

Supplementary Table

Preliminary Question	*CVI for Relevance	Delete (# yes)	Expert Comments	Participant Interview Feedback	Final Question
High Protein Nutrition					
<p>1. Which group of foods provides the most protein?</p> <p>a. bread, rice, noodles b. banana, applesauce, broccoli c. Correct: pork chop, egg, kidney beans d. peanut butter, olive oil, salad dressing</p>	1.0		<p>Consider “list” or “type” of foods vs “group”, so as not to be confused with “food groups”, would also use just “butter” vs “peanut butter” for increased clarity. Peanut butter is on the only vegetarian protein rich food and I think adds to confusion when it is grouped with high fat foods (and is therefore not the correct answer). I would also consider more vegetarian options</p> <p>I believe "group" implies food groups. Suggest rewording question: which foods provide the most protein.</p>		<p>1. Which list of foods provides the most protein?</p> <p>a. bread, rice, noodles b. banana, applesauce, broccoli c. Correct: pork chop, egg, kidney beans d. peanut butter, olive oil, salad dressing</p>
<p>2. Which food is the best choice to increase your protein intake?</p> <p>a. Baked potato b. Correct: Roasted chicken c. Steamed broccoli d. Fresh apple</p>	1.0		<p>I tend to think of tips for increasing protein intake as adding milk to a recipe, eggs to something, etc. This seems to fit more for identifying high protein food vs. the HOW to increase protein intake.</p>		<p>2. Which food is the best choice to increase your protein intake?</p> <p>a. Baked potato b. Correct: Roasted chicken c. Steamed broccoli d. Fresh apple</p>
<p>3. Which morning meal is highest in protein?</p> <p>a. 8 oz. orange juice, 2 pancakes with syrup</p>	1.0		<p>This seems to hit on all factors, so maybe ok?</p>		<p>3. Which morning meal is highest in protein?</p> <p>a. 8 oz. orange juice, 2 pancakes with syrup</p>

<p>b. 8 oz. coffee, ½ cup of oatmeal, and 1 slice of toast</p> <p>c. 8 oz. tea, 1 blueberry muffin</p> <p>d. Correct: 8 oz. milk, 2 scrambled eggs, 1 slice of toast</p>					<p>b. 8 oz. coffee, ½ cup of oatmeal, and 1 slice of toast</p> <p>c. 8 oz. tea, 1 blueberry muffin</p> <p>d. Correct: 8 oz. milk, 2 scrambled eggs, 1 slice of toast</p>
<p>4.It is best to eat protein...</p> <p>a. At breakfast</p> <p>b. At night</p> <p>c. Correct: At every meal or snack</p>	1.0		<p>Ok if measuring tips for increasing protein</p> <p>I would suggest emphasizing “foods rich in protein” to encourage a holistic food view and improved nutrition knowledge. Also, many patients struggle with their overall food intake and realistic goals are important (“best” – used in several questions, may convey an unrealistic ideal). May consider “To meet your needs for protein you are encouraged/recommended to eat FOODS RICH in protein at ...”</p>	<p>Participants (n = 2) preferred this question to question 5.</p>	Deleted
<p>5.At which meal should you eat the most protein?</p> <p>a. Breakfast</p> <p>b. Lunch</p> <p>c. Dinner</p> <p>d. Correct: Eat good sources of protein at all meals</p>	1.0	2	<p>similar to #4</p> <p>There is some overlap with #4 but includes quantity as well as timing. Include snacks as well as meals? Again I would emphasize “protein rich foods” or “foods rich in protein”.</p> <p>Question #5 is similar to Question #4 or reword the question -- is this really getting at an important concept?</p>	<p>Participants (n = 7) preferred this question to question 5.</p>	<p>4. At which meal should you eat protein rich foods?</p> <p>a. Breakfast</p> <p>b. Lunch</p> <p>c. Dinner</p> <p>d. Correct: Eat good sources of protein at all meals</p>
<p>6.You can know that a food is ‘a good source of protein’ if</p>	1		<p>This is a helpful question, but not all foods have nutrition labels; consider specifying where this information is</p>	<p>Some participants interpreted the word ‘panel’</p>	<p>5. From the nutrition information on a food package, you</p>

<p>it has at least ____ grams of protein per serving.</p> <p>a. 12 b. Correct: 10 c. 8 d. 6</p>			<p>located...and thus may want to start with “On a nutrition label” (or Nutrition Facts Table, etc)...”. Is it important to include content on serving sizes at some point other than #3?</p> <p>I am not truly sure this is correct. I can think of a hardboiled egg which is 6-7 g. I really don’t have a good reference for this.....I’d like to see the reference.</p>	<p>as a group of individuals making recommendations.</p> <p>Participants (n = 2) felt most individuals would guess the highest number listed.</p>	<p>can know that a food is ‘a good source of protein’ if it has at least ____ grams of protein per serving.</p> <p>a. 12 b. Correct: 10 c. 8 d. 6</p>
-			<p>Added due to expert feedback, see below.</p>	<p>A participant selected ‘add broccoli to casserole’ assuming the casserole would have protein in it.</p>	<p>6. How can you add a good source of protein to foods you may already be eating?</p> <p>a. Adding milk instead of water to oatmeal b. Spread honey on top of buttered toast c. Prepare rice with extra butter d. Add broccoli to a casserole</p>

Suggestions for Factor 1

The goal is help patient to apply strategies for preventing weight loss. Perhaps a question on how to increase protein in foods you are already eating? Something like: How can you add good sources of protein to foods you may already be eating? A. Add vegetables to snacks, B. Cook cereals with milk, C. Add quinoa to breakfast, D. Add a teaspoon of nuts to meals.

GI Distress

<p>1. Which drink is the best choice to treat fluid loss due to diarrhea?</p> <p>a. Water</p>	<p>0.67</p>	<p>1</p>	<p>I find adults rarely use Pedialyte with diarrhea. Is there a way to clarify when it is a good option, e.g. if unable to eat salty foods and foods high in potassium. What about using broth instead as a correct answer?</p>		<p>1. Which drink is the best option to replace fluid and sodium loss due to severe diarrhea?</p>
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<p>b. Correct: Pedialyte c. Soda or Pop d. Coffee</p>			<p>Context is important and missing here. What is the severity or duration of diarrhea? Would you be suggesting a patient go out and buy a specialized electrolyte formula for an episode of diarrhea? Also, consider substituting “replace” for “treat” for clarity and simplicity. That is debatable. I would still say water; maybe change wording to what is the best drink to replenish essential nutrients and minerals.</p>		<p>a. Water b. Correct: Broth c. Soda or Pop d. Coffee</p>
<p>2. Which drink might cause bloating, which often worsens GI distress?</p> <p>a. Water b. Pedialyte c. Correct: Soda or Pop d. Coffee</p>	<p>1</p>		<p>“GI distress” likely needs to be explained in the question, for clarity.</p>	<p>The phrase ‘GI distress’ was correctly interpreted by most participants. One concern was individuals would be unfamiliar with GI abbreviation.</p> <p>Majority of participants were familiar with Pedialyte and likened beverage to Gatorade or sports drink. One concern was nonparents would not be familiar with Pedialyte.</p> <p>A participant felt ‘coffee’ was the correct answer, because people with lactose intolerance may add cream.</p>	<p>2. Which drink might cause bloating, which often worsens gut comfort?</p> <p>a. Water b. Pedialyte c. Correct: Soda or Pop d. Coffee</p>
<p>3. An adult should drink at least ___ ounces of clear</p>	<p>1</p>			<p>Some participants interpreted ‘episode’ as one occasion while others</p>	<p>3. An adult should drink at least ___ ounces of clear fluids after each trip</p>

<p>fluids after each episode of diarrhea.</p> <p>a. 4 b. Correct: 8 c. 10 d. 12</p>				<p>thought it implied several occasions.</p>	<p>to the bathroom with diarrhea.</p> <p>a. 4 b. Correct: 8 c. 10 d. 12</p>
<p>4. Drinks that contain the nutrients _____ and _____ are important for good hydration.</p> <p>a. Correct: Sodium, potassium b. Calcium, iron c. Vitamin C, vitamin D d. Protein, vitamin E</p>	1			<p>A participant suggested adding 'when dealing with diarrhea and vomiting' to the question.</p> <p>Majority of participants answered question correctly; answers adjusted to add a stronger distractor.</p>	<p>4. Drinks that contain the nutrients _____ and _____ are important for good hydration when dealing with diarrhea or vomiting.</p> <p>a. Correct: Sodium, potassium b. Calcium, iron c. Vitamin C, vitamin D d. Protein, potassium</p>
<p>5. How often should a person eat during bouts of diarrhea?</p> <p>a. It is best to wait until diarrhea goes away before eating b. Eat at least one big meal per day c. Correct: Frequent small meals, up to 6 times per day</p>	1		<p>Minor suggestion, consider phrasing question with a more personal tone. For example, "If you experience bouts of diarrhea, you are recommended to ..." (answers would need minor edits for readability). I wonder if it would have higher retention and be less theoretical. I assume all the patients watching the video are susceptible to experiencing diarrhea.</p>	<p>A participant suggested adding 'frequent episodes of' instead of 'bouts of' on the question.</p> <p>The answer 'Eat at least one big meal per day' was too obviously wrong.</p>	<p>5. If you are experiencing frequent diarrhea, it is recommended you eat how often?</p> <p>a. It is best to wait until diarrhea goes away before eating b. Eat good meal per day</p>

d. Eat whenever one feels hungry					c. Correct: Frequent small meals, up to 6 times per day d. Eat whenever one feels hungry
6. Which food is most likely to help heal the gut during bouts of diarrhea? a. Correct: Lactose-free yogurt b. Grilled steak c. Saltine crackers d. Peanut butter	1	1	I think it is a good question but doesn't seem to fit a factor. Are probiotics mentioned in the video? possibly say “which food may help heal the gut during bouts of diarrhea?”	A participant suggested utilizing the word ‘aid’ instead of ‘heal.’ Consider adding dry toast, applesauce, or rice.	6. Which food is most likely to help the gut when you have frequent diarrhea? a. Correct: Lactose-free yogurt b. Grilled steak c. Saltine crackers d. White toast
7. Which fiber containing foods are good to eat during bouts of diarrhea? a. Correct: Oatmeal or other hot cereals b. Beans, peas, or lentils c. Pears, apples, or peaches d. White rice or pasta	1		This may be confusing if patients don't notice that it asks about fiber containing foods. AICR mentions BRAT diet with caveat that effectiveness unknown and check with doctor. Would make sure all answers are fiber containing foods and that correct answer stands out as soluble fiber. This question could be very hard to answer. Beans, peas and lentils all have a large percentage of soluble fiber. Also, individuals could consider white rice to be the correct answer (BRAT diet – bananas, rice, applesauce, toast)	Many participants guessed incorrectly based on prior experience not fiber knowledge.	7. Which fiber containing foods are good to eat when you have frequent diarrhea? a. Correct: Oatmeal or other hot cereals b. Beans, peas, or lentils c. Pears, apples, or peaches d. White rice or pasta
8. Which pair of behaviors is best for treating constipation?	1			Participants (n = 2) felt the answer ‘Light stretching in the morning and avoid	8. Which pair of behaviors is best for treating constipation?

<p>a. Correct: Drink more fluids and eat high fiber foods b. Eat more high protein foods and more healthy fats c. Eat 6 small meals per day and avoid high fat foods d. Light stretching in the morning and avoid eating fiber</p>				<p>eating fiber’ was too easy to eliminate.</p>	<p>a. Correct: Drink more fluids and eat high fiber foods b. Eat more high protein foods and more healthy fats c. Eat 6 small meals per day and avoid high fat foods d. Limit exercise and starchy foods</p>
<p>9. Which food is the best choice to increase your fiber intake? a. Cheddar Cheese b. Eggs c. Correct: Broccoli d. 100% fruit juice</p>	<p>1</p>		<p>The above question is more than adequate. Also consider a true / false question such as “only plant foods are a source/ contain fiber”. In my experience it is the one fact many patients are not aware of (or have thought about). Knowing (or emphasizing that fact) would potentially patients to choose more plant foods overall.</p>	<p>A participant thought that prune juice would be a good distractor. Prune juice does have fiber (2.7 g/8 oz.).</p>	<p>9. Which food is the best choice to increase your fiber intake? a. Cheddar Cheese b. Eggs c. Correct: Broccoli d. Apple juice</p>
<p>10. Which snack is highest in fiber? a. Correct: Oatmeal with pecans and raisins b. Sliced cheese and saltine crackers c. White toast with peanut butter d. Cream of wheat and milk</p>	<p>1</p>		<p>Something like this for item #7 where you have all high fiber-containing foods, but only one answer is soluble fiber. Otherwise, rice makes #7 a little less clear if miss the fiber-containing part. This could be a meal as well. Overall, I like that the questions include both individual foods and meals, to help patients build knowledge and dietary patterns.</p>	<p>‘Raisins’ was the commonly clue indicating the correct answer. ‘Cream of wheat and milk’ was a commonly selected incorrect answer.</p>	<p>10. Which snack is highest in fiber? a. Correct: Oatmeal with pecans and raisins b. Sliced cheese and saltine crackers c. White toast with peanut butter d. Cream of wheat and milk</p>

11. Which drink is the healthiest option to treat constipation? a. Milk b. Coffee c. A juice beverage, such as Capri Sun or Hi C d. Correct: Water	1	1	Perhaps change question to which fluid is LEAST healthy and modify choices.	'A juice beverage, such as Capri Sun or Hi C' was a commonly selected incorrect answer.	11. Which drink is the healthiest option to treat constipation? a. Milk b. Coffee c. A juice beverage, such as Capri Sun or Hi C d. Correct: Water
Suggestions for Factor 2					
What about a question about how to make an oral rehydration solution or that identifies options other than Pedialyte?					
Dysgeusia					
1. Cancer treatments sometimes change how food tastes. Which action might help food taste better? a. Correct: Eat using plastic utensils instead of silverware b. Cook the food yourself c. Only eat once a day d. Eat red meats instead of poultry	1		*Consider including a few tips, so as to not overemphasize plastics (in current context of "being environmentally conscious") It's not really better; it's really less metallic-tasting	All participants selected the answer 'Eat using plastic utensils instead of silverware' despite never hearing this advice prior. The answer 'Only eat once a day' was deemed too obviously incorrect.	1. Cancer treatments sometimes change how food tastes. Which action might help food taste better? a. Correct: Eat using plastic utensils instead of silverware b. Avoid restaurant food c. Avoid glass cookware d. Eat red meats instead of poultry
2. What does the acronym FASS stand for? a. Full, away, stand, still	1		This may trip up patients as b and c are similar	A participant felt the question was too long to understand. Most participants could understand the term 'the	2. "FASS" is a made-up word that helps us remember four ways to modify our food because of taste changes during

<p>b. Correct: Fat, acid, salty, sweet c. Fat, acid, spicy, sweet d. Full, acid, sensation, sweet</p>				<p>acronym.’ The term is not necessary to understand the question.</p> <p>A participant was confused by the word ‘sensation.’</p>	<p>cancer treatment. What four words does FASS stand for?</p> <p>a. Full, aroma, soft, salty b. Correct: Fat, acid, salty, sweet c. Fat, acid, spicy, sweet d. Fat-free, acid, soothing, sweet</p>
<p>3. What is one way you could use ‘FASS’ in cooking?</p> <p>a. Correct: Adding lemon juice b. Adding cayenne pepper c. Charring food</p>	<p>1</p>		<p>maybe add: “to trick your tastebuds and make flavor improvements based on your taste changes”</p>	<p>The answer ‘Charring food’ was too obviously wrong.</p>	<p>3. There are many ways to use FASS in cooking to cope with taste changes from cancer treatment. What is one way you could use FASS in cooking?</p> <p>a. Correct: Adding lemon juice b. Adding cayenne pepper c. Puree food in blender d. Choosing low fat foods</p>
<p>Suggestions for Factor 3</p>					
<p>Minor comment, consider prefacing with “There are many way to use FASS (fat, acid, salty, sweet) in cooking (..to cope with taste changes from treatment?). One way is to...”.</p>					
<p>I don’t think it hurts to define FASS even though it is an earlier question.</p>					
<p>Total Scale CVI</p>	<p>0.9835</p>				