

Table S1 Frequency Distribution of Sharing Nutrition Information From Different Sources in the Past 30 Days (n = 333)^{a,b}

Sources	Rarely	Occasionally	Sometimes	Frequently	Always	Correlation coefficient ^c
Colleague (n = 293)	32 (10.9)	101 (34.5)	78 (26.6)	49 (16.7)	33 (11.3)	0.87
Social media (n = 222)	22 (9.9)	76 (34.2)	70 (31.5)	39 (17.6)	15 (6.8)	0.96
Professional website ^d (n = 121)	14 (11.6)	53 (43.8)	25 (20.7)	16 (13.2)	13 (10.7)	0.99
Continuing education (n = 114)	24 (21.1)	45 (39.5)	22 (19.3)	11 (9.7)	12 (10.5)	0.993
Friend or family member (n = 107)	11 (10.3)	31 (29.0)	29 (27.1)	22 (20.6)	14 (13.1)	0.992
Peer-reviewed publication (n = 98)	12 (12.2)	40 (40.8)	22 (22.5)	17 (17.4)	7 (7.1)	0.994
Large language model AI (n = 92)	6 (6.5)	41 (44.6)	23 (25)	10 (10.9)	12 (13.0)	0.996
Other (n = 11)	2 (18.2)	2 (18.2)	3 (27.3)	2 (18.2)	2 (18.2)	Not evaluated

^aValues are described as count (%) unless otherwise stated.

^bFor frequencies, *rarely* was defined as 1 to 2 times in the past 30 days; *occasionally* as about once per week; *sometimes* as 2 to 3 times per week; *frequently* as 4 to 5 times per week; and *always* as more than 5 times per week.

^cSpearman's rank correlation coefficient

^dProfessional websites included websites of governmental agencies and professional organizations.