

**Supplementary File 2.** Univariate logistic regressions assessing positive dietary behavior with 95% CIs

Demographic variables	Self-efficacy			Intentions			Situations			Behavioral			Social support			Outcome expectations		
	Odds Ratio	p-value	95% CI	Odds Ratio	p-value	95% CI	Odds Ratio	p-value	95% CI	Odds Ratio	p-value	95% CI	Odds Ratio	p-value	95% CI	Odds Ratio	p-value	95% CI
<b>Education level</b>																		
College/Pre-University/Diploma (ref)																		
Primary or lower	0.154	0.076	0.019 - 1.220				1.476	0.715	11.934	2.315	0.223	8.938	1.090	0.914	5.214	1.315	0.798	10.660
Secondary	0.533	0.043	0.290 - 0.981				1.070	0.873	2.454	0.922	0.772	1.591	2.956	0.028	7.764	1.315	0.563	3.322
Pre-U	0.632	0.051	0.398 - 1.003				2.531	0.032	5.922	0.970	0.888	1.491	1.568	0.143	2.862	2.651	0.036	6.583
Postgrad	0.512	0.259	0.160 - 1.635				0.443	0.181	- 1.46	0.675	0.450	1.872	0.404	0.094	1.167	0.394	0.128	1.307
<b>Ethnicity</b>																		
Malay (ref)																		
Chinese	2.049	0.010	1.191 - 3.525	1.871	0.023	1.092 - 3.203	0.806	0.608	0.353 - 1.839									
Indian	1.798	0.149	0.811 - 3.985	0.943	0.888	- 0.418	0.323	0.018	0.823									
Others	0.787	0.472	0.409 - 1.513	0.802	0.477	- 1.475	1.413	0.531	4.171									
<b>Income</b>																		
< RM 1000 (ref)																		
RM 1000- RM 3999	0.516	0.007	0.319 - 0.837							0.675	0.073	0.440 - 1.037	0.827	0.510	0.470 - 1.455			
RM 4000- RM 6999	0.819	0.581	0.403 - 1.664							0.946	0.870	0.483 - 1.853	1.250	0.660	0.463 - 3.375			
RM 7000- RM 9999	0.910	0.869	0.297 - 2.789							1.081	0.889	0.365 - 3.197	1.103	0.901	0.238 - 5.101			

> RM 10,000			0.085 -					0.676		0.051		
	0.410	0.265	1.965				3.242	0.141	15.543	0.184	0.010	0.662
<b>Age</b>												
18-20 (ref)												
21-30			0.828 -			0.677						
	1.375	0.218	2.283	1.107	0.685	-						1.810
31-40			0.688 -			0.612						
	1.400	0.353	2.849	1.219	0.573	-						2.429
41-50			0.645 -			-						1.109
	1.250	0.508	2.421	2.072	0.022	-						3.869
>=51			1.707 -			-						0.776
	3.500	0.001	7.178	1.568	0.210	-						3.172
<b>Region</b>												
North Peninsular (ref)												
East Peninsular						0.894						0.602
				1.635	0.110	-						-
						2.988	1.099	0.759				2.004
Central Peninsular						0.230						0.841
				0.446	0.017	-						-
						0.865	1.499	0.170				2.671
South Peninsular						0.531						0.669
				1.050	0.889	-						-
						2.073	1.312	0.429				2.575
East Malaysia						0.752						1.142
				1.617	0.219	-						-
						3.477	2.662	0.023				6.207
<b>Marital status</b>												
Single (ref)												
Currently married or have been married before						1.098						
				1.671	0.017	-						
						2.544						

Note: Only variables with at least one response achieving a p-value of 0.10 are shown and subsequently included in the multiple regression