

**Supplementary File 1.** Distribution of respondents with positive dietary behavior by demographics

Demographic variable	N	Self-efficacy construct		Intentions construct		Situation construct		Behavioral strategies construct		Social support construct		Outcome expectations		Outcome expectancies	
		n	%	n	%	n	%	n	%	n	%	n	%	n	%
<b>Age</b>															
18-20	245	70	28.57	89	36.33	217	88.57	134	54.69	202	82.45	220	89.80	224	91.43
21-30	93	33	35.48	36	38.71	84	90.32	45	48.39	82	88.17	83	89.25	84	90.32
31-40	39	14	35.90	16	41.03	36	92.31	23	58.97	30	76.92	37	94.87	39	100.00
41-50	48	16	33.33	26	54.17	44	91.67	20	41.67	40	83.33	44	91.67	45	93.75
≥50	36	21	58.33	17	47.22	29	80.56	23	63.89	30	83.33	32	88.89	34	94.44
<b>Gender</b>															
Male	145	43	29.66	56	38.62	130	89.66	71	48.97	118	81.38	128	88.28	136	93.79
Female	316	111	35.13	128	40.51	280	88.61	174	55.06	266	84.18	288	91.14	290	91.77
<b>Marital Status</b>															
Single	341	108	31.67	125	36.66	305	89.44	185	54.25	284	83.28	307	90.03	314	92.08
Married	114	46	40.35	57	50.00	99	86.84	57	50.00	97	85.09	105	92.11	107	93.86
Divorced/Separated/ Widowed	6	0	0.00	2	33.33	6	100.00	3	50.00	3	50.00	4	66.67	5	83.33
<b>Ethnicity</b>															
Malay	315	97	30.79	121	38.41	283	89.84	161	51.11	259	82.22	284	90.16	290	92.06
Chinese	65	31	47.69	35	53.85	57	87.69	37	56.92	51	78.46	56	86.15	58	89.23
Indian	27	12	44.44	10	37.04	20	74.07	16	59.26	25	92.59	24	88.89	27	100.00
Others	54	14	25.93	18	33.33	50	92.59	31	57.41	49	90.74	52	96.30	51	94.44
<b>Region</b>															
North Peninsular	286	96	33.57	114	39.86	257	89.86	142	49.65	237	82.87	258	90.21	266	93.01
East Peninsular	50	16	32.00	26	52.00	43	86.00	26	52.00	40	80.00	45	90.00	43	86.00
Central Peninsular	57	16	28.07	13	22.81	50	87.72	34	59.65	46	80.70	49	85.96	55	96.49
South Peninsular	39	10	25.64	16	41.03	34	87.18	22	56.41	34	87.18	38	97.44	34	87.18
East Malaysia	29	16	55.17	15	51.72	26	89.66	21	72.41	27	93.10	26	89.66	28	96.55
<b>Education Level</b>															
Primary school or lower	11	1	9.09	2	18.18	10	90.91	8	72.73	9	81.82	10	90.91	10	90.91
Secondary school	66	17	25.76	24	36.36	58	87.88	34	51.52	61	92.42	60	90.91	62	93.94

College/Pre-University/Diploma	127	37	29.13	55	43.31	120	94.49	67	52.76	110	86.61	121	95.28	121	95.28
Undergraduate	241	95	39.42	99	41.08	210	87.14	129	53.53	194	80.50	213	88.38	220	91.29
Postgraduate	16	4	25.00	4	25.00	12	75.00	7	43.75	10	62.50	12	75.00	13	81.25
<b>Income</b>															
Less than RM 1,000	277	105	37.91	110	39.71	244	88.09	153	55.23	234	84.48	251	90.61	256	92.42
RM 1,000- RM 3,999	121	29	23.97	45	37.19	110	90.91	55	45.45	99	81.82	111	91.74	112	92.56
RM 4,000- RM 6,999	39	13	33.33	20	51.28	35	89.74	21	53.85	34	87.18	35	89.74	36	92.31
RM 7,000- RM 9,999	14	5	35.71	5	35.71	12	85.71	8	57.14	12	85.71	11	78.57	13	92.86
More than RM 10,000	10	2	20.00	4	40.00	9	90.00	8	80.00	5	50.00	8	80.00	9	90.00

Note: Percentage presented is by rows. E.g.: For those aged between 18-20, 70 of the 245 respondents exhibited positive healthy eating attitude (28.57%)