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ARTÍCULO DE REVISIÓN – INFORMACIÓN SUPLEMENTARIA

Workplace nutrition education promotes sustainable eating and Mediterranean diet adherence among university employees: a quasi-experimental pre-post study

La educación nutricional en el trabajo fomenta una alimentación sostenible y el seguimiento de la dieta mediterránea entre los trabajadores de universidad: estudio cuasiexperimental pre-post

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Table S1. Changes in body weight, self-perceived weight status, and body silhouette before and after the intervention.

	Pre-intervention	Post-intervention	p-value
Body weight (kg)	66.01 (12.85)	66.21 (12.77)	0.490
Body weight perception	2.24 (0.49)	2.27 (0.50)	0.484
Body silhouette	3.03 (1.47)	3.18 (1.47)	0.461

Data are described as mean (standard deviation). Body weight was self-reported. Body weight perception was treated as an ordinal variable, ranging from underweight (1), normal weight (2), overweight (3), to obesity (4). Body silhouette was rated on a 10-point scale, from the smallest silhouette (1) to the largest silhouette (10).

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Table S2. Changes in individual components of the modified Mediterranean Diet Adherence Screener (MEDAS) before and after the nutritional intervention.

Variable	Pre-intervention	Post-intervention	p-value
Using olive oil as the main cooking fat	94.7%	97.3%	0.625
Consumption of 4 or more tablespoons of olive oil in total per day	49.3%	57.3%	0.286
Consumption of 2 or more servings of vegetables per day	61.3%	73.3%	0.124
Consumption of 3 or more pieces of fruit (including fresh juice) per day	37.3%	45.3%	0.238
Consumption of less than 1 portion of red meat, hamburgers, sausages or cold meats per day	74.7%	65.3%	0.265
Consumption of less than 1 serving of butter, margarine or cream per day	78.7%	85.3%	0.359
Consumption of less than 1 carbonated and/or sweetened beverage per day	84.0%	80.0%	0.648
Consumption of 7 or more glasses of wine per week	9.3%	12.00%	0.727
Consumption of 3 or more servings of legumes per week	46.7%	53.3%	0.424
Consumption of 3 or more servings of fish/seafood per week	41.3%	45.3%	0.664
Consumption of less than 2 times a week of commercial (not homemade)	53.3%	49.3%	0.735
Consumption of 3 or more nuts per week	60.0%	65.3%	0.523
Consumption of preferably chicken, turkey or rabbit meat	77.3%	84.0%	0.227
Consumption of 2 or more times dishes seasoned with tomato, garlic, onion or leek sauce simmered in olive oil	72.2%	80.0%	0.263

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Appendix S1. Towards a Healthy Diet Questionnaire

1. Do you wish to participate in this study?

- Yes.
- No.

2. Which workshops have you attended?

- [ ] Workshop 1: Healthy Eating
- [ ] Workshop 2: Nutritional Labeling
- [ ] Workshop 3: Design Your Menu
- [ ] None

I. Sociodemographic Data

3. Indicate your relationship with the University by selecting the corresponding option:

- [ ] Teaching and Research Staff.
- [ ] Administrative and Service Staff .

4. What is your level of education?

- [ ] No formal education (includes incomplete primary education).
- [ ] Primary education.
- [ ] Secondary education.
- [ ] Vocational training of medium grade).
- [ ] Vocational training of higher grade.
- [ ] University diploma or equivalent.
- [ ] Graduates, bachelor's degrees, higher engineers, and doctors.

5. What is your net monthly income level?

- [ ] Less than 1,500 euros.
- [ ] Between 1,500 euros and 2,499 euros.
- [ ] 2,500 euros or more.

II. Anthropometric and Health Data

6. Indicate your age:

(Dropdown options from 18 to 84 years old)

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7. Indicate your sex

- Female.
- Male.
- Intersex.

8. Indicate your weight (kg):

(Dropdown options from less than 40 kg to more than 150 kg)

9. Indicate your height (meters):

(Dropdown options from less than 1.40 meters to more than 2 meters)

10. How do you perceive yourself in relation to your current weight?

- [ ] Underweight
- [ ] Normal weight
- [ ] Overweight
- [ ] Obesity

11. Indicate if you suffer from any of the following chronic non-communicable diseases (Multiple choice):

- [ ] Cardiovascular disease.
- [ ] Hypertension (high blood pressure).
- [ ] Diabetes Mellitus I.
- [ ] Diabetes Mellitus II.
- [ ] Kidney disease.
- [ ] Liver disease.
- [ ] Osteoporosis.
- [ ] Cancer.
- [ ] I do not suffer from any of the above diseases.

12. Which diagram best represents your body silhouette?

(Scale from 1 to 10)

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III. Nutritional Knowledge and Diet Environmental Impact

14. How concerned are you about topics related to food?

- [ ] I am not concerned at all.
- [ ] I am slightly concerned.
- [ ] I am quite concerned.
- [ ] I am very concerned.

15. What is your level of knowledge about food?

- [ ] I have no knowledge.
- [ ] I have little knowledge.
- [ ] I have some knowledge.
- [ ] I have a lot of knowledge.

16. Do you know what "The Harvard Plate" is?

- [ ] Yes.
- [ ] No.

17. Do you use the concept of "The Harvard Plate" as a reference for planning your meals or those of your family?

- [ ] Yes, I use it regularly.
- [ ] Sometimes I take it into account.
- [ ] No, I do not use it as a reference.

18. Do you usually plan your meals in advance, considering aspects such as food variety, nutritional balance, and dietary needs?

- [ ] Yes, I plan my meals in advance and consider food variety and nutritional balance.
- [ ] Sometimes I plan my meals in advance, but I do not always consider all the mentioned aspects.
- [ ] I do not usually plan my meals in advance; I simply cook what is available at the moment.
- [ ] I do not plan my meals in advance and do not pay attention to food variety or nutritional balance.

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19. Do you consider the environmental impact when choosing your food and planning your meals?

- [ ] Yes.
- [ ] No.
- [ ] I don't know.

20. From the following options, indicate which actions you take to consider the environmental impact in your diet (Multiple choice):

- [ ] I buy local products.
- [ ] I buy seasonal products.
- [ ] I buy products without plastic packaging.
- [ ] I use cloth bags for shopping.
- [ ] I support local commerce.
- [ ] I choose organic and/or ecological foods.
- [ ] I choose products with sustainable production or fair trade certifications.
- [ ] I reduce the consumption of meat and animal products.
- [ ] I recycle or reuse food leftovers in my kitchen.
- [ ] I grow some of my own food at home.

IV. Food Labelling

21. Are you responsible for grocery shopping in your household?

- [ ] Yes.
- [ ] No.
- [ ] It is shared equally with other members.

22. How important is the price of food in your purchasing decision?

- [ ] Not important at all.
- [ ] Slightly important.
- [ ] Quite important.
- [ ] Very important.

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23. How often do you check food labels?

- [ ] Never.
- [ ] Almost never.
- [ ] Sometimes.
- [ ] Always.

24. What information do you check on food labels? (Multiple choice)

- [ ] Nutritional information (energy value and amounts of fats, saturated fats, carbohydrates, sugars, proteins, salt, etc.).
- [ ] Ingredients.
- [ ] Expiration/use-by dates.
- [ ] Country of origin/place of provenance.
- [ ] Storage and usage instructions.
- [ ] Brand name of the food.
- [ ] Health claims (e.g., that a food can help strengthen the body's natural defenses or improve learning ability).
- [ ] Nutritional claims (e.g., "low fat," "no added sugars," or "high fiber").
- [ ] Other: _____

25. How important are food labels in your purchasing decision?

- [ ] Not important at all.
- [ ] Slightly important.
- [ ] Quite important.
- [ ] Very important.

26. For what reasons do you check food labels? (Multiple choice)

- [ ] Due to health problems (illness). I try to choose foods with less salt, sugar, fats, etc.
- [ ] To choose more natural products.
- [ ] To choose healthier products.
- [ ] Out of curiosity or routine.

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27. When you check food labels, how easy is it for you to identify healthier products?

- [ ] Not easy at all.
- [ ] Slightly easy.
- [ ] Quite easy.
- [ ] Very easy.

28. Why don't you check food labels?

- [ ] I am not interested.
- [ ] I don't have time.
- [ ] I can't read them; the letters are too small.
- [ ] I don't understand them; they are too technical.
- [ ] I trust the brand and product advertising.

V. Mediterranean Diet

29. Below is a series of questions related to adherence to the Mediterranean diet, indicate yes or no based on your habits:

- Use olive oil as the main fat for cooking
- Consume 4 or more tablespoons of olive oil per day (including for frying, eating out, salads, etc.)
- Consume 2 or more servings of vegetables daily (1 serving = 200g; at least one raw or in salad)
- Eat 3 or more pieces of fruit daily (including natural juice)
- Consume less than 1 serving (100-150g) of red meat or processed meats daily
- Consume less than 1 serving (12g) of butter, margarine, or cream daily
- Drink less than 1 sugary or artificially sweetened beverage daily
- Drink 7 or more glasses of wine weekly
- Eat 3 or more servings of legumes weekly (1 serving = 150g)
- Consume 3 or more servings of fish or seafood weekly (100-150g fish or 200g shellfish)
- Eat commercial pastries (cakes, cookies) less than 2 times weekly
- Eat 3 or more servings of nuts weekly (1 serving = 30g)
- Choose white meat (poultry, rabbit) over red meat 2 or more times weekly
- Eat vegetable-based dishes with olive oil sofrito 2 or more times weekly

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