Reliance for Making Dietary Changes Relative to Source-Seeking Frequency					Total Responses <i>n</i>
		Least Trust-worthy	Not Very Trust-worthy	Trust-worthy	Very Trust-worthy	Most Trust-worthy		Never	Rarely	Some-times	Often	All the Time	
Nutrition or health websites	Never	24.8	33.7	35.6	3.0	3.0	101	54.8	20.4	22.6	1.1	1.1	93
	Rarely	6.7	36.4	42.1	12.4	2.4	209	19.5	39.5	36.8	3.2	1.1	190
	Sometimes	1.6	24.0	60.8	11.2	2.5	893	6.7	25.5	58.2	8.0	1.7	827
	Often	0.7	8.4	59.2	26.5	5.2	1035	3.4	10.5	52.5	30.4	3.3	978
	Always	1.2	4.7	38.7	32.6	23.0	344	2.5	3.8	32.4	37.1	24.1	315
Google or Internet searches	Never	50.6	43.0	5.1	0.0	1.3	156	84.8	11.3	3.3	0.0	0.7	151
	Rarely	20.2	63.1	14.9	1.1	0.7	282	39.1	43.3	16.1	1.5	0.0	261
	Sometimes	6.3	56.2	35.5	1.6	0.5	876	7.0	18.3	56.4	16.6	1.8	833
	Often	2.3	34.4	53.2	8.4	1.6	900	5.2	10.0	37.4	31.6	15.8	329
	Always	2.0	18.8	48.2	20.2	10.9	357	17.6	40.9	37.2	3.4	0.9	814
Diet or health books	Never	19.7	44.6	31.0	2.8	1.9	213	58.9	21.4	16.2	2.1	1.6	192
	Rarely	3.7	40.2	47.6	7.1	1.4	351	22.2	40.6	32.8	3.4	1.0	320
	Sometimes	1.8	24.4	59.1	12.7	2.0	974	6.5	20.1	60.8	11.4	1.2	898
	Often	0.3	11.7	58.1	24.2	5.7	776	1.2	7.7	48.0	38.6	4.5	741
	Always	2.3	3.8	34.5	30.7	28.8	267	2.5	2.9	30.7	37.3	26.6	241
Scientific journals or academic manuals	Never	9.9	13.7	45.6	18.6	12.3	496	55.5	22.9	17.7	3.0	0.9	436
	Rarely	3.5	10.5	45.4	27.9	12.7	456	19.1	33.8	35.7	10.2	1.2	420
	Sometimes	0.8	5.4	46.6	32.4	15.0	782	8.5	18.2	52.5	17.8	3.0	730
	Often	0.9	2.3	31.1	37.4	28.4	578	2.6	6.6	44.8	37.8	8.2	547
	Always	1.2	2.3	18.8	24.9	52.9	261	2.5	3.3	31.2	30.7	32.4	244
Science news publications	Never	11.7	21.5	45.7	15.0	6.1	446	56.0	22.3	18.3	2.3	1.3	400
	Rarely	5.7	14.4	55.2	20.1	4.6	458	22.8	36.0	34.8	6.1	0.2	425
	Sometimes	1.6	8.8	53.6	27.3	8.8	901	12.1	20.2	51.0	14.4	2.2	825
	Often	1.1	2.7	38.2	40.5	17.6	558	2.5	9.3	51.9	30.1	6.3	528
	Always	1.4	5.2	21.8	28.4	43.1	211	4.5	7.5	29.2	30.7	28.1	199
	Never	4.8	7.7	39.1	25.4	23.0	673	35.8	18.3	32.5	8.9	4.5	606

<b>Nutrition scientists and PhDs</b>	Rarely	1.3	7.3	39.8	30.1	21.5	382	11.9	20.1	45.6	17.9	4.5	353
	Sometimes	0.6	4.0	38.9	34.0	22.6	705	6.3	10.1	54.4	23.7	5.5	651
	Often	0.4	0.5	22.5	39.6	37.0	573	1.7	4.8	36.3	43.8	13.6	546
	Always	0.7	1.1	12.2	20.7	65.2	270	2.1	1.2	16.5	44.0	36.2	243
<b>A nutrition professional</b>	Never	3.8	10.5	43.2	26.0	16.5	101	36.2	17.8	32.7	9.5	3.8	550
	Rarely	1.6	7.6	42.9	31.6	16.4	74	11.8	18.0	49.4	16.3	4.6	417
	Sometimes	0.7	3.9	41.7	33.9	19.8	151	5.8	8.6	50.5	28.9	6.2	707
	Often	0.4	2.0	28.8	44.0	24.9	126	1.5	2.9	33.9	47.1	14.7	484
	Always	1.1	2.6	17.1	30.1	49.1	132	1.6	0.8	14.2	41.3	42.1	247
<b>Social media</b>	Never	75.3	23.6	0.9	0.1	0.1	780	90.3	7.7	1.6	0.1	0.3	730
	Rarely	39.0	55.1	5.7	0.2	0.0	613	57.9	33.9	7.2	0.9	0.2	570
	Sometimes	17.3	61.5	19.8	1.2	0.3	753	26.9	39.2	30.0	3.1	0.9	689
	Often	11.0	49.7	33.1	5.5	0.6	326	13.0	27.7	44.0	14.0	1.3	307
	Always	5.8	25.6	34.9	22.1	11.6	86	10.1	8.9	36.7	25.3	19.0	79
<b>Film or TV documentaries</b>	Never	49.5	35.1	14.5	0.9	0.0	683	79.2	13.7	6.5	0.3	0.3	629
	Rarely	16.4	51.2	30.5	1.6	0.3	691	44.9	40.5	13.2	1.1	0.3	637
	Sometimes	7.1	32.9	54.1	5.5	0.4	856	20.8	32.3	40.4	6.1	0.5	803
	Often	3.2	14.2	59.9	19.2	3.6	282	8.9	16.7	47.0	25.2	2.2	270
	Always	2.1	21.3	38.3	21.3	17.0	47	9.1	6.8	31.8	27.3	25.0	44
<b>Blogs or podcasts</b>	Never	46.6	43.4	9.3	0.5	0.3	788	88.4	9.2	1.8	0.3	0.3	717
	Rarely	12.8	58.3	27.0	1.6	0.4	571	48.2	37.5	12.0	2.0	0.4	544
	Sometimes	4.1	43.1	48.3	4.1	0.4	758	18.9	36.0	40.4	3.7	1.0	705
	Often	1.5	22.9	59.0	15.4	1.2	332	5.1	19.0	51.0	23.4	1.6	316
	Always	4.9	17.3	43.2	24.7	9.9	81	8.0	18.7	26.7	34.7	12.0	75
<b>Friends, colleagues or peers</b>	Never	44.4	44.7	10.4	0.3	0.1	709	73.6	19.2	6.4	0.5	0.3	660
	Rarely	21.7	57.3	19.5	1.6	0.0	683	37.0	44.0	18.2	0.6	0.2	638
	Sometimes	9.9	46.5	40.4	2.6	0.6	858	19.4	35.8	40.7	3.0	1.0	798
	Often	6.7	27.9	49.1	13.4	3.0	269	10.3	23.3	44.7	18.2	3.6	253
	Always	9.3	20.4	50.0	14.8	5.6	54	12.2	18.4	34.7	16.3	18.4	49
<b>Online groups or forums</b>	Never	46.1	46.3	6.9	0.5	0.1	807	83.6	12.7	2.8	0.9	0.0	743
	Rarely	16.4	61.2	19.5	2.6	0.3	610	49.8	37.9	10.9	1.4	0.0	570
	Sometimes	7.2	52.1	37.4	2.9	0.4	725	23.1	37.2	36.7	2.4	0.6	675
	Often	3.7	33.5	52.4	8.8	1.5	328	10.8	23.1	51.0	13.6	1.6	316
	Always	5.4	17.6	44.6	21.6	10.8	74	16.2	11.8	26.5	25.0	20.6	68
	Never	55.1	36.1	7.8	0.8	0.3	771	81.6	14.5	3.5	0.3	0.1	718

<b>Magazines or newspapers</b>	Rarely	19.1	63.3	15.9	1.7	0.1	713	42.6	42.9	13.2	1.1	0.2	650
	Sometimes	8.3	49.0	39.1	2.9	0.7	806	18.8	37.7	38.5	4.5	0.5	751
	Often	3.6	28.5	57.5	9.5	0.9	221	8.1	21.0	50.5	18.6	1.9	210
	Always	10.7	10.7	33.9	23.1	21.4	56	16.3	8.1	30.6	16.3	28.6	49
<b>Influencers I follow on social media</b>	Never	69.0	25.9	4.2	0.9	0.0	1016	85.6	10.3	3.5	0.4	0.1	939
	Rarely	27.2	55.0	16.8	0.8	0.2	493	50.8	31.3	14.8	2.6	0.6	467
	Sometimes	15.6	50.6	30.1	2.6	1.1	654	30.0	32.6	32.1	3.8	1.5	610
	Often	6.3	38.3	42.1	10.1	3.2	316	13.4	22.3	42.8	18.8	2.7	292
	Always	9.6	18.1	41.5	17.0	13.8	94	13.8	13.8	37.9	21.8	12.6	87
<b>Family members</b>	Never	48.0	41.1	9.7	1.0	0.3	984	72.0	20.2	6.6	0.7	0.5	925
	Rarely	13.6	58.1	26.0	2.0	0.4	716	27.9	47.3	22.1	2.2	0.5	673
	Sometimes	3.5	36.9	52.2	5.3	2.2	604	7.4	26.9	58.7	5.9	1.1	557
	Often	4.5	16.6	52.3	22.1	4.5	199	3.4	15.6	43.6	31.8	5.6	179
	Always	4.4	13.0	44.9	18.8	18.8	69	6.8	3.4	33.9	28.8	27.1	59
<b>A nurse or health coach</b>	Never	11.7	30.7	47.3	7.6	2.6	1143	55.7	21.6	19.3	2.5	0.9	1061
	Rarely	3.4	22.3	58.1	14.3	1.9	530	25.1	30.7	34.8	8.5	1.0	495
	Sometimes	1.2	12.6	62.1	20.3	3.9	597	10.0	17.9	53.1	17.0	2.0	548
	Often	1.3	5.3	47.8	38.5	7.1	226	10.1	9.7	36.2	35.3	8.7	207
	Always	2.5	6.2	32.1	23.5	35.8	81	4.0	5.3	26.3	35.5	29.0	76
<b>My own medical doctor or GP</b>	Never	22.8	35.2	32.5	7.4	2.1	1156	62.7	20.4	12.9	3.2	0.9	1071
	Rarely	5.6	32.7	49.5	9.4	2.8	640	18.9	38.6	35.1	6.2	1.2	593
	Sometimes	1.9	15.9	56.1	19.9	6.2	529	7.1	15.8	51.9	18.7	6.5	493
	Often	2.1	2.6	42.4	36.1	16.8	191	4.5	5.6	30.2	46.4	13.4	179
	Always	1.3	4.0	24.0	26.7	44.0	75	4.5	3.0	19.4	31.3	41.8	67
<b>Celebrity doctors or experts</b>	Never	40.0	36.8	19.8	2.7	0.7	1211	77.0	14.2	7.2	1.0	0.7	1124
	Rarely	16.7	52.7	26.1	3.8	0.8	528	44.7	35.8	15.6	3.0	0.8	494
	Sometimes	7.5	31.0	51.0	8.9	1.6	561	24.7	28.9	38.7	6.7	1.0	522
	Often	6.3	20.2	48.6	22.1	2.9	208	18.1	19.7	37.8	19.7	4.7	193
	Always	10.3	13.2	33.8	19.1	23.5	68	8.5	22.0	27.1	22.0	20.3	59
<b>School, college or university teachers or lecturers</b>	Never	19.2	38.4	34.8	6.1	1.6	1321	68.7	19.6	9.7	1.2	0.7	1223
	Rarely	5.3	29.0	55.0	8.7	2.0	458	33.6	37.1	24.7	4.4	0.2	434
	Sometimes	3.3	17.6	60.6	15.3	3.3	490	19.6	26.0	41.8	11.6	1.1	450
	Often	2.7	4.1	44.8	39.3	9.1	219	10.7	17.6	41.5	24.4	5.9	205
	Always	1.2	8.1	34.9	25.6	30.2	86	13.8	15.0	27.5	30.0	13.8	80
	Never	22.5	47.8	26.4	2.8	0.6	1271	71.8	18.4	8.5	1.0	0.3	1171

<b>Gym instructors or personal trainers</b>	Rarely	<b>4.4</b>	<b>45.7</b>	<b>44.2</b>	<b>4.8</b>	<b>0.9</b>	547	<b>28.4</b>	<b>42.6</b>	<b>25.3</b>	<b>2.9</b>	<b>0.8</b>	514
	Sometimes	<b>1.9</b>	<b>23.5</b>	<b>61.7</b>	<b>9.6</b>	<b>3.3</b>	519	<b>8.2</b>	<b>22.5</b>	<b>53.9</b>	<b>12.9</b>	<b>2.5</b>	488
	Often	<b>2.1</b>	<b>13.7</b>	<b>49.0</b>	<b>31.1</b>	<b>4.2</b>	190	<b>3.4</b>	<b>9.7</b>	<b>43.4</b>	<b>33.1</b>	<b>10.3</b>	175
	Always	<b>1.6</b>	<b>12.5</b>	<b>32.8</b>	<b>32.8</b>	<b>20.3</b>	64	<b>0.0</b>	<b>3.8</b>	<b>22.6</b>	<b>41.5</b>	<b>32.1</b>	53
<b>Famous personalities, actors or presenters</b>	Never	<b>67.6</b>	<b>29.1</b>	<b>3.0</b>	<b>0.3</b>	<b>0.1</b>	1789	<b>84.5</b>	<b>11.1</b>	<b>3.5</b>	<b>0.7</b>	<b>0.2</b>	1665
	Rarely	<b>33.9</b>	<b>54.9</b>	<b>9.4</b>	<b>1.1</b>	<b>0.7</b>	446	<b>47.0</b>	<b>38.2</b>	<b>12.9</b>	<b>1.2</b>	<b>0.7</b>	419
	Sometimes	<b>17.0</b>	<b>53.0</b>	<b>26.7</b>	<b>3.2</b>	<b>0.0</b>	247	<b>27.2</b>	<b>37.1</b>	<b>29.9</b>	<b>4.5</b>	<b>1.3</b>	224
	Often	<b>12.7</b>	<b>42.3</b>	<b>26.8</b>	<b>15.5</b>	<b>2.8</b>	71	<b>29.0</b>	<b>17.7</b>	<b>35.5</b>	<b>12.9</b>	<b>4.8</b>	62
<b>Fiction books or movies</b>	Always	<b>23.5</b>	<b>17.7</b>	<b>32.4</b>	<b>14.7</b>	<b>11.8</b>	34	<b>25.9</b>	<b>14.8</b>	<b>14.8</b>	<b>22.2</b>	<b>22.2</b>	27
	Never	<b>80.2</b>	<b>17.2</b>	<b>2.3</b>	<b>0.2</b>	<b>0.1</b>	1972	<b>92.3</b>	<b>5.5</b>	<b>1.9</b>	<b>0.2</b>	<b>0.1</b>	1843
	Rarely	<b>34.6</b>	<b>50.0</b>	<b>13.9</b>	<b>0.9</b>	<b>0.6</b>	330	<b>51.1</b>	<b>36.8</b>	<b>9.8</b>	<b>1.6</b>	<b>0.7</b>	307
	Sometimes	<b>16.5</b>	<b>41.5</b>	<b>35.2</b>	<b>5.7</b>	<b>1.1</b>	176	<b>32.3</b>	<b>30.3</b>	<b>25.8</b>	<b>8.4</b>	<b>3.2</b>	155
	Often	<b>10.2</b>	<b>46.9</b>	<b>34.7</b>	<b>4.1</b>	<b>4.1</b>	49	<b>31.8</b>	<b>20.5</b>	<b>31.8</b>	<b>15.9</b>	<b>0.0</b>	44
Always	<b>7.1</b>	<b>14.3</b>	<b>32.1</b>	<b>28.6</b>	<b>17.9</b>	28	<b>22.2</b>	<b>11.1</b>	<b>33.3</b>	<b>3.7</b>	<b>29.6</b>	27	

\* Bolded values represent  $p < 0.05$ .