

Table S1: The Saudi Healthy Plate Dietary Guidelines (SHPDGs) Scores.

| Food Groups | Options | Score |
|---|--------------------------|-------|
| Fruits & Vegetables / per day (e.g., Fresh, Dried, Juice, Cooked) | ≥5 Serving* | 0 |
| | 3–4 Serving | 1 |
| | 1–2 Serving | 2 |
| | Never | 2 |
| Grains & Bread / per day (e.g., Bread, Toast, Sandwich, Rice, Pasta, Oats, Corn flacks) | 3–4 Serving* | 0 |
| | 1–2 Serving | 1 |
| | Never | 2 |
| Milk & Dairy Products / per day (e.g., Milk, Laban, Yogurt, Cheses, Labneh, Cream) | ≥3 Serving* | 0 |
| | 2 Serving | 1 |
| | 1 Serving | 2 |
| | Never | 2 |
| Meat & Substitutes / per day (e.g., Sheep, Fish, Chicken, Egg, Legumes) | ≥3 Serving* | 0 |
| | 2 Serving | 1 |
| | 1 Serving | 2 |
| | Never | 2 |
| Fats / per day (e.g., Butter, Ghee, Oil) | Very little ^a | 0 |
| | Some/Appropriate amount | 1 |
| | A lot | 2 |
| Water / per day | ≥6 Cups ^b | 0 |
| | 5–6 Cups | 1 |
| | 2–4 Cups | 2 |
| | <2 Cups | 2 |
| Fast Foods / per week (e.g., Burger, Pizza) | Never ^{*c} | 0 |
| | 1–3 Times | 1 |
| | ≥4 Times | 2 |
| Soft Drinks / per week | Never ^{*c} | 0 |
| | 1–2 Times | 1 |
| | ≥3 Times | 2 |
| Crackers & Crisps / per week (e.g., Chips, Biscuit, Pretzel) | Never ^{*c} | 0 |
| | 1 Time | 1 |
| | 1–3 Times | 2 |
| Sweet & Dessert / per week (e.g., Chocolate, Donut, Basbousa, Candy) | ≥4 Times | 2 |
| | Never ^{*c} | 0 |
| | 1–3 Times | 1 |
| Physical Activity / per week | ≥4 Times | 2 |
| | Daily ^{*c} | 0 |
| | 3–4 Times weekly | 1 |
| | Never | 2 |

* Recommended by the Saudi Healthy Plate Dietary Guidelines; ^a Done by (Paxton et al., 2011), ^b One cup equivalent to 200 ml; ^c Suggested by the Authors.