



**1.What was your daily fruit intake?**

< 200 g      ☐

200~400 g      ☐

> 400 g      ☐

**2.How much nuts did you take daily?**

≥30 g      ☐

< 30 g      ☐

**3.How much whole grains did you take daily?**

< 50 g      ☐

50~150 g      ☐

> 150 g      ☐

**4.How much vegetables did you take daily?**

< 300g      ☐

300~500 g      ☐

> 500 g      ☐

**Figure 1** Daily food intake estimation