

Survey about Knowledge, Attitude and Purchasing Behavior of Saudi Mothers Towards Food Additives and Dietary Pattern of Preschool Children:

❖ Demographic characteristics:

1- Age of mother:

- 18 – 22 years old
- 23 – 27 years old
- 28 – 31 years old
- 32 – 36 years old
- 37 – 41 years old
- 42 – 46 years old
- Above 46 years old

2- Mother's education level:

- Less than high school
- High school
- Diploma
- Bachelor
- Postgraduate studies

3- Marital status of mother:

- Married
- Divorced
- Widow

4- Mother Occupation status:

- Businesswoman
- Employee
- Housewife
- Students
- Retired

5- Economic situations:

- Under 4,000 SR per month
- 4,000 – less than 8,000 SR per month
- 8,000 –less than 15,000 SR per month

- 15,000 – less than 25,000 SR per month
- Above 25,000 SR per month

6- The city you live (in west region):

- Makkah city
- Medina city
- Jeddah city
- Yanbu city
- Taif city
- Others

7- Number of preschool children (from 3 to 5 years):

- 1
- 2
- 3
- More than 3

8- How old is your child? If you have more than one child from 3 to 5 years old, choose the oldest child to answer this survey:

- 3 years
- 4 years
- 5 years

9- Child's weight in kilograms (kg):

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10- Child's height in centimeters (cm):

.....

11- Does your child suffer from food allergies?

- Yes
- No
- I don't know

12- Does your child suffer from tooth decay?

- Yes
- No
- I don't know

❖ Mothers' knowledge toward food additives:

1- Have you ever heard about food additives?

- Yes
- No
- I don't know

2- If you answer yes, what are your sources of information about food additives?

- Ministry of Health \ Food and Drug Administration
- Universities \ schools
- Social media \ Internet
- TV/radio
- Newspapers and magazines
- Conferences and symposia
- Family and friends
- Others

3- Food additives are materials added to processed food to improve the flavor, color, texture and to extend preservation period:

- Yes
- No
- I don't know

4- The types of additives in foods are preservatives, coloring agents, antioxidants, and emulsifiers:

- Yes
- No
- I don't know

5- Food factories adhere to certain regulations that are globally specific to the proportions of food additives authorized to be used in their products:

- Yes
- No
- I don't know

6- Food factories in Saudi Arabia put a clear list of additives in their food products:

- Yes

- No
- I don't know

7- Do you know that the kind of food additives be written in the guidance card on the package and symbolized by the letter E?

- Yes
- No
- I don't know

8- The numbers after the letter E, such as (E129), symbolize the type of food additive present in the product:

- Yes
- No
- I don't know

9- Food Additives in processed food products are divided into natural and artificial additives

- Yes
- No
- I don't know

10- High consumption of artificial food additives may cause hyperactivity for children and other dangerous disease

- Yes
- No
- I don't know

❖ **Mothers' attitude toward food additives:**

1- Do you allow your child to eat foods that contain food additives?

- Yes
- No
- I don't care

2- Do you have enough nutritional information to select the suitable food product including food additives?

- Yes
- No
- Maybe

- 3- Food containing artificial additives is more attractive for consumers:
- Yes
 - No
 - I don't know
- 4- The approved food additives in food products in Saudi Arabia are safe of health?
- Yes
 - No
 - I don't know
- 5- I am worried for my child to have diseases after consumption food with additives:
- Yes
 - No
 - Sometime
- 6- I am afraid for my child to get allergy after consumption food with additives:
- Yes
 - No
 - Sometime
- 7- Are you willing to pay more money for food without additives?
- Yes
 - No
 - Maybe
- 8- Do you think that it is essential to prepare awareness programs for our community about food additives?
- Yes
 - No
 - I don't care

❖ Mothers purchasing behavior

- 1- When buying food products for my children, I pay attention to information on food label related to additives as ingredients:
- Always

- Sometime
- Rarely
- Never

2- I avoid purchasing food products that contain high sweeteners for my children such as canned juices :

- Always
- Sometime
- Rarely
- Never

3- I avoid purchasing food products that contain high colorings for my children such as lollipops sweet and candies:

- Always
- Sometime
- Rarely
- Never

4- I avoid purchasing food products that contain high flavors for my children such as potato chips:

- Always
- Sometime
- Rarely
- Never

5- I avoid purchasing food products that contain monosodium glutamate (MSG) such as instant soup:

- Always
- Sometime
- Rarely
- Never

6- I am keening to select natural products for my children:

- Always
- Sometime
- Rarely
- Never

7- My children can choose any food and beverages they want it :

- Always
- Sometime
- Rarely
- Never

8- I do not consult my children when I buy food:

- Always
- Sometime
- Rarely
- Never

❖ Dietary pattern of preschool children:

Food item	more than once/day	once /day	4-5 /weekly	2-3 weekly	once weekly	once or < monthly	No
biscuits & crackers (corn and wheat crackers and all kinds of biscuits)							
Potato chips (all kinds of chips such as Cheetos, Lays, Doritos, etc.)							
Cakes (Pancake, cheesecake, chocolate cake)							
Breakfast cereals (all kinds of corn flakes)							
Fortified dairy products (yogurt with berries, chocolate milk, etc.)							
Chewing gums (Bubble gum, ball gum, etc)							
Juices (canned juices such as Suntop, Nectar, etc.)							
Soft beverages (Pepsi, 7UP, etc.)							
Candies (lollipops, etc.)							
Chocolate (of all kinds)							
Ice-cream (Quality, Saudia, berries, fruits, chocolate, etc.)							
Jelly (sweet or sour jelly)							

Processed meat (sausage, mortadella, chicken nuggets)							
Sauces (mayonnaise, ketchup, ranch dressing, etc.)							
Instant noodles and soups (Indomie, Maggi, etc.)							