Supplementary Material

# Supplementary Figures and Tables

**Table A1.** Healthy eating index (HEI) for Chinese components and standard for scoring

|  |  |
| --- | --- |
| **Component** | **Score** |
| 0 | 5 | 10 |
| Adequacy |
| Total Grains  | 0 | ≥40g |
| Vegetables  | 0 | ≥300g |
| Fruits  | 0 | ≥200g |
| Tubers | 0 | ≥50g |  |
| Dairy  | 0 | ≥300g |  |
| Soybeans  | 0 | ≥15g |  |
| Fish and Seafood  | 0 | ≥40g |  |
| Poultry  | 0 | ≥40g |  |
| Eggs  | 0 | ≥40g |  |
| Seed and Nuts  | 0 | ≥10g |  |
| Limitation |
| Red Meat  | ≥260g | ≤30g |  |
| Cooking Oils  | ≥65g | ≤30g |
| Sodium | ≥6g |  | ≤2g |
| Added sugar | ≥ 20% of energy | 10% of energy |  |
| Alcohol  | ≥25g(men)/15g(women)  | ≤60g(men)/40g(women) |  |

Source: Dietary Guidelines for Chinese (2016) and Yuan, et al (2017).

**Table A2.** Questions concerning dietary knowledge in the CHNS.

|  |  |
| --- | --- |
| **Dietary knowledge:** | **True/False** |
| Do you strongly agree, somewhat agree, are neutral, somewhat disagree or strongly disagree with this statement? |
| \*Please note that the question is not asking about your actual habits. |  |
| Q1: Choosing a diet with a lot of fresh fruit and vegetables is good for one’s health  | T |
| Q2: Eating a lot of sugar is good for one’s health  | F |
| Q3: Eating a variety of foods is good for one’s health  | T |
| Q4: Choosing a diet high in fat is good for one’s health  | F |
| Q5: Choosing a diet with a lot of staple foods (rice and rice products and wheat and wheat products) is not good for one’s health | T |
| Q6: Consuming a lot of animal products daily (fish, poultry, egg and lean meat) is good for one’s health  | F |
| Q7: Reducing the amount of fatty meat and animal fat in the diet is good for one’s health  | T |
| Q8: Consuming milk and dairy products is good for one’s health  | T |
| Q9: Consuming beans and bean products is good for one’s health  | T |
| Q10: Physical activities are good for one’s health  | T |
| Q11: Sweaty sports or other intense physical activities are not good for one’s health  | T |
| Q12: The heavier one’s body is, the healthier he or she is  | F |
| Index rules: “1” point was given for a correct answer, “-1” point for an incorrect answer, and “0” points for the other answers. Source: The dietary knowledge questionnaire is from the official website of the China Health and Nutrition Survey. (<http://www.cpc.unc.edu/projects/china>)  |



**Figure A1.** The food consumption (unit: g/capital/day) in rural China between 2004 to 2011. Note: The boxplots show the mean value and stand error, while the violin plots provide information about the distribution of food intake. Data source: Author’s calculation based on the CHNS data.

For more information on Supplementary Material and for details on the different file types accepted,