

Questionnaire S3: A Delphi interview

- 1) Is it worthwhile to perform body composition analysis in patients?
  - a. yes, definitely
  - b. yes, but the measurement of body weight and circumference itself is equally precise
  - c. no
- 2) Do you think that the body composition analysis using the BIA (electrical bioimpedance) method is a better tool to assess the nutritional status than possible anthropometric parameters, including body circumference measurements, body weight, height, fold meter test?
  - a. yes
  - b. no
  - c. equally reliable
  - d. don't know
- 3) What do you value the most from the body composition analyzer?
  - a. precise / accurate result
  - b. speed of measurement
  - c. numerous parameters displayed
  - d. all of the above answers are correct
  - e. I do not think this result is a good way to assess nutritional status
- 4) Does the assessment of eating habits using the frequency of consumption questionnaire (FFQ) seem correct?
  - a. yes
  - b. no
  - c. don't know the FFQ
- 5) What do you consider to be a better method to assess eating habits / diet?
  - a. food diary
  - b. FFQ questionnaire
  - c. (based on) the patient's regular diary
  - d. other .....
- 6) What do you consider to be a better method to assess eating habits / diet if the group of respondents is assessed? (group evaluation, not individual evaluation)?
  - a. food diary
  - b. FFQ questionnaire
  - c. (based on) the patient's regular diary
  - d. other .....
- 7) Do you think that proper nutrition increases the content of muscles, the content of protein and minerals, and reduces body fat?
  - a. yes
  - b. no
  - c. don't know
- 8) Do you think that people on vegetarian diets may show more correct results in terms of compliance with the principles of a healthy diet (checked using the FFQ form) and body composition analysis parameters?
  - a. yes
  - b. no
  - c. don't know

- 9) How do you think which of the surveyed groups: people on a traditional diet, pescatarian, vegetarians or vegans, will show the most regularities about their lifestyle?
- people on a traditional diet
  - pescatarian
  - vegetarians
  - vegans
- 10) How do you think which of the surveyed groups: people on a traditional diet, pesovegetarians, vegetarians or vegans, will show the most correct results of the parameters of the body composition analysis?
- people on a traditional diet
  - pescatarian
  - vegetarians
  - vegans
- 11) How do you think which of the surveyed groups: people on a traditional diet, pesovegetarians, vegetarians or vegans, will show the highest values of body weight, BMI and WHR, fat content, including visceral fat?
- people on a traditional diet
  - pescatarian
  - vegetarians
  - vegans
- 12) How do you think which of the surveyed groups: people on a traditional diet, pesovegetarians, vegetarians or vegans, will show the lowest values of body weight, BMI and WHR, fat content, including visceral fat?
- people on a traditional diet
  - pescatarian
  - vegetarians
  - vegans
- 13) How do you think which of the surveyed groups: people on a traditional diet, pesovegetarians, vegetarians or vegans, will eat sweets most often?
- people on a traditional diet
  - pescatarian
  - vegetarians
  - vegans
- 14) Do you agree that the consumption of sweets may reduce the body composition parameters, i.e. the content of water, protein, minerals and muscle mass?
- yes
  - no
  - don't know
- 15) How do you think which of the surveyed groups: people on a traditional diet, pesovegetarians, vegetarians or vegans, will most often consume products from the natural cottage cheese / tofu / tempeh category?
- people on a traditional diet
  - pescatarian
  - vegetarians

d. vegans

- 16) How do you think which of the surveyed groups: people on a traditional diet, pesovegetarians, vegetarians or vegans, will most often eat the following products: fruit, legumes, nuts and seeds?
- a. people on a traditional diet
  - b. pescatarian
  - c. vegetarians
  - d. vegans

## Description of Delphi Method

To support the obtained results, the triangulation of data was made. Expert brief interviews (the Delphi methodology [57]) allow the opinions to be transformed into a group consensus to assess the validity of the methods used and the possibility of indicating the expected results were conducted. For this purpose, a questionnaire was prepared, taking into account 16 questions; 47 experts participated in the survey (persons with a master's degree in dietetics were considered experts).

### Results:

With regard to the assessment of body composition through the use of the BIA method, the vast majority of respondents considered it a reliable tool (94.1%); however, it was indicated that anthropometric measurements (taking into account, among others, measurements of body circumference, fold meter test) would be equally precise (47%).

Most of the experts (> 70%) concluded that assessing the diet using the FFQ questionnaire seems correct. Most respondents (70.6%) indicated this method as the best method for determining the group's nutrition. At the same time, in other cases, "(based on) the patient's regular diary" or the "food diary" was chosen as the better research tool.

In the studied theses, more than 95% of the respondents agreed that "proper nutrition increases the content of muscles, the content of protein and minerals and reduces body fat" most of the respondents (>70%) believe that the groups on vegetarian diets may show "more correct results in respect of adherence to the principles of a healthy diet" indicated. However, pescatarians (experts could choose from VEGAN, VEGE, PESCA, OMN) were the most frequently stated group showing the most regularities regarding their lifestyle. Lacto/ovo-vegetarian were about these two selected groups; experts believed they would show the best results concerning the composition analysis of the body.

Regarding the nutritional aspects, the vast majority (approx. 80%) of experts, having a choice of the groups mentioned earlier, chose the OMN group as the one with the most frequent consumption of sweets. Regarding the researched thesis, do the respondents think that "the consumption of sweets can reduce the parameters of body composition, i.e., the content of water, protein, minerals, and muscle mass"; the most frequently indicated answer was "yes" (approx. 64%), approx. 20 % answered in the negative. Over 60% of respondents stated the group VEGE as the group that will most often consume the products from the natural cottage cheese/tofu/tempeh category, then the PESCA and VEGAN group.

### Conclusion:

VEGAN group showed the most regularities regarding the observed behavioral factors and the frequency of consumption of selected food products. It was also reflected in the revealed body composition assessments, which is not an obvious issue. The Delphi study showed that experts pointed out the PESCA group to display the most regularities in diet and body composition parameters.

Overall behavioral factors assessment showed most abnormalities in omnivores group compared to the recommendation. In this study it is reflected in the body composition analysis results because the OMN group showed the highest mean results: body mass, BMI, and, together with the PESCA group (similar values): BFM, WHR, and VAT. The obtained data align with the assumptions of experts (from our Delphi study) because when asked which group they would point out considering the most frequent consumption of sweets, they mainly indicated the OMN group.