

Supplementary Table S1. Scoring criteria of “Undergraduate dietary literacy KAP questionnaire”.

Question	Score	Scoring criteria
Q1-Q10 (Demographic questions)	/	/
Dietary practice standardized	1-100	dietary practice score *100/60
Dietary practice	1-60	/
Q11 (question of healthy food (vegetables, fruit and high fiber cereals) frequency)	1-6	Twice or more than twice a day = 6 points Once a day = 5 points 4 to 6 times a week = 4 points 2 to 3 times a week = 3 points Once a week = 2 points Less than once a week = 1 point
Q12 (question of carbonated beverages or bubble tea frequency)	1-6	Less than once a week = 6 points Once a week = 5 points 2 to 3 times a week = 4 points 4 to 6 times a week = 3 points Once a week = 2 points Twice or more than twice a day = 1 point
Q13 (question of consumption of three meals)	1-4	Eat regularly every day = 4 points 4 to 6 times a week = 3 points 1 to 3 times a week = 2 points Never eat = 1 point
Q14 (question of frequency of eating late night snacks, replacing meals with convenient food and ordering takeout)	1-4	0 times a week = 4 points 1 to 2 times a week = 3 points 3 to 5 times a week = 2 points 6 or more times a week = 1 point
Q15 (question of volume of water or tea consumed daily)	1-4	More than 1500ml = 4 points 1000 to 1500ml = 3 points 500 to 1000ml = 2 points 0 to 500ml = 1 point
Q16 (question of choosing the food combination which is closest to their usual breakfasts)	1-4	The healthiest food combination = 4 points The second healthiest food combination = 3 points The second unhealthiest food combination = 2 points The unhealthiest food combination = 1 point
Q17 (question of choosing the food combination	1-4	The healthiest food combination = 4 points

Question	Score	Scoring criteria
which is closest to their usual dinners)		The second healthiest food combination = 3 points The second unhealthiest food combination = 2 points The unhealthiest food combination = 1 point
Dietary attitude standardized	0-100	dietary attitude score *100/18
Dietary attitude	0-18	/
Q19 (question of the biggest influencing factor when choosing main meal food)	0-2	The health benefit of food = 2 points The calories of food = 1 point The flavor or the price of food = 0 points Definitely easy = 4 points
Q20 (question of difficulty of forming healthy eating habits)	1-4	Rather easy = 3 points Rather difficult = 2 points Definitely difficult = 1 point Definitely necessary = 4 points
Q21 (question of the necessity of forming healthy eating habits)	1-4	Rather necessary = 3 points Rather unnecessary = 2 points Definitely unnecessary = 1 point Always pay attention to = 4 points
Q22 (question of the attention paid to healthy eating)	1-4	Occasionally pay attention to = 3 points Only in a bad health attention = 2 points Never pay attention to = 1 point Strictly forbidden = 4 points
Q25 (question of the response when hearing the harm of their favorite food)	1-4	Try not to eat = 3 points Approximately restrain = 2 points Keep eating as usual = 1 point
Dietary knowledge standardized	0-100	dietary knowledge score *100/14
Dietary knowledge	0-14	/
Q26 to Q28 (nutritional knowledge questions)	0-2	Correct answer = 2 points Incorrect answer = 0 points
Q29 to Q30 (questions of choosing the healthiest food combination)	1-4	Healthiest one = 3 points The second healthiest one = 2 points

Question	Score	Scoring criteria
		The second unhealthiest one = 1 point
		The unhealthiest one = 0 points
Dietary literacy standardized	1-100	dietary literacy score *100/92
Dietary literacy	1-92	dietary knowledge score + dietary attitude score + dietary practice score

Supplementary Table S2. Components of Diet Quality Index-International (DQI-I).

Component	Score	Scoring criteria
Variety	0-20	/
		≥1 serving from each food group/d = 15
		Any 1 food group missing/d = 12
		Any 2 food groups missing/d = 9
Overall food group (A)	0-15	Any 3 food groups missing/d = 6
		≥4 food groups missing/d = 3
		None from any food groups = 0
		≥3 different sources/d = 5
		2 different sources/d = 3
Within-group for protein source (B)	0-5	From 1 source/d = 1
		None = 0
Adequacy	0-40	/
		≥3-5 servings/d = 5, 0 servings/d = 0
		≥100%
Vegetables	0-5	<100-50%
		<50%
		≥2-4 servings/d = 5, 0 servings/d = 0
		≥100%
Fruits	0-5	<100-50%
		<50%
		≥6-11 servings/d = 5, 0 servings/d = 0
		≥100%
Grains	0-5	<100-50%
		<50%
		≥20-30 g/d = 5, 0 g/d = 0
		≥100%
Fibers	0-5	<100-50%
		<50%
		≥10% of energy/d = 5, 0% of energy/d = 0
		≥100%
Proteins	0-5	<100-50%
		<50%
Iron	0-5	≥100% RDA (AI)/d = 5, 0% RDA (AI)/d = 0

Component	Score	Scoring criteria
		$\geq 100\%$ $< 100\text{-}50\%$ $< 50\%$ $\geq 100\%$ AI/d = 5, 0% AI/d = 0
Calcium	0-5	$\geq 100\%$ $< 100\text{-}50\%$ $< 50\%$
Vitamin C	0-5	$\geq 100\%$ RDA (RNI)/d = 5, 0% RDA (RNI)/d = 0 $\geq 100\%$ $< 100\text{-}50\%$ $< 50\%$
Moderation	0-30	/
Total fat	0-6	$\leq 20\%$ of total energy/d = 6 $> 20\text{-}30\%$ of total energy/d = 3 $> 30\%$ of total energy/d = 0
Saturated fat	0-6	$\leq 7\%$ of total energy/d = 6 $> 7\text{-}10\%$ of total energy/d = 3 $> 10\%$ of total energy/d = 0
Cholesterol	0-6	≤ 300 mg/d = 6 $> 300\text{-}400$ mg/d = 3 > 400 mg/d = 0
Sodium	0-6	≤ 2400 mg/d = 6 $> 2400\text{-}3400$ mg/d = 3 > 3400 mg/d = 0
Empty calorie foods	0-6	$\leq 3\%$ of total energy/d = 6 $> 3\text{-}10\%$ of total energy/d = 3 $> 10\%$ of total energy/d = 0
Overall balance	0-10	/
Macronutrient ratio (C)	0-6	55-65:10-15:15-25 = 6 52-68:9-16:13-27 = 4 50-70:8-17:12-30 = 2 Otherwise = 0
Fatty acid ratio (D)	0-4	P/S = 1-1.5 and M/S = 1-1.5 = 4

Component	Score	Scoring criteria
		P/S = 0.8-1.7 and M/S = 0.8-1.7 = 2
		Otherwise = 0

Note: RDA (Recommended dietary allowance), RNI (Recommended nutrient intake), AI (adequate intake)

A: red and processed meats/poultry meats/seafood/eggs; dairy products/beans; grains; fruits; vegetables.

B: red and processed meats, poultry meats, seafood, dairy products, beans, eggs.

C: carbohydrate: protein: fat.

D: PUFA (Poly-unsaturated fatty acid): MUFA (Mono-unsaturated fatty acid): SFA (saturated fatty acid).

Supplementary Table S3. Sex on dietary knowledge, attitude and practice scores.

Variable	Sex (M(IQR))		<i>P</i>
	Male (n = 271)	Female (n = 755)	
Dietary knowledge	83.3 (41.6)	83.3 (33.3)	<0.001
Dietary attitude	63.6 (13.6)	59.1 (13.6)	0.348
Dietary practice	71.7 (13.3)	71.5 (10.0)	0.412

Notes: M (median); IQR (interquartile range).

Supplementary Table S4. Student college year on dietary knowledge, attitude and practice scores.

Variable	College year (M(IQR))					<i>P</i>
	1 st	2 nd	3 rd	4 th	5 th	
	(n = 228)	(n = 511)	(n = 100)	(n = 144)	(n = 44)	
Dietary knowledge	83.3 (41.7)	83.3 (33.3)	83.3 (33.3)	83.3 (25.0)	95.8 (16.7)	<0.001
Dietary attitude	59.1 (13.6)	63.6 (13.6)	61.4 (9.1)	59.1 (13.6)	63.6 (18.2)	0.119
Dietary practice	71.7 (13.3)	71.7 (13.3)	71.7 (11.3)	71.7 (9.6)	70 (12.9)	0.421

Notes: M (median); IQR (interquartile range).

Supplementary Table S5. Student college major on dietary knowledge, attitude and practice scores.

Variable	Major (M(IQR))			<i>P</i>
	Literature and art (n = 44)	Science and engineering (n = 78)	Medicine- related (n = 904)	
Dietary knowledge	66.7 (25.0)	83.3 (35.4)	83.3 (33.3)	<0.001
Dietary attitude	63.6 (13.6)	63.6 (22.7)	59.1 (13.6)	0.308
Dietary practice	70.8 (12.9)	71.7 (13.3)	71.7 (10.0)	0.124

Notes: M (median); IQR (interquartile range).

Supplementary Table S6. Different medicine-related majors on dietary knowledge, attitude and practice scores.

Variable	Medicine-related major (M(IQR))					<i>P</i>
	Clinical medicine (n=154)	Preventive medicine (n=425)	TCM (n=122)	Nursing (n=109)	Medical technology and information engineering (n=22)	
Dietary knowledge	83.3 (33.3)	83.3 (33.3)	100.0 (16.7)	91.7 (25.0)	75.0 (18.8)	<0.001
Dietary attitude	63.6 (18.2)	63.6 (13.6)	13.0 (13.6)	13.0 (13.6)	63.6 (13.6)	0.056
Dietary practice	73.3 (11.7)	71.7 (11.7)	71.7 (11.7)	71.7 (11.7)	70.0 (11.7)	0.202

Notes: M (median); IQR (interquartile range).

Supplementary Table S7. Dietary knowledge, attitude and practice scores of the participants.

Variable	(M (IQR)) or (mean \pm SD)		<i>P</i>
	Intervention	Control	
Dietary knowledge (day 0)	100.0 (14.3)	100.0 (14.3)	0.672
Dietary attitude (day 0)	61.1 (11.1)	66.7 (11.1)	0.730
Dietary practice (day 0)	73.9 \pm 6.5	75.6 \pm 8.6	0.422
Dietary knowledge (day 3)	80.0 (13.3)	66.7 (13.3)	0.002
Dietary attitude (day 3)	66.7 (11.1)	61.1 (16.7)	0.058
Dietary practice (day 3)	74.0 \pm 7.8	72.3 \pm 9.0	0.367
Dietary knowledge (day 100)	66.7 (20.0)	60.0 (20.0)	0.023
Dietary attitude (day 100)	72.2 (16.7)	61.1 (5.5)	0.044
Dietary practice (day 100)	74.5 \pm 8.0	70.8 \pm 8.5	0.052

Notes: M (median); IQR (interquartile range); SD (standard deviation).

Supplementary Table S8. Intervention on participants' dietary quality scores.

Dietary quality		Difference (mean \pm SD)	95% CI	<i>P</i>
Intervention group	day 0 vs day 3	3.0 \pm 1.3	0.3 to 5.7	0.029
	day 3 vs day 100	-4.0 \pm 1.0	2.0 to 6.0	<0.001
	day 0 vs day 100	-1.0 \pm 1.4	-3.8 to 1.8	0.466
Control group	day 0 vs day 3	-0.1 \pm 1.2	-2.4 to 2.5	0.965
	day 3 vs day 100	-1.4 \pm 1.0	-0.6 to 3.4	0.157
	day 0 vs day 100	-1.4 \pm 1.3	-4.1 to 1.2	0.276

Notes: SD (standard deviation); CI (confidence interval).

Supplementary Table S9. Dietary quality score comparison.

Visit	Group (mean ± SD)		<i>P</i>
	Intervention	Control	
	(n = 41)	(n = 41)	
day 0	50.6 ± 9.1	51.4 ± 9.4	0.654
day 3	53.5 ± 6.2	51.4 ± 7.9	0.158
day 100	49.5 ± 6.8	50.0 ± 9.0	0.798

Notes: SD (standard deviation).