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Nutrition information, Mediterranean diet, and weight: A structural equation approach

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Electronic supplementary material

Supplementary Tables S1–2

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Table S1. Description of the sample

		(%)		
Gender	female	58		
	male	42		
Age (years)	18–24	5	Mean	46 years
	25–34	22	St. deviation	14.4 years
	35–44	25	Coefficient of variation	0.313
	45–54	19		
	55–64	15		
	> 64 years old	14		
Education	primary school	9		
	middle school	24		
	high school	45 (mode)		
	university	20		
Monthly family income (EUR)	500 – 1 000	10	Mean	EUR 2 183.33
	1 000 – 2 000	33	St. deviation	EUR 871.86
	2 000 – 3 000	36	Coefficient of variation	0.399
	> 3 000	20		
Adherence to Mediterranean diet	1–5	22.3	Mean	6.6
	6–10	77.7	St. deviation	1.5
			Coefficient of variation	0.227
BMI	underweight (BMI < 18.5)	2.70		
	normal weight (18.5 < BMI < 24.9)	49.30	Mean	25.4
	overweight (25 < BMI < 29.9)	30.00	St. deviation	4.8
	obese (30 < BMI < 39.9)	12.30	Coefficient of variation	0.189
	more than obese (BMI > 40)	4.00		
	not available	1.70		

Source: Own calculation based on data survey

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Table S2. Variable description

Variable name	Scale	Description
Gender	dummy	female = 1, male = 0
Age	6-point scale	respondents' age group 18–24 = 1; 25–34 = 2; 35–44 = 3; 45–54 = 4; 55–64 = 5; > 64 = 6
LATENT VARIABLES and INDICATORS		
Education (EDU)	4-point scale	education levels (from 1 = primary school to 4 = university)
Income (INC)	5-point scale	classes of income (from 1 ≤ EUR 500 to 5 ≥ EUR 3 000)
Classes of income	4-point scale	consumer' perception of their economic condition with respect to the average population from 1 = below average to 4 = above average)
Self-perception of economic status	4-point scale	family income meet the monthly expenses (from 1 = very difficult way to 4 = easy way)
Cover all the expenses of the month		
Weight Status (WEIGHT)		
BMI measured	continue	calculated as weight (Kg) divided by height squared (m ²)
BMI observed	9-point scale	measure of BMI assessed from interviewer through a graphical depicts where at each level of BMI correspond an image
Self-assessed of Health status (H-STATUS)		
Self-perception of health	5-point scale	consumer' judgment about their health (from 1 = very bad to 5 = very well)
Limitation due to unhealthy status	3-point scale	poor health causes limitations in the movements (from 1 = severe limitations to 3 = no limitation)
Diet (DIET)		
Adherence to Mediterranean diet	10-point scale	consumption frequency of 10 food items: fruit, cereals, vegetables, fish, pulses, olive oil, meat, cheese, eggs, sweets (from 0 = min adherence to MedDiet to 10 = max adherence to MedDiet).
Knowledge (KNOW)		
Nutritional knowledge	continue	correct answer score for the question about nutritional Knowledge (fibre content, protein content, vitamin content)
Food knowledge	continue	correct answer score for the question about food Knowledge (fat to reduce, comparison fat content)
Health knowledge	continue	correct answer score for the question about health Knowledge (link fat-health disease, link salt-health disease, link F&V-health disease)
Food label use (LABEL)		
Label comparison	4-point scale	respondent compares the labels of the different food products (from 1 = never to 4 = always)
Label affect purchasing behavioural	4-point scale	food label significantly affects purchase behaviour of respondent (from 1 = never to 4 = always)
Frequency of reading	4-point scale	respondent uses nutritional labels (from 1 = never to 4 = always)
Information Sources (SOURCES)		
Use of media	4-point scale	respondent uses media as source of information on food properties (from 1 = never to 4 = always)
Use of friends	4-point scale	respondent uses friends as source of information on food properties (from 1 = never to 4 = always)

Source: Own calculation based on data survey