**Table C.2.** Full output (familiarity, expert recommendations, perceived conflict). *Note:* If a behavior was recognized by less than 50% of respondents, subsequent ratings (e.g., perceived conflict) are excluded from the table below.

#	Health Behavior	Category	Sub- category	familiarity	expert recommenda	tions		perceived conflict		
1	Consuming food or drinks with added brominated vegetable oil (BVO)	nutrition / diet	additives	Freq.         Percent           Yes         5         15.62           No         27         84.38           Total         32         100.00						
				Freq. Percent	-	Freq.	Percent		Freq.	Percent
				Yes 17 51.52	Experts mostly do not	8	47.06	No conflicting information	7	41.18
•	Consuming food or drinks with added	nutrition /	1.00	No         16         48.48           Total         33         100.00	recommend Experts are	6	35.29	A little conflicting information	2	11.76
2	taurine, like energy drinks	diet	additives		mixed Experts mostly	1	5.88	Some conflicting information	5	29.41
	urinks				recommend			A lot of conflicting	3	17.65
					Don't know Total	17	11.76 100.00	information Total	17	100.00
				Freq. Percent		Freq.	Percent	_	Freq.	Percent
				Yes 32 91.43 No 3 8.57	Experts mostly do not	24	75.00	No conflicting information	17	53.12
	Consuming food or	mutaition /		Total 35 100.00	recommend	2	9.38	A little conflicting information	7	21.88
3	drinks with high- fructose corn syrup	nutrition / diet	additives		mixed	3		Some conflicting	7	21.88
	nuctose com syrup				Experts mostly recommend	1	3.12	information A lot of conflicting	1	3.12
					Don't know	4	12.50	information		
					Total	32	100.00	Total	32	100.00
				Freq. Percent		Freq.	Percent		Freq.	Percent
				Yes 22 62.86 No 13 37.14	Experts mostly do not recommend	11	50.00	No conflicting information	7	31.82
4	Eating foods with added monosodium	nutrition / diet	additives	Total 35 100.00	Experts are mixed Experts mostly	7 2	31.82 9.09	A little conflicting information	6	27.27
	glutamate (MSG)	alet			recommend		9.09	Some conflicting information	5	22.73
					Don't know Total	22	100.00	A lot of conflicting information	4	18.18

#	Health Behavior	Category	Sub- category	familiarity	expert recommendat	ions		perceived conflict		
								Total	22	100.00
				Freq. Percent Yes 30 83.33	Experts mostly do	Freq.	Percent 83.33	No conflicting	Freq.	Percent 40.00
	Estina for de mide			No 6 16.67 Total 36 100.00	not recommend Experts are mixed	4	13.33	information A little conflicting	11	36.67
5	Eating foods with added sugar	nutrition / diet	additives		Don't know Total	30	3.33	information Some conflicting information	5	16.67
								A lot of conflicting information	2	6.67
								Total	30	100.00
6	Eating foods with added titanium dioxide, like Skittles	nutrition / diet	additives	Freq.         Percent           Yes         10         30.30           No         23         69.70           Total         33         100.00						
				Freq. Percent		Freq.	Percent		Freq.	Percent
				Yes 17 56.67 No 13 43.33	Experts mostly do not recommend	12	70.59	No conflicting information	9	52.94
	Eating foods with nitrates / nitrites	nutrition / diet	additives	Total 30 100.00	Experts are mixed Experts mostly	2 2	11.76 11.76	A little conflicting information	5	29.41
					recommend Don't know	1 17	5.88	Some conflicting information	3 17	17.65
					Total	17	100.00	Total	17	100.00
				Freq. Percent		Freq.	Percent		Freq.	Percent
	Consuming plant	mutuition /		Yes 33 94.29 No 2 5.71	Experts are mixed Experts mostly	16 11	48.48 33.33	No conflicting information	13	39.39
3	milks, like almond milk or oat milk	nutrition / diet	beverages	Total 35 100.00	recommend Don't know Total	6 33	18.18	A little conflicting information Some conflicting	13 7	39.39 21.21
					Total	33	100.00	information	33	100.00
								Total	33	100.00
				Freq. Percent		Freq.	Percent		Freq.	Percent
)	Drinking 100% fruit juice	nutrition /	beverages	Yes 31 91.18 No 3 8.82	Experts mostly do not recommend	4	12.90	No conflicting information	13	41.94
	Tutt juice	diot		Total 34 100.00	Experts are mixed Experts mostly recommend	15 9	48.39 29.03	A little conflicting information	9	29.03

#	Health Behavior	Category	Sub- category	familiarity	expert recommendat	tions		perceived conflict		
					Don't know	3	9.68	Some conflicting	6	19.35
					Total	31	100.00	information A lot of conflicting	3	9.68
								information	3	9.08
								Total	31	100.00
				Freq. Percent		Freq.	Percent		Freq.	Percent
				Yes 33 94.29	Experts mostly do	21	63.64	No conflicting	16	48.48
	Drinking alcoholic			No 2 5.71 Total 35 100.00	not recommend Experts are mixed	8	24.24	information A little conflicting	8	24.24
	beverages	nutrition /		10tal 35 100.00	Don't know	6 4	12.12	information	0	24.24
10	(excluding red	diet	beverages		Total	33	100.00	Some conflicting	7	21.21
	wine)				10111		100.00	information		
								A lot of conflicting	2	6.06
								information		
								Total	33	100.00
				Freq. Percent		Freq.	Percent		Freq.	Percent
				Yes 22 64.71	Experts mostly do	3	13.64	No conflicting	11	50.00
				No 12 35.29	not recommend			information		
	D:1: 11 1:	,		Total 34 100.00	Experts are mixed	9	40.91	A little conflicting	6	27.27
11	Drinking alkaline water	nutrition / diet	beverages		Experts mostly recommend	2	9.09	information Some conflicting	1	4.55
	water	dict			Don't know	8	36.36	information	1	4.55
					Total	22	100.00	A lot of conflicting	4	18.18
								information		
								Total	22	100.00
				Freq. Percent		Freq.	Percent		Freq.	Percent
				Yes 30 88.24	Experts mostly do	5	16.67	No conflicting	9	30.00
				No 4 11.76	not recommend	10	42.22	information	10	12.22
12	Drinking	nutrition /	beverages	Total 34 100.00	Experts are mixed Experts mostly	13 3	43.33 10.00	A little conflicting information	13	43.33
12	caffeinated tea	diet	beverages		recommend	3	10.00	Some conflicting	7	23.33
					Don't know	9	30.00	information	,	23.33
					Total	30	100.00	A lot of conflicting	1	3.33
								information		
								Total	30	100.00
	D : 1:			Freq. Percent	_	Freq.	Percent		Freq.	Percent
13	Drinking carbonated water	nutrition /	beverages	Yes 24 68.57	Experts mostly do	4	16.67	No conflicting	11	45.83
13	(seltzer)	diet	beverages	No 11 31.43	not recommend			information		
	(3.1.021)			Total 35 100.00	Experts are mixed	9	37.50	A little conflicting	7	29.17
								information		

#	Health Behavior	Category	Sub- category	familiarity	expert recommendat	ions		perceived conflict		
					Experts mostly recommend	2	8.33	Some conflicting information	6	25.00
					Don't know	9	37.50	Total	24	100.00
					Total	24	100.00			
				Freq. Percent		Freq.	Percent		Freq.	Percent
				Yes 21 61.76 No 13 38.24	Experts mostly do not recommend	4	19.05	No conflicting information	9	42.86
14	Drinking celery juice	nutrition / diet	beverages	Total 34 100.00	Experts are mixed Experts mostly	7 6	33.33 28.57	A little conflicting information	11	52.38
	·				recommend Don't know	4	19.05	Some conflicting information	1	4.76
					Total	21	100.00	Total	21	100.00
15	Drinking chlorophyll water	nutrition / diet	beverages	Freq.         Percent           Yes         8         25.00           No         24         75.00           Total         32         100.00						
				Freq. Percent		Freq.	Percent		Freq.	Percent
				Yes 30 88.24 No 4 11.76	Experts mostly do not recommend	1	3.33	No conflicting information	15	50.00
16	Drinking coconut water	nutrition / diet	beverages	Total 34 100.00	Experts are mixed Experts mostly	13 4	43.33 13.33	A little conflicting information	10	33.33
					recommend Don't know	12	40.00	Some conflicting information	5	16.67
					Total	30	100.00	Total	30	100.00
				Freq. Percent		Freq.	Percent		Freq.	Percent
				Yes 34 97.14 No 1 2.86	Experts mostly do not recommend	6	17.65	No conflicting information	5	14.71
	D: 1: cc	nutrition /	1	Total 35 100.00	Experts are mixed Experts mostly	20 3	58.82 8.82	A little conflicting information	11	32.35
17	Drinking coffee	diet	beverages		recommend Don't know	5	14.71	Some conflicting information	16	47.06
					Total	34	100.00	A lot of conflicting information	2	5.88
								Total	34	100.00
10	D'II II I	nutrition /	1	Freq. Percent		Freq.	Percent		Freq.	Percent
18	Drinking diet soda	diet	beverages	Yes 31 88.57 No 4 11.43	Experts mostly do not recommend	18	58.06	No conflicting information	7	22.58

#	Health Behavior	Category	Sub- category	familiar	ity		expert recommendat	ions		perceived conflict		
				Total	35	100.00	Experts are mixed	8	25.81	A little conflicting	13	41.94
							Experts mostly	2	6.45	information	10	22.26
							recommend Don't know	2	0.69	Some conflicting information	10	32.26
							Total	31	9.68	A lot of conflicting	1	3.23
							Total	31	100.00	information	1	3.23
										Total	31	100.00
					Freq.	Percent		Freq.	Percent		Freq.	Percent
				Yes	35	100.00	Experts are mixed	4	11.43	No conflicting	23	65.71
				Total	35	100.00	Experts mostly	28	80.00	information		
	Drinking at least						recommend			A little conflicting	8	22.86
9	eight, 8-ounce	nutrition /	beverages				Don't know	3	8.57	information		
	glasses of water per	diet	oc verages				Total	35	100.00	Some conflicting	3	8.57
	day									information		
										A lot of conflicting	1	2.86
										information		
										Total	35	100.00
					Freq.	Percent		Freq.	Percent		Freq.	Percent
				Yes	30	88.24	Experts mostly do	24	80.00	No conflicting	10	33.33
				No	4	11.76	not recommend			information		
				Total	34	100.00	Experts are mixed	4	13.33	A little conflicting	11	36.67
20	Drinking energy	nutrition /	beverages				Don't know	2	6.67	information		
	drinks	diet	ocverages				Total	30	100.00	Some conflicting	7	23.33
										information	_	
										A lot of conflicting	2	6.67
										information	20	100.00
										Total	30	100.00
					Freq.	Percent						
1	Drinking lettuce	nutrition /	h arrama a a a	Yes	3	8.57						
1	water	diet	beverages	No	32	91.43						
				Total	35	100.00						
				-	Freq.	Percent		Freq.	Percent		Freq.	Percent
				Yes	32	91.43	Experts are mixed	9	28.12	No conflicting	22	68.75
	Drinking matcha or	nutrition /	,	No	3	8.57	Experts mostly	16	50.00	information	==	~~
22	green tea	diet	beverages	Total	35	100.00	recommend			A little conflicting	8	25.00
	<u> </u>			10111		100.00	Don't know	7	21.88	information	~	
							Total	32	100.00	Some conflicting	1	3.12
										information		

	Health Behavior	Category	Sub- category	familiarity	expert recommendat	ions		perceived conflict		
								A lot of conflicting information	1	3.12
								Total	32	100.00
				Freq. Percent		Freq.	Percent		Freq.	Percent
				Yes 24 70.59 No 10 29.41	Experts mostly do not recommend	2	8.33	No conflicting information	9	37.50
23	Drinking meal replacement shakes,	nutrition /	beverages	Total 34 100.00	Experts are mixed Don't know	11 11	45.83 45.83	A little conflicting information	9	37.50
23	like Soylent or Huel	diet	beverages		Total	24	100.00	Some conflicting information	5	20.83
								A lot of conflicting information	1	4.17
								Total	24	100.00
24	wine instead of regular wine	diet	beverages	No         27         79.41           Total         34         100.00						
				Freq. Percent		Freq.	Percent		Freq.	Percent
				Yes 34 100.00	Experts are mixed Experts mostly	Freq. 3 29	8.82	No conflicting information	Freq.	Percent 82.35
25	Drinking plain water	nutrition /	beverages		Experts mostly recommend	3 29	8.82 85.29	information A little conflicting		
25			beverages	Yes 34 100.00	Experts mostly	3	8.82	information A little conflicting information Some conflicting	28	82.35
25			beverages	Yes 34 100.00	Experts mostly recommend Don't know	3 29 2	8.82 85.29 5.88	information A little conflicting information	28 4	82.35 11.76
25			beverages	Yes 34 100.00	Experts mostly recommend Don't know	3 29 2	8.82 85.29 5.88	information A little conflicting information Some conflicting information	28 4 2	82.35 11.76 5.88
25			beverages	Yes         34         100.00           Total         34         100.00   Freq. Percent	Experts mostly recommend Don't know	3 29 2	8.82 85.29 5.88	information A little conflicting information Some conflicting information	28 4 2	82.35 11.76 5.88
25			beverages	Yes         34         100.00           Total         34         100.00             Freq.         Percent           Yes         31         86.11           No         5         13.89	Experts mostly recommend Don't know	3 29 2 34	8.82 85.29 5.88 100.00	information A little conflicting information Some conflicting information	28 4 2 34	82.35 11.76 5.88 100.00
	water  Drinking red wine		·	Yes         34         100.00           Total         34         100.00             Freq.         Percent           Yes         31         86.11	Experts mostly recommend Don't know Total  Experts mostly do	3 29 2 34 Freq.	8.82 85.29 5.88 100.00	information A little conflicting information Some conflicting information Total  No conflicting	28 4 2 34 Freq.	82.35 11.76 5.88 100.00
25	water	diet	beverages	Yes         34         100.00           Total         34         100.00             Freq.         Percent           Yes         31         86.11           No         5         13.89	Experts mostly recommend Don't know Total  Experts mostly do not recommend Experts are mixed	3 29 2 34 Freq. 3	8.82 85.29 5.88 100.00 Percent 9.68 51.61	information A little conflicting information Some conflicting information Total  No conflicting information A little conflicting	28 4 2 34 Freq. 7	82.35 11.76 5.88 100.00 Percent 22.58
	Drinking red wine (excluding other	nutrition /	·	Yes         34         100.00           Total         34         100.00             Freq.         Percent           Yes         31         86.11           No         5         13.89	Experts mostly recommend Don't know Total  Experts mostly do not recommend Experts are mixed Experts mostly recommend	3 29 2 34 Freq. 3 16 8	8.82 85.29 5.88 100.00 Percent 9.68 51.61 25.81	information A little conflicting information Some conflicting information Total  No conflicting information A little conflicting information Some conflicting	28 4 2 34 Freq. 7	82.35 11.76 5.88 100.00 Percent 22.58 45.16

#	Health Behavior	Category	Sub- category	familiarity	expert recommendat	ions		perceived conflict		
27	Drinking sports beverages, like Gatorade	nutrition / diet	beverages	Freq.         Percent           Yes         33         94.29           No         2         5.71           Total         35         100.00	Experts mostly do not recommend Experts are mixed Experts mostly recommend Don't know	Freq. 3 18 6 6 33	Percent 9.09 54.55 18.18 18.18 100.00	No conflicting information A little conflicting information Some conflicting information A lot of conflicting information Total	Freq. 12 14 6 1 33	Percent 36.36 42.42 18.18 3.03 100.00
28	Drinking sugar- sweetened beverages, like soda or chocolate milk	nutrition / diet	beverages	Freq.         Percent           Yes         34         97.14           No         1         2.86           Total         35         100.00	Experts mostly do not recommend Experts are mixed Don't know Total	Freq. 30 3 1 34	Percent 88.24 8.82 2.94 100.00	No conflicting information A little conflicting information Some conflicting information A lot of conflicting information Total	Freq. 19 7 7 1 34	Percent 55.88 20.59 20.59 2.94 100.00
29	Drinking un- caffeinated (herbal) tea	nutrition / diet	beverages	Freq.         Percent           Yes         31         88.57           No         4         11.43           Total         35         100.00	Experts mostly do not recommend Experts are mixed Experts mostly recommend Don't know	Freq. 3 9 14 5 31	Percent 9.68 29.03 45.16 16.13 100.00	No conflicting information A little conflicting information Some conflicting information Total	Freq. 21 8 2 31	Percent 67.74 25.81 6.45
30	Drinking yerba mate	nutrition / diet	beverages	Freq.         Percent           Yes         7         20.00           No         28         80.00           Total         35         100.00						
31	Eating genetically modified foods (GMOs)	nutrition / diet	diet types	Freq.         Percent           Yes         32         91.43           No         3         8.57           Total         35         100.00	Experts mostly do not recommend Experts are mixed Experts mostly recommend	Freq. 5 20 4	Percent 15.62 62.50 12.50	No conflicting information A little conflicting information	Freq. 3	Percent 9.38 18.75

#	Health Behavior	Category	Sub- category	familiarity	expert recommendat	ions		perceived conflict		
					Don't know	3	9.38	Some conflicting	17	53.12
					Total	32	100.00	information	_	10.75
								A lot of conflicting information	6	18.75
								Total	32	100.00
				Freq. Percent		Freq.	Percent		Free	ı. Percent
				Yes 32 96.97	Experts mostly do	1	3.12	No conflicting	8	25.00
				No 1 3.03	not recommend	20	62.50	information	0	25.00
32	Eating or following	nutrition /	diet types	Total 33 100.00	Experts are mixed Experts mostly	20 4	62.50 12.50	A little conflicting information	8	25.00
32	a high-protein diet	diet	diet types		recommend	4	12.30	Some conflicting	12	37.50
					Don't know	7	21.88	information	1.2	37.30
					Total	32	100.00	A lot of conflicting	4	12.50
								information		
								Total	32	100.00
				Freq. Percent		Freq.	Percent		Freq.	Percent
				Yes 21 63.64	Experts mostly do	7	33.33	No conflicting	2	9.52
				No 12 36.36	not recommend			information		
	Eating or following	nutrition /		Total 33 100.00	Experts are mixed	12	57.14	A little conflicting	9	42.86
33	a "Western" diet	diet	diet types		Don't know	2	9.52	information	_	22.01
					Total	21	100.00	Some conflicting information	5	23.81
								A lot of conflicting	5	23.81
								information	5	23.01
								Total	21	100.00
				Freq. Percent		Freq.	Percent		Free	ı. Percent
				Yes 30 88.24	Experts mostly do	2	6.67	No conflicting	11	36.67
	E .: 6.11 :			No 4 11.76	not recommend	1.7	56.65	information	10	22.22
	Eating or following a gluten-free diet	nutrition /		Total 34 100.00	Experts are mixed Experts mostly	17 2	56.67 6.67	A little conflicting information	10	33.33
34	even if not gluten	diet	diet types		recommend	2	0.07	Some conflicting	6	20.00
	intolerant	aret			Don't know	9	30.00	information	O	20.00
					Total	30	100.00	A lot of conflicting	3	10.00
								information		
								Total	30	100.00
				Freq. Percent		Freq.	Percent		Frec	ı. Percent
2-	Eating or following	nutrition /	P	Yes 32 96.97	Experts mostly do	5	15.62	No conflicting	6	18.75
35	a high-fat diet	diet	diet types	No 1 3.03	not recommend	21	(5.62	information	7	21.00
	(keto)			Total 33 100.00	Experts are mixed Experts mostly	21 1	65.62 3.12	A little conflicting information	7	21.88
					recommend	1	3.12	mormation		
					recommend					

#	Health Behavior	Category	Sub- category	familiarity	expert recommendat	tions		perceived conflict		
					Don't know	5	15.62	Some conflicting	14	43.75
					Total	32	100.00	information A lot of conflicting information	5	15.62
								Total	32	100.00
				Freq. Percent		Freq.	Percent		Freq.	Percent
				Yes 31 91.18 No 3 8.82	Experts mostly do not recommend	2	6.45	No conflicting information	11	35.48
36	Eating or following	nutrition /	diat tropas	Total 34 100.00	Experts are mixed Experts mostly	17 6	54.84 19.35	A little conflicting information	11	35.48
30	a low-carb diet	diet	diet types		recommend Don't know	6	19.35	Some conflicting information	6	19.35
					Total	31	100.00	A lot of conflicting information	3	9.68
								Total	31	100.00
				Freq. Percent		Freq.	Percent		Freq.	Percent
				Yes 23 71.88 No 9 28.12	Experts mostly do not recommend	6	26.09	No conflicting information	8	34.78
25	Eating or following	nutrition /	P	Total 32 100.00	Experts are mixed Experts mostly	10 2	43.48 8.70	A little conflicting information	8	34.78
37	a low-protein diet	diet	diet types		recommend Don't know	5	21.74	Some conflicting information	1	4.35
					Total	23	100.00	A lot of conflicting information	6	26.09
								Total	23	100.00
				Freq. Percent		Freq.	Percent		Freq.	Percent
				Yes 33 94.29 No 2 5.71	Experts are mixed Experts mostly	5 25	15.15 75.76	No conflicting information	12	36.36
	Eating or following a low/reduced	nutrition /		Total 35 100.00	recommend Don't know	3	9.09	A little conflicting information	14	42.42
38	calorie diet to lose weight	diet	diet types		Total	33	100.00	Some conflicting information	5	15.15
	weight							A lot of conflicting information	2	6.06
								Total	33	100.00
	Eating or following	nutrition /		Freq. Percent		Freq.	Percent		Freq.	Percent
39	a paleo diet	diet	diet types	Yes 24 75.00 No 8 25.00	Experts mostly do not recommend	5	20.83	No conflicting information	5	20.83
				Total 32 100.00	Experts are mixed	14	58.33			

#	Health Behavior	Category	Sub- category	familiarity	expert recommenda	tions		perceived conflict		
					Don't know Total	5 24	20.83 100.00	A little conflicting information	7	29.17
					Total	24	100.00	Some conflicting information	7	29.17
								A lot of conflicting information	5	20.83
								Total	24	100.00
				Freq. Percent	-	Freq.	Percent	· -	Freq.	Percent
				Yes 34 97.14 No 1 2.86	Experts mostly do not recommend	3	8.82	No conflicting information	7	20.59
40	Eating or following	nutrition /	diat tupos	Total 35 100.00	Experts are mixed Experts mostly	23 6	67.65 17.65	A little conflicting information	17	50.00
40	a vegan diet	diet	diet types		recommend Don't know	2	5.88	Some conflicting information	7	20.59
					Total	34	100.00	A lot of conflicting information	3	8.82
								Total	34	100.00
				Freq. Percent		Freq.	Percent		Freq.	Percent
				Yes 31 91.18 No 3 8.82	Experts are mixed Experts mostly	19 10	61.29 32.26	No conflicting information	4	12.90
44	Eating or following	nutrition /	P	Total 34 100.00	recommend Don't know	2	6.45	A little conflicting information	13	41.94
41	a vegetarian diet	diet	diet types		Total	31	100.00	Some conflicting information	10	32.26
								A lot of conflicting information	4	12.90
								Total	31	100.00
	Eating or following			Freq. Percent						
42	the DASH (Dietary Approaches to Stop	nutrition / diet	diet types	Yes 9 26.47 No 25 73.53						
	Hypertension) diet			Total 34 100.00						
				Freq. Percent						
43	Eating or following a glycemic index	nutrition / diet	diet types	Yes 15 46.88 No 17 53.12						
	diet			Total 32 100.00						
44	Eating or following	nutrition /	diet types	Freq. Percent						
	the HCG (human	diet	uict types	Yes 2 6.25						

#	Health Behavior	Category	Sub- category	familiar	ity		expert recommendat	ions		perceived conflict		
	chorionic gonadotropin) diet			No Total	30 32	93.75 100.00						
				Yes	Freq.	Percent 85.71	Experts mostly do	Freq.	Percent 3.33	No conflicting	Freq.	Percent 43.33
				No Total	5 35	14.29	not recommend Experts are mixed	12	40.00	information A little conflicting	13	46.67
45	Eating or following the Mediterranean	nutrition / diet	diet types	10tai	33	100.00	Experts mostly recommend	12	40.00	information	2	6.67
	diet	diet					Don't know	5 30	16.67	Some conflicting information		
							Total	30	100.00	A lot of conflicting information	1	3.33
										Total	30	100.00
46	Eating or following the MIND (Mediterranean- DASH Intervention for Neurodegenerative Delay) diet	nutrition / diet	diet types	Yes No Total	Freq. 7 27 34	Percent 20.59 79.41 100.00						
				-	Freq.	Percent		Freq.	Percent	· -	Freq.	Percent
				Yes No	22 12	64.71 35.29	Experts mostly do not recommend	5	22.73	No conflicting information	7	31.82
-	Eating or following	nutrition /		Total	34	100.00	Experts are mixed Experts mostly	10 1	45.45 4.55	A little conflicting information	7	31.82
17	the South Beach diet	diet	diet types				recommend Don't know	6	27.27	Some conflicting information	6	27.27
							Total	22	100.00	A lot of conflicting information	2	9.09
										Total	22	100.00
					Freq.	Percent						
48	Eating or following the Whole30 diet	nutrition / diet	diet types	Yes No	11 22	33.33 66.67						
				Total	33	100.00						
					Freq.	Percent		Freq.	Percent		Freq.	Percent
49	Intermittent fasting	nutrition /	diet types	Yes No	34 2	94.44 5.56	Experts mostly do not recommend	4	11.76	No conflicting information	8	23.53
.,	The first rusting	diet	diet types	Total	36	100.00	Experts are mixed Experts mostly recommend	17 5	50.00 14.71	A little conflicting information	9	26.47

#	Health Behavior	Category	Sub- category	familiarity	expert recommendat	tions		perceived conflict		
					Don't know	8	23.53	Some conflicting	11	32.35
					Total	34	100.00	information	_	45.5
								A lot of conflicting information	6	17.65
								Total	34	100.00
								Total	34	100.00
				Freq. Percent						
50	C 11:	nutrition /	1: -4 4	Yes 1 3.45						
50	Seed cycling	diet	diet types	No 28 96.55						
				Total 29 100.00						
				Freq. Percent		Freq.	Percent		Freq.	Percent
				Yes 21 58.33	Experts mostly do	1	4.76	No conflicting	10	47.62
	Consuming			No 15 41.67 Total 36 100.00	not recommend Experts are mixed	11	52.38	information A little conflicting	3	14.29
F1	adaptogens, like	nutrition /	discrete	10tai 30 100.00	Experts mostly	2	9.52	information	5	11.29
51	ashwagandha,	diet	dietary item		recommend			Some conflicting	6	28.57
	ginseng				Don't know	7	33.33	information	2	0.52
					Total	21	100.00	A lot of conflicting information	2	9.52
								Total	21	100.00
				Freq. Percent		Freq.	Percent		Freq.	Percent
				Yes 25 69.44	Experts mostly do	4	16.00	No conflicting	10	40.00
				No 11 30.56 Total 36 100.00	not recommend Experts are mixed	13	52.00	information A little conflicting	9	36.00
	Consuming aloe	nutrition /	discrete	10tai 36 100.00	Experts are mixed Experts mostly	3	12.00	information	9	30.00
52	vera	diet	dietary item		recommend	J	12.00	Some conflicting	3	12.00
					Don't know	5	20.00	information		
					Total	25	100.00	A lot of conflicting	3	12.00
								information Total	25	100.00
								1000	23	100.00
				Freq. Percent		Freq.	Percent		Freq.	Percent
				Yes 29 85.29	Experts mostly do	6	20.69	No conflicting	13	44.83
				No 5 14.71	not recommend			information		
52	Consuming apple	nutrition /	discrete	Total 34 100.00	Experts are mixed	10	34.48	A little conflicting	8	27.59
53	cider vinegar	diet	dietary item		Experts mostly recommend	6	20.69	information Some conflicting	6	20.69
					Don't know	7	24.14	information	U	20.09
					Total	29	100.00	A lot of conflicting	2	6.90
								information		
								Total	29	100.00

#	Health Behavior	Category	Sub- category	familiarity	expert recommenda	tions		perceived conflict		
				Freq. Perce	nt	Freq.	Percent		Freq.	Percent
				Yes 31 91.18		7	22.58	No conflicting	9	29.03
	Consuming full-fat			No 3 8.82 Total 34 100.0	not recommend Experts are mixed	20	64.52	information A little conflicting	11	35.48
54	dairy products, like	nutrition /	discrete		Don't know	4	12.90	information		
34	whole milk, full-fat	diet	dietary item		Total	31	100.00	Some conflicting	10	32.26
	yogurt							information A lot of conflicting	1	3.23
								information		
								Total	31	100.00
				Freq. Perce		Freq.	Percent		Freq.	Percent
				Yes 30 88.24		12	40.00	No conflicting	7	23.33
	Consuming low-fat			No 4 11.76 Total 34 100.0	<del></del> :	13	43.33	information A little conflicting	14	46.67
55	dairy products, like	nutrition /	discrete	10tai 34 100.0	Don't know	5	16.67	information	14	40.07
33	reduced-fat or skim	diet	dietary item		Total	30	100.00	Some conflicting	8	26.67
	milk, low-fat yogurt							information A lot of conflicting	1	3.33
								information	1	J.55
								Total	30	100.00
				Freq. Perce		Freq.	Percent		Freq.	Percent
				Yes 30 88.24		19	63.33	No conflicting	13	43.33
				No 4 11.76 Total 34 100.0		3	10.00	information A little conflicting	8	26.67
56	Consuming protein	nutrition /	discrete	10tai 34 100.0	Don't know	8	26.67	information	O	20.07
30	powder	diet	dietary item		Total	30	100.00	Some conflicting	8	26.67
								information A lot of conflicting	1	3.33
								information		
								Total	30	100.00
				Freq. Perce		Freq.	Percent		Freq.	Percent
				Yes 35 100.0		15	42.86	No conflicting	9	25.71
	Consuming soy,	nutrition /	discrete	Total 35 100.0	Experts mostly recommend	9	25.71	information A little conflicting	16	45.71
57	like tofu, soy milk, edamame	diet	dietary item		Don't know	11	31.43	information	10	<b>-</b> 1J./1
	cuamame				Total	35	100.00	Some conflicting	8	22.86
								information A lot of conflicting	2	5.71
								information	2	J. / 1

#	Health Behavior	Category	Sub- category	familiarity		expert recommendat	tions		perceived conflict		
									Total	35	100.00
				Freq			Freq.	Percent		Freq.	Percent
				Yes 26 No 7	78.79 21.21	Experts mostly do not recommend	2	7.69	No conflicting information	9	34.62
		nutrition /	discrete	Total 33	100.00	Experts are mixed Experts mostly	13 2	50.00 7.69	A little conflicting information	10	38.46
58	Consuming stevia	diet	dietary item			recommend Don't know	9	34.62	Some conflicting information	6	23.08
						Total	26	100.00	A lot of conflicting information	1	3.85
									Total	26	100.00
				Freq	. Percent		Freq.	Percent		Freq.	Percent
				Yes 31	88.57	Experts mostly do	30	96.77	No conflicting	21	67.74
	Eating "fast food" or other processed	nutrition /	discrete	No 4 Total 35	11.43 100.00	not recommend Experts mostly recommend	1	3.23	information A little conflicting information	3	9.68
59	foods high in fat, starches, or sugars	diet	dietary item			Total	31	100.00	Some conflicting information	4	12.90
	starches, or sugars								A lot of conflicting information	3	9.68
									Total	31	100.00
				Freq	. Percent		Freq.	Percent		Freq.	Percent
				Yes 30	88.24	Experts mostly do	13	43.33	No conflicting	4	13.33
<i>(</i> 0	Consuming artificial	nutrition /	discrete	No 4 Total 34	11.76 100.00	not recommend Experts are mixed Experts mostly	12 1	40.00 3.33	information A little conflicting information	11	36.67
60	sweeteners, like aspartame	diet	dietary item			recommend Don't know	4	13.33	Some conflicting information	8	26.67
	aspartame					Total	30	100.00	A lot of conflicting information	7	23.33
									Total	30	100.00
				Freq	. Percent		Freq.	Percent		Freq.	Percent
				Yes 26	76.47	Experts mostly do	1	3.85	No conflicting	16	61.54
61	Eating chia seeds	nutrition / diet	discrete dietary item	No 8 Total 34	23.53 100.00	not recommend Experts are mixed	8	30.77	information A little conflicting	6	23.08
		dict	dictary from			Experts mostly recommend Don't know	7 10	26.92 38.46	information Some conflicting information	4	15.38
						Total	26	100.00	Total	26	100.00

#	Health Behavior	Category	Sub- category	familiarity	expert recommendat	tions		perceived conflict		
				Freq. Percent		Freq.	Percent		Freq.	Percent
				Yes 32 91.43	Experts are mixed	22	68.75	No conflicting	6	18.75
				No 3 8.57	Experts mostly	9	28.12	information		
		,	11	Total 35 100.00	recommend		2.12	A little conflicting	13	40.62
62	Eating eggs	nutrition / diet	discrete		Don't know	32	3.12	information	10	31.25
	0 00	aiet	dietary item		Total	32	100.00	Some conflicting information	10	31.25
								A lot of conflicting	3	9.38
								information	3	7.50
								Total	32	100.00
				Freq. Percent		Freq.	Percent		Freq.	Percent
				Yes 29 85.29	Experts are mixed	8 19	27.59	No conflicting	19	65.52
	Eating fiber or	nutrition /	discrete	No 5 14.71 Total 34 100.00	Experts mostly recommend	19	65.52	information A little conflicting	7	24.14
63	following a high-	diet	dietary item	10tai 34 100.00	Don't know	2	6.90	information	/	24.14
	fiber diet	dict	dictary item		Total	29	100.00	Some conflicting	3	10.34
					10141		100.00	information	, and the second	10.5 .
								Total	29	100.00
				Freq. Percent	-	Freq.	Percent	-	Freq.	Percent
				Yes 32 96.97	Experts are mixed	6	18.75	No conflicting	18	56.25
				No 1 3.03	Experts mostly	24	75.00	information	10	30.23
61	Estina fish	nutrition /	discrete	Total 33 100.00	recommend			A little conflicting	12	37.50
64	Eating fish	diet	dietary item		Don't know	2	6.25	information		
					Total	32	100.00	Some conflicting	2	6.25
								information		
								Total	32	100.00
				Freq. Percent		Freq.	Percent		Freq.	Percent
				Yes 30 85.71	Experts are mixed	13	43.33	No conflicting	12	40.00
				No 5 14.29	Experts mostly	5	16.67	information		
				Total 35 100.00	recommend			A little conflicting	11	36.67
65	Eating shellfish	nutrition /	discrete		Don't know	12	40.00	information		
0.0	Lating sheimsh	diet	dietary item		Total	30	100.00	Some conflicting	5	16.67
								information	2	6.67
								A lot of conflicting	2	6.67
								information Total	30	100.00
								1 Otai	30	100.00
	Eating foods with	nutrition /	discrete							
66	saturated fat	diet	dietary item	Freq. Percent		Freq.	Percent		Freq.	Percent
			<b>-</b>		_		_	_		_

ŧ	Health Behavior	Category	Sub- category	familiar	rity		expert recommendat	tions		perceived conflict		
				Yes	32	94.12	Experts mostly do	19	59.38	No conflicting	13	40.62
				No	2	5.88	not recommend	_		information		
				Total	34	100.00	Experts are mixed	9	28.12	A little conflicting	8	25.00
							Experts mostly	3	9.38	information	0	25.00
							recommend Don't know	1	3.12	Some conflicting information	8	25.00
							Total	32	100.00	A lot of conflicting	3	9.38
							10141	32	100.00	information	3	7.30
										Total	32	100.00
										1000	32	100.00
				-	Freq.	Percent		Freq.	Percent		Freq.	Percent
				Yes	30	93.75	Experts mostly do	22	73.33	No conflicting	15	50.00
				No	2	6.25	not recommend			information		
				Total	32	100.00	Experts are mixed	4	13.33	A little conflicting	6	20.00
	Eating foods with	nutrition /	discrete				Experts mostly	2	6.67	information		
	trans fat	diet	dietary item				recommend			Some conflicting	8	26.67
							Don't know	2	6.67	information		
							Total	30	100.00	A lot of conflicting	1	3.33
										information		
										Total	30	100.00
					Freq.	Percent		Freq.	Percent		Freq.	Percen
				Yes No	33 1	97.06 2.94	Experts mostly do not recommend	4	12.12	No conflicting information	15	45.45
	Eating foods with	nutrition /	discrete	Total	34	100.00	Experts are mixed	6	18.18	A little conflicting	13	39.39
	unsaturated fat	diet	dietary item				Experts mostly	16	48.48	information		
							recommend			Some conflicting	5	15.15
							Don't know	7	21.21	information		
							Total	33	100.00	Total	33	100.00
					Freq.	Percent		Freq.	Percent		Freq.	Percen
				Yes	34	100.00	Experts are mixed	2	5.88	No conflicting	21	61.76
			11	Total	34	100.00	Experts mostly	31	91.18	information		
	Eating fruit	nutrition /	discrete				recommend		201	A little conflicting	8	23.53
	C	diet	dietary item				Don't know	1	2.94	information	_	1471
							Total	34	100.00	Some conflicting	5	14.71
										information	2.4	100.00
										Total	34	100.00
					F	Percent		Freq.	Percent		Euro	Ромоом
					Frea	rencem			reicem		rrea.	Percen
	Eating ginger	nutrition /	discrete	Yes	Freq.		Experts mostly do			No conflicting	Freq.	Percen 70.00
	Eating ginger	nutrition / diet	discrete dietary item	Yes No	30 5	85.71 14.29	Experts mostly do not recommend	1	3.33	No conflicting information	21	70.00

#	Health Behavior	Category	Sub- category	familiarity	expert recommenda	tions		perceived conflict		
			<u> </u>		Experts mostly recommend	17	56.67	A little conflicting information	6	20.00
					Don't know	7 30	23.33	Some conflicting information	1	3.33
					Total	30	100.00	A lot of conflicting information	2	6.67
								Total	30	100.00
					_	Г			Г	D .
				Yes 30 88.24		Freq.	Percent	No conflicting	Freq.	Percent
				No 4 11.76	Experts mostly do not recommend	17	56.67	information	21	70.00
	Eating instant		1	Total 34 100.00	Experts are mixed	9	30.00	A little conflicting	4	13.33
1	noodles, like	nutrition / diet	discrete dietary item		Don't know Total	30	13.33	information Some conflicting	4	13.33
	Ramen	dict	dictary nem		Total	30	100.00	information	4	13.33
								A lot of conflicting	1	3.33
								information		
								Total	30	100.00
	inulin supplement			Total 33 100.00	_					
				Freq. Percent		Freq.	Percent		Freq.	Percent
				Yes 32 91.43 No 3 8.57	Experts are mixed Experts mostly	5 24	15.62 75.00	No conflicting information	21	65.62
	Eating nuts, like			Total 35 100.00				A little conflicting	7	21.88
73	almonds, cashews,	nutrition /	discrete		Don't know	3	9.38	information		0.20
	walnuts	diet	dietary item		Total	32	100.00	Some conflicting information	3	9.38
								A lot of conflicting	1	3.12
								information		
								Total	32	100.00
				Freq. Percent		Freq.	Percent		Freq.	Percent
				Yes 30 85.71 No 5 14.29	Experts mostly do not recommend	6	20.00	No conflicting information	10	33.33
74	Eating or cooking with canola oil	nutrition / diet	discrete	Total 35 100.00	Experts are mixed	14	46.67	A little conflicting	10	33.33
	wип сапота оп	diet	dietary item		Experts mostly	5	16.67	information		
					recommend	-	16.67	Some conflicting	7	23.33
					Don't know Total	5 30	16.67 100.00	information		

#	Health Behavior	Category	Sub- category	familiarity	expert recommenda	tions		perceived conflict		
								A lot of conflicting information	3	10.00
								Total	30	100.00
					_	Freq.	Percent		Freq.	Percent
				Freq. Percer Yes 27 81.82	Experts mostly do not recommend	2	7.41	No conflicting information	10	37.04
	Eating or cooking	nutrition /	discrete	No 6 18.18	Experts are mixed	9 5	33.33 18.52	A little conflicting information	9	33.33
75	with coconut oil	diet	dietary item	Total 33 100.00	recommend			Some conflicting	6	22.22
					Don't know Total	11 27	40.74 100.00	information A lot of conflicting information	2	7.41
								Total	27	100.00
				Eura Danas	<del>.</del>	Enn	Danasant		Euro e	Danasart
				Freq. Percer Yes 30 85.71	Experts mostly do	Freq.	Percent 40.00	No conflicting	Freq.	Percent 30.00
				No 5 14.29	not recommend			information		
	Eating or cooking	nutrition /	discrete	Total 35 100.00	Experts are mixed Experts mostly	9 1	30.00 3.33	A little conflicting information	11	36.67
76	with margarine	diet	dietary item		recommend Don't know	8	26.67	Some conflicting information	5	16.67
					Total	30	100.00	A lot of conflicting information	5	16.67
								Total	30	100.00
				Freq. Percer		Freq.	Percent		Freq.	Percent
				Yes 34 97.14 No 1 2.86	Experts mostly do not recommend	2	5.88	No conflicting information	15	44.12
77	Eating or cooking	nutrition /	discrete	Total 35 100.00		5	14.71	A little conflicting	15	44.12
	with olive oil	diet	dietary item		Experts mostly recommend	19	55.88	information Some conflicting	4	11.76
					Don't know	8	23.53	information		11.70
					Total	34	100.00	Total	34	100.00
				Freq. Percer		Freq.	Percent		Freq.	Percent
78	Eating organic	nutrition /	discrete	Yes 32 94.12 No 2 5.88	Experts are mixed Experts mostly	12 14	37.50 43.75	No conflicting information	9	28.12
70	foods	diet	dietary item	Total 34 100.00			10.75	A little conflicting	13	40.62
					Don't know Total	32	18.75 100.00	information Some conflicting	9	28.12
								information		

#	Health Behavior	Category	Sub- category	familiarity	expert recommendat	ions		perceived conflict		
								A lot of conflicting information	1	3.12
								Total	32	100.00
							_			_
				Freq. Percent		Freq.	Percent		Freq.	Percent
				Yes 34 97.14 No 1 2.86	Experts mostly do not recommend	24	70.59	No conflicting information	15	44.12
	Eating processed	nutrition /	discrete	Total 35 100.00	Experts are mixed Experts mostly	7 1	20.59 2.94	A little conflicting information	7	20.59
79	meats, like hot dogs or lunch meat	diet	dietary item		recommend			Some conflicting	9	26.47
					Don't know	34	5.88	information A lot of conflicting	3	8.82
					Total	34	100.00	information		
								Total	34	100.00
				Freq. Percent		Freq.	Percent		Freq.	Percent
				Yes 34 100.00	Experts mostly do	3	9.68	No conflicting	12	35.29
				Total 34 100.00	not recommend			information		
80	Eating salt or sodium	nutrition / diet	discrete dietary item		Experts are mixed Experts mostly	8	25.81 9.68	A little conflicting information	15	44.12
			·		recommend Don't know	17	54.84	Some conflicting information	7	20.59
					Total	31	100.00	Total	34	100.00
					1000	31	100.00	1000	34	100.00
				Freq. Percent		Freq.	Percent		Freq.	Percent
				Yes 31 91.18 No 3 8.82	Experts mostly do not recommend	3	9.68	No conflicting information	18	58.06
		nutrition /	discrete	Total 34 100.00	Experts are mixed	8	25.81 9.68	A little conflicting information	9	29.03
81	Eating spicy foods	diet	dietary item		Experts mostly recommend			Some conflicting	3	9.68
					Don't know Total	17 31	54.84 100.00	information A lot of conflicting	1	3.23
								information		
								Total	31	100.00
				Freq. Percent		Freq.	Percent		Freq.	Percent
			41	Yes 34 97.14	Experts mostly	34	100.00	No conflicting	32	94.12
82	Eating vegetables	nutrition / diet	discrete dietary item	No 1 2.86 Total 35 100.00	recommend Total	34	100.00	information A little conflicting	2	5.88
								information		
								Total	34	100.00

#	Health Behavior	Category	Sub- category	familiarity	expert recommendations	perceived conflict		
83	Eating white potatoes	nutrition / diet	discrete dietary item	Freq.         Percent           Yes         16         47.06           No         18         52.94           Total         34         100.00				
84	Eating whole grains, like buckwheat, millet, quinoa	nutrition / diet	discrete dietary item	Freq. Percent Yes 32 94.12 No 2 5.88 Total 34 100.00	Experts are mixed 2 Experts mostly 26 recommend Don't know 4 Total 32	Percent  6.25 No conflicting information A little conflicting information Some conflicting information Total	Freq. 20 9 3 32	Percent 62.50 28.12 9.38 100.00
85	Consuming fermented products, like yogurt, kimchi, sauerkraut, kombucha	nutrition / diet	discrete dietary items	Freq.         Percent           Yes         32         91.43           No         3         8.57           Total         35         100.00	Experts are mixed 6 Experts mostly 16 recommend Don't know 10 Total 32	Percent	Freq. 19 10 3 32	Percent 59.38 31.25 9.38 100.00
86	Consuming turmeric	nutrition / diet	discrete dietary items	Freq. Percent Yes 26 74.29 No 9 25.71 Total 35 100.00	Experts are mixed 12 Experts mostly 5 recommend Don't know 9 Total 26	Percent  46.15 19.23 No conflicting information A little conflicting information Some conflicting information A lot of conflicting information Total	Freq. 10 14 1 1 26	Percent 38.46 53.85 3.85 3.85 100.00
87	Eating dark chocolate	nutrition / diet	discrete dietary items	Freq.         Percent           Yes         33         94.29           No         2         5.71           Total         35         100.00	Experts mostly do not recommend Experts are mixed 9 Experts mostly 15 recommend Don't know 8 Total 33	Percent  3.03 No conflicting information  27.27 A little conflicting information  45.45 information  Some conflicting information  100.00	Freq. 18 9 5	Percent 54.55 27.27 15.15

#	<b>Health Behavior</b>	Category	Sub- category	familiarity	expert recommendat	ions		perceived conflict		
								A lot of conflicting information Total	33	3.03
88	Eating red meat, like beef or pork	nutrition / diet	discrete dietary items	Freq.         Percent           Yes         33         97.06           No         1         2.94           Total         34         100.00	Experts mostly do not recommend Experts are mixed Don't know	Freq. 7 22 4 33	Percent 21.21 66.67 12.12 100.00	No conflicting information A little conflicting information Some conflicting information A lot of conflicting information Total	Freq. 4  8  14  7  33	Percent 12.12 24.24 42.42 21.21 100.00
89	Consuming activated charcoal	nutrition / diet	vitamins / supplements	Freq.         Percent           Yes         17         54.84           No         14         45.16           Total         31         100.00	Experts mostly do not recommend Experts are mixed Experts mostly recommend Don't know Total	Freq. 6 5 2 4 17	Percent 35.29 29.41 11.76 23.53 100.00	No conflicting information A little conflicting information Some conflicting information A lot of conflicting information Total	Freq. 7 3 3 4 17	Percent 41.18 17.65 17.65 23.53 100.00
90	Consuming maca root powder	nutrition / diet	vitamins / supplements	Freq.         Percent           Yes         9         27.27           No         24         72.73           Total         33         100.00						
91	Consuming white mulberry leaf or taking a white mulberry supplement	nutrition / diet	vitamins / supplements	Freq.         Percent           Yes         4         12.90           No         27         87.10           Total         31         100.00						
92	Taking a beta- carotene supplement	nutrition / diet	vitamins / supplements	Freq.         Percent           Yes         17         53.12           No         15         46.88           Total         32         100.00	Experts mostly do not recommend Experts are mixed Experts mostly recommend	Freq. 1 7 3	Percent 5.88 41.18 17.65	No conflicting information A little conflicting information	Freq. 8	Percent 47.06 47.06

#	Health Behavior	Category	Sub- category	familiarity	expert recommendat	tions		perceived conflict		
					Don't know	6	35.29	A lot of conflicting	1	5.88
					Total	17	100.00	information Total	17	100.00
				Freq. Percent		Freq.	Percent		Freq.	Percent
				Yes 31 88.57 No 4 11.43	Experts are mixed	11 13	35.48 41.94	No conflicting information	22	70.97
				No 4 11.43 Total 35 100.00	Experts mostly recommend	13	41.94	A little conflicting	4	12.90
93	Taking a calcium supplement	nutrition / diet	vitamins / supplements		Don't know Total	7 31	22.58 100.00	information Some conflicting	4	12.90
	supplement	uici	supplements		Total	31	100.00	information	4	12.90
								A lot of conflicting information	1	3.23
								Total	31	100.00
				Freq. Percent						
94	Taking a choline	nutrition /	vitamins /	Yes 3 9.68	•					
	supplement	diet	supplements	No 28 90.32 Total 31 100.00						
					•					
				Freq. Percent						
95	Taking a chromium	nutrition /	vitamins /	Yes 5 15.62	•					
	supplement	diet	supplements	No 27 84.38 Total 32 100.00	•					
				10tai 32 100.00						
				Freq. Percent		Freq.	Percent	-	Freq.	Percent
				Yes 21 63.64	Experts mostly do	1	4.76	No conflicting	9	42.86
				No 12 36.36	not recommend	0	29.10	information	7	22.22
96	Taking a collagen	nutrition /	vitamins /	Total 33 100.00	Experts are mixed Experts mostly	8 4	38.10 19.05	A little conflicting information	7	33.33
90	supplement	diet	supplements		recommend	0	20.10	Some conflicting	4	19.05
					Don't know Total	8 21	38.10 100.00	information A lot of conflicting	1	4.76
								information		100.00
								Total	21	100.00
	Taking a copper	nutrition /	vitamins /	Yes 7 Percent						
97	supplement	diet	supplements	No 23 76.67 Total 30 100.00						

ŧ	Health Behavior	Category	Sub- category	familiarity	expert recommendati	ions		perceived conflict		
98	Taking a d- mannose supplement	nutrition / diet	vitamins / supplements	Freq.         Percent           Yes         1         2.94           No         33         97.06           Total         34         100.00	• •					
				Freq. Percent		Freq.	Percent		Freq.	Percent
				Yes         36         100.00           Total         36         100.00	Experts mostly do not recommend	1	2.78	No conflicting information	19	52.78
)	Taking a daily	nutrition /	vitamins /		Experts are mixed Experts mostly	13 21	36.11 58.33	A little conflicting information	6	16.67
	multivitamin	diet	supplements		recommend Don't know	1	2.78	Some conflicting information	8	22.22
					Total	36	100.00	A lot of conflicting information	3	8.33
								Total	36	100.00
				Freq. Percent		Freq.	Percent		Freq.	Percent
				Yes 27 79.41 No 7 20.59	Experts mostly do not recommend	1	3.70	No conflicting information	12	44.44
)	Taking a Gingko	nutrition /	vitamins /	Total 34 100.00	Experts are mixed Experts mostly	14 3	51.85 11.11	A little conflicting information	8	29.63
•	biloba supplement	diet	supplements		recommend Don't know	9	33.33	Some conflicting information	6	22.22
					Total	27	100.00	A lot of conflicting information	1	3.70
								Total	27	100.00
				Freq. Percent		Freq.	Percent		Freq.	Percent
				Yes 24 70.59 No 10 29.41	Experts are mixed Experts mostly	9 8	37.50 33.33	No conflicting information	14	58.33
	Taking a magnesium	nutrition /	vitamins /	Total 34 100.00	recommend Don't know	7	29.17	A little conflicting information	7	29.17
	supplement	diet	supplements		Total	24	100.00	Some conflicting information A lot of conflicting	2	8.33 4.17
								information Total	24	100.00
								Total	<del></del>	100.00
	Taking an omega-3 fatty acid	nutrition /	vitamins /	Freq. Percent		Freq.	Percent		Freq.	Percent
2	supplement (fish oil)	diet	supplements	Yes     32     94.12       No     2     5.88       Total     34     100.00	Experts are mixed Experts mostly recommend	9 20	28.12 62.50	No conflicting information	11	34.38

#	Health Behavior	Category	Sub- category	familiarity	expert recommendat	ions		perceived conflict		
					Don't know	3	9.38	A little conflicting	16	50.00
					Total	32	100.00	information Some conflicting	5	15.62
								information Total	32	100.00
103	Taking a phosphorus supplement	nutrition / diet	vitamins / supplements	Freq.         Percent           Yes         9         27.27           No         24         72.73           Total         33         100.00						
				Freq. Percent		Freq.	Percent		Freq.	Percent
				Yes 27 79.41 No 7 20.59	Experts mostly do not recommend	2	7.41	No conflicting information	14	51.85
104	Taking a potassium supplement	nutrition / diet	vitamins / supplements	Total 34 100.00	Experts are mixed Experts mostly	9 10	33.33 37.04	A little conflicting information	10	37.04
					recommend Don't know	6	22.22	Some conflicting information	3	11.11
					_ Total	27	100.00	Total	27	100.00
				Freq. Percent		Freq.	Percent		Freq.	Percent
				Yes 34 97.14 No 1 2.86	Experts are mixed Experts mostly	16 13	47.06 38.24	No conflicting information	14	41.18
105	Taking a probiotic	nutrition /	vitamins /	Total 35 100.00	recommend Don't know	5	14.71	A little conflicting information	12	35.29
102	supplement	diet	supplements		Total	34	100.00	Some conflicting information	7	20.59
								A lot of conflicting information	1	2.94
								Total	34	100.00
106	Taking a red yeast rice supplement	nutrition / diet	vitamins / supplements	Freq.         Percent           Yes         5         14.71           No         29         85.29           Total         34         100.00						
107	Taking a resveratrol supplement	nutrition / diet	vitamins / supplements	Freq. Percent Yes 10 28.57 No 25 71.43 Total 35 100.00						
108	Taking a selenium supplement	nutrition / diet	vitamins / supplements							

#	Health Behavior	Category	Sub- category	familiar	ity		expert recommendat	ions		perceived conflict		
				Yes No Total	Freq. 11 23 34	Percent 32.35 67.65 100.00						
				Yes	Freq.	Percent 60.00	Experts mostly do	Freq.	Percent 9.52	No conflicting	Freq.	Percent 28.57
	Taking a St. John's	nutrition /	vitamins /	No Total	14 35	40.00 100.00	not recommend Experts are mixed Don't know	12 7	57.14 33.33	information A little conflicting information	5	23.81
109	wort supplement	diet	supplements				Total	21	100.00	Some conflicting information	9	42.86
										A lot of conflicting information  Total	21	4.76
										Total	21	100.00
					Freq.	Percent		Freq.	Percent		Freq.	Percent
				Yes No	24 10	70.59 29.41	Experts are mixed Experts mostly	6 13	25.00 54.17	No conflicting information	13	54.17
110	Taking a vitamin A supplement	nutrition / diet	vitamins / supplements	Total	34	100.00	recommend Don't know	5	20.83	A little conflicting information	10	41.67
							Total	24	100.00	Some conflicting information	1	4.17
										Total	24	100.00
					Freq.	Percent		Freq.	Percent		Freq.	Percent
	Taking a vitamin	nutrition /	vitamins /	Yes No	23 9	71.88 28.12	Experts are mixed Experts mostly	5 13	21.74 56.52	No conflicting information	19	82.61
111	B1 supplement (thiamin)	diet	supplements	Total	32	100.00	recommend Don't know	5	21.74	A little conflicting information	4	17.39
							Total	23	100.00	Total	23	100.00
					Freq.	Percent		Freq.	Percent		Freq.	Percent
				Yes	29	87.88	Experts mostly do	2	6.90	No conflicting	15	51.72
	Taking a vitamin	nutrition /	vitamins /	No Total	33	12.12 100.00	not recommend Experts are mixed Experts mostly	8 12	27.59	information A little conflicting information	11	37.93
112	B12 supplement (cobalamin)	diet	supplements				Experts mostly recommend		41.38	Some conflicting	2	6.90
							Don't know Total	7 29	24.14 100.00	information A lot of conflicting information	1	3.45
										Total	29	100.00

#	Health Behavior	Category	Sub- category	familiarity	expert recommendations	perceived conflict
113	Taking a vitamin B2 supplement (riboflavin)	nutrition / diet	vitamins / supplements	Freq.         Percent           Yes         27         79.41           No         7         20.59           Total         34         100.00	Experts are mixed 6 22.22 Experts mostly 18 66.67 recommend Don't know 3 11.11 Total 27 100.00	No conflicting 20 74.07 information A little conflicting 6 22.22 information
114	Taking a vitamin B3 supplement (niacin)	nutrition / diet	vitamins / supplements	Freq. Percent Yes 23 65.71 No 12 34.29 Total 35 100.00	Freq.   Percer	No conflicting 15 65.22 information A little conflicting 4 17.39 information Some conflicting 3 13.04 information
115	Taking a vitamin B5 supplement (pantothenic acid)	nutrition / diet	vitamins / supplements	Freq. Percent Yes 16 48.48 No 17 51.52 Total 33 100.00	- -	
116	Taking a vitamin B6 supplement (pyridoxine)	nutrition / diet	vitamins / supplements	Freq. Percent Yes 25 73.53 No 9 26.47 Total 34 100.00	Freq.   Percer	No conflicting 17 68.00 information A little conflicting 4 16.00 information
117	Taking a vitamin B7 supplement (biotin)	nutrition / diet	vitamins / supplements	Freq. Percent Yes 20 62.50 No 12 37.50 Total 32 100.00	Freq.   Percer	No conflicting 12 60.00 information A little conflicting 6 30.00 information

#	Health Behavior	Category	Sub- category	familiarity		expert recommendat	ions		perceived conflict		
									Total	20	100.00
				Freq. Yes 24	Percent 70.59	Experts are mixed	Freq.	Percent 33.33	No conflicting	Freq.	Percent 37.50
				No 10  Total 34	29.41 100.00	Experts are mixed Experts mostly recommend	13	54.17	information A little conflicting	12	50.00
118	Taking a vitamin B9 supplement	nutrition / diet	vitamins / supplements			Don't know Total	3 24	12.50 100.00	information Some conflicting	2	8.33
	(folate or folic acid)		11						information A lot of conflicting	1	4.17
									information Total	24	100.00
				Freq.	Percent		Freq.	Percent		Freq.	Percent
				Yes 35 Total 35	100.00 100.00	Experts mostly do not recommend	1	2.86	No conflicting information	24	68.57
119	Taking a vitamin C	nutrition /	vitamins /			Experts are mixed Experts mostly	10 20	28.57 57.14	A little conflicting information	7	20.00
119	supplement	diet	supplements			recommend Don't know	4	11.43	Some conflicting information	3	8.57
						Total	35	100.00	A lot of conflicting information	1	2.86
									Total	35	100.00
				Freq.	Percent		Freq.	Percent		Freq.	Percent
				Yes 32 No 3	91.43 8.57	Experts are mixed Experts mostly	10 17	31.25 53.12	No conflicting information	15	46.88
120	Taking a vitamin D supplement	nutrition / diet	vitamins / supplements	Total 35	100.00	recommend Don't know	5	15.62	A little conflicting information	12	37.50
						Total	32	100.00	Some conflicting information	5	15.62
									Total	32	100.00
				Freq.	Percent		Freq.	Percent		Freq.	Percent
				Yes 33 No 1	97.06 2.94	Experts are mixed Experts mostly	11 17	33.33 51.52	No conflicting information	18	54.55
121	Taking a vitamin E supplement	nutrition / diet	vitamins / supplements	Total 34	100.00	recommend Don't know	5	15.15	A little conflicting information	11	33.33
	виррини	aict	supplements			Total	33	100.00	Some conflicting information	3	9.09
									A lot of conflicting information	1	3.03
									Total	33	100.00

#	Health Behavior	Category	Sub- category	familiar	ity		expert recommendat	ions		perceived conflict		
					Freq.	Percent		Freq.	Percent		Freq.	Percent
				Yes Total	35 35	100.00 100.00	Experts are mixed Experts mostly	14 11	40.00 31.43	No conflicting information	13	37.14
122	Taking a zinc supplement	nutrition / diet	vitamins / supplements	Total	33	100.00	recommend Don't know	10	28.57	A little conflicting information	16	45.71
	supprement	diet	supprements				Total	35	100.00	Some conflicting information	6	17.14
										Total	35	100.00
					Freq.	Percent		Freq.	Percent		Freq.	Percent
				Yes	21	63.64	Experts mostly do	3	14.29	No conflicting	5 Freq.	23.81
	Taking an			No	12	36.36	not recommend			information		
123	Echinacea supplement or	nutrition /	vitamins /	Total	33	100.00	Experts are mixed Experts mostly	8 3	38.10 14.29	A little conflicting information	7	33.33
123	drinking Echinacea	diet	supplements				recommend Don't know	7	33.33	Some conflicting information	7	33.33
	tea						Total	21	100.00	A lot of conflicting information	2	9.52
										Total	21	100.00
					Freq.	Percent		Freq.	Percent		Freq.	Percent
				Yes Total	35 35	100.00	Experts mostly do not recommend	2	5.71	No conflicting information	17	48.57
124	Taking an iron supplement	nutrition / diet	vitamins / supplements				Experts are mixed Experts mostly	12 14	34.29 40.00	A little conflicting information	11	31.43
	T. T		TI .				recommend Don't know	7	20.00	Some conflicting information	7	20.00
							Total	35	100.00	Total	35	100.00
					Freq.	Percent		Freq.	Percent		Freq.	Percent
				Yes No	29 5	85.29 14.71	Experts are mixed Experts mostly	20 4	68.97 13.79	No conflicting information	5	17.24
		nutrition /	vitamins /	Total	34	100.00	recommend Don't know	5	17.24	A little conflicting information	13	44.83
125	Using CBD	diet	supplements				Total	29	100.00	Some conflicting information	8	27.59
										A lot of conflicting information	3	10.34
										Total	29	100.00

#	Health Behavior	Category	Sub- category	familiarit	ty		expert recommendat	ions		perceived conflict		
					Freq.	Percent		Freq.	Percent		Freq.	Percent
				Yes No	28 7	80.00 20.00	Experts mostly do not recommend	11	39.29	No conflicting information	12	42.86
	Using anti-	chemical		Total	35	100.00	Experts are mixed Don't know	8 9	28.57 32.14	A little conflicting information	8	28.57
126	perspirants with aluminum	exposure					Total	28	100.00	Some conflicting information	7	25.00
										A lot of conflicting information	1	3.57
										Total	28	100.00
					Freq.	Percent						
127	Using products with BPA (bisphenol A)	chemical exposure		Yes No	14 18	43.75 56.25						
	DITT (otspilonoi 11)	corposare		Total	32	100.00						
					Freq.	Percent		Freq.	Percent		Freq.	Percent
				Yes No	23 10	69.70 30.30	Experts mostly do not recommend	16	69.57	No conflicting information	14	60.87
	Using products with	chemical		Total	33	100.00	Experts are mixed Experts mostly	2 1	8.70 4.35	A little conflicting information	5	21.74
128	talcum powder	exposure					recommend Don't know	4	17.39	Some conflicting information	3	13.04
							Total	23	100.00	A lot of conflicting information	1	4.35
										Total	23	100.00
					Freq.	Percent		Freq.	Percent		Freq.	Percent
				Yes	34	97.14	Experts are mixed	1	2.94	No conflicting	27	79.41
	Aerobic /			No Total	35	2.86 100.00	Experts mostly recommend	33	97.06	information A little conflicting	4	11.76
129	cardiovascular exercise (walking, running)	fitness					Total	34	100.00	information Some conflicting information	1	2.94
	running)									A lot of conflicting information	2	5.88
										Total	34	100.00
	Balance training				Freq.	Percent		Freq.	Percent		Freq.	Percent
130	(standing on one foot or on a wobble	fitness		Yes No	25 10	71.43 28.57	Experts mostly do not recommend	1	4.00	No conflicting information	14	56.00
	board)			Total	35	100.00	Experts are mixed	8	32.00			

#	Health Behavior	Category	Sub- category	familiari	ty		expert recommendat	ions		perceived conflict		
							Experts mostly recommend	13	52.00	A little conflicting information	10	40.00
							Don't know Total	3 25	12.00 100.00	A lot of conflicting information	1	4.00
							Total	23	100.00	Total	25	100.00
					Freq.	Percent		Freq.	Percent		Freq.	Percent
				Yes No	34 1	97.14 2.86	Experts mostly do not recommend	1	2.94	No conflicting information	27	79.41
131	Flexibility training / stretching (yoga,	fitness		Total	35	100.00	Experts are mixed Experts mostly	4 26	11.76 76.47	A little conflicting information	4	11.76
131	static stretches)	Titiless					recommend Don't know	3	8.82	Some conflicting information	2	5.88
							Total	34	100.00	A lot of conflicting information	1	2.94
										Total	34	100.00
					Freq.	Percent		Freq.	Percent		Freq.	Percent
				Yes No	33 1	97.06 2.94	Experts are mixed Experts mostly	4 28	12.12 84.85	No conflicting information	22	66.67
	Moderate-intensity			Total	34	100.00	recommend Don't know	1	3.03	A little conflicting information	8	24.24
132	physical activity	fitness					Total	33	100.00	Some conflicting information	1	3.03
										A lot of conflicting information	2	6.06
										Total	33	100.00
					Freq.	Percent		Freq.	Percent		Freq.	Percent
	Muscle			Yes No	34 1	97.14 2.86	Experts mostly do not recommend	2	5.88	No conflicting information	23	67.65
	strengthening / resistance training			Total	35	100.00	Experts are mixed Experts mostly	3 27	8.82 79.41	A little conflicting information	8	23.53
133	(lifting weights,	fitness					recommend	21		Some conflicting	2	5.88
	using resistance bands)						Don't know	34	5.88	information A lot of conflicting	1	2.94
	ballus)						Total	34	100.00	information	1	2.94
										Total	34	100.00
124	Sitting for long	fitness		Yes	Freq.	Percent	Ermonto411	Freq.	Percent	No conflicting	Freq.	Percent
134	periods of time	fitness		No	29 6	82.86 17.14	Experts mostly do not recommend	28	96.55	No conflicting information	19	65.52
				Total	35	100.00	Experts are mixed	1	3.45			

#	Health Behavior	Category	Sub- category	familiarity		expert recommendat	tions		perceived conflict		
						Total	29	100.00	A little conflicting information	4	13.79
									Some conflicting information	5	17.24
									A lot of conflicting information	1	3.45
									Total	29	100.00
				Freq	. Percent		Freq.	Percent		Freq.	Percent
				Yes 34 No 1	97.14 2.86	Experts are mixed Experts mostly	5 26	14.71 76.47	No conflicting information	24	70.59
135	Taking at least 10,000 steps per	fitness		Total 35	100.00	recommend Don't know	3	8.82	A little conflicting information	4	11.76
	day					Total	34	100.00	Some conflicting information	5	14.71
									A lot of conflicting information	1	2.94
									Total	34	100.00
				Freq			Freq.	Percent		Freq.	Percent
				Yes 19 No 16	54.29 45.71	Experts mostly do not recommend	1	5.26	No conflicting information	8	42.11
136	Using barefoot	fitness		Total 35	100.00	Experts are mixed Experts mostly	8 2	42.11 10.53	A little conflicting information	8	42.11
	running shoes					recommend Don't know	8	42.11	Some conflicting information	2	10.53
						Total	19	100.00	A lot of conflicting information	1	5.26
									Total	19	100.00
				Freq			Freq.	Percent		Freq.	Percent
				Yes 31 No 2	93.94 6.06	Experts are mixed Experts mostly	10 19	32.26 61.29	No conflicting information	17	54.84
137	Vigorous-intensity physical activity	fitness		Total 33	100.00	recommend Don't know	2	6.45	A little conflicting information	12	38.71
	r-sjoien dentity					Total	31	100.00	Some conflicting information	1	3.23
									A lot of conflicting information	1	3.23
									Total	31	100.00
138	Whole-body vibration training	fitness		Yes 2	Percent 6.06						
	_			No 31	93.94						

#	Health Behavior	category				expert recommendat	ions		perceived conflict			
				Total	33	100.00						
139	Listening to brown noise	mental health		Yes No Total	Freq. 11 24 35	Percent 31.43 68.57 100.00						
40	Practicing holotropic breathwork	mental health		Yes No Total	Freq. 3 32 35	Percent 8.57 91.43 100.00						
					Freq.	Percent		Freq.	Percent		Freq.	Percent
				Yes No	33 2	94.29 5.71	Experts are mixed Experts mostly	10 23	30.30 69.70	No conflicting information	24	72.73
41	Practicing meditation or using	mental		Total	35	100.00	recommend Total	33	100.00	A little conflicting information	6	18.18
	deep breathing techniques	health								Some conflicting information	2	6.06
										A lot of conflicting information	1	3.03
										Total	33	100.00
					Freq.	Percent		Freq.	Percent		Freq.	Percent
				Yes	29	85.29	Experts are mixed	11	37.93	No conflicting	19	65.52
<b>4</b> 2	Using a weighted blanket	mental health		No Total	5 34	14.71 100.00	Experts mostly recommend	4	13.79 48.28	information A little conflicting information	8	27.59
	Dianket	пеанн					Don't know Total	14 29	100.00	Some conflicting information	2	6.90
										Total	29	100.00
					-			Г			Г	D (
				Yes	Freq.	Percent 80.00	Experts mostly do	Freq.	Percent 25.00	No conflicting	Freq.	Percent 42.86
42	Using essential oils	mental		No Total	7 35	20.00 100.00	not recommend Experts are mixed	9	32.14	information A little conflicting	9	32.14
13	or aromatherapy	health					Experts mostly recommend	5	17.86	information Some conflicting	6	21.43
							Don't know Total	7 28	25.00 100.00	information A lot of conflicting information	1	3.57
										Total	28	100.00

#	Health Behavior	Category	Sub- category	familiar	ity		expert recommendat	tions		perceived conflict		
					Freq.	Percent		Freq.	Percent		Freq.	Percent
				Yes No	18 17	51.43 48.57	Experts are mixed Experts mostly	6 6	33.33 33.33	No conflicting information	6	33.33
	Using alcohol-free			Total	35	100.00	recommend Don't know	6	33.33	A little conflicting information	9	50.00
144	mouthwash	oral health					Total	18	100.00	Some conflicting information	2	11.11
										A lot of conflicting information	1	5.56
										Total	18	100.00
					Freq.	Percent		Freq.	Percent		Freq.	Percent
				Yes No	20 14	58.82 41.18	Experts are mixed Experts mostly	6 4	30.00 20.00	No conflicting information	10	50.00
	Chewing sugar-free			Total	34	100.00	recommend Don't know	10	50.00	A little conflicting information	7	35.00
145	gum after meals	oral health					Total	20	100.00	Some conflicting information	2	10.00
										A lot of conflicting information	1	5.00
										Total	20	100.00
					Freq.	Percent	_	Freq.	Percent	_	Freq.	Percent
				Yes	29	82.86	Experts are mixed	11	37.93	No conflicting	9	31.03
	Drinking water with			No Total	6 35	17.14 100.00	Experts mostly recommend	13	44.83	information A little conflicting	12	41.38
146	fluoride or taking a fluoride supplement	oral health					Don't know Total	5 29	17.24 100.00	information Some conflicting information	7	24.14
										A lot of conflicting information	1	3.45
										Total	29	100.00
					Freq.	Percent	_	Freq.	Percent		Freq.	Percent
				Yes Total	35 35	100.00	Experts are mixed Experts mostly	1 33	2.86 94.29	No conflicting information	30	85.71
147	Flossing every day	oral health		1000	55	100.00	recommend Don't know	1	2.86	A little conflicting information	4	11.43
							Total	35	100.00	A lot of conflicting information	1	2.86
										Total	35	100.00

#	Health Behavior	Category	Sub- category	familiar	ity		expert recommendat	ions		perceived conflict		
					Freq.	Percent		Freq.	Percent		Freq.	Percent
				Yes No	26 9	74.29 25.71	Experts mostly do not recommend	3	11.54	No conflicting information	9	34.62
48	Using mouthwash that contains	oral health		Total	35	100.00	Experts are mixed Experts mostly	9 4	34.62 15.38	A little conflicting information	11	42.31
40	alcohol (like Listerine)	orai neami					recommend Don't know	10	38.46	Some conflicting information	5	19.23
							Total	26	100.00	A lot of conflicting information	1	3.85
										Total	26	100.00
					Freq.	Percent						
49	Bladder cancer screening, even if	screening		Yes No	14 19	42.42 57.58						
	asymptomatic			Total	33	100.00						
					Freq.	Percent		Freq.	Percent		Freq.	Percent
				Yes No	33 2	94.29 5.71	Experts are mixed Experts mostly	2 29	6.06 87.88	No conflicting information	21	63.64
	Colon-cancer screening			Total	35	100.00	recommend		6.06	A little conflicting information	9	27.27
50	(colonoscopy), even if asymptomatic	screening					Don't know Total	33	100.00	Some conflicting information	1	3.03
	n asymptomatic									A lot of conflicting	2	6.06
										information Total	33	100.00
					F	Danasat		F	Danasat		F	Donount
				Yes	Freq.	Percent 85.71	Experts mostly	Freq.	Percent 96.67	No conflicting	Freq.	Percent 86.67
51	Cervical cancer screening (pap	screening		No Total	5 35	14.29 100.00	recommend Don't know	1	3.33	information A little conflicting	3	10.00
	smear), even if asymptomatic	sereeming					Total	30	100.00	information A lot of conflicting information	1	3.33
										Total	30	100.00
					Freq.	Percent		Freq.	Percent		Freq.	Percent
52	Hypertension screening, even if	corponing		Yes	28	87.50	Experts are mixed	2	7.14	No conflicting	20	71.43
.34	asymptomatic	screening		No Total	32	12.50	Experts mostly recommend Don't know	25 1	89.29 3.57	information A little conflicting information	6	21.43
							Total	28	100.00			

#	Health Behavior	Category	Sub- category	familiarity		expert recommenda	tions		perceived conflict		
									Some conflicting information	2	7.14
									Total	28	100.00
				Fr	eq. Percent	_	Freq.	Percent		Freq.	Percent
153	Oral cancer screening, even if	screening		Yes 15 No 15	50.00	Experts mostly recommend	14	93.33	No conflicting information	15	100.00
	asymptomatic			Total 30		Don't know Total	1 15	6.67 100.00	Total	15	100.00
				Fr	eq. Percent	_	Freq.	Percent		Freq.	Percent
	STI screening (sexually			Yes 30 No 4		Experts mostly do not recommend	2	6.67	No conflicting information	19	63.33
154	transmitted infection), even if	screening		Total 34	100.00	Experts are mixed Experts mostly	5 21	16.67 70.00	A little conflicting information	9	30.00
	asymptomatic					recommend Don't know Total	30	6.67	Some conflicting information  Total	30	6.67
155	Low-dose computed tomography (lung cancer screening), even if asymptomatic	screening		Fr Yes 5 No 28 Total 33		- - - -					
							Freq.	Percent		Freq.	Percent
	Mammography			Yes 33 No 2	1	Experts are mixed Experts mostly recommend	5 27	15.15 81.82	No conflicting information A little conflicting	20 10	60.61 30.30
.56	(breast cancer screening), even if asymptomatic	screening		Total 35		Don't know Total	33	3.03 100.00	information Some conflicting information	2	6.06
	asymptomatic								A lot of conflicting information	1	3.03
									Total	33	100.00
				Fr	eq. Percent	_	Freq.	Percent		Freq.	Percent
. = 7	Ovarian cancer			Yes 22 No 9		Experts are mixed Experts mostly	2 15	9.09 68.18	No conflicting information	17	77.27
157	screening, even if asymptomatic	screening		Total 31		recommend Don't know	5	22.73	A little conflicting information	4	18.18
						Total	22	100.00	Some conflicting information	1	4.55

#	Health Behavior	Category	Sub- category	familiar	ity		expert recommendat	tions		perceived conflict		
										Total	22	100.00
				V	Freq.	Percent 54.84	Encode and original	Freq.	Percent	N Clinding	Freq.	Percent 52.94
	Pancreatic cancer			Yes No Total	17 14 31	45.16 100.00	Experts are mixed Experts mostly recommend	10	58.82	No conflicting information A little conflicting	5	29.41
158	screening, even if asymptomatic	screening					Don't know Total	5 17	29.41 100.00	information Some conflicting information	2	11.76
										A lot of conflicting information  Total	1	5.88
										1000	1/	
150	Prostate-specific antigen screening	·		Yes No	Freq. 20 12	Percent 62.50 37.50	Experts are mixed Experts mostly	Freq. 5	Percent 25.00 75.00	No conflicting information	Freq. 14	Percent 70.00
159	(PSA testing), even if asymptomatic	screening		Total	32	100.00	recommend Total	20	100.00	A little conflicting information  Total	20	30.00
										1 otai	20	100.00
				Yes	Freq.	Percent 85.29	Experts mostly do	Freq.	Percent 3.45	No conflicting	Freq.	Percent 65.52
	Skin cancer			No Total	5 34	14.71 100.00	not recommend Experts are mixed	2	6.90	information A little conflicting	7	24.14
160	screening, even if asymptomatic	screening		Total	34	100.00	Experts are linked Experts mostly recommend Don't know	25	86.21 3.45	information Some conflicting information	3	10.34
							Total	29	100.00	Total	29	100.00
					Freq.	Percent		Freq.	Percent		Freq.	Percent
	Testicular cancer			Yes No	28 7	80.00 20.00	Experts mostly recommend	23	82.14	No conflicting information	26	92.86
161	screening, even if asymptomatic	screening		Total	35	100.00	Don't know Total	5 28	17.86 100.00	A little conflicting information	2	7.14
										Total	28	100.00
162	Thyroid cancer screening, even if asymptomatic	screening		Yes No	Freq. 13 19	Percent 40.62 59.38 100.00						
				Total	32	100.00						

#	Health Behavior	Category	Sub- category	familiar	ity		expert recommendat	tions		perceived conflict		
					Freq.	Percent		Freq.	Percent		Freq.	Percent
				Yes No	34 1	97.14 2.86	Experts mostly do not recommend	1	2.94	No conflicting information	23	67.65
163	Getting at least seven hours of sleep per night	sleep		Total	35	100.00	Experts are mixed Experts mostly	1 31	2.94 91.18	A little conflicting information	10	29.41
	per night						recommend Don't know	1	2.94	Some conflicting information	1	2.94
							Total	34	100.00	Total	34	100.00
					Freq.	Percent		Freq.	Percent		Freq.	Percent
				Yes No	33 1	97.06 2.94	Experts are mixed Experts mostly	5 24	15.15 72.73	No conflicting information	18	54.55
	Going to sleep and waking up at the			Total	34	100.00	recommend Don't know	4	12.12	A little conflicting information	10	30.30
164	same time every	sleep					Total	33	100.00	Some conflicting information	4	12.12
	•									A lot of conflicting information	1	3.03
										Total	33	100.00
					Freq.	Percent		Freq.	Percent		Freq.	Percent
				Yes No	29 5	85.29 14.71	Experts mostly do not recommend	1	3.45	No conflicting information	13	44.83
1.75	Reducing blue-light			Total	34	100.00	Experts are mixed Experts mostly	12 11	41.38 37.93	A little conflicting information	10	34.48
165	exposure (like blue- light glasses)	sleep					recommend Don't know	5	17.24	Some conflicting information	4	13.79
							Total	29	100.00	A lot of conflicting information	2	6.90
										Total	29	100.00
					Freq.	Percent		Freq.	Percent		Freq.	Percent
				Yes No	33 2	94.29 5.71	Experts mostly do not recommend	1	3.03	No conflicting information	5	15.15
1	Taking a melatonin			Total	35	100.00	Experts are mixed Experts mostly	22 6	66.67 18.18	A little conflicting information	13	39.39
166	supplement for sleep	sleep					recommend Don't know	4	12.12	Some conflicting information	13	39.39
							Total	33	100.00	A lot of conflicting information	2	6.06
										Total	33	100.00

#	Health Behavior	Category	Sub- category	familiari	ty		expert recommendat	ions		perceived conflict		
167	Taking a valerian supplement for sleep	sleep		Yes No Total	Freq. 15 16 31	Percent 48.39 51.61 100.00						
168	Indoor tanning (using a tanning bed, booth, sunbed, or sunlamp to darken the skin)	sun safety		Yes No Total	Freq. 33 2 35	Percent 94.29 5.71 100.00	Experts mostly do not recommend Experts are mixed Experts mostly recommend Don't know	Freq. 26 3 1 3 3 3 3 3 3	Percent 78.79 9.09 3.03 9.09 100.00	No conflicting information A little conflicting information Some conflicting information A lot of conflicting information Total	Freq. 15 8 8 2 33	Percent 45.45 24.24 24.24 6.06 100.00
169	Using a broad- spectrum sunscreen with a sun protection factor (SPF) of 15 or higher	sun safety		Yes No Total	Freq. 34 1 35	Percent 97.14 2.86 100.00	Experts are mixed Experts mostly recommend Don't know Total	Freq. 3 29 2 34	Percent 8.82 85.29 5.88 100.00	No conflicting information A little conflicting information Some conflicting information A lot of conflicting information Total	Freq. 25 6 2 1 34	Percent 73.53 17.65 5.88 2.94 100.00
170	Wearing sunglasses to protect your eyes from the sun	sun safety		Yes No Total	Freq. 34 1 35	Percent 97.14 2.86 100.00	Experts are mixed Experts mostly recommend Don't know Total	Freq. 3 30 1 34	Percent 8.82 88.24 2.94 100.00	No conflicting information A little conflicting information Some conflicting information A lot of conflicting information Total	Freq. 27 3 2 2 3 4	Percent 79.41 8.82 5.88 5.88
171	Wearing a hat with a wide brim to shade your face, head, ears, and neck from the sun	sun safety		Yes No Total	Freq. 29 5 34	Percent 85.29 14.71 100.00	Experts are mixed Experts mostly recommend	Freq. 3 25	Percent 10.34 86.21	No conflicting information	Freq. 25	Percent 86.21

#	<b>Health Behavior</b>	Category	Sub- category	familiarity	expert recommendat	ions		perceived conflict		
					Don't know Total	1 29	3.45 100.00	A little conflicting information	3	10.34
					10141		100.00	A lot of conflicting information	1	3.45
								Total	29	100.00
				Freq. Percent		Freq.	Percent		Freq.	Percent
				Yes 30 85.71 No 5 14.29	Experts mostly do not recommend	27	90.00	No conflicting information	21	70.00
150	g 1: :	. 1		Total 35 100.00	Experts are mixed Experts mostly	1 1	3.33 3.33	A little conflicting information	4	13.33
172	Smoking cigars	tobacco			recommend Don't know	1	3.33	Some conflicting information	3	10.00
					Total	30	100.00	A lot of conflicting information	2	6.67
								Total	30	100.00
				Freq. Percent		Freq.	Percent		Freq.	Percent
				Yes 23 67.65 No 11 32.35	Experts mostly do not recommend	19	82.61	No conflicting information	12	52.17
173	Smoking hookah (water pipe)	tobacco		Total 34 100.00	Experts are mixed Don't know	1 3	4.35 13.04	A little conflicting information	7	30.43
	(water pipe)				Total	23	100.00	Some conflicting information	4	17.39
								Total	23	100.00
				Freq. Percent		Freq.	Percent		Freq.	Percent
				Yes 22 64.71 No 12 35.29	Experts mostly do not recommend	14	63.64	No conflicting information	13	59.09
	Smoking light or			Total 34 100.00	Experts are mixed Don't know	3 5	13.64 22.73	A little conflicting information	5	22.73
174	low-tar cigarettes	tobacco			Total	22	100.00	Some conflicting information	2	9.09
								A lot of conflicting information	2	9.09
								Total	22	100.00
				Freq. Percent		Freq.	Percent		Freq.	Percent
175	Smoking little cigars or cigarillos	tobacco		Yes 25 73.53 No 9 26.47	Experts mostly do not recommend	25	100.00	No conflicting information	22	88.00
				Total 34 100.00	Total	25	100.00	A little conflicting	1	4.00

#	Health Behavior	Category	Sub- category	familiarity		expert recommendat	tions		perceived conflict		
			<b>-</b>						Some conflicting information	1	4.00
									A lot of conflicting information	1	4.00
									Total	25	100.00
				Freq.	Percent		Freq.	Percent	_	Freq.	Percent
				Yes 29 No 5	85.29 14.71	Experts mostly do not recommend	27	93.10	No conflicting information	21	72.41
	Smoking regular			Total 34	100.00	Experts are mixed Experts mostly	1 1	3.45 3.45	A little conflicting information	5	17.24
176	(combustible) cigarettes	tobacco				recommend Total	29	100.00	Some conflicting information	1	3.45
							-		A lot of conflicting information	2	6.90
									Total	29	100.00
				Freq.	Percent		Freq.	Percent		Freq.	Percent
				Yes 27 No 7	79.41 20.59	Experts mostly do not recommend	25	92.59	No conflicting information	17	62.96
177	Vaping or using electronic cigarettes	tobacco		Total 34	100.00	Experts are mixed Experts mostly	1 1	3.70 3.70	A little conflicting information	3	11.11
1//	(e-cigarettes)	tobacco				recommend Total	27	100.00	Some conflicting information	5	18.52
									A lot of conflicting information	2	7.41
									Total	27	100.00
				Freq.	Percent		Freq.	Percent		Freq.	Percent
				Yes 31 No 4	88.57 11.43	Experts mostly do not recommend	28	90.32	No conflicting information	21	67.74
178	Using smokeless tobacco (like chew	tobacco		Total 35	100.00	Experts are mixed Don't know	2 1	6.45 3.23	A little conflicting information	6	19.35
170	or dip)	tobacco				Total	31	100.00	Some conflicting information	2	6.45
									A lot of conflicting information	2	6.45
									Total	31	100.00
	Getting a COVID-			Freq.	Percent		Freq.	Percent		Freq.	Percent
179	19 vaccine or booster	vaccination		Yes 35 Total 35	100.00	Experts mostly do not recommend	1	2.86	No conflicting information	6	17.14
						Experts are mixed	6	17.14			

#	Health Behavior	Category	Sub- category	familiarity		expert recommendat	tions		perceived conflict		
						Experts mostly recommend	27	77.14	A little conflicting information	6	17.14
						Don't know Total	35	2.86	Some conflicting information	13	37.14
						10141	33	100.00	A lot of conflicting information	10	28.57
									Total	35	100.00
				Freq.	Percent		Freq.	Percent		Freq.	Percent
				Yes 34 No 1	97.14 2.86	Experts mostly recommend	32	94.12	No conflicting information	14	41.18
180	Getting an annual influenza shot (flu	vaccination		Total 35	100.00	Don't know Total	34	5.88 100.00	A little conflicting information	12	35.29
100	shot)	vaccination							Some conflicting information	3	8.82
									A lot of conflicting information	5	14.71
									Total	34	100.00
				Freq.	Percent		Freq.	Percent		Freq.	Percent
				Yes 29 No 3	90.62 9.38	Experts are mixed Experts mostly	6 18	20.69 62.07	No conflicting information	17	58.62
181	Getting the Hepatitis B vaccine	vaccination		Total 32	100.00	recommend Don't know	5	17.24	A little conflicting information	8	27.59
	(HepB)					Total	29	100.00	Some conflicting information	4	13.79
									Total	29	100.00
				Freq.	Percent		Freq.	Percent		Freq.	Percent
				Yes 29 No 5	85.29 14.71	Experts are mixed Experts mostly	3 24	10.34 82.76	No conflicting information	18	62.07
	Getting the HPV			Total 34	100.00	recommend Don't know	2	6.90	A little conflicting information	8	27.59
182	vaccine (human papilloma virus)	vaccination				Total	29	100.00	Some conflicting information	2	6.90
									A lot of conflicting information	1	3.45
									Total	29	100.00
	Getting the MMR			Freq.	Percent		Freq.	Percent		Freq.	Percent
183	vaccine (measles, mumps, and rubella)	vaccination		Yes 30 No 4	88.24 11.76	Experts mostly do not recommend	1	3.33	No conflicting information	11	36.67
	rubella)			Total 34	100.00	Experts are mixed	3	10.00			

#	Health Behavior	Category	Sub- category	familiarity		expert recommendat	tions		perceived conflict		
						Experts mostly recommend	24	80.00	A little conflicting information	13	43.33
						Don't know	2	6.67	Some conflicting	4	13.33
						Total	30	100.00	information A lot of conflicting information	2	6.67
									Total	30	100.00
				Freq.	Percent		Freq.	Percent		Freq.	Percent
				Yes 20 No 13	60.61 39.39	Experts mostly recommend	19	95.00	No conflicting information	13	65.00
184	Getting the Td / Tdap vaccine	vaccination		Total 33	100.00	Don't know Total	20	5.00 100.00	A little conflicting information	6	30.00
	•								Some conflicting information	1	5.00
									Total	20	100.00
				Freq.	Percent		Freq.	Percent		Freq.	Percent
				Yes 32 No 2	94.12 5.88	Experts are mixed Experts mostly	2 30	6.25 93.75	No conflicting information	16	50.00
185	Getting the varicella vaccine	vaccination		Total 34	100.00	recommend Total	32	100.00	A little conflicting information	11	34.38
105	(chicken pox, shingles)	vaccination							Some conflicting information	3	9.38
									A lot of conflicting information	2	6.25
									Total	32	100.00
				Freq.	Percent	_	Freq.	Percent	-	Freq.	Percent
				Yes 30 No 3	90.91 9.09	Experts are mixed Experts mostly	5 23	16.67 76.67	No conflicting information	19	63.33
186	Maintaining a body mass index (BMI)	vyoi alat		Total 33	100.00	recommend Don't know	2	6.67	A little conflicting information	7	23.33
100	less than 25	weight				Total	30	100.00	Some conflicting information	2	6.67
									A lot of conflicting information	2	6.67
									Total	30	100.00
	Maintaining a			Freq.	Percent						
187	waist-to-hip ratio less than 0.9 (men) or 0.85 (women)	weight		Yes 13 No 16	44.83 55.17						
	or o.os (women)			Total 29	100.00						

#	Health Behavior	Category	Sub- category	familiar	ity		expert recommendat	ions		perceived conflict		
					Freq.	Percent		Freq.	Percent		Freq.	Percent
				Yes No	17 15	53.12 46.88	Experts mostly do not recommend	2	11.76	No conflicting information	3	17.65
	Cold-water			Total	32	100.00	Experts are mixed Don't know	6 9	35.29 52.94	A little conflicting information	9	52.94
.88	plunging	wellness					Total	17	100.00	Some conflicting information	4	23.53
										A lot of conflicting information	1	5.88
										Total	17	100.00
					Freq.	Percent		Freq.	Percent	· <u></u>	Freq.	Percent
				Yes No	29 6	82.86 17.14	Experts mostly do not recommend	2	6.90	No conflicting information	11	37.93
00	a vi	11		Total	35	100.00	Experts are mixed Experts mostly	17 2	58.62 6.90	A little conflicting information	13	44.83
89	Getting acupuncture	wellness					recommend Don't know	8	27.59	Some conflicting information	3	10.34
							Total	29	100.00	A lot of conflicting information	2	6.90
										Total	29	100.00
					Freq.	Percent		Freq.	Percent		Freq.	Percent
				Yes No	19 14	57.58 42.42	Experts mostly do not recommend	6	31.58	No conflicting information	6	31.58
00	Getting cupping	.,		Total	33	100.00	Experts are mixed Experts mostly	9 1	47.37 5.26	A little conflicting information	5	26.32
90	therapy	wellness					recommend Don't know	3	15.79	Some conflicting information	7	36.84
							Total	19	100.00	A lot of conflicting information	1	5.26
										Total	19	100.00
					Freq.	Percent		Freq.	Percent		Freq.	Percent
				Yes No	30 5	85.71 14.29	Experts mostly do not recommend	4	13.33	No conflicting information	14	46.67
91	Nasal rinsing (using a neti pot)	wellness		Total	35	100.00	Experts are mixed Experts mostly	13 6	43.33 20.00	A little conflicting information	10	33.33
							recommend Don't know	7	23.33	Some conflicting information	3	10.00
							Total	30	100.00	A lot of conflicting information	3	10.00

#	Health Behavior	Category	Sub- category	familiar	rity		expert recommendat	ions		perceived conflict		
										Total	30	100.00
					Freq.	Percent		Freq.	Percent		Freq.	Percent
				Yes	32	91.43	Experts mostly do	2	6.25	No conflicting	7	21.88
	Taking			No Total	35	8.57 100.00	not recommend Experts are mixed Experts mostly	14 13	43.75 40.62	information A little conflicting information	12	37.50
192	acetaminophen (Tylenol)	wellness					recommend Don't know	3	9.38	Some conflicting information	10	31.25
							Total	32	100.00	A lot of conflicting information	3	9.38
										Total	32	100.00
					Freq.	Percent		Freq.	Percent		Freq.	Percent
				Yes No	29 5	85.29 14.71	Experts mostly do not recommend	1	3.45	No conflicting information	22	75.86
193	Taking an Epsom salt bath	wellness		Total	34	100.00	Experts are mixed Experts mostly	7 10	24.14 34.48	A little conflicting information	6	20.69
	Sant Gaus						recommend Don't know	11	37.93	Some conflicting information	1	3.45
							Total	29	100.00	Total	29	100.00
					Freq.	Percent		Freq.	Percent		Freq.	Percent
				Yes No	29 5	85.29 14.71	Experts mostly do not recommend	3	10.34	No conflicting information	15	51.72
104	Taking antacids	11		Total	34	100.00	Experts are mixed Experts mostly	8 12	27.59 41.38	A little conflicting information	9	31.03
194	(Tums)	wellness					recommend Don't know	6	20.69	Some conflicting information	3	10.34
							Total	29	100.00	A lot of conflicting information	2	6.90
										Total	29	100.00
					Freq.	Percent		Freq.	Percent		Freq.	Percent
				Yes No	33 2	94.29 5.71	Experts mostly do not recommend	2	6.06	No conflicting information	12	36.36
195	Taking aspirin to prevent heart attack	wellness		Total	35	100.00	Experts are mixed Experts mostly	13 16	39.39 48.48	A little conflicting information	10	30.30
	or stroke						recommend Don't know	2	6.06	Some conflicting information	10	30.30
							Total	33	100.00	A lot of conflicting information	1	3.03
										Total	33	100.00

#	Health Behavior	Category	Sub- category	familiarity	expert recommendat	tions		perceived conflict		
196	Taking NSAIDs	wellness		Freq.         Percent           Yes         34         97.14           No         1         2.86           Total         35         100.00	Experts mostly do not recommend Experts are mixed Experts mostly	Freq. 1 19 11	Percent 2.94 55.88 32.35	No conflicting information A little conflicting information	Freq. 5	Percent 14.71 55.88
150	(ibuprofen, Advil)	weinless			recommend Don't know Total	3 34	8.82 100.00	Some conflicting information A lot of conflicting information  Total	8 2 34	23.53 5.88 100.00
197	Using an acupressure wristband for nausea	wellness	nausea	Freq.         Percent           Yes         14         42.42           No         19         57.58           Total         33         100.00						
198	Using anti-motion sickness glasses for nausea	wellness	nausea	Freq.         Percent           Yes         10         28.57           No         25         71.43           Total         35         100.00						
199	Wearing earbuds	wellness		Freq.         Percent           Yes         28         77.78           No         8         22.22           Total         36         100.00	Experts mostly do not recommend Experts are mixed Experts mostly recommend Don't know	Freq. 2 11 4 11 28	Percent 7.14 39.29 14.29 39.29 100.00	No conflicting information A little conflicting information Some conflicting information Total	Freq. 17 10 1 28	Percent 60.71 35.71 3.57 100.00
200	Breastfeeding	women's health		Freq.         Percent           Yes         31         88.57           No         4         11.43           Total         35         100.00	Experts are mixed Experts mostly recommend Don't know Total	Freq.  1 25 5 31	Percent 3.23 80.65 16.13 100.00	No conflicting information A little conflicting information Some conflicting information A lot of conflicting	Freq. 22 4 4 1	Percent 70.97 12.90 12.90 3.23
								information Total	31	100.00

#	Health Behavior	Category	Sub- category	familiarity	expert recommendations	perceived conflict	
201	Consuming foods with added aestons	fake		Freq.         Percent           Yes         2         6.25           No         30         93.75           Total         32         100.00	-		
202	Drinking buquor	fake		No         35         100.00           Total         35         100.00	- - - -		
203	Eating or following a shipoto diet	fake		Freq.         Percent           No         34         100.00           Total         34         100.00	- - - -		
204	Consuming sislaff	fake		Freq.         Percent           No         34         100.00           Total         34         100.00	- - -		
205	Taking a hexaputon supplement	fake		Freq.         Percent           No         31         100.00           Total         31         100.00	-		
206	Using products with thogicide (THG)	fake		Freq.         Percent           Yes         4         13.33           No         26         86.67           Total         30         100.00	- • -		
207	Choulder training	fake		Kreq.         Percent           No         35         100.00           Total         35         100.00	- - - -		
208	Practicing syphonsion breathing techniques	fake		Freq.         Percent           Yes         4         11.76           No         30         88.24           Total         34         100.00	- - -		
209	Using hystinet mouthwash	fake					

#	Health Behavior	Category	Sub- category	familiarity		expert recommendations	perceived conflict	
				No 31 Total 31	Percent 100.00 100.00			
210	Getting screened for spriots	fake		Freq   Yes	2.94 97.06 100.00			
211	Taking a safedeed supplement for sleep	fake		Freq           Yes         1           No         30           Total         31	3.23 96.77 100.00			
212	Using musculniles cream to protect your skin from the sun	fake		Yes         4           No         30           Total         34	Percent 11.76 88.24 100.00			
213	Smoking or using compto	fake		Freq Yes 13 No 18 Total 31	Percent 41.94 58.06 100.00			
214	Getting vaccinated for autone	fake		No 33 Total 33	Percent 100.00 100.00			
215	Using koppons therapy	fake		Freq   No   36   Total   36	Percent 100.00 100.00			