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RESEARCH ARTICLE

A Questionnaire-based Assessment of Dietary Adherence and Identification of Barriers to Healthy Eating

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Article History

Received: February 02, 2019

Revised: March 30, 2019

Accepted: April 02, 2019

SUPPLEMENTARY TABLE

Supplementary Table 1.

Question	Threshold	Number of points
On average, how many servings of fruit do you consume in one day?	≥3	1
On average, how many servings of vegetables do you consume in one day?	≥2	1
On average, how many servings of sweetened or fizzy beverages do you consume per day? (such as cola, Fanta or lemonade)	<1	1
On average, how many servings of butter, margarine or cream do you consume per day?	<1	1
On average, how many servings of green tea do you drink per day?	≥2	1
Do you preferentially choose wholegrain cereals over a more processed alternative? (such as wholemeal bread vs white bread)	Yes	1
Do you use olive oil for cooking or as an addition to meals?	Yes	2
Do you preferentially choose chicken or turkey over red meats such as steak, mince or pork?	Yes or Vegetarian	1
On average, how many servings of red meat do you consume in a week? (beef steak, mince, sausage, pork)	<1	1
On average, how many glasses of wine do you consume per week? (does not include any other alcoholic beverage)	≥7; ≤21	1
On average, how many servings of fish or shellfish do you consume per week?	≥3	1
On average, how many servings of peas, beans, bean sprouts, peanuts, or lentils do you consume per week?	≥3	1
On average, how many times per week do you consume sweets or pastries, such as cakes, cookies or biscuits?	<3	1
On average, how many servings of nuts do you consume per week? (almonds, hazelnuts, brazil nuts, excludes peanuts)	≥2	1

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