

Appendix
Cooking at Home: A Strategy to Comply With U.S. Dietary Guidelines at No Extra Cost
Tiwari et al.

Appendix Table 1. Distribution of Frequency of Eating-out by Sociodemographic Variables

Variables	Weekly frequency of eating-out			Pearson chi ² <i>p</i> -value	
	All n=437 n (%)	Low 0-3/week n=281 n (%)	Medium 4-5/week n=77 n (%)		High 6+/week n=79 n (%)
Gender					
Men	131 (30.0)	76 (27.1)	22 (28.6)	33 (41.8)	0.040
Women	306 (70.0)	205 (72.9)	55 (71.4)	46 (58.2)	
Age categories (years)					0.525
21-49	263 (60.0)	166 (59.1)	45 (58.4)	52 (65.8)	
≥50	174 (40.0)	115 (40.9)	32 (41.6)	27 (34.2)	
Race/ethnicity					0.330
White	374 (85.6)	238 (84.7)	70 (90.9)	66 (83.5)	
Non-white	63 (14.4)	43 (15.3)	7 (9.1)	13 (16.5)	
Annual household income (\$)					0.299
<50,000	119 (27.2)	80 (28.5)	20 (26.0)	19 (24.1)	
≥50,000 - <100,000	158 (36.6)	103 (36.7)	27 (35.1)	28 (35.4)	
≥100,000	149 (34.0)	93 (33.1)	25 (32.5)	31 (39.2)	
Education					0.120
Some college or less (<16 years)	159 (36.4)	112 (39.9)	28 (36.4)	19 (24.1)	
College graduate (16 years)	151 (34.6)	89 (31.7)	27 (35.1)	35 (44.3)	
Post-graduate (>16 years)	127 (29.1)	80 (28.5)	22 (28.6)	25 (31.7)	
Marital status					0.001
Married	189 (43.3)	176 (62.6)	40 (51.9)	32 (40.5)	
Unmarried	248 (56.8)	105 (37.4)	37 (48.1)	47 (59.5)	
Household size					0.001
1 person	121 (27.7)	61 (21.7)	27 (35.1)	33 (41.8)	
2-6 people	316 (72.3)	220 (79.3)	50 (64.9)	46 (58.2)	
Children <12 years					0.031
None	308 (70.5)	186 (66.2)	60 (77.9)	62 (78.5)	
1-4	129 (29.5)	95 (33.8)	17 (22.1)	17 (21.5)	
Employment status					0.079
Yes	326 (74.6)	200 (71.2)	61 (79.2)	65 (82.3)	
No	111 (25.4)	81 (28.8)	16 (20.8)	14 (17.7)	

Notes: Boldface indicates statistical significance ($p < 0.05$).

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Appendix Table 2. Mean HEI 2005 and HEI 2010 Scores by Sociodemographic Variables and the Frequency of Cooking-at-Home, and Frequency of Eating-out

Variables	Total n (%)	HEI 2005 Mean (SD)	HEI 2010 Mean (SD)
All	437	71.5 (9.6)	71.7 (9.9)
Gender			
Men	131 (30.0)	68.9 (11.4)	70.1 (11.6)
Women	306 (70.0)	73.2 (8.4)	72.7 (9.2)
<i>p</i> -value		0.001	0.001
Age categories (years)			
21-49	263 (60.0)	71.4 (9.9)	71.2 (10.7)
≥50	174 (40.0)	72.6 (9.2)	73.0 (9.1)
<i>p</i> -value		0.188	0.074
Race/ethnicity			
White	374 (85.6)	72.1 (9.5)	72.5 (10.1)
Other	63 (14.4)	70.8 (9.9)	68.6 (9.3)
<i>p</i> -value		0.319	0.001
Annual household income (USD)			
<50,000	119 (27.2)	70.2 (10.1)	69.3 (10.7)
≥50,000 - <100,000	158 (36.6)	71.6 (9.7)	72.1 (10.0)
≥100,000	149 (34.0)	73.7 (9.0)	74.0 (9.2)
<i>p</i> -value		0.024	0.005
Education			
Some college or less	159 (36.4)	70.2 (9.8)	69.2 (10.6)
College graduate	151 (34.6)	71.2 (10.0)	72.1 (10.4)
Post-graduate	127 (29.0)	75.0 (8.0)	75.1 (8.1)
<i>p</i> -value		0.001	0.001
Marital status			
Married	248 (56.8)	71.9 (9.2)	72.0 (9.6)
Unmarried	189 (43.3)	71.0 (10.0)	71.3 (10.2)
<i>p</i> -value		0.303	0.481
Household size			
1 person	121 (27.7)	70.9 (10.1)	71.0 (10.8)
2-6 people	316 (72.3)	71.7 (9.4)	72.0 (9.5)
<i>p</i> -value		0.393	0.342
Employment status			
Yes	326 (74.6)	71.9 (9.5)	72.5 (9.5)
No	111 (25.4)	70.4 (9.8)	69.4 (10.5)
<i>p</i> -value		0.155	0.004
Frequency of cooking dinner at home per week			
Low (0-3/week)	66 (15.0)	66.9 (10.2)	66.9 (10.5)
Medium (4-5/week)	150 (34.0)	70.7 (10.0)	70.9 (10.4)
High (6+/week)	221 (50.5)	74.4 (8.2)	74.2 (8.8)
<i>p</i> -value		0.001	0.001
Frequency of eating out			
Low (0-3/week)	281 (64.0)	73.8 (8.7)	73.9 (9.1)
Medium (4-5/week)	77 (17.5)	69.5 (9.9)	69.3 (10.6)
High (6+/week)	79 (18.0)	67.7 (10.6)	67.6 (11.2)
<i>p</i> -value		0.001	0.001

Notes: *p*-values are based on ANOVA and t-test; Boldface indicates statistical significance (*p*<0.05).