Supplement to: Consumers' awareness of food-based dietary guidelines in Germany

Results of a representative survey

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	weighted		unweighted	
	n	%	n	%
sex				
male	756	43.0	847	48.1
female	1,003	57.0	912	51.9
age (years)				
18–24	82	4.7	169	9.6
25–29	52	3.0	126	7.2
30–39	239	13.6	246	14.0
40–49	358	20.4	346	19.7
50–64	697	39.6	424	24.1
65–74	182	10.3	234	13.3
75 and over	130	7.4	194	11.0
no information provided	19	1.1	19	1.1
size of household				
total	1,759	100.0	1,759	100.0
1 person	408	23.2	475	27.0
2 people	587	33.4	525	29.9
3 people	306	17.4	273	15.5
4 people	295	16.8	296	16.8
5 people or more	151	8.6	160	9.1
no information	12	0.7	31	1.8
child/children in the household				
total	1,759	100.0	1,759	100.0
yes	558	31.7	528	30.0
no	1,190	67.7	1,201	68.3
no information	11	0.6	30	1.7
state within Germany				
total	1,759	100.0	1,759	100.0
Schleswig-Holstein	52	3.0	58	3.3
Hamburg	31	1.8	28	1.6
Lower Saxony	174	9.9	182	10.3
Bremen North	18	1.0	22	1.2
Rhine-Westphalia	406	23.1	373	21.2
Hesse	135	7.7	163	9.3
Rhineland-Palatinate	99	5.6	101	5.8
Baden-Württemberg	240	13.6	243	13.8
Bavaria	318	18.1	366	20.8
Saarland	18	1.0	14	0.8
Berlin	56	3.2	40	2.3
Brandenburg	34	1.9	25	1.4
Mecklenburg-West Pomerania	29	1.6	26	1.5
Saxony	64	3.6	52	3.0
Saxony-Anhalt	47	2.7	39	2.2
Thuringia	36	2.0	25	1.4
no information provided	2	0.1	2	0.1

Nielsen areas (structure up to 2007)				
no information provided	2	0.1	2	0.1
Nielsen I: Schleswig-Holstein, Hamburg, Bremen, Lower Saxony	275	15.6	289	16.4
Nielsen II: North-Rhine-Westphalia	406	23.1	373	21.2
Nielsen IIIa: Hesse, Rhineland-Palatinate, Saarland	252	14.3	279	15.8
Nielsen IIIb: Baden-Württemberg	240	13.6	243	13.8
Nielsen IV: Bavaria	318	18.1	366	20.8
Nielsen V: Berlin	56	3.2	40	2.3
Nielsen VI: Mecklenburg-West Pomerania, Brandenburg, Saxony-Anhalt	110	6.3	90	5.1
Nielsen VII: Thuringia, Saxony	100	5.7	77	4.4
education level				
no school leaving certificate	7	0.4	84	4.8
still a pupil	5	0.3	4	0.2
lower secondary school *(Volksschule)*	274	15.6	637	36.2
middle school *(Realschule)*/Polytechnic Secondary School [POS]	574	32.6	503	28.6
achieved required qualifications for attending university	877	49.9	510	29.0
no information provided	22	1.3	22	1.3
education or profession in the field of nutrition, food, or health				
yes	471	26.8	451	25.6
no	1,286	73.1	1,306	74.3
no information provided	2	0.1	2	0.1
immigrant background				
immigrant background	152	8.6	175	9.9
no immigrant background	1,588	90.3	1,563	88.9
immigration prior to 1950	11	0.6	14	0.8
no information provided	8	0.5	7	0.4
net monthly household income				
< 1,000 €	92	5.2	152	8.6
1,000 < 3,000 €	667	37.9	755	42.9
3,000 < 5,000 €	488	27.7	361	20.5
5,000 < 7,000 €	113	6.4	72	4.1
≥ 7,000	38	2.2	24	1.3
no information provided[a]	361	20.5	395	22.5
chronic disease				
yes	673	38.3	679	38.6
no	1,071	60.9	1,064	60.5
no information provided	15	0.9	16	0.9
Body Mass Index (BMI)				
underweight (< 18.5 kg/m²)	26	1.5	19	1.1
normal weight (18.5–24.9 kg/m²)	886	50.4	832	47.3
pre-obese (25–29.9 kg/m²)	589	33.5	636	36.1
obese (≥ 30 kg/m²)	188	10.7	219	12.4
could not be calculated	70	4.0	53	3.0

Tab. 1: **Selected sociodemographic and biomedical characteristics of the sample** (n = 1,759)
[a] Missing values of this dimension are common when asking about monthly net household income.

	10 guidelines of the DGE	DGE Nutrition Circle	Three-Dimensional DGE Food Pyramid
total	14	10	37
sex			
women	17	13	49
men	9	7	24
significance test	χ^2 (1, N = 1,752) = 24.36, p < 0.001	χ^2 (1, N = 1,753) = 20.70, p < 0.001	χ^2 (1, N = 1,753) = 115.03, p < 0.001
age (years)			
18–24	3	n. s.	46
25–29	10	n. s.	49
30–39	14	n. s.	48
40–49	17	n. s.	48
50–64	18	n. s.	33
65–74	12	n. s.	33
≥ 75	12	n. s.	13
significance test	χ^2 (6, N = 1,734) = 31.10, p < 0.001	χ^2 (6, N = 1,734) = 9.05, p < 0.171	χ^2 (6, N = 1,734) = 119.68, p < 0.001
size of household (no. of people)			
1	n. s.	n. s.	24
2	n. s.	n. s.	32
3	n. s.	n. s.	49
4	n. s.	n. s.	53
≥ 5	n. s.	n. s.	42
significance test	χ^2 (4, N = 1,721) = 6.91, p = 0.141-	χ^2 (4, N = 1,722) = 7.44, p = 0.114	χ^2 (4, N = 1,722) = 91.41, p < 0.001
type of household			
with a child/children	n. s.	n. s.	53
no children	n. s.	n. s.	30
significance test	χ^2 (1, N = 1,722) = 0.01, p < 0.932	χ^2 (1, N = 1,723) = 0.96, p < 0.328	χ^2 (1, N = 1,722) = 77.80, p < 0.001
professional group			
link to nutrition	22	17	50
no link to nutrition	11	8	32
significance test	χ^2 (1, N = 1,750) = 38.89, p < 0.001	χ^2 (1, N = 1,751) = 32.18, p < 0.001	χ^2 (1, N = 1,750) = 49.37, p < 0.001
income (€/month net)			
< 1,000	n. s.	n. s.	23
1,000 < 3,000	n. s.	n. s.	35
3,000 < 5,000	n. s.	n. s.	45
5,000 < 7,000	n. s.	n. s.	49
≥ 7,000	n. s.	n. s.	35
significance test	χ^2 (4, N = 1,359) = 2.93, p = 0.569	χ^2 (4, N = 1,360) = 1.00, p = 0.910	χ^2 (4, N = 1,360) = 27.76, p < 0.001
Body Mass Index (BMI (BMI, kg/m²)			
< 18.5	n. s.	n. s.	38
18.5–24.9	n. s.	n. s.	40
≥ 25	n. s.	n. s.	32
significance test	χ^2 (2, N = 1,699) = 2.03, p = 0.363	χ^2 (2, N = 1,700) = 4.94, p = 0.084	χ^2 (2, N = 1,699) = 10.79, p = 0.005
health status			
no chronic disease	n. s.	n. s.	40
chronic disease	n. s.	n. s.	32
significance test	χ^2 (1, N = 1,736) = 0.84, p = 0.773	χ^2 (1, N = 1,738) = 1.13, p = 0.289	χ^2 (1, N = 1,737) = 11.11, p = 0.001

Tab. 2: **Awareness of DGE models: Have you ever heard anything about the following information from the German Nutrition Society (DGE)?**
Answer: "yes" (valid %; for characteristics with significant differences between the groups)
For the characteristics of state within Germany, Nielsen area, education, and immigrant background, there were no significant differences between the groups with regard to awareness of the FBDG models.
n. s. = not significant