

Supplementary Table 1. Detailed description of quantitative data collection

Variable	Description
<i>Prevalence and severity of treatment side-effects</i>	Patients were asked to respond to the prevalence of 14 common treatment side effects and the extent to which they disturbed patient eating and drinking behaviors, where answers were given on a five-point Likert-type scale ranging from 1 (not at all) to 5 (very).
<i>Chemotherapy-induced Taste Alteration Scale (CiTAS).</i>	The CiTAS contains 18 items across four dimensions: decline in basic taste, discomfort, phantageusia (unpleasant perception of taste without an external stimulus) and parageusia (unpleasant perception of taste with an external stimulus), and general taste alterations. Answers are given on a five-point Likert-type scale ranging from 1 (not at all) to 5 (very much), and mean scores were calculated. ²² The overall CiTAS score is obtained by summing the mean scores of all four dimensions, and ranges from 4 (no taste alteration) to 20 (maximum severity of taste alteration).
<i>Self-efficacy Scale for Managing Cancer Symptoms</i>	Sixteen-item survey used to assess confidence in (patients' or caregivers') abilities to manage cancer treatment side effects. ^{23,24} Item ratings range from 10 (very uncertain) to 100 (very certain), where higher scores indicate greater self-efficacy; overall self-efficacy was calculated using the mean of the 16 items. Additional scores were calculated for self-efficacy for managing function-related side effects, pain, and 'other' side effects. 'Other' side effects included fatigue, lack of appetite, nausea, shortness of breath, feeling blue and frustration.
<i>Preparedness for Caregiving Scale</i>	Eight-item survey that assesses caregivers' readiness to provide care for the patient and includes multiple domains of caregiving, such as providing physical care and emotional support. ²⁸ Answers are given using a five-point Likert-type scale (answers range from 'not at all prepared' [0] to 'very well prepared' [4]). Overall preparedness is determined by calculating the average of the eight survey items. Level of preparedness was also recoded into binary variables (minimally prepared and prepared). Minimally prepared included responses indicating 'not at all prepared,' 'not to well prepared,' and 'somewhat prepared.' Prepared included responses indicating 'pretty well prepared' and 'very well prepared.'
<i>Healthy Eating Index (HEI)-2015</i>	<i>Dietary quality</i> was measured using the Healthy Eating Index-2020 (HEI-2020). ³² Dietary intake data for three 24-hour dietary recalls were collected and analyzed using the Automated Self-Administered 24-hour Recall (ASA24) Dietary Assessment Tool, version 2018, developed by the National Cancer

Institute, Bethesda, MD (<https://epi.grants.cancer.gov/asa24/>). To facilitate calculation of usual intake, two dietary recalls were collected on weekdays and one recall was collected on a weekend day. The HEI-2020 score has 13 components – foods to have adequate consumption of: total fruit, whole fruit, total vegetables, green vegetables and beans, whole grains, milk/dairy, total protein foods, seafood and plant proteins and unsaturated fatty acids; and moderate consumption of refined grains, sodium, added sugars and saturated fats.³² Each participants' HEI-2020 score was calculated from the mean intake values of the three dietary recalls; score range from 0 to 100. The HEI total score can also be interpreted with an A–F grading scale.³³ Scores of 90–100 or component scores with 90–100% of the maximum component score are given an “A”, scores of 80–89 or component scores with 80–89% of maximum component score are given a “B”, scores of 70–79 or component scores with 70–79% of maximum component score are given a “C”, scores of 60–69 or component scores with 60–69% of maximum component score are given a “D”, and scores of 0–59 or component scores with 50–59% of maximum component score are given an “F”. Additional information regarding the HEI grading system is available at <https://epi.grants.cancer.gov/hei/interpret-visualize-hei-scores.html>