

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

* Bolded values represent $p < 0.05$.