

Supplementary Table 1. CHOP-Medical Trainee study sites.

Site	Frequency	Percent	Cumulative Percent
Tulane University School of Medicine, New Orleans, Louisiana	2,131	42.06	42.06
Texas College of Osteopathic Medicine, Fort Worth, Texas	276	5.45	47.50
Texas Christian University School of Medicine, Fort Worth, Texas	60	1.18	48.69
University of Illinois at Chicago School of Medicine, Chicago, Illinois	61	1.20	49.89
University of Colorado School of Medicine, Denver, Colorado	161	3.18	53.07
Western Michigan University Homer Stryker M.D. School of Medicine, Kalamazoo, Michigan	3	0.06	53.13
University of Texas Health Science Center at San Antonio, San Antonio, Texas	211	4.16	57.29
Lake Erie College of Osteopathic Medicine, Erie, Pennsylvania	229	4.52	61.81
Rutgers New Jersey Medical School, Newark, New Jersey	647	12.77	74.58
Meharry Medical College School of Medicine, Nashville, Tennessee	269	5.31	79.89
University of Chicago Pritzker School of Medicine, Chicago, Illinois	99	1.95	81.84
Michigan State College of Human Medicine, East Lansing, Michigan	20	0.39	82.24
Mercer University School of Medicine, Macon, Georgia	1	0.02	82.26
West Virginia University School of Medicine, Morgantown, West Virginia	71	1.40	83.66
University of Alabama School of Medicine, Tuscaloosa, Alabama	10	0.20	83.86
University of Tennessee College of Medicine, Memphis	96	1.89	85.75
A.T. Still University School of Osteopathic School of Medicine, Kirksville, Missouri	20	0.39	86.15
University of Utah School of Medicine, Salt Lake City, Utah	142	2.80	99.95
University of South Carolina School of Medicine, Columbia, South Carolina	1	0.02	88.97
University of Texas School of Medicine, Houston, Texas	93	1.84	90.80
Swedish Family Medicine Residency – Cherry Hill, Seattle, Washington	18	0.36	91.16
Northwest Arkansas Community College, Bentonville, Arkansas	3	0.06	91.22
Mississippi Gulf Coast Community College, Biloxi, Mississippi	292	5.76	96.98
Church Health Center, Memphis, Tennessee	13	0.26	97.24
Duke University School of Medicine, Durham, North Carolina	1	0.02	97.26
Ohio State University School of Medicine, Columbus, Ohio	3	0.06	97.32
Weil-Cornell Medical College, New York City, New York	10	0.20	97.51
Open Door Family Medicine, Ossining, New York	2	0.04	97.55
University of Central Florida College of Medicine, Orlando, Florida	1	0.02	97.57
University of Florida College of Medicine, Gainesville, Florida	1	0.02	97.59
University of South Carolina School of Medicine, Greenville, South Carolina	3	0.06	97.65
Spectrum Health System, Grand Rapids, Michigan	119	2.35	100.00

Supplementary Table 2. Assessment of Mediterranean diet adherence

Mediterranean Diet Category	Serving Requirement	0	+1
Vegetables (e.g. carrots, spinach, tomatoes).	4 or more servings per-day		
Legumes (e.g. beans, split peas, or lentils)	1 or more servings per week		
Fruits (e.g. oranges, apples, bananas)	3 or more servings per week		
Nuts, seeds, or nut butters (e.g. peanuts, almonds, cashews)	1 or more servings per week		
Red and processed meat (e.g. hamburgers, steak, hotdogs)	Less than 2 servings per week for women, less than 3 servings per week for men		
Non-fried fish or seafood (e.g. canned, baked, grilled)	2 or more servings per week		
Whole grains (e.g. whole wheat bread or pasta, oats, brown rice, corn tortilla)	1 or more servings per day		
Monounsaturated fats (e.g. avocado, olive or canola oils)	Higher reported intake of unsaturated fats versus saturated fats		
Alcohol	(1/2 to 1 drink per day for women, 1-2 drinks per day for men)		

Supplementary Table 3. Assessment of nutritional attitudes and core lifestyle medicine counseling competencies

Attitudes	Not at all confident or Somewhat confident	Neither not at all confident, or totally confident	Mostly confident to totally confident
Nutritional counseling should be included in any routine appointment, just like diagnosis and treatment.			
Specific advice about how to make dietary changes could help patients improve their eating habits.			
Physicians can have an effect on a patient’s dietary behavior if they take the time to discuss the problem. (5)			
Lifestyle Medicine Counseling			
Mediterranean Diet and its health effects.			
DASH diet and its health effects.			
Vegetarian diet and its health effects			
Very low-fat diet and its health effects.			
High protein/high fat diet (e.g. Atkins) and its health effects.			
Examples of a serving size from the 2011 “My Plate” guidelines.			
Definition of moderate alcohol consumption and its health effects.			
Recognizing warning signs and symptoms of patients with eating disorders.			

Role of dietary cholesterol and saturated fat in blood lipids.	
Recommended dietary patterns for type 2 diabetes.	
Significance of modest weight loss for type 2 diabetes.	
Weight loss strategies in overweight or obese patients.	
Role of Omega-3 and -6 fatty acids in heart health and their food examples.	
Role of dietary fat types (e.g. saturated vs. other) and their food examples.	
Identifying antioxidant-rich grocery produce.	
Calories per gram of protein, carbohydrate and fat, and their basic metabolic roles.	
Role of hydration in health, and fluid needs based on activity and age.	
Celiac disease and management strategies for patient's diet and lifestyle.	
Food allergies and management strategies for patient's diet and lifestyle.	
The role of glycemic index and load in dietary management.	
Fiber in disease prevention, and example ingredients.	
Assessing the total calories, saturated fat, and sodium using the food label.	
Osteoporosis and prevention and treatment strategies for patient's diet and lifestyle.	
Calculation of body mass index (BMI) and waist-to-hip ratio based on gender.	
Overall benefits of aerobic exercise on health and well-being.	

Supplemental Table 4. Dietary habits over the last 6 months

	Once per month / Never	1-2 times per week	3-5 times per week	7 times per week (daily)	2 or more times daily
Vegetables (e.g. carrots, spinach, tomatoes)					
Legumes (e.g. beans, split peas, or lentils)					
Fruits (e.g. oranges, apples, bananas)					
Nuts or nut butters (e.g. peanuts, almonds, cashews)					
Cheese or fermented dairy (e.g. yogurt)					
Red and processed meat (e.g. hamburgers, steak, hotdogs)					
Non-fried fish or seafood (e.g. canned, baked, grilled)					
Whole grains (e.g. whole wheat bread or pasta, oats, brown rice, corn tortilla)					
Monounsaturated fats (e.g. olive oil, avocado, canola oil).					
1 alcohol serving (1 can of 12 oz. beer = 1 glass of wine = 1 shot of spirits)					
Baked products (e.g. muffins, doughnuts, pastries)					
Calorie-containing beverages (e.g. coke/soda, non-black coffee drinks, energy drinks)					
Saturated fats (e.g. butter, 2% or whole milk, margarine)					