Supplementary File

Supplementary Table 1. Eating and food habits of the respondents

|		Male	Female	P-valve
Frequency of breakfast every week	0-3 day/week	0(0.0)	4 (5.6)	0.345
	4-5 day/week	2 (5.6)	9 (12.5)	
	6-7 day/week	34 (94.4)	58 (80.6)	
Dinner time	No dinner	9 (25.0)	12 (16.7)	
	Before 18	23 (63.9)	55 (76.4)	
	Between 18 and 20	4 (11.1)	1 (1.4)	
	After 20	0 (0.0)	4 (5.6)	
Is your dining time regularly?	Yes	32 (88.9)	67 (93.1)	0.478
	No	4 (11.1)	5 (6.9)	
Dietary pattern	Vegetal-based foods such as sweet potato, soybeans, vegetables, and fruits	12(33.3)	22 (30.6)	0.087
	Animal-based foods such as poultry meat, aquatic products and eggs	2 (5.6)	17 (23.6)	
	Animal and vegetal food balance	19 (52.8)	30 (41.7)	
	Not clear	3 (8.3)	3 (4.2)	
Food habits				
Diversified food	Yes	5 (13.9)	28 (38.9)	0.008
	No	31 (86.1)	44(61.1)	
Balance eating and exercise	Yes	24 (66.7)	47 (65.3)	0.886
	No	12 (33.3)	25 (34.7)	
Eat more fruits	Yes	18 (50.0)	27 (37.5)	0.21
	No	18 (50.0)	45 (62.5)	
Eat meat products	Yes	16 (44.4)	23 (31.9)	0.202
	No	20 (55.6)	49 (68.1)	
Less salt	Yes	23 (63.9)	46 (63.9)	1.0
	No	13 (36.1)	26 (36.1)	
Less oil	Yes	27 (75.0)	50 (69.4)	0.547
	No	9 (25.0)	22 (30.6)	
Sugar control	Yes	25 (69.4)	44 (61.1)	0.395
	No	11 (30.6)	28 (38.9)	
Limit alcohol	Yes	24 (66.7)	46 (63.9)	0.776
	No	12 (33.3)	26 (36.1)	
Adequate water	Yes	19 (52.8)	46 (63.9)	0.266
	No	17 (47.2)	26 (36.1)	

a =Stutent t-test; b =Chi-square or Fisher Exact test
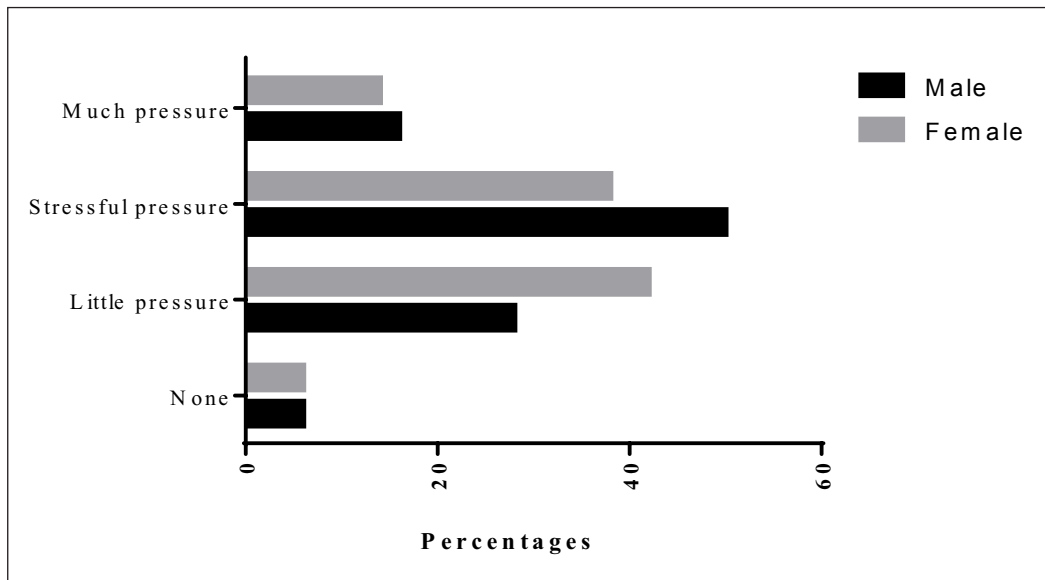
Supplementary Figure 1. Stress among the respondents
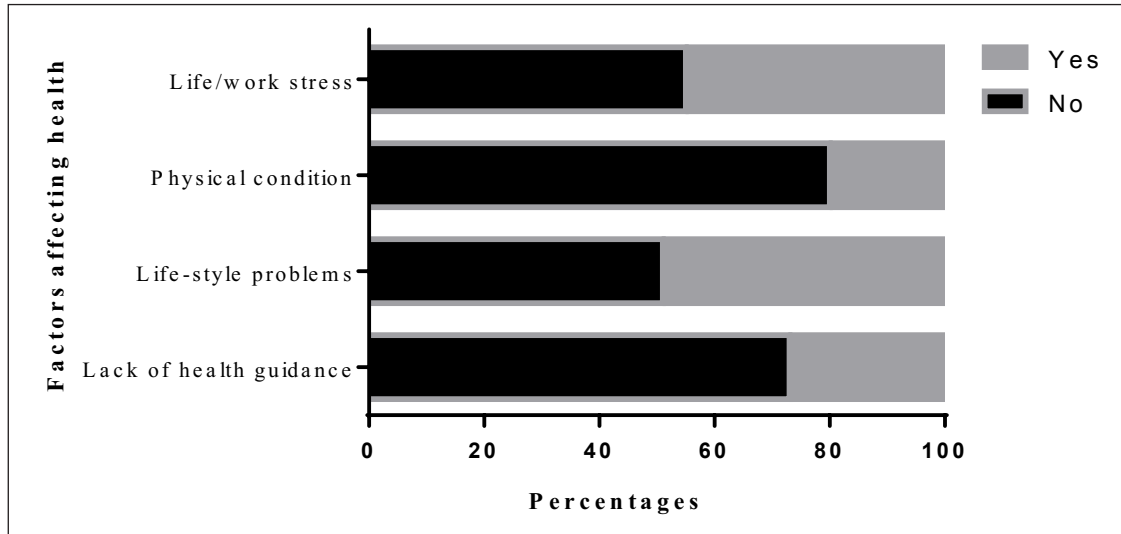
Supplementary Figure 2. Factors affecting health in the respondents
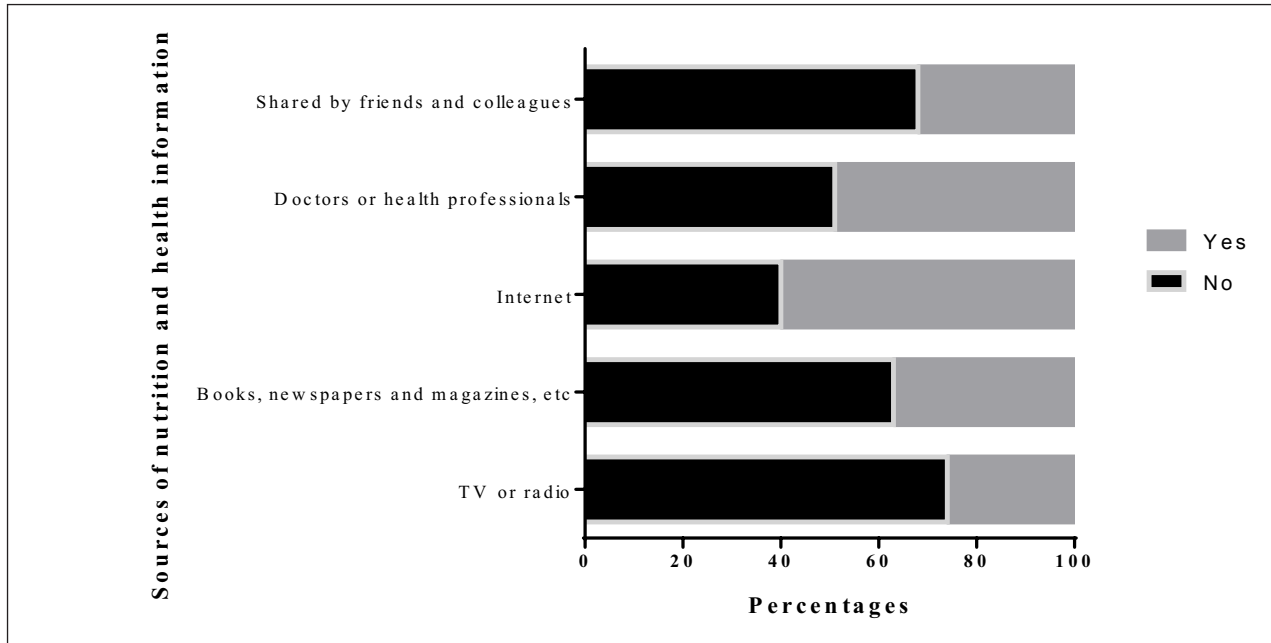
Supplementary Figure 3. Sources of information among respondents