

Additional file 1

Additional file Table S1. Questionnaire on demographic information, lifestyle and eating habits

Rongxin Wang

Jing Wang

Shuiqing Hu

Questionnaire on demographic information, lifestyle and eating habits

Demographic information

Name

Gender

Age

Weight

Height

Education level

☐ Up to junior high school

☐ Higher than junior high school

Questionnaire on lifestyle and eating habits

Lifestyle habits

Yes

NO

Smoking

☐☐

Alcohol drinking

☐☐

Preference for drinking strong tea

☐☐

Preference for drinking coffee

☐☐

Constipation

☐☐

Sleeping on low pillow

☐☐

Eating habits

Yes

NO

Preference for sweets

☐☐

Overeating

☐☐

Short interval between dinner and sleep(less than 2h)

☐☐

Preference for spicy foods

☐☐

Preference for acidic foods

☐☐

Preference for noodles

☐☐

Preference for fried and fatty foods

☐☐

Preference for fruits

☐☐

Date