**Supplementary Table S1. Results of Confirmatory Composite Analysis**

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| **Constructs & Items** | **Standardized Factor loading (> 0.5)** | **(AVE ≥ 0.5)** | **(CR ≥ 0.7)** | **Discriminant Validity (HTMT ratio < 0.85) a** |
| **Nutrition Literacy** |  | 0.615 | 0.927 | 0.105-0.655 | |
| * DSNLS 1 | 0.789 |  |  |  | |
| * DSNLS 2 | 0.815 |  |  |  | |
| * DSNLS 3 | 0.801 |  |  |  | |
| * DSNLS 4 | 0.752 |  |  |  | |
| * DSNLS 5 | 0.838 |  |  |  | |
| * DSNLS 6 | 0.820 |  |  |  | |
| * DSNLS 7 | 0.679 |  |  |  | |
| * DSNLS 8 | 0.769 |  |  |  | |
| **Perceived Benefit** |  | 0.540 | 0.854 | 0.144-0.564 | |
| * BE 1 | 0.717 |  |  |  | |
| * BE 2 | 0.834 |  | |
| * BE 3 | 0.753 |  |  |  | |
| * BE 5 | 0.686 |  |  |  | |
| * BE 6 | 0.674 |  |  |  | |
| **Perceived Seriousness** |  | 0.575 | 0.844 | 0.062-0.564 | |
| * SE 1 | 0.668 |  |  |  | |
| * SE 2 | 0.791 |  | |
| * SE 3 | 0.814 |  | |
| * SE 4 | 0.754 |  |  |  | |
| **Perceived Susceptibility** |  | 0.537 | 0.816 | 0.102-0.279 | |
| * SU 1 | 0.623 |  |  |  | |
| * SU 3 | 0.578 |  |  |  | |
| * SU 4 | 0.699 |  |  |  | |
| * SU 5 | 0.967 |  |  |  | |
| **Perceived Self-Efficacy** |  | 0.526 | 0.868 | 0.142-0.569 | |
| * EF 1 | 0.759 |  |  |  | |
| * EF 2 | 0.779 |  |  |  | |
| * EF 3 | 0.648 |  |  |  | |
| * EF 4 | 0.588 |  |  |  | |
| * EF 5 | 0.790 |  |  |  | |
| * EF 6 | 0.763 |  |  |  | |
| **Self-Management Skills** |  | 0.562 | 0.909 | 0.102-0.655 | |
| * PKDSMS 1 | 0.673 |  |  |  | |
| * PKDSMS 2 | 0.826 |  |  |  | |
| * PKDSMS 3 | 0.594 |  |  |  | |
| * PKDSMS 4 | 0.507 |  |  |  | |
| * PKDSMS 5 | 0.871 |  |  |  | |
| * PKDSMS 6 | 0.792 |  |  |  | |
| * PKDSMS 7 | 0.823 |  |  |  | |
| * PKDSMS 8 | 0.830 |  |  |  | |
| **Knowledge Barrier** |  | 0.861 | 0.925 | 0.091-0.593 | |
| * BA 1 | 0.930 |  |  |  | |
| * BA 3 | 0.925 |  |  |  | |
| **Food Preference** |  | 0.686 | 0.813 | 0.091-0.571 | |
| * BA 2 | 0.812 |  |  |  | |
| * BA 4 | 0.843 |  |  |  | |

Note: Only valid items were presented; Single item is exempted from assessment; AVE: Average Variance Extracted; CR: Composite Reliability; HTMT ratio: Heterotrait-Monotrait ratio of correlation; a Data presented as range (min-max)