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|  | **SHED questions (English)** | **Supplementary Materials** |
| scale | Kindly specify to what extent the following sentences are accurate for you personally: | Domain |
| Scale (1-4):  Almost Never True  Rarely True  Often True  Almost Always True | * As a main course, I prefer and eat meat products (poultry, beef, fish) more times per week compared to plant-based food (grains, legumes, fruits and vegetables) | Health:  Healthy Eating (HE)  10 items |
| * In a course of a week, I eat more plant-based food (grains, legumes, fruits and vegetables) instead of animal source foods (meat, dairy products and eggs) |
| * I eat a variety of fruits and vegetables, at least 400 grams or 5 portions daily |
| * I try to avoid meat and fatty meat products and prefer instead beans, legumes, lentils, fish, poultry or low-fat meat |
| * I prefer buying and consuming low salt products |
| * I try to avoid buying and consuming ultra-processed food products |
| * I prefer drinking water (or carbonated water) as a main beverage |
| * I choose low-sugar foods |
| * I limit the frequency of consumption of sweetened beverages and sweets |
| * I control the amount of salt I consume and limit adding salt to my meals |
| Scale (1-4):  Almost Never True  Rarely True  Often True  Almost Always True | * I separate waste and recycle food scraps at home with a composter (tool for producing organic fertilizer from food scraps)\* | Environment and socio-economic:  Sustainable Eating  (SE)  7 items |
| * I prefer buying and eating food made in Israel as much as possible |
| * I limit my meat consumption |
| * I try to eat crops that are reduced or free of pesticides and herbicides |
| * I try to consume organic food products on a regular basis\*\* |
| * I am aware and act to reduce food waste in my close environment |
| * I eat plant-based foods as an alternative to meat on a regular basis |
| Multiple choice | \*(if yes) Kindly specify type of composter : |  |
| * Neighborhood |
| * Private (backyard) |
| * Home (indoors) |
|  | \*\* (if yes) Expansion to Organic |  |
| Multiple choice | Kindly specify the type of organic food you consume (more than one answer may be selected) | Socio cultural |
| * Vegetables |
| * Fruits |
| * Grains and legumes |
| * Dairy products |
| * Meat products |
| * None |
| Multiple choice |  | Socio cultural |
| * Directly from the farmer |
| * Small shop in town |
| * Social business |
| * Food chain |
| * Self-grow |
| * Other |
| Scale for each:  Never  Seldom  Some of the time  Most of the time | Where do you buy fruits and vegetables? | Socio-cultural and socio-economic\*  (BFV score) |
| * Self-grow |
| * Direct delivery / Box from the farmer |
| * Buy directly at a farm |
| * At the market |
| * At a grocery store, or at a small, non-chain grocery store |
| * At a country store/green grocery (fruits & vegetables store) |
| * Supermarket – Home delivery |
| * Supermarket – Shop in person |
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|  | At what frequency do you: |  |
| Scale for each:  Never  Rarely (up to one time monthly)  Occasionally (once-twice monthly)  Sometimes (about once a week)  Often (two-three times weekly)  Daily or almost daily | * Eat pre-prepared meals - frozen | Socio-cultural and health\*  (ready meals score) |
| * Eat pre-prepared meals – chilled (packed) |
| * Eat homemade or home cooked food (not necessarily at your home) |
| * Eat in restaurants or eateries or cafeteria at work |
| * Cook food by myself (or take part in preparing it) |
| * Consume food cooked 1-3 days prior to eating |
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|  | Kindly specify the type of water you drink and frequency: |  |
| Scale for each:  Never  Seldom  Some of the time  Most of the time | * Unflavored Tap water/Homemade carbonated water/SodaStream (Israeli brand of soda water maker) | Environmental  Drinking Habits  (water score) |
| * Home water filters (Tami4, Brita, etc.) |
| * Large bottled water cooler (mineral water) |
|  |  |
| At what frequency do you drink: |  |
| Scale for each:  Never  Rarely (up to once monthly)  Occasionally (once-twice monthly)  Sometimes (about once weekly)  Often (two-three times weekly)  Daily or almost daily | * Soft drinks (for example Coca-Cola, Sprite, Nestea, etc.) | Environmental and health  Drinking Habits  (Soda score) |
| * Diet beverages (Diet Coke, Diet Sprite, Coke Zero, Pepsi Max, etc.) |
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|  | **Plant-base self-assessment:** |  |
|  | *Plant-based food includes: Grains, legumes, fruits and vegetables.* |  |
|  | *Animal source food includes: Meat, poultry, fish, eggs, dairy products* |  |
| Percent (%)  0-------------------100 | Based on this definition, what percentage of your diet is based on plant-based foods? Slide to answer |  |
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|  | **Waste streams\*\*** |  |
| Yes  No | Is (or was) separation of wet (organic) waste customary where you live? | Environmental |
|  |  |  |
| Percent of organic waste separation:  0-------------------100 | What percentage of organic waste did you separate and discard in a designated bin? Slide to answer |  |
|  |  |  |
| Yes  No | Is there an orange trash bin (In Israel – bin for recycling of empty packages except glass or cardboard) where you live? |  |
|  |  |  |
| Percent of package recycling:  0-------------------100 | What percent of packages did you separate and discard in the designated trash bin? Slide to answer |  |
|  |  |  |
| Yes  No | Is there a plastic bottles recycling bin where you live? |  |
|  |  |  |
| Percent of bottles recycling:  0-------------------100 | What percent of plastic bottles did you separate and discard in the recycling bin? Slide to answer |  |
|  |  |  |
| Yes  No | Is there a purple trash bin (In Israel – bin for glass recycling) where you live? |  |
|  |  |  |
| Percent of glass recycling:  0-------------------100 | What percent of glass waste did you discard in the purple bin? Slide to answer |  |

Table 2. Mediterranean Diet Adherence Screener (MEDAS) 