**Table A Repeated measure for meal patterns to measure the influence from demographics and its between subjects’ effects**

|  | **Sum of Squares**  | **df**  | **Mean Square**  | **F**  | **p**  | **η² p**  |
| --- | --- | --- | --- | --- | --- | --- |
| BMI\_categories  |  | 13.916 |  | 3 |  | 4.639 |  | 2.344 |  | 0.073 |  | 0.017 |  |
| Age  |  | 36.897 |  | 1 |  | 36.897 |  | 18.644 |  | < .001 |  | 0.044 |  |
| DoYouSmoke  |  | 0.234 |  | 1 |  | 0.234 |  | 0.118 |  | 0.731 |  | 0.000 |  |
| Gender  |  | 1.413 |  | 1 |  | 1.413 |  | 0.714 |  | 0.399 |  | 0.002 |  |
| MaritalStatus  |  | 3.765 |  | 1 |  | 3.765 |  | 1.903 |  | 0.169 |  | 0.005 |  |
| Nationality  |  | 0.338 |  | 1 |  | 0.338 |  | 0.171 |  | 0.680 |  | 0.000 |  |
| EducationLevel  |  | 14.620 |  | 1 |  | 14.620 |  | 7.388 |  | 0.007 |  | 0.018 |  |
| Residual  |  | 799.509 |  | 404 |  | 1.979 |  |  |  |  |  |  |  |
|  |
| *Note.*  Type III Sum of Squares  |

**Table B Repeated measure for Food groups pattern to measure the influence from demographics and its between subjects’ effect**

| **Cases**  | **Sum of Squares**  | **df**  | **Mean Square**  | **F**  | **p**  | **η²**  |
| --- | --- | --- | --- | --- | --- | --- |
| BMI\_categories  |  | 9.815  |  | 3  |  | 3.272  |  | 0.808  |  | 0.490  |  | 4.755e -4  |  |
| Age  |  | 15.734  |  | 1  |  | 15.734  |  | 3.886  |  | 0.049  |  | 7.622e -4  |  |
| Gender  |  | 66.329  |  | 1  |  | 66.329  |  | 16.384  |  | < .001  |  | 0.003  |  |
| MaritalStatus  |  | 2.833  |  | 1  |  | 2.833  |  | 0.700  |  | 0.403  |  | 1.373e -4  |  |
| Nationality  |  | 6.324  |  | 1  |  | 6.324  |  | 1.562  |  | 0.212  |  | 3.064e -4  |  |
| EducationLevel  |  | 13.277  |  | 1  |  | 13.277  |  | 3.280  |  | 0.071  |  | 6.432e -4  |  |
| DoYouSmoke  |  | 4.273  |  | 1  |  | 4.273  |  | 1.056  |  | 0.305  |  | 2.070e -4  |  |
| Residuals  |  | 1635.545  |  | 404  |  | 4.048  |  |  |  |    |  |  |  |
|  |
| *Note.*  Type III Sum of Squares  |

**Table C Repeated measure for beverage consumption habits to measure the influence from demographics and its between subjects’ effect**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Cases**  | **Sum of Squares** | **df** | **Mean Square** | **F** | **p** | **η²** |
| Age  | 3.281 | 1 | 3.281 | 1.388 | 0.239 | 4.045e -4 |
| Gender  | 7.966 | 1 | 7.966 | 3.369 | 0.067 | 0.001 |
| MaritalStatus  | 1.292 | 1 | 1.292 | 0.546 | 0.46 | 1.731e -4 |
| Nationality  | 0.557 | 1 | 0.557 | 0.235 | 0.628 | 6.761e -5 |
| EducationLevel  | 1.048 | 1 | 1.048 | 0.443 | 0.506 | 1.779e -4 |
| DoYouSmoke  | 25.655 | 1 | 25.655 | 10.85 | 0.001 | 0.004 |
| BMI\_categories  | 11.692 | 1 | 11.692 | 4.944 | 0.027 | 0.002 |
| Residuals  | 960.028 | 406 | 2.365 |  |  |  |
|   |
| *Note.*  Type III Sum of Squares  |  |

**Table D Repeated measure for Physical activity to measure the influence from demographics and its between subjects’ effect**

| **Cases**  | **Sum of Squares**  | **df**  | **Mean Square**  | **F**  | **p**  | **η²**  |
| --- | --- | --- | --- | --- | --- | --- |
| BMI\_categories  |  | 23.384  |  | 3  |  | 7.795  |  | 3.817  |  | 0.010  |  | 0.004  |  |
| Age  |  | 18.370  |  | 1  |  | 18.370  |  | 8.996  |  | 0.003  |  | 0.003  |  |
| Gender  |  | 0.372  |  | 1  |  | 0.372  |  | 0.182  |  | 0.670  |  | 5.805e -5  |  |
| MaritalStatus  |  | 1.617  |  | 1  |  | 1.617  |  | 0.792  |  | 0.374  |  | 2.527e -4  |  |
| Nationality  |  | 0.041  |  | 1  |  | 0.041  |  | 0.020  |  | 0.888  |  | 6.333e -6  |  |
| EducationLevel  |  | 0.877  |  | 1  |  | 0.877  |  | 0.429  |  | 0.513  |  | 1.370e -4  |  |
| DoYouSmoke  |  | 5.542  |  | 1  |  | 5.542  |  | 2.714  |  | 0.100  |  | 8.660e -4  |  |
| Residuals  |  | 794.347  |  | 389  |  | 2.042  |  |  |  |    |  |  |  |
|  |
| *Note.*  Type III Sum of Squares  |