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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Supplementary Materials: Table S1 -** The Questionnaire   |  |  | | --- | --- | | **Questions** | **Answers** | | **PERSONAL DATA** | | | **Gender** | Male/Female | | **Age (years)** | Age in years | | **Weight** | kg | | **Height** | cm | | **School attended by the child** | Nursery/Primary school | | **Ethnic group** | African/Asiatic/Caucasian/Eurasian/Hispanic | | **Household income** | Up to 10.000 euros/Between 10.001 and 25.000 euros/Between 25.001 and 40.000 euros/Between 40.001 and more | | **Parents employment** | Both parents employed/≤1 parent employed | | **Children in family** | Number in units | | **SECTION 1 (S1) - CHILD FOOD NEOPHOBIA SCALE (CFNS)** | | | S1.1 The child constantly sampling new and different food S1.2 The child doesn't trust new foods S1.3 If the child does not know what a kind of food is, he does not try it S1.4 The child likes food from different cultures S1.5 Ethnic food looks to him/her too weird to eat S1.6 During a party the child is willing to try new foods S1.7 The child is afraid to eat things he has never had before S1.8 The child is very particular about the food he/she eats S1.9 The child will eat almost anything S1.10 The child likes to try new ethnic restaurants | For each question, choose one of the following options: Strongly disagree/Disagree/Somewhat disagree/Neither agree nor disagree/Somewhat agree/Agree/Strongly agree | | **SECTION 2 (S2) - KIDMED TEST** | | | S2.1 Takes a fruit or fruit juice every day S2.2 Has a second fruit every day S2.3 Has fresh or cooked vegetables regularly once a day S2.4 Has fresh or cooked vegetables more than once a day S2.5 Consumes fish regularly (at least 2–3 times per week) S2.6 Goes more than once a week to a fast-food (hamburger) restaurant S2.7 Likes pulses and eats them more than once a week S2.8 Consumes pasta or rice almost every day (5 or more times per week) S2.9 Has cereals or grains (bread, etc.) for breakfast S2.10 Consumes nuts regularly (at least 2–3 times per week) S2.11 Uses olive oil at home S2.12 Skips breakfast S2.13 Has a dairy product for breakfast (yoghurt, milk, etc.) S2.14 Has commercially baked goods or pastries for breakfast S2.15 Takes two yoghurts and/or some cheese (40 g) daily S2.16 Takes sweets and candy several times every day | Yes/No | |  |
|  |  |

**Supplementary Materials: Table S2 -** Results of the KIDMED Test

|  |  |  |  |
| --- | --- | --- | --- |
|  |  | **n** | **%** |
| **Fruit or fruit juice every day** | Yes | 229 | 79.5 |
| No | 59 | 20.5 |
| **Second fruit every day** | Yes | 110 | 38.2 |
| No | 178 | 61.8 |
| **Fresh or cooked vegetables regularly once a day** | Yes | 92 | 31.9 |
| No | 196 | 68.1 |
| **Fresh or cooked vegetables more than once a day** | Yes | 77 | 26.7 |
| No | 211 | 73.3 |
| **Fish at least 2-3 times per week** | Yes | 188 | 65.3 |
| No | 100 | 34.7 |
| **Fast-food more than once a week** | Yes | 54 | 18.8 |
| No | 234 | 81.2 |
| **Legumes more than once a week** | Yes | 133 | 46.2 |
| No | 155 | 53.8 |
| **Pasta or rice 5 or more times per week** | Yes | 90 | 31.3 |
| No | 198 | 68.7 |
| **Cereals or grains (bread, etc.) for breakfast** | Yes | 54 | 18.8 |
| No | 234 | 81.2 |
| **Nuts at least 2–3 times per week** | Yes | 73 | 25.3 |
| No | 215 | 74.7 |
| **Olive oil as seasoning** | Yes | 276 | 95.8 |
| No | 12 | 4.2 |
| **Skips breakfast** | Yes | 34 | 11.8 |
| No | 254 | 88.2 |
| **Dairy product for breakfast (yoghurt, milk, etc.)** | Yes | 264 | 91.7 |
| No | 24 | 8.3 |
| **Commercially baked goods or pastries for breakfast** | Yes | 235 | 81.6 |
| No | 53 | 18.4 |
| **Two yoghurts and/or some cheese (40 g) daily** | Yes | 171 | 59.4 |
| No | 117 | 40.6 |
| **Sweets and candy several times every day** | Yes | 115 | 39.9 |
| No | 173 | 60.1 |