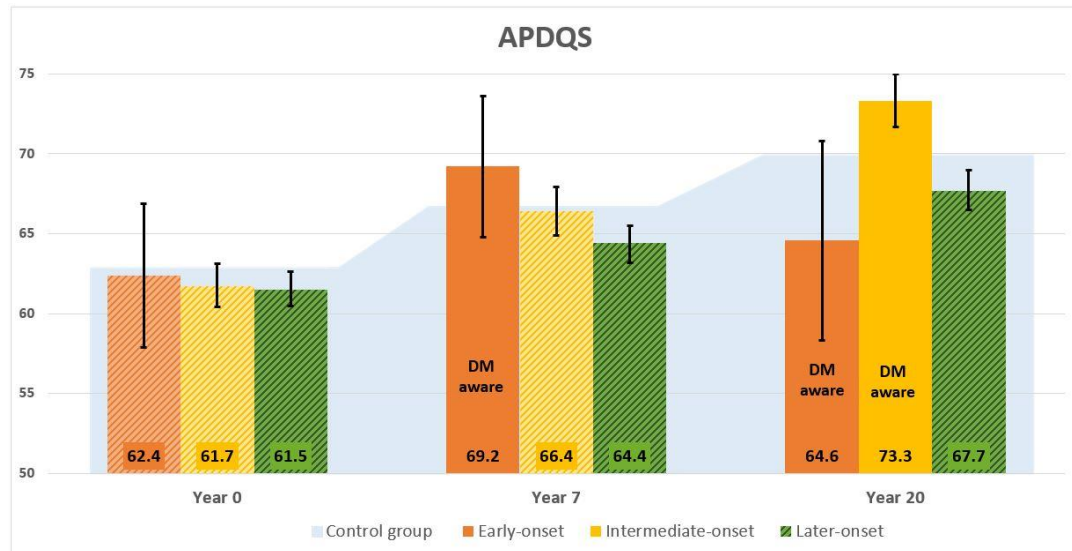


Supplemental Figure 1. Twelve collapsed food groups in the current study

	Beneficially-rated	Neutrally-rated	Adversely-rated
Plant foods	Fruit; Avocado; Beans/legumes; Tomatoes; Green vegetables; Yellow vegetables; Other vegetables; Nuts and seeds; Soy products; Whole grains; Vegetable oil	Potatoes; Refined grains; Margarine; Chocolate; Meal replacements; Pickled foods; Sugar substitutes	Fried potatoes; Grain dessert; Salty snacks; Pastries; Sweets
Meat products	Fish; Lean fish; Poultry	Lean meats; Shellfish; Eggs; Soups	High-fat meats; Processed meats; Organ meats; Fried fish/poultry; Sauces
Alcoholic beverages	Beer; Wine; Liquor		
Other non-dairy beverages	Coffee; Tea	Diet drinks; Fruit juices	Soft drinks
Dairy	Low-fat milk/cheese/yogurt		Whole-fat milk/cheese/yogurt; Butter

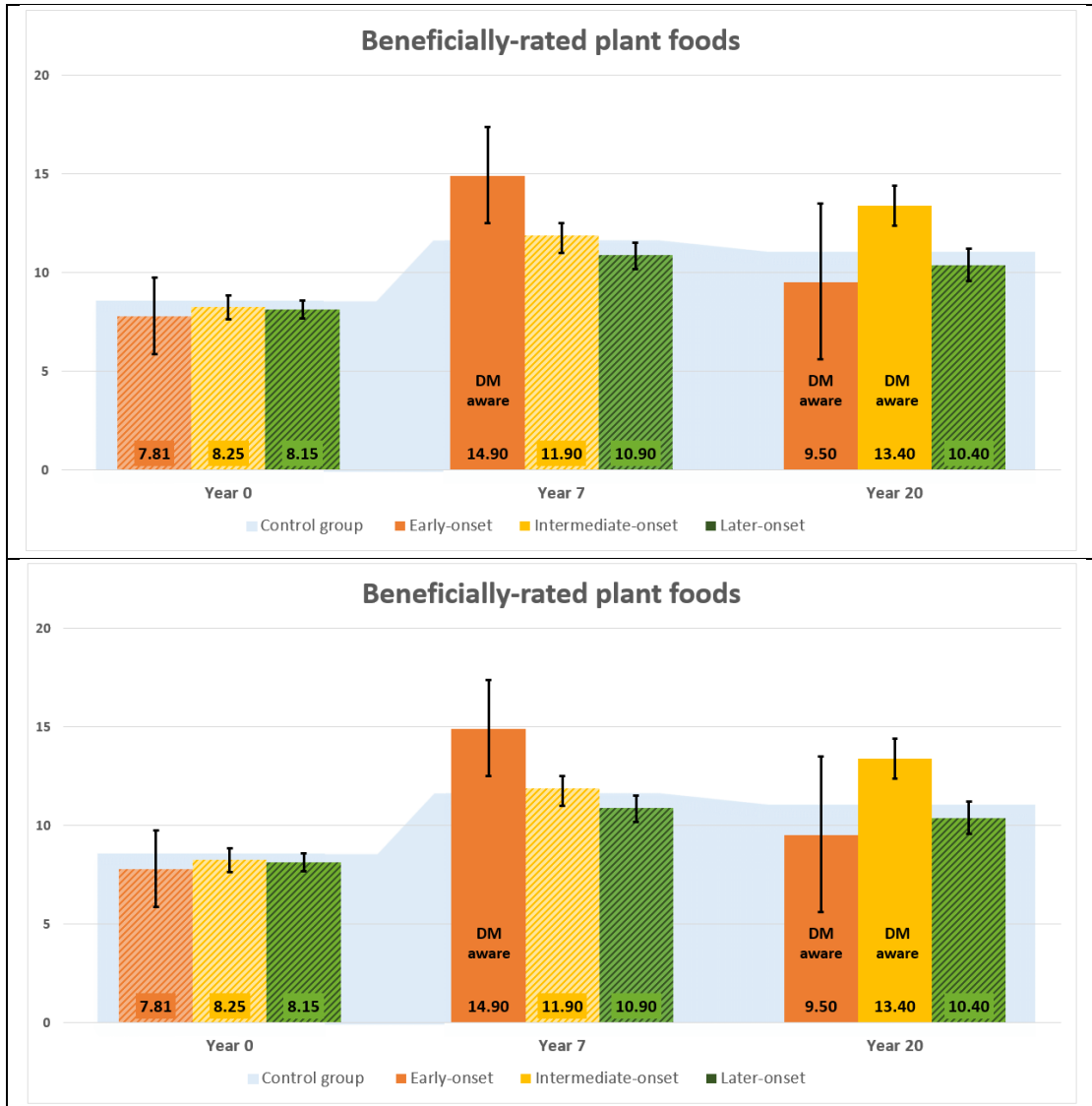
Supplemental Figure 2. Means of APDQS at Y0, Y7, Y20 according to diabetes awareness

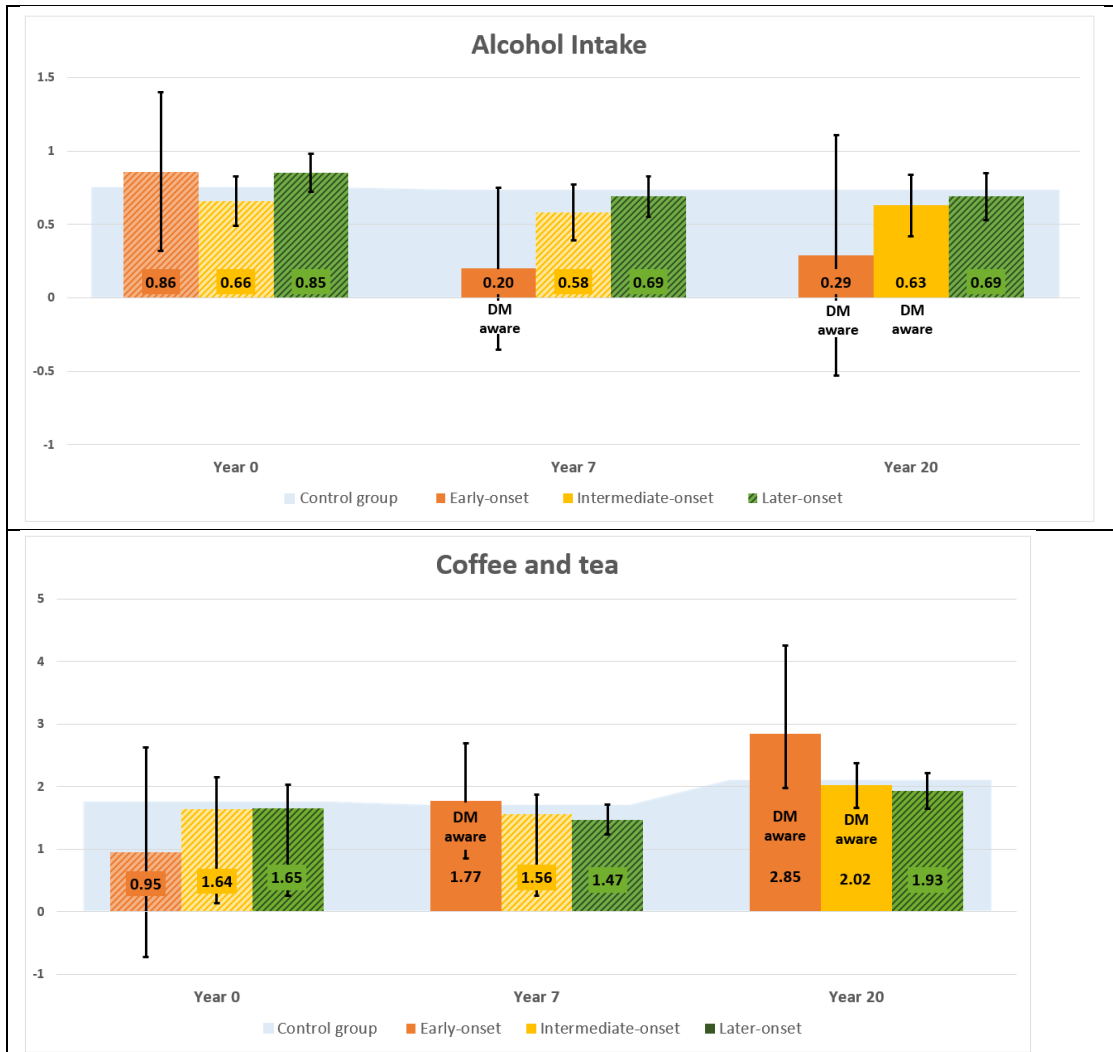


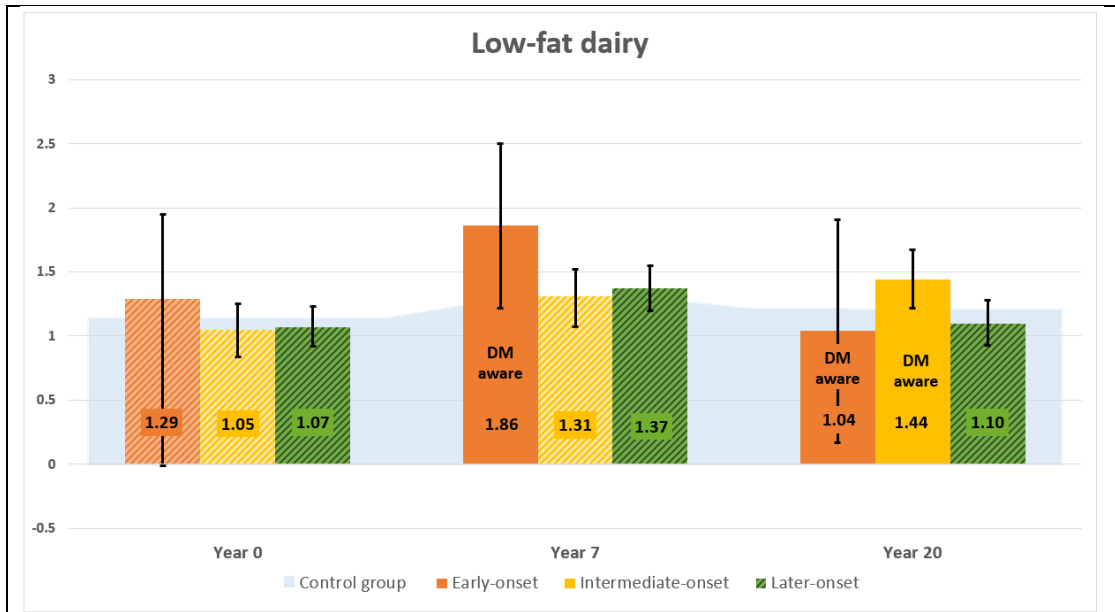
Note: Area chart indicates the means of the control group while the bars of a bar chart refer to the means of case groups. Striped bar indicates the scores before diabetes awareness while the solid bar with label as “DM aware” indicates the scores after diabetes awareness.

Supplemental Figure 3. Means of 12 food group intake at Y0, Y7, Y20 according to diabetes awareness

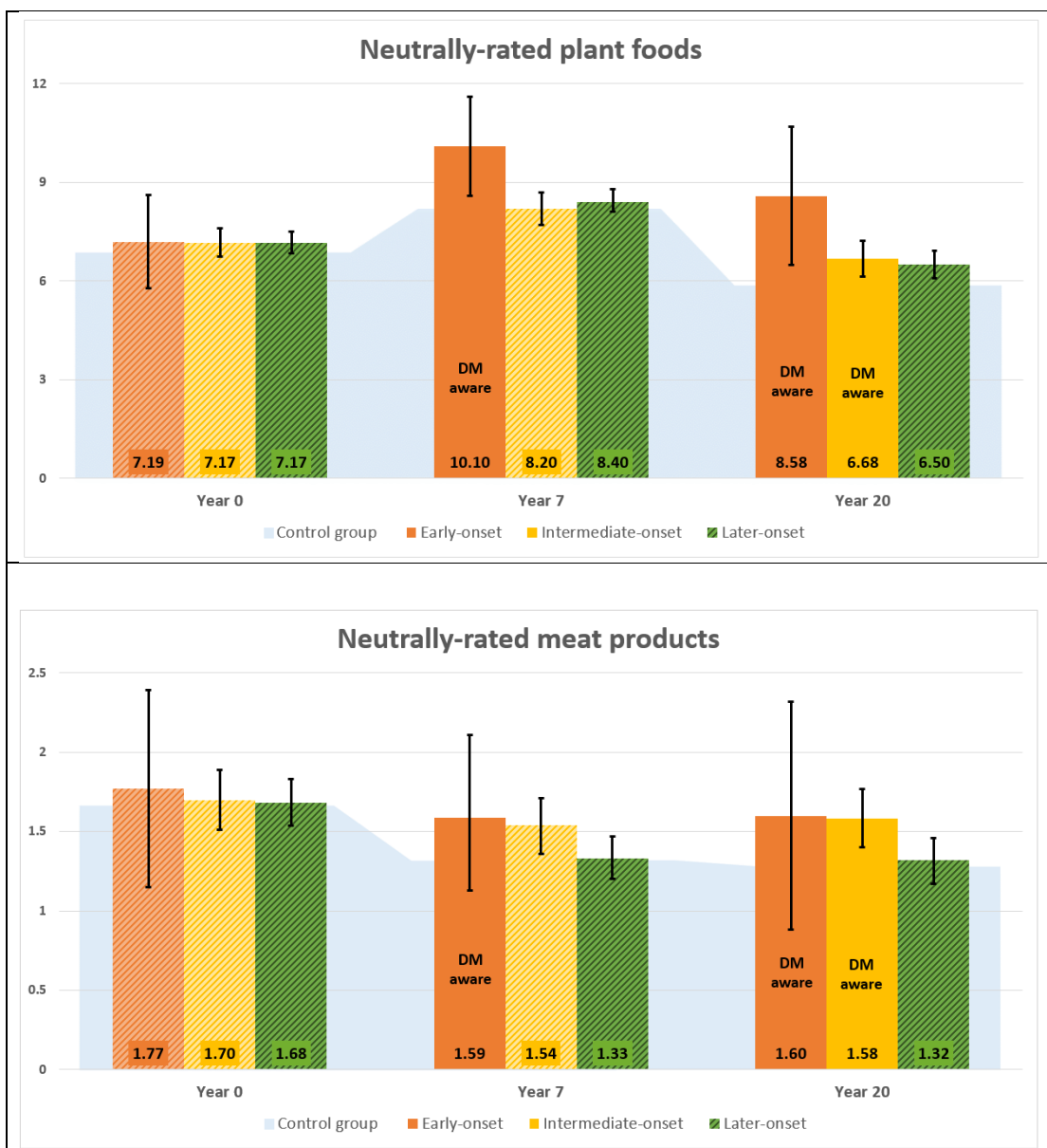
3a. Means of 5 beneficially-rated food group intake at Y0, Y7 and Y20

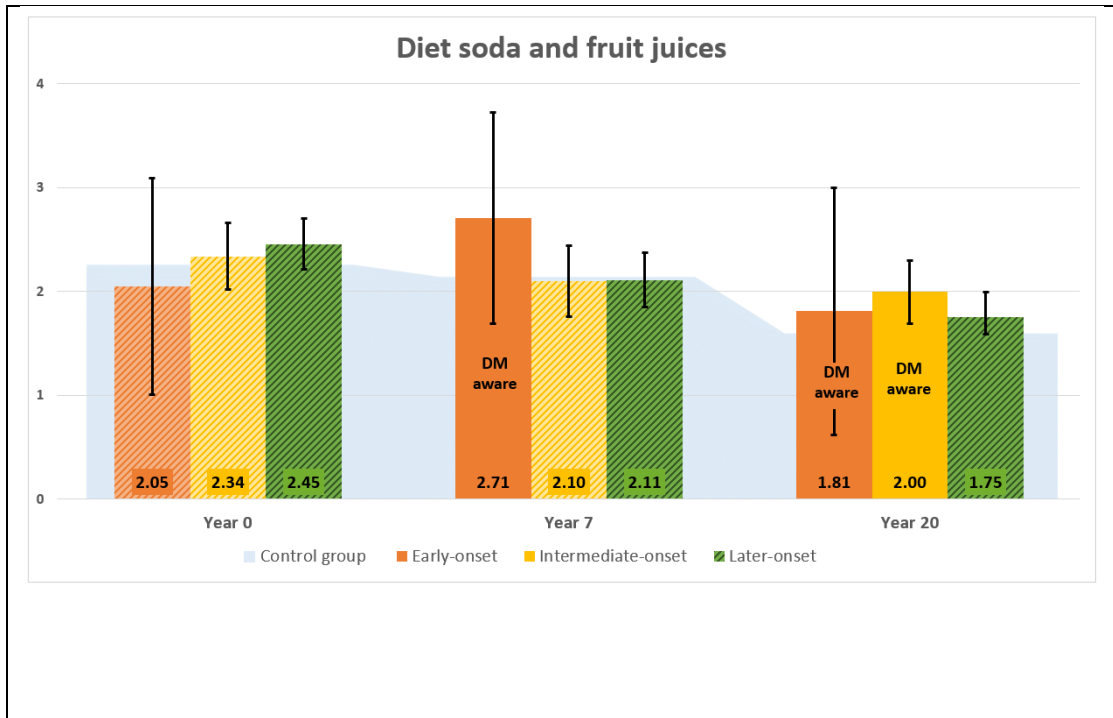




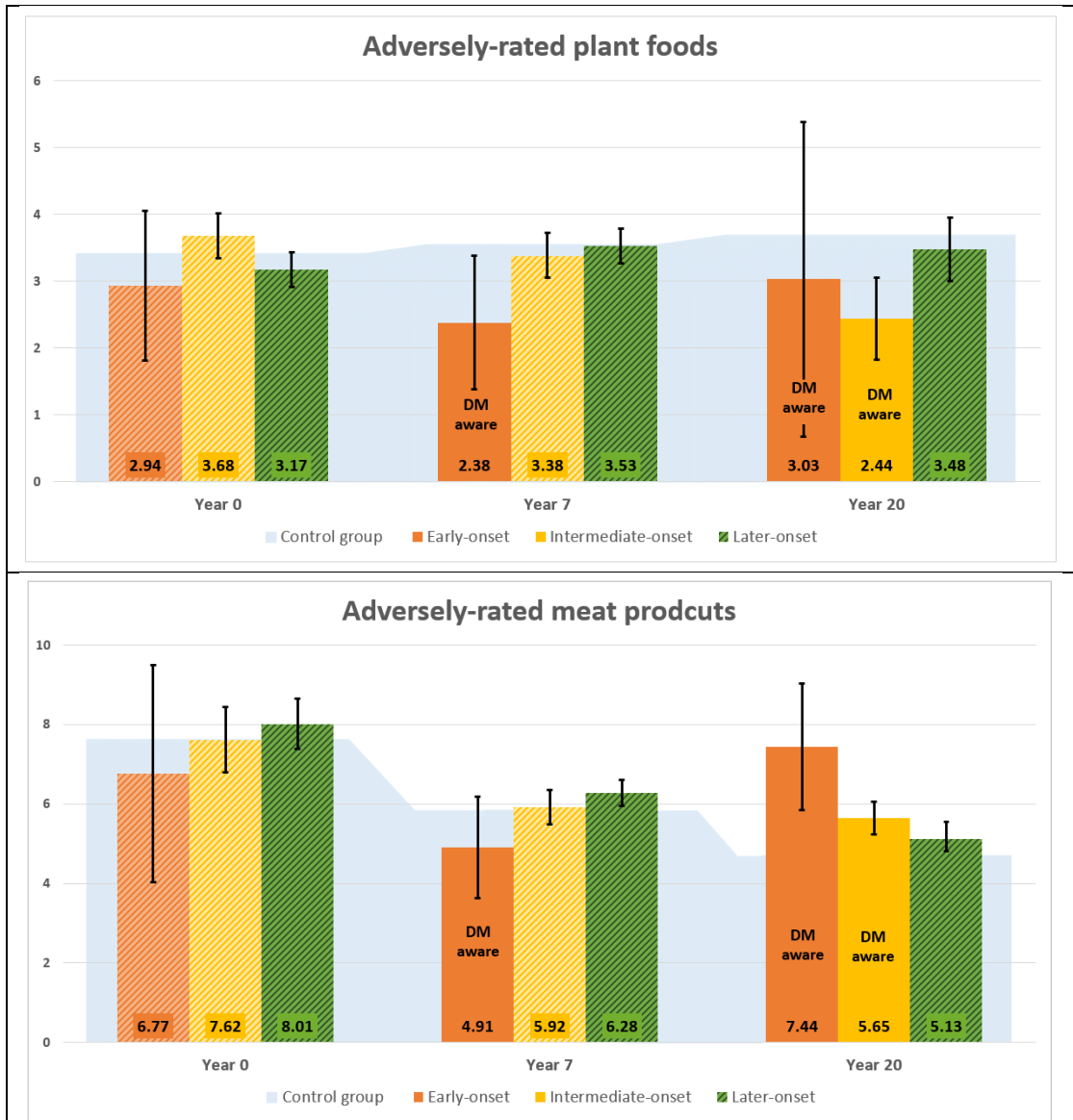


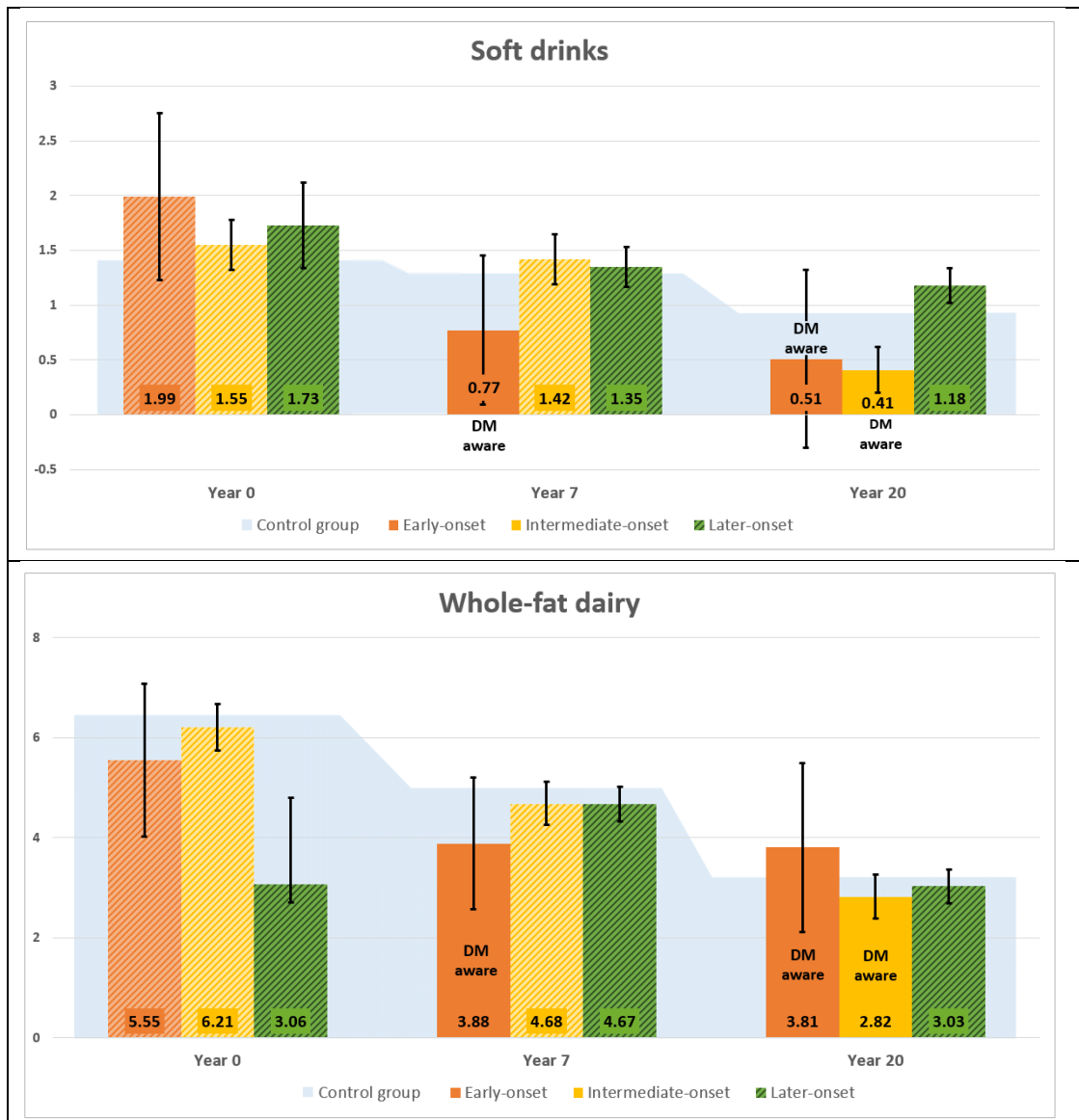
3b: Means of 3 neutrally-rated food group intake at Y0, Y7 and Y20





3c: Means of 4 adversely-rated food group intake at Y0, Y7 and Y20





Note: Area chart indicates the means of the control group while the bars of a bar chart refer to the means of case groups. Striped bar indicates the scores before diabetes awareness while the solid bar with label as “DM aware” indicates the scores after diabetes awareness.