

Supplement 1: knowledge attitudes and training survey of nutrigenetics

Instructions: in each of the following questions, please choose the most accurate reply

1. A 'gene' is:
 - a. A segment of DNA containing information on specific hereditary trait
 - b. An RNA molecule
 - c. A segment of protein containing information on specific hereditary trait
 - d. A DNA segment
2. A 'chromosome' is:
 - a. Genetic information organized in a structure of the same size in all humans
 - b. A large protein which contains sequences that binds to the DNA
 - c. A combination of DNA, RNA and proteins that encompasses all the genetic information of humans
 - d. Genetic information, that is grouped in a particular site of the genome
3. An 'allele' is:
 - a. A distinct copy of a gene
 - b. A maternal copy of a gene
 - c. A paternal copy of a gene
 - d. One of two copies of a gene
4. 'Genotype' is:
 - a. All genes in the genome
 - b. All sequences of DNA in the cell
 - c. All proteins of the cell
 - d. All genes expressed in the fetus
5. 'Phenotype' is:
 - a. The external expression of a hereditary trait
 - b. The structure of a gene
 - c. The nucleotide sequence within a gene
 - d. None of the possibilities above
6. A 'polymorphism is:
 - a. A difference in the number of genes between humans
 - b. A difference in the genome sequence across humans
 - c. A difference in the genome sequence between cells of the same individual
 - d. A difference in the number of active proteins across humans
7. A 'mutation' is:
 - a. A change in the DNA sequence within a specific gene
 - b. A change in the DNA sequence which leads to a disease
 - c. A change in the DNA sequence that does not necessarily lead to a change in protein
 - d. Deletion of a gene within an individual's genome
8. What condition is not associated with change in MTHFR C677T?

- a. Neural tube defect
 - b. Elevated homocysteine levels
 - c. Elevated methionine levels
 - d. Elevated lipids levels
9. Which of the following diseases is not a multifactorial disease?
- a. Cystic fibrosis
 - b. Ischemic heart disease
 - c. Type 2 diabetes mellitus
 - d. Dyslipidemia
10. 'Nutrigenetics' is?
- a. Nutrition adjusted to the human genome
 - b. Nutrition adjusted to the human genome, environment and the interaction between them
 - c. Nutrition adjusted to the family's background
 - d. Nutrition adjusted to diseases
 - e. All of the above
11. Regarding the genetic variation causing Lactose intolerance, which of the following genetic conditions can occur?
- a. Homozygote to the change
 - b. Heterozygote to the change
 - c. No change
 - d. All of the above
12. Can a child with genetic illness be the decedent of healthy parents?
- a. Yes
 - b. No
 - c. Yes, only in a specific environment
 - d. Only if the parents are relatives
13. In your opinion, how important is personalized nutrition within the field of nutrition
- a. Very important
 - b. Important
 - c. Less important
 - d. Not important
14. Are you sufficiently knowledgeable in personalized nutrition?
- a. Yes
 - b. No
15. Have you obtained any training in nutrigenetics?
- a. Yes
 - b. No

16. If you replied yes in question 15, which training have you obtained in nutrigenetics?
- a. A short workshop (up to one day)
 - b. A course (30 academic hours and above)
 - c. A degree
17. Do you read professional literature in the field of nutrigenetics?
- a. Yes
 - b. no
18. How frequently are you updated in professional literature regarding nutrigenetics?
- a. Weekly
 - b. Monthly
 - c. Annually
 - d. Less than annually