1) Grade Point Average (GPA)

A numerical representation of the actual academic performance

2) Gender –

Categorized as 1 for Female and 2 for Male

3) Breakfast Perception

Participants were presented with the following images and prompted to select the corresponding image for breakfast. Perception 1 corresponded to the "Cereal Option," while Perception 2 was linked to the "Donut Option."

4) Calories_Chicken -

pertains to the activity where participants made estimations regarding the calorie content of a chicken piadina. The variable denotes the specific count of calories that participants individually selected as their estimation for the chicken piadina dish.

1: 265 calories

2: 430 calories

3: 610 calories

4: 720 calories

5) Calories_Day -

lCertainly, here's the information presented in a lines and spaces format:

1: I don't know how many calories I should consume

2: It is not at all important

3: It is moderately important

4: It is very important

6) Calories_Scone -

Eeach label corresponds to a particular calorie value estimation for a Starbucks scone:

1 - Estimated at 107 calories

2 - Estimated at 315 calories

3 - Estimated at 420 calories

4 - Estimated at 980 calories

The label number in the dataset corresponds to the calorie value participants selected for the Starbucks scone.

7) Coffee -

1 – creamy frapuccino

2 – espresso shown

8) Comfort Food -

Participants were asked to list 3-5 comfort foods that readily come to mind. This open-ended question is particularly suitable for natural language processing (NLP) analysis.

9) comfort_food_reasons -

Respondents were invited to provide up to three reasons that drive them to consume comfort food. This open-ended question is well-suited for the analysis of natural language processing (NLP).

10) comfort_food_reasons_coded -

The factors associated with consuming comfort food were categorized as follows, with the corresponding codes:

1 – Stress

2 – Boredom

3 – Depression/Sadness

4 – Hunger

5 – Laziness

6 – Cold Weather

7 – Happiness

8 – Watching TV

9 – None

11) cook -

Participants' cooking habits were categorized based on how often they cook, using the following options:

1 – Every day

2 – A couple of times a week

3 – Whenever I can, but not very often

4 – I only assist occasionally during holidays

5 – Never, as I'm not familiar with cooking

12) Cuisine -

In your upbringing, what kind of cuisine did you primarily consume?

1 – American

2 – Mexican/Spanish

3 – Korean/Asian

4 – Indian

5 – American-inspired international dishes

6 – Other

(Note: Extensive cleaning may be required for this variable to ensure accuracy.)

13) diet_current -

Respondents were asked to provide a description of their current diet. This open-ended question is suitable for NLP analysis.

14) diet_current_coded -

Descriptions of current diets were categorized as follows:

1 – Reflects a healthy, balanced, or moderated approach

2 – Indicates an unhealthy, cheap, excessive, or random pattern

3 – Suggests repetitive consumption of the same foods

4 – Description is unclear or ambiguous

15) Drink Association –

Indicate the image you connect with the word "drink":

1 – Orange juice

2 – Soda

16) eating_changes_ -

Detail any modifications you've made to your eating habits since entering college. This question is open-ended.

17) eating_changes_coded

1 – worse

2 – better

3 – the same

4 – unclear

18) eating_changes_coded -

1 – eat faster

2 – bigger quantity

3 – worse quality

4 – same food

5 – healthier

6 – unclear

7 – drink coffee

8 – less food

9 – more sweets

10 – timing

11 – more carbs or snacking

12 – drink more water

13 – more variety

19) eating_out -

how often one dines out during a standard week

1 - Never

2 - 1-2 times

3 - 2-3 times

4 - 3-5 times

5 - every day

20) employment –

Are you employed?

1 - yes full time

2 - yes part time

3 – no

4 - other

21) ethnic_food -

Probability of consuming cuisine from different cultures

1 - very unlikely

2 - unlikely

3 - neutral

4 - likely

5 - very likely

22) exercise –

How frequently do you engage in physical activity during a typical week?

1 - Everyday

2 - Twice or three times per week

3 - Once a week

4 - Sometimes

5 – Never

23) father_education –

1 - less than high school

2 - high school degree

3 - some college degree

4 - college degree

5 - graduate degree

24) father_profession –

What does your father do for a living?

25) fav_cuisine -

Which type of cuisine do you prefer the most?

26) fav_cuisine_coded -

0-none

1 – Italian/French/greek

2 – Spanish/mexican

3 – Arabic/Turkish

4 – asian/chineses/thai/nepal

5 – American

6 – African

7 – Jamaican

8 – indian

27) fav_food -

Was the food you like the most prepared at home or purchased from a store?

1 - cooked at home

2 - store bought

3 - both bought at store and cooked at home

28) food_childhood –

What type of food did you enjoy the most during your childhood?

29) Which of these images do you connect with the word "fries"?

1 – Mcdonald's fries

2 – home fries

30) fruit_day -

What is the probability that you consume fruits on an average day?

1 - very unlikely

2 - unlikely

3 - neutral

4 - likely

5 - very likely

31) grade_level –

1 - freshman

2 -Sophomore

3 - Junior

4 - Senior

32) greek_food -

How inclined are you to eat Greek food when it's accessible?

1 - very unlikely

2 - unlikely

3 - neutral

4 - likely

5 - very likely

33) healthy_feel –

On a scale of 1 to 10, where 1 indicates strong agreement and 10 indicates strong disagreement, how much do you agree with the statement: "I feel very healthy!"?

34) healthy_meal –

Define a healthy meal in 2 to 3 sentences. open ended

35) ideal_diet –

Outline your ideal eating regimen within 2 to 3 sentences. Open ended.

36) Ideal_diet_coded -

1 – portion control

2 – adding veggies/eating healthier food/adding fruit

3 – balance

4 – less sugar

5 – home cooked/organic

6 – current diet

7 – more protein

8 – unclear

37) income -

1 - less than $15,000

2 - $15,001 to $30,000

3 - $30,001 to $50,000

4 - $50,001 to $70,000

5 - $70,001 to $100,000

6 - higher than $100,000

38) indian_food –

How inclined are you to consume Indian cuisine when it's an option?

1 - very unlikely

2 - unlikely

3 - neutral

4 - likely

5 - very likely

39) Italian_food –

How inclined are you to partake in Italian cuisine when it's accessible?

1 - very unlikely

2 - unlikely

3 - neutral

4 - likely

5 - very likely

40) life_rewarding –

On a scale of 1 to 10, with 1 being strongly agree and 10 being strongly disagree, how much do you agree with the statement: "I feel life is very rewarding!"?

41) marital_status

1 -Single

2 - In a relationship

3 - Cohabiting

4 - Married

5 - Divorced

6 - Widowed

42) meals_dinner_friend –

What kind of meal would you prepare for a friend's dinner? open ended.

43) mothers_education

1 - less than high school

2 - high school degree

3 - some college degree

4 - college degree

5 - graduate degree

44) mothers_profession –

What occupation does your mother have?

45) nutritional_check -

checking nutritional values frequency

1 - never

2 - on certain products only

3 - very rarely

4 - on most products

5 - on everything

46) on_off_campus –

living situation

1 - On campus

2 - Rent out of campus

3 - Live with my parents and commute

4 - Own my own house

47) parents_cook -

Roughly how many days each week did your parents prepare meals at home?

1 - Almost every day

2 - 2-3 times a week

3 - 1-2 times a week

4 - on holidays only

5 - never

48) pay_meal_out -

What is your budget range for dining out?

1 - up to $5.00

2 - $5.01 to $10.00

3 - $10.01 to $20.00

4 - $20.01 to $30.00

5 - $30.01 to $40.00

6 - more than $40.01

49) Persian_food -

How likely to eat persian food when available?

1 - very unlikely

2 - unlikely

3 - neutral

4 - likely

5 - very likely

50) self_perception_weight -

Personal perception of one's weight

6 - i dont think myself in these terms

5 - overweight

4 - slightly overweight

3 - just right

2 - very fit

1 - slim

51) Which of these two images do you connect with the term "soup"?

1 – veggie soup

2 – creamy soup

52) sports -

Do you participate in any sports or physical activities?

1 - Yes

2 - No

99 – no answer

53) thai_food -

How inclined are you to consume Thai food when it's an option?

1 - very unlikely

2 - unlikely

3 - neutral

4 - likely

5 - very likely

54) tortilla_calories -

Estimating the calorie content of a burrito sandwich from Chipotle?

1 - 580

2 - 725

3 - 940

4 - 1165

55) turkey_calories -

Can you provide an estimate of the calorie count for the foods depicted in the following image?

(Panera Bread Roasted Turkey and Avocado BLT)

1 - 345

2 - 500

3 - 690

4 - 850

56) type_sports –

What kinds of sports do you take part in?

57)What is the likelihood that you consume vegetables within a day?

1 - very unlikely

2 - unlikely

3 - neutral

4- likely

5 - very likely

58) <u>vitamins</u> –

 do you take any supplements or vitamins?

1 – yes

2 – no

59) <u>waffle_calories</u> -

Estimating the calorie content of a waffle potato sandwich?

1 - 575

2 - 760

3 - 900

4 - 1315

60) <u>weight</u> –

What is your weight measured in pounds?