

**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 recommendations			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						
2	Consuming food or drinks with added taurine, like energy drinks	nutrition / diet	additives		Freq.	Percent		Freq.	Percent		Freq.	Percent
				Yes	17	51.52	Experts mostly do not recommend	8	47.06	No conflicting information	7	41.18
				No	16	48.48	Experts are mixed	6	35.29	A little conflicting information	2	11.76
				Total	33	100.00	Experts mostly recommend	1	5.88	Some conflicting information	5	29.41
							Don't know	2	11.76	A lot of conflicting information	3	17.65
							Total	17	100.00	Total	17	100.00
3	Consuming food or drinks with high-fructose corn syrup	nutrition / diet	additives		Freq.	Percent		Freq.	Percent		Freq.	Percent
				Yes	32	91.43	Experts mostly do not recommend	24	75.00	No conflicting information	17	53.12
				No	3	8.57	Experts are mixed	3	9.38	A little conflicting information	7	21.88
				Total	35	100.00	Experts mostly recommend	1	3.12	Some conflicting information	7	21.88
							Don't know	4	12.50	A lot of conflicting information	1	3.12
							Total	32	100.00	Total	32	100.00
4	Eating foods with added monosodium glutamate (MSG)	nutrition / diet	additives		Freq.	Percent		Freq.	Percent		Freq.	Percent
				Yes	22	62.86	Experts mostly do not recommend	11	50.00	No conflicting information	7	31.82
				No	13	37.14	Experts are mixed	7	31.82	A little conflicting information	6	27.27
				Total	35	100.00	Experts mostly recommend	2	9.09	Some conflicting information	5	22.73
							Don't know	2	9.09	A lot of conflicting information	4	18.18
							Total	22	100.00			

#	Health Behavior	Category	Sub-category	familiarity			expert recommendations			perceived conflict		
										Total	22	100.00
5	Eating foods with added sugar	nutrition / diet	additives		Freq.	Percent		Freq.	Percent		Freq.	Percent
				Yes	30	83.33	Experts mostly do not recommend	25	83.33	No conflicting information	12	40.00
				No	6	16.67	Experts are mixed	4	13.33	A little conflicting information	11	36.67
				Total	36	100.00	Don't know	1	3.33	Some conflicting information	5	16.67
							Total	30	100.00	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						
7	Eating foods with nitrates / nitrites	nutrition / diet	additives		Freq.	Percent		Freq.	Percent		Freq.	Percent
				Yes	17	56.67	Experts mostly do not recommend	12	70.59	No conflicting information	9	52.94
				No	13	43.33	Experts are mixed	2	11.76	A little conflicting information	5	29.41
				Total	30	100.00	Experts mostly recommend	2	11.76	Some conflicting information	3	17.65
							Don't know	1	5.88	Total	17	100.00
							Total	17	100.00			
8	Consuming plant milks, like almond milk or oat milk	nutrition / diet	beverages		Freq.	Percent		Freq.	Percent		Freq.	Percent
				Yes	33	94.29	Experts are mixed	16	48.48	No conflicting information	13	39.39
				No	2	5.71	Experts mostly recommend	11	33.33	A little conflicting information	13	39.39
				Total	35	100.00	Don't know	6	18.18	Some conflicting information	7	21.21
							Total	33	100.00	Total	33	100.00
9	Drinking 100% fruit juice	nutrition / diet	beverages		Freq.	Percent		Freq.	Percent		Freq.	Percent
				Yes	31	91.18	Experts mostly do not recommend	4	12.90	No conflicting information	13	41.94
				No	3	8.82	Experts are mixed	15	48.39	A little conflicting information	9	29.03
				Total	34	100.00	Experts mostly recommend	9	29.03			

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

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

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

#	Health Behavior	Category	Sub-category	familiarity	expert recommendations	perceived conflict																																																
						<table><tr><td>A lot of conflicting information</td><td>1</td><td>3.12</td></tr><tr><td>Total</td><td>32</td><td>100.00</td></tr></table>	A lot of conflicting information	1	3.12	Total	32	100.00																																										
A lot of conflicting information	1	3.12																																																				
Total	32	100.00																																																				
23	Drinking meal replacement shakes, like Soylent or Huel	nutrition / diet	beverages	<table><tr><td></td><td>Freq.</td><td>Percent</td></tr><tr><td>Yes</td><td>24</td><td>70.59</td></tr><tr><td>No</td><td>10</td><td>29.41</td></tr><tr><td>Total</td><td>34</td><td>100.00</td></tr></table>		Freq.	Percent	Yes	24	70.59	No	10	29.41	Total	34	100.00	<table><tr><td></td><td>Freq.</td><td>Percent</td></tr><tr><td>Experts mostly do not recommend</td><td>2</td><td>8.33</td></tr><tr><td>Experts are mixed</td><td>11</td><td>45.83</td></tr><tr><td>Don't know</td><td>11</td><td>45.83</td></tr><tr><td>Total</td><td>24</td><td>100.00</td></tr></table>		Freq.	Percent	Experts mostly do not recommend	2	8.33	Experts are mixed	11	45.83	Don't know	11	45.83	Total	24	100.00	<table><tr><td></td><td>Freq.</td><td>Percent</td></tr><tr><td>No conflicting information</td><td>9</td><td>37.50</td></tr><tr><td>A little conflicting information</td><td>9</td><td>37.50</td></tr><tr><td>Some conflicting information</td><td>5</td><td>20.83</td></tr><tr><td>A lot of conflicting information</td><td>1</td><td>4.17</td></tr><tr><td>Total</td><td>24</td><td>100.00</td></tr></table>		Freq.	Percent	No conflicting information	9	37.50	A little conflicting information	9	37.50	Some conflicting information	5	20.83	A lot of conflicting information	1	4.17	Total	24	100.00			
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24	Drinking natural wine instead of regular wine	nutrition / diet	beverages	<table><tr><td></td><td>Freq.</td><td>Percent</td></tr><tr><td>Yes</td><td>7</td><td>20.59</td></tr><tr><td>No</td><td>27</td><td>79.41</td></tr><tr><td>Total</td><td>34</td><td>100.00</td></tr></table>		Freq.	Percent	Yes	7	20.59	No	27	79.41	Total	34	100.00																																						
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25	Drinking plain water	nutrition / diet	beverages	<table><tr><td></td><td>Freq.</td><td>Percent</td></tr><tr><td>Yes</td><td>34</td><td>100.00</td></tr><tr><td>Total</td><td>34</td><td>100.00</td></tr></table>		Freq.	Percent	Yes	34	100.00	Total	34	100.00	<table><tr><td></td><td>Freq.</td><td>Percent</td></tr><tr><td>Experts are mixed</td><td>3</td><td>8.82</td></tr><tr><td>Experts mostly recommend</td><td>29</td><td>85.29</td></tr><tr><td>Don't know</td><td>2</td><td>5.88</td></tr><tr><td>Total</td><td>34</td><td>100.00</td></tr></table>		Freq.	Percent	Experts are mixed	3	8.82	Experts mostly recommend	29	85.29	Don't know	2	5.88	Total	34	100.00	<table><tr><td></td><td>Freq.</td><td>Percent</td></tr><tr><td>No conflicting information</td><td>28</td><td>82.35</td></tr><tr><td>A little conflicting information</td><td>4</td><td>11.76</td></tr><tr><td>Some conflicting information</td><td>2</td><td>5.88</td></tr><tr><td>Total</td><td>34</td><td>100.00</td></tr></table>		Freq.	Percent	No conflicting information	28	82.35	A little conflicting information	4	11.76	Some conflicting information	2	5.88	Total	34	100.00									
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Total	34	100.00																																																				
26	Drinking red wine (excluding other alcohol)	nutrition / diet	beverages	<table><tr><td></td><td>Freq.</td><td>Percent</td></tr><tr><td>Yes</td><td>31</td><td>86.11</td></tr><tr><td>No</td><td>5</td><td>13.89</td></tr><tr><td>Total</td><td>36</td><td>100.00</td></tr></table>		Freq.	Percent	Yes	31	86.11	No	5	13.89	Total	36	100.00	<table><tr><td></td><td>Freq.</td><td>Percent</td></tr><tr><td>Experts mostly do not recommend</td><td>3</td><td>9.68</td></tr><tr><td>Experts are mixed</td><td>16</td><td>51.61</td></tr><tr><td>Experts mostly recommend</td><td>8</td><td>25.81</td></tr><tr><td>Don't know</td><td>4</td><td>12.90</td></tr><tr><td>Total</td><td>31</td><td>100.00</td></tr></table>		Freq.	Percent	Experts mostly do not recommend	3	9.68	Experts are mixed	16	51.61	Experts mostly recommend	8	25.81	Don't know	4	12.90	Total	31	100.00	<table><tr><td></td><td>Freq.</td><td>Percent</td></tr><tr><td>No conflicting information</td><td>7</td><td>22.58</td></tr><tr><td>A little conflicting information</td><td>14</td><td>45.16</td></tr><tr><td>Some conflicting information</td><td>9</td><td>29.03</td></tr><tr><td>A lot of conflicting information</td><td>1</td><td>3.23</td></tr><tr><td>Total</td><td>31</td><td>100.00</td></tr></table>		Freq.	Percent	No conflicting information	7	22.58	A little conflicting information	14	45.16	Some conflicting information	9	29.03	A lot of conflicting information	1	3.23	Total	31	100.00
					Freq.	Percent																																																
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#	Health Behavior	Category	Sub-category	familiarity			expert recommendations			perceived conflict		
27	Drinking sports beverages, like Gatorade	nutrition / diet	beverages		Freq.	Percent		Freq.	Percent		Freq.	Percent
				Yes	33	94.29	Experts mostly do not recommend	3	9.09	No conflicting information	12	36.36
				No	2	5.71	Experts are mixed	18	54.55	A little conflicting information	14	42.42
				Total	35	100.00	Experts mostly recommend	6	18.18	Some conflicting information	6	18.18
							Don't know	6	18.18	A lot of conflicting information	1	3.03
							Total	33	100.00	Total	33	100.00
28	Drinking sugar-sweetened beverages, like soda or chocolate milk	nutrition / diet	beverages		Freq.	Percent		Freq.	Percent		Freq.	Percent
				Yes	34	97.14	Experts mostly do not recommend	30	88.24	No conflicting information	19	55.88
				No	1	2.86	Experts are mixed	3	8.82	A little conflicting information	7	20.59
				Total	35	100.00	Don't know	1	2.94	Some conflicting information	7	20.59
							Total	34	100.00	A lot of conflicting information	1	2.94
										Total	34	100.00
29	Drinking uncaffeinated (herbal) tea	nutrition / diet	beverages		Freq.	Percent		Freq.	Percent		Freq.	Percent
				Yes	31	88.57	Experts mostly do not recommend	3	9.68	No conflicting information	21	67.74
				No	4	11.43	Experts are mixed	9	29.03	A little conflicting information	8	25.81
				Total	35	100.00	Experts mostly recommend	14	45.16	Some conflicting information	2	6.45
							Don't know	5	16.13	Total	31	100.00
							Total	31	100.00			
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		Freq.	Percent		Freq.	Percent
				Yes	32	91.43	Experts mostly do not recommend	5	15.62	No conflicting information	3	9.38
				No	3	8.57	Experts are mixed	20	62.50	A little conflicting information	6	18.75
				Total	35	100.00	Experts mostly recommend	4	12.50			

#	Health Behavior	Category	Sub-category	familiarity	expert recommendations			perceived conflict				
					Don't know			Some conflicting information				
					Total			A lot of conflicting information				
								Total				
32	Eating or following a high-protein diet	nutrition / diet	diet types	Freq. Percent			Freq. Percent			Freq. Percent		
				Yes 32 96.97			Experts mostly do not recommend 1 3.12			No conflicting information 8 25.00		
				No 1 3.03			Experts are mixed 20 62.50			A little conflicting information 8 25.00		
				Total 33 100.00			Experts mostly recommend 4 12.50			Some conflicting information 12 37.50		
					Don't know 7 21.88			A lot of conflicting information 4 12.50				
					Total 32 100.00			Total 32 100.00				
33	Eating or following a "Western" diet	nutrition / diet	diet types	Freq. Percent			Freq. Percent			Freq. Percent		
				Yes 21 63.64			Experts mostly do not recommend 7 33.33			No conflicting information 2 9.52		
				No 12 36.36			Experts are mixed 12 57.14			A little conflicting information 9 42.86		
				Total 33 100.00			Don't know 2 9.52			Some conflicting information 5 23.81		
					Total 21 100.00			A lot of conflicting information 5 23.81				
								Total 21 100.00				
34	Eating or following a gluten-free diet even if not gluten intolerant	nutrition / diet	diet types	Freq. Percent			Freq. Percent			Freq. Percent		
				Yes 30 88.24			Experts mostly do not recommend 2 6.67			No conflicting information 11 36.67		
				No 4 11.76			Experts are mixed 17 56.67			A little conflicting information 10 33.33		
				Total 34 100.00			Experts mostly recommend 2 6.67			Some conflicting information 6 20.00		
					Don't know 9 30.00			A lot of conflicting information 3 10.00				
					Total 30 100.00			Total 30 100.00				
35	Eating or following a high-fat diet (keto)	nutrition / diet	diet types	Freq. Percent			Freq. Percent			Freq. Percent		
				Yes 32 96.97			Experts mostly do not recommend 5 15.62			No conflicting information 6 18.75		
				No 1 3.03			Experts are mixed 21 65.62			A little conflicting information 7 21.88		
				Total 33 100.00			Experts mostly recommend 1 3.12					



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



#	Health Behavior	Category	Sub-category	familiarity		expert recommendations		perceived conflict	
	chorionic gonadotropin) diet			No	30	93.75			
				Total	32	100.00			
45	Eating or following the Mediterranean diet	nutrition / diet	diet types		Freq.	Percent		Freq.	Percent
				Yes	30	85.71	Experts mostly do not recommend	1	3.33
				No	5	14.29	Experts are mixed	12	40.00
				Total	35	100.00	Experts mostly recommend	12	40.00
							Don't know	5	16.67
							Total	30	100.00
46	Eating or following the MIND (Mediterranean-DASH Intervention for Neurodegenerative Delay) diet	nutrition / diet	diet types		Freq.	Percent		Freq.	Percent
				Yes	7	20.59	No conflicting information	13	43.33
				No	27	79.41	A little conflicting information	14	46.67
				Total	34	100.00	Some conflicting information	2	6.67
							A lot of conflicting information	1	3.33
							Total	30	100.00
47	Eating or following the South Beach diet	nutrition / diet	diet types		Freq.	Percent		Freq.	Percent
				Yes	22	64.71	Experts mostly do not recommend	5	22.73
				No	12	35.29	Experts are mixed	10	45.45
				Total	34	100.00	Experts mostly recommend	1	4.55
							Don't know	6	27.27
							Total	22	100.00
48	Eating or following the Whole30 diet	nutrition / diet	diet types		Freq.	Percent			
				Yes	11	33.33	No conflicting information	7	31.82
				No	22	66.67	A little conflicting information	7	31.82
				Total	33	100.00	Some conflicting information	6	27.27
49	Intermittent fasting	nutrition / diet	diet types		Freq.	Percent		Freq.	Percent
				Yes	34	94.44	Experts mostly do not recommend	4	11.76
				No	2	5.56	Experts are mixed	17	50.00
				Total	36	100.00	Experts mostly recommend	5	14.71
							No conflicting information	8	23.53
							A little conflicting information	9	26.47

#	Health Behavior	Category	Sub-category	familiarity	expert recommendations			perceived conflict		
					Don't know	8	23.53	Some conflicting information	11	32.35
					Total	34	100.00	A lot of conflicting information	6	17.65
								Total	34	100.00
50	Seed cycling	nutrition / diet	diet types		Freq.	Percent				
				Yes	1	3.45				
				No	28	96.55				
				Total	29	100.00				
51	Consuming adaptogens, like ashwagandha, ginseng	nutrition / diet	discrete dietary item		Freq.	Percent		Freq.	Percent	
				Yes	21	58.33	Experts mostly do not recommend	1	4.76	No conflicting information
				No	15	41.67	Experts are mixed	11	52.38	A little conflicting information
				Total	36	100.00	Experts mostly recommend	2	9.52	Some conflicting information
							Don't know	7	33.33	A lot of conflicting information
							Total	21	100.00	Total
52	Consuming aloe vera	nutrition / diet	discrete dietary item		Freq.	Percent		Freq.	Percent	
				Yes	25	69.44	Experts mostly do not recommend	4	16.00	No conflicting information
				No	11	30.56	Experts are mixed	13	52.00	A little conflicting information
				Total	36	100.00	Experts mostly recommend	3	12.00	Some conflicting information
							Don't know	5	20.00	A lot of conflicting information
							Total	25	100.00	Total
53	Consuming apple cider vinegar	nutrition / diet	discrete dietary item		Freq.	Percent		Freq.	Percent	
				Yes	29	85.29	Experts mostly do not recommend	6	20.69	No conflicting information
				No	5	14.71	Experts are mixed	10	34.48	A little conflicting information
				Total	34	100.00	Experts mostly recommend	6	20.69	Some conflicting information
							Don't know	7	24.14	A lot of conflicting information
							Total	29	100.00	Total



#	Health Behavior	Category	Sub-category	familiarity			expert recommendations			perceived conflict		
										Total	35	100.00
					Freq.	Percent		Freq.	Percent		Freq.	Percent
				Yes	26	78.79	Experts mostly do not recommend	2	7.69	No conflicting information	9	34.62
				No	7	21.21	Experts are mixed	13	50.00	A little conflicting information	10	38.46
				Total	33	100.00	Experts mostly recommend	2	7.69	Some conflicting information	6	23.08
							Don't know	9	34.62	A lot of conflicting information	1	3.85
							Total	26	100.00	Total	26	100.00
					Freq.	Percent		Freq.	Percent		Freq.	Percent
				Yes	31	88.57	Experts mostly do not recommend	30	96.77	No conflicting information	21	67.74
				No	4	11.43	Experts mostly recommend	1	3.23	A little conflicting information	3	9.68
				Total	35	100.00	Total	31	100.00	Some conflicting information	4	12.90
										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 not recommend	13	43.33	No conflicting information	4	13.33
				No	4	11.76	Experts are mixed	12	40.00	A little conflicting information	11	36.67
				Total	34	100.00	Experts mostly recommend	1	3.33	Some conflicting information	8	26.67
							Don't know	4	13.33	A lot of conflicting information	7	23.33
							Total	30	100.00	Total	30	100.00
					Freq.	Percent		Freq.	Percent		Freq.	Percent
				Yes	26	76.47	Experts mostly do not recommend	1	3.85	No conflicting information	16	61.54
				No	8	23.53	Experts are mixed	8	30.77	A little conflicting information	6	23.08
				Total	34	100.00	Experts mostly recommend	7	26.92	Some conflicting information	4	15.38
							Don't know	10	38.46	Total	26	100.00
							Total	26	100.00			

#	Health Behavior	Category	Sub-category	familiarity		expert recommendations		perceived conflict				
62	Eating eggs	nutrition / diet	discrete dietary item									
					Freq.	Percent		Freq.	Percent		Freq.	Percent
				Yes	32	91.43	Experts are mixed	22	68.75	No conflicting information	6	18.75
				No	3	8.57	Experts mostly recommend	9	28.12	A little conflicting information	13	40.62
				Total	35	100.00	Don't know	1	3.12	Some conflicting information	10	31.25
							Total	32	100.00	A lot of conflicting information	3	9.38
							Total	32	100.00			
63	Eating fiber or following a high-fiber diet	nutrition / diet	discrete dietary item									
					Freq.	Percent		Freq.	Percent		Freq.	Percent
				Yes	29	85.29	Experts are mixed	8	27.59	No conflicting information	19	65.52
				No	5	14.71	Experts mostly recommend	19	65.52	A little conflicting information	7	24.14
				Total	34	100.00	Don't know	2	6.90	Some conflicting information	3	10.34
							Total	29	100.00	Total	29	100.00
64	Eating fish	nutrition / diet	discrete dietary item									
					Freq.	Percent		Freq.	Percent		Freq.	Percent
				Yes	32	96.97	Experts are mixed	6	18.75	No conflicting information	18	56.25
				No	1	3.03	Experts mostly recommend	24	75.00	A little conflicting information	12	37.50
				Total	33	100.00	Don't know	2	6.25	Some conflicting information	2	6.25
							Total	32	100.00	Total	32	100.00
65	Eating shellfish	nutrition / diet	discrete dietary item									
					Freq.	Percent		Freq.	Percent		Freq.	Percent
				Yes	30	85.71	Experts are mixed	13	43.33	No conflicting information	12	40.00
				No	5	14.29	Experts mostly recommend	5	16.67	A little conflicting information	11	36.67
				Total	35	100.00	Don't know	12	40.00	Some conflicting information	5	16.67
							Total	30	100.00	A lot of conflicting information	2	6.67
							Total	30	100.00			
66	Eating foods with saturated fat	nutrition / diet	discrete dietary item									
					Freq.	Percent		Freq.	Percent		Freq.	Percent

#	Health Behavior	Category	Sub-category	familiarity			expert recommendations			perceived conflict		
				Yes	32	94.12	Experts mostly do not recommend	19	59.38	No conflicting information	13	40.62
				No	2	5.88	Experts are mixed	9	28.12	A little conflicting information	8	25.00
				Total	34	100.00	Experts mostly recommend	3	9.38	Some conflicting information	8	25.00
							Don't know	1	3.12	A lot of conflicting information	3	9.38
							Total	32	100.00	Total	32	100.00
67	Eating foods with trans fat	nutrition / diet	discrete dietary item		Freq.	Percent		Freq.	Percent		Freq.	Percent
				Yes	30	93.75	Experts mostly do not recommend	22	73.33	No conflicting information	15	50.00
				No	2	6.25	Experts are mixed	4	13.33	A little conflicting information	6	20.00
				Total	32	100.00	Experts mostly recommend	2	6.67	Some conflicting information	8	26.67
							Don't know	2	6.67	A lot of conflicting information	1	3.33
							Total	30	100.00	Total	30	100.00
68	Eating foods with unsaturated fat	nutrition / diet	discrete dietary item		Freq.	Percent		Freq.	Percent		Freq.	Percent
				Yes	33	97.06	Experts mostly do not recommend	4	12.12	No conflicting information	15	45.45
				No	1	2.94	Experts are mixed	6	18.18	A little conflicting information	13	39.39
				Total	34	100.00	Experts mostly recommend	16	48.48	Some conflicting information	5	15.15
							Don't know	7	21.21	Total	33	100.00
							Total	33	100.00			
69	Eating fruit	nutrition / diet	discrete dietary item		Freq.	Percent		Freq.	Percent		Freq.	Percent
				Yes	34	100.00	Experts are mixed	2	5.88	No conflicting information	21	61.76
				Total	34	100.00	Experts mostly recommend	31	91.18	A little conflicting information	8	23.53
							Don't know	1	2.94	Some conflicting information	5	14.71
							Total	34	100.00	Total	34	100.00
70	Eating ginger	nutrition / diet	discrete dietary item		Freq.	Percent		Freq.	Percent		Freq.	Percent
				Yes	30	85.71	Experts mostly do not recommend	1	3.33	No conflicting information	21	70.00
				No	5	14.29	Experts are mixed	5	16.67			
				Total	35	100.00						





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



#	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		Freq.	Percent		Freq.	Percent
				Yes	32	94.12	Experts are mixed	2	6.25	No conflicting information	20	62.50
				No	2	5.88	Experts mostly recommend	26	81.25	A little conflicting information	9	28.12
				Total	34	100.00	Don't know	4	12.50	Some conflicting information	3	9.38
						Total	32	100.00		Total	32	100.00
85	Consuming fermented products, like yogurt, kimchi, sauerkraut, kombucha	nutrition / diet	discrete dietary items		Freq.	Percent		Freq.	Percent		Freq.	Percent
				Yes	32	91.43	Experts are mixed	6	18.75	No conflicting information	19	59.38
				No	3	8.57	Experts mostly recommend	16	50.00	A little conflicting information	10	31.25
				Total	35	100.00	Don't know	10	31.25	Some conflicting information	3	9.38
						Total	32	100.00		Total	32	100.00
86	Consuming turmeric	nutrition / diet	discrete dietary items		Freq.	Percent		Freq.	Percent		Freq.	Percent
				Yes	26	74.29	Experts are mixed	12	46.15	No conflicting information	10	38.46
				No	9	25.71	Experts mostly recommend	5	19.23	A little conflicting information	14	53.85
				Total	35	100.00	Don't know	9	34.62	Some conflicting information	1	3.85
						Total	26	100.00		A lot of conflicting information	1	3.85
										Total	26	100.00
87	Eating dark chocolate	nutrition / diet	discrete dietary items		Freq.	Percent		Freq.	Percent		Freq.	Percent
				Yes	33	94.29	Experts mostly do not recommend	1	3.03	No conflicting information	18	54.55
				No	2	5.71	Experts are mixed	9	27.27	A little conflicting information	9	27.27
				Total	35	100.00	Experts mostly recommend	15	45.45	Some conflicting information	5	15.15
						Don't know	8	24.24				
						Total	33	100.00				

#	Health Behavior	Category	Sub-category	familiarity		expert recommendations		perceived conflict				
								A lot of conflicting information	1	3.03		
								Total	33	100.00		
88	Eating red meat, like beef or pork	nutrition / diet	discrete dietary items		Freq.	Percent		Freq.	Percent		Freq.	Percent
				Yes	33	97.06	Experts mostly do not recommend	7	21.21	No conflicting information	4	12.12
				No	1	2.94	Experts are mixed	22	66.67	A little conflicting information	8	24.24
							Don't know	4	12.12	Some conflicting information	14	42.42
				Total	34	100.00	Total	33	100.00	A lot of conflicting information	7	21.21
										Total	33	100.00
89	Consuming activated charcoal	nutrition / diet	vitamins / supplements		Freq.	Percent		Freq.	Percent		Freq.	Percent
				Yes	17	54.84	Experts mostly do not recommend	6	35.29	No conflicting information	7	41.18
				No	14	45.16	Experts are mixed	5	29.41	A little conflicting information	3	17.65
				Total	31	100.00	Experts mostly recommend	2	11.76	Some conflicting information	3	17.65
							Don't know	4	23.53	A lot of conflicting information	4	23.53
				Total			Total	17	100.00	Total	17	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		Freq.	Percent		Freq.	Percent
				Yes	17	53.12	Experts mostly do not recommend	1	5.88	No conflicting information	8	47.06
				No	15	46.88	Experts are mixed	7	41.18	A little conflicting information	8	47.06
				Total	32	100.00	Experts mostly recommend	3	17.65			

#	Health Behavior	Category	Sub-category	familiarity	expert recommendations			perceived conflict					
					Don't know	6	35.29	A lot of conflicting information	1	5.88			
					Total	17	100.00	Total	17	100.00			
93	Taking a calcium supplement	nutrition / diet	vitamins / supplements		Freq.	Percent		Freq.	Percent				
				Yes	31	88.57	Experts are mixed	11	35.48	No conflicting information	22	70.97	
				No	4	11.43	Experts mostly recommend	13	41.94	A little conflicting information	4	12.90	
				Total	35	100.00	Don't know	7	22.58	Some conflicting information	4	12.90	
							Total	31	100.00	A lot of conflicting information	1	3.23	
										Total	31	100.00	
94	Taking a choline supplement	nutrition / diet	vitamins / supplements		Freq.	Percent							
				Yes	3	9.68							
				No	28	90.32							
				Total	31	100.00							
95	Taking a chromium supplement	nutrition / diet	vitamins / supplements		Freq.	Percent							
				Yes	5	15.62							
				No	27	84.38							
				Total	32	100.00							
96	Taking a collagen supplement	nutrition / diet	vitamins / supplements		Freq.	Percent		Freq.	Percent				
				Yes	21	63.64	Experts mostly do not recommend	1	4.76	No conflicting information	9	42.86	
				No	12	36.36	Experts are mixed	8	38.10	A little conflicting information	7	33.33	
				Total	33	100.00	Experts mostly recommend	4	19.05	Some conflicting information	4	19.05	
							Don't know	8	38.10	A lot of conflicting information	1	4.76	
							Total	21	100.00	Total	21	100.00	
97	Taking a copper supplement	nutrition / diet	vitamins / supplements		Freq.	Percent							
				Yes	7	23.33							
				No	23	76.67							
				Total	30	100.00							

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

#	Health Behavior	Category	Sub-category	familiarity	expert recommendations			perceived conflict		
					Don't know	3	9.38	A little conflicting information	16	50.00
					Total	32	100.00	Some conflicting information	5	15.62
								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				
104	Taking a potassium supplement	nutrition / diet	vitamins / supplements		Freq.	Percent		Freq.	Percent	
				Yes	27	79.41	Experts mostly do not recommend	2	7.41	No conflicting information
				No	7	20.59	Experts are mixed	9	33.33	A little conflicting information
				Total	34	100.00	Experts mostly recommend	10	37.04	Some conflicting information
							Don't know	6	22.22	
							Total	27	100.00	Total
105	Taking a probiotic supplement	nutrition / diet	vitamins / supplements		Freq.	Percent		Freq.	Percent	
				Yes	34	97.14	Experts are mixed	16	47.06	No conflicting information
				No	1	2.86	Experts mostly recommend	13	38.24	A little conflicting information
				Total	35	100.00	Don't know	5	14.71	Some conflicting information
							Total	34	100.00	A lot of conflicting information
									Total	34
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	familiarity		expert recommendations		perceived conflict	
					Freq. Percent				
				Yes	11 32.35				
				No	23 67.65				
				Total	34 100.00				
109	Taking a St. John's wort supplement	nutrition / diet	vitamins / supplements		Freq. Percent		Freq. Percent		Freq. Percent
				Yes	21 60.00	Experts mostly do not recommend	2 9.52	No conflicting information	6 28.57
				No	14 40.00	Experts are mixed	12 57.14	A little conflicting information	5 23.81
				Total	35 100.00	Don't know	7 33.33	Some conflicting information	9 42.86
						Total	21 100.00	A lot of conflicting information	1 4.76
								Total	21 100.00
110	Taking a vitamin A supplement	nutrition / diet	vitamins / supplements		Freq. Percent		Freq. Percent		Freq. Percent
				Yes	24 70.59	Experts are mixed	6 25.00	No conflicting information	13 54.17
				No	10 29.41	Experts mostly recommend	13 54.17	A little conflicting information	10 41.67
				Total	34 100.00	Don't know	5 20.83	Some conflicting information	1 4.17
						Total	24 100.00	Total	24 100.00
111	Taking a vitamin B1 supplement (thiamin)	nutrition / diet	vitamins / supplements		Freq. Percent		Freq. Percent		Freq. Percent
				Yes	23 71.88	Experts are mixed	5 21.74	No conflicting information	19 82.61
				No	9 28.12	Experts mostly recommend	13 56.52	A little conflicting information	4 17.39
				Total	32 100.00	Don't know	5 21.74	Total	23 100.00
						Total	23 100.00		
112	Taking a vitamin B12 supplement (cobalamin)	nutrition / diet	vitamins / supplements		Freq. Percent		Freq. Percent		Freq. Percent
				Yes	29 87.88	Experts mostly do not recommend	2 6.90	No conflicting information	15 51.72
				No	4 12.12	Experts are mixed	8 27.59	A little conflicting information	11 37.93
				Total	33 100.00	Experts mostly recommend	12 41.38	Some conflicting information	2 6.90
						Don't know	7 24.14	A lot of conflicting information	1 3.45
						Total	29 100.00	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		Freq.	Percent		Freq.	Percent
				Yes	27	79.41	Experts are mixed	6	22.22	No conflicting information	20	74.07
				No	7	20.59	Experts mostly recommend	18	66.67	A little conflicting information	6	22.22
				Total	34	100.00	Don't know	3	11.11	Some conflicting information	1	3.70
							Total	27	100.00	Total	27	100.00
114	Taking a vitamin B3 supplement (niacin)	nutrition / diet	vitamins / supplements		Freq.	Percent		Freq.	Percent		Freq.	Percent
				Yes	23	65.71	Experts mostly do not recommend	1	4.35	No conflicting information	15	65.22
				No	12	34.29	Experts are mixed	8	34.78	A little conflicting information	4	17.39
				Total	35	100.00	Experts mostly recommend	9	39.13	Some conflicting information	3	13.04
							Don't know	5	21.74	A lot of conflicting information	1	4.35
							Total	23	100.00	Total	23	100.00
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		Freq.	Percent		Freq.	Percent
				Yes	25	73.53	Experts are mixed	10	40.00	No conflicting information	17	68.00
				No	9	26.47	Experts mostly recommend	10	40.00	A little conflicting information	4	16.00
				Total	34	100.00	Don't know	5	20.00	Some conflicting information	3	12.00
							Total	25	100.00	A lot of conflicting information	1	4.00
										Total	25	100.00
117	Taking a vitamin B7 supplement (biotin)	nutrition / diet	vitamins / supplements		Freq.	Percent		Freq.	Percent		Freq.	Percent
				Yes	20	62.50	Experts are mixed	8	40.00	No conflicting information	12	60.00
				No	12	37.50	Experts mostly recommend	1	5.00	A little conflicting information	6	30.00
				Total	32	100.00	Don't know	11	55.00	Some conflicting information	2	10.00
							Total	20	100.00			

#	Health Behavior	Category	Sub-category	familiarity	expert recommendations	perceived conflict
						Total20100.00
118	Taking a vitamin B9 supplement (folate or folic acid)	nutrition / diet	vitamins / supplements			

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

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

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

#	Health Behavior	Category	Sub-category	familiarity	expert recommendations			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	
135	Taking at least 10,000 steps per day	fitness									
136	Using barefoot running shoes	fitness									
137	Vigorous-intensity physical activity	fitness									
138	Whole-body vibration training	fitness									





#	Health Behavior	Category	Sub-category	familiarity	expert recommendations	perceived conflict	
144	Using alcohol-free mouthwash	oral health					
145	Chewing sugar-free gum after meals	oral health					
146	Drinking water with fluoride or taking a fluoride supplement	oral health					
147	Flossing every day	oral health					

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

#	Health Behavior	Category	Sub-category	familiarity	expert recommendations	perceived conflict		
						Some conflicting information27.14		
						Total28100.00		
153	Oral cancer screening, even if asymptomatic	screening		Freq. Percent	Freq. Percent	Freq. Percent		
			Yes	1550.00	Experts mostly recommend	1493.33	No conflicting information	15100.00
			No	1550.00	Don't know	16.67	Total	15100.00
			Total	30100.00	Total	15100.00		
154	STI screening (sexually transmitted infection), even if asymptomatic	screening		Freq. Percent	Freq. Percent	Freq. Percent		
			Yes	3088.24	Experts mostly do not recommend	26.67	No conflicting information	1963.33
			No	411.76	Experts are mixed	516.67	A little conflicting information	930.00
			Total	34100.00	Experts mostly recommend	2170.00	Some conflicting information	26.67
					Don't know	26.67	Total	30100.00
155	Low-dose computed tomography (lung cancer screening), even if asymptomatic	screening		Freq. Percent				
			Yes	515.15				
			No	2884.85				
			Total	33100.00				
156	Mammography (breast cancer screening), even if asymptomatic	screening		Freq. Percent	Freq. Percent	Freq. Percent		
			Yes	3394.29	Experts are mixed	515.15	No conflicting information	2060.61
			No	25.71	Experts mostly recommend	2781.82	A little conflicting information	1030.30
			Total	35100.00	Don't know	13.03	Some conflicting information	26.06
					Total	33100.00	A lot of conflicting information	13.03
157	Ovarian cancer screening, even if asymptomatic	screening		Freq. Percent	Freq. Percent	Freq. Percent		
			Yes	2270.97	Experts are mixed	29.09	No conflicting information	1777.27
			No	929.03	Experts mostly recommend	1568.18	A little conflicting information	418.18
			Total	31100.00	Don't know	522.73	Some conflicting information	14.55
					Total	22100.00		

#	Health Behavior	Category	Sub-category	familiarity	expert recommendations	perceived conflict
						Total 22 100.00
				Freq. Percent	Freq. Percent	Freq. Percent
158	Pancreatic cancer screening, even if asymptomatic	screening		Yes 17 54.84 No 14 45.16 Total 31 100.00	Experts are mixed 2 11.76 Experts mostly recommend 10 58.82 Don't know 5 29.41 Total 17 100.00	No conflicting information 9 52.94 A little conflicting information 5 29.41 Some conflicting information 2 11.76 A lot of conflicting information 1 5.88 Total 17 100.00
159	Prostate-specific antigen screening (PSA testing), even if asymptomatic	screening		Freq. Percent Yes 20 62.50 No 12 37.50 Total 32 100.00	Freq. Percent Experts are mixed 5 25.00 Experts mostly recommend 15 75.00 Total 20 100.00	Freq. Percent No conflicting information 14 70.00 A little conflicting information 6 30.00 Total 20 100.00
160	Skin cancer screening, even if asymptomatic	screening		Freq. Percent Yes 29 85.29 No 5 14.71 Total 34 100.00	Freq. Percent Experts mostly do not recommend 1 3.45 Experts are mixed 2 6.90 Experts mostly recommend 25 86.21 Don't know 1 3.45 Total 29 100.00	Freq. Percent No conflicting information 19 65.52 A little conflicting information 7 24.14 Some conflicting information 3 10.34 Total 29 100.00
161	Testicular cancer screening, even if asymptomatic	screening		Freq. Percent Yes 28 80.00 No 7 20.00 Total 35 100.00	Freq. Percent Experts mostly recommend 23 82.14 Don't know 5 17.86 Total 28 100.00	Freq. Percent No conflicting information 26 92.86 A little conflicting information 2 7.14 Total 28 100.00
162	Thyroid cancer screening, even if asymptomatic	screening		Freq. Percent Yes 13 40.62 No 19 59.38 Total 32 100.00		

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

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

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

#	Health Behavior	Category	Sub-category	familiarity	expert recommendations	perceived conflict			
						Some conflicting information	1	4.00	
						A lot of conflicting information	1	4.00	
						Total	25	100.00	
176	Smoking regular (combustible) cigarettes	tobacco							



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

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



#	Health Behavior	Category	Sub-category	familiarity	expert recommendations	perceived conflict
						Total30100.00
192	Taking acetaminophen (Tylenol)	wellness		Freq. Percent Yes3291.43 No38.57 Total35100.00	Freq. Percent Experts mostly do not recommend26.25 Experts are mixed1443.75 Experts mostly recommend1340.62 Don't know39.38 Total32100.00	Freq. Percent No conflicting information721.88 A little conflicting information1237.50 Some conflicting information1031.25 A lot of conflicting information39.38 Total32100.00
193	Taking an Epsom salt bath	wellness		Freq. Percent Yes2985.29 No514.71 Total34100.00	Freq. Percent Experts mostly do not recommend13.45 Experts are mixed724.14 Experts mostly recommend1034.48 Don't know1137.93 Total29100.00	Freq. Percent No conflicting information2275.86 A little conflicting information620.69 Some conflicting information13.45 Total29100.00
194	Taking antacids (Tums)	wellness		Freq. Percent Yes2985.29 No514.71 Total34100.00	Freq. Percent Experts mostly do not recommend310.34 Experts are mixed827.59 Experts mostly recommend1241.38 Don't know620.69 Total29100.00	Freq. Percent No conflicting information1551.72 A little conflicting information931.03 Some conflicting information310.34 A lot of conflicting information26.90 Total29100.00
195	Taking aspirin to prevent heart attack or stroke	wellness		Freq. Percent Yes3394.29 No25.71 Total35100.00	Freq. Percent Experts mostly do not recommend26.06 Experts are mixed1339.39 Experts mostly recommend1648.48 Don't know26.06 Total33100.00	Freq. Percent No conflicting information1236.36 A little conflicting information1030.30 Some conflicting information1030.30 A lot of conflicting information13.03 Total33100.00

#	Health Behavior	Category	Sub-category	familiarity			expert recommendations			perceived conflict		
196	Taking NSAIDs (ibuprofen, Advil)	wellness			Freq.	Percent		Freq.	Percent		Freq.	Percent
				Yes	34	97.14	Experts mostly do not recommend	1	2.94	No conflicting information	5	14.71
				No	1	2.86	Experts are mixed	19	55.88	A little conflicting information	19	55.88
				Total	35	100.00	Experts mostly recommend	11	32.35	Some conflicting information	8	23.53
							Don't know	3	8.82	A lot of conflicting information	2	5.88
							Total	34	100.00	Total	34	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		Freq.	Percent		Freq.	Percent
				Yes	28	77.78	Experts mostly do not recommend	2	7.14	No conflicting information	17	60.71
				No	8	22.22	Experts are mixed	11	39.29	A little conflicting information	10	35.71
				Total	36	100.00	Experts mostly recommend	4	14.29	Some conflicting information	1	3.57
							Don't know	11	39.29	Total	28	100.00
							Total	28	100.00			
200	Breastfeeding	women's health			Freq.	Percent		Freq.	Percent		Freq.	Percent
				Yes	31	88.57	Experts are mixed	1	3.23	No conflicting information	22	70.97
				No	4	11.43	Experts mostly recommend	25	80.65	A little conflicting information	4	12.90
				Total	35	100.00	Don't know	5	16.13	Some conflicting information	4	12.90
							Total	31	100.00	A lot of conflicting information	1	3.23
										Total	31	100.00

#	Health Behavior	Category	Sub-category	familiarity	expert recommendations	perceived conflict	
201	Consuming foods with added aestons	fake					
202	Drinking buquor	fake					
203	Eating or following a shipoto diet	fake					
204	Consuming sislaff	fake					
205	Taking a hexaputon supplement	fake					
206	Using products with thogicide (THG)	fake					
207	Choulder training	fake					
208	Practicing syphonsion breathing techniques	fake					
209	Using hystinet mouthwash	fake					

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