

## Supplementary material

**Box 1. Food acquisition scores items in AIQ**

<b>Healthier foods items</b>	1% or skim milk, yogurt, diet soda or diet energy drinks, water, 100% fruit Juice, sugar free drinks, unsweetened tea, fresh fruits such as apples, oranges, bananas, frozen fruit, fresh and frozen vegetables, canned tuna in water, dried beans, low sugar, high fiber cereals, 100% whole wheat bread, plain hot cereal, pretzels, baked chips, reduced-fat chips, dried fruit, nuts or seeds, reduced fat butter or margarine, cooking spray, lite mayonnaise.
<b>Less-healthy foods items</b>	whole milk, 2% milk , regular soda or regular energy drinks, fruit drinks, sweetened iced tea, applesauce, canned fruit, canned vegetables, canned tuna in oil, hot dog, beef or pork sausage or bacon, turkey hot dog, sausage, or bacon, baked beans, pork and beans, beans with salt added, sugary cereals, white bread or split top wheat, sweetened hot cereal, chips, cookies, cakes, granola bar, candy, ice cream, juice, popsicles, butter, margarine or shortening, oil, mayonnaise, ketchup, mustard.

**Box 2. Health Belief and Attitudes items in AIQ**

<b>Affordability</b>	<ol style="list-style-type: none"> <li>1. Healthy foods are expensive.</li> <li>2. I cannot afford to eat healthy foods.</li> <li>3. Making a healthy dinner for my family is expensive.</li> </ol>
<b>Convenience</b>	<ol style="list-style-type: none"> <li>1. Making a healthy dinner takes too much time.</li> <li>2. I don't buy healthy foods at corner stores because they are not available.</li> <li>3. Healthy foods are not convenient to make.</li> </ol>
<b>Importance</b>	<ol style="list-style-type: none"> <li>1. Preparing and eating healthy foods is important to me.</li> <li>2. I think a lot about what I eat.</li> <li>3. Healthy foods are important for my child's health.</li> </ol>
<b>Taste</b>	<ol style="list-style-type: none"> <li>1. Healthy foods are tasteless.</li> </ol>
<b>Body Image</b>	<ol style="list-style-type: none"> <li>1. I am satisfied with my weight.</li> <li>2. I am satisfied with the way my body looks.</li> <li>3. I am content with my child's weight.</li> </ol>

**Box 3. Food-related psychosocial factors in AIQ**

**Food-Related Knowledge**

1. Which of the following adds the least amount of fat? (Vegetable oil; Shortening; Cooking spray; Don't know)
  2. Which of the following do you think is a low-fat option to choose from a carry-out menu? (Burger with French fries; Chef Salad with Blue Cheese dressing; Grilled chicken with baked potato; Don't know)
  3. Which cereal do you think has more fiber? (Raisin Bran; Corn flakes; Kix; Don't know)
  4. Which milk (or Lactaid) is lowest in fat? (Whole milk; Skim milk or 1% milk; 2% Milk; Don't know)
  5. Which of the following drinks has the least amount of calories? (Crystal Light; Regular Pepsi; 100% Juice; Don't know)
  6. Which of the following drinks is 100% juice? (Sunny Delight; Juicy Juice; Fruit Punch; Don't know)
  7. Which of the following has the least amount of sugar? (Pears in fruit juice; Pears in light syrup; Fresh sliced pears; Don't know)
  8. Which of the following side dishes has the least amount of fat? (French Fries; Potato salad with mayo; Canned beans n' pork; Don't know)
- Nutrition label reading (based on a picture):
9. How many calories are in each serving?
  10. How many grams of fat are in each serving?
  11. How many grams of fat are in the entire package?

**Food Intentions**

1. The next time you fried eggs for the household, what would you use to fry them? (Cooking spray; Vegetable oil; Vegetable shortening, margarine, butter, or lard )
2. The next time you have to cook ground meat for the household, which method would you use? (Frying then draining and rinsing off the fat with hot water; Frying in its own fat; Frying in its own fat and also drain)
3. The next time you buy fries from a carryout restaurant, which would you choose? (Medium; Large; Small)
4. The next time you buy cereal, which would you choose? (Cheerios; Frosted Flakes; Cap'n Crunch)
5. The next time you buy milk, which would you choose (include Lactaid)? (Regular, whole milk; 2% milk; 1% or skim milk)
6. The next time you want to buy a salty snack, which would you choose? (Regular Potato chips; Baked chips; Pretzels)
7. The next time you want to buy a sweet snack, which would you choose? (Donut; Granola bar; Tasty cake)
8. The next time you buy a drink for the household at a grocery or convenient store, which would you choose? (Sugar free drink mix; Fruit punch; Fruit -flavored soda)

9. The next time you are thirsty, which would you choose? (Regular soda; Lite or diet beverage; Water)
10. The next time you buy bread at the store, which kind would you buy? (White Bread; Split Top Wheat bread; 100% Whole wheat/grain bread)

**Food-Related Self-Efficacy**

How easy or difficult would it be for you to regularly:

1. Use cooking spray (like Pam) instead of oil, shortening, or butter when preparing meals?
2. Reduce the number of times you buy carryout or fast food restaurant food for the household?
3. Use 100% whole wheat bread to make sandwiches or toast for the household?
4. Read the nutrition facts on food labels to decide what foods to purchase for the household?
5. Buy cereals with less sugar like Cheerios for breakfast instead of high sugar cereals like Frosted Flakes, Honey Nut Cheerios for the household?
6. Buy baked chips or pretzels instead of regular chips as a snack for the household?
7. Have fruits or vegetables as a snack (or giving them to your child as a snack)?
8. Eat fresh, or frozen vegetables (not corn, potatoes) everyday?
9. Choose 1% or skim milk (or Lactaid) instead of 2% or whole milk (or Lactaid)?  
Choose water/low sugar beverage (low-calorie teas, flavored water, diet soda) instead of regular soda/tea/juice drinks?