

Electronic Supplementary Material

ESM 1. The frequency rating scale answer including description from rarely to never to three times a day and its value for weighting the servings per week

Frequency scale answer	Description	Servings per week
0	Rarely or never	0
1	Once a week	1
2	Twice a week	2
3	Three times a week	3
4	Four to six times a week	5
5	Once per day	7
6	Twice a day	14
7	Three times a day	21