

Table S2. Sources of nutrition information and dietary advice listed in the survey questionnaire.

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| Interpersonal Sources of Information | General Sources of Information |
|---|---|
| A nurse or health coach | Blogs or podcasts |
| A nutrition professional | Diet or health books |
| Celebrity doctors or experts | Fiction books or movies |
| Family members | Film or TV documentaries |
| Friends, colleagues or peers | Google or Internet searches |
| Gym instructors or personal trainers | Magazines or newspapers |
| Influencers I follow on social media | Social media |
| My own medical doctor or GP | Nutrition or health websites |
| School, college or university teachers or lecturers | Online groups or forums |
| Famous personalities, actors or presenters | Scientific journals or academic manuals |
| Nutrition scientists and PhDs | Science news publications |

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