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Appendix A..... **Error! Bookmark not defined.**

The final version of the Sustainable Diet Questionnaire (SUSDQ)**Error! Bookmark not defined.**

**Table 1:** Face Validity and Response Process Validation of the Questionnaire (n = 74)

Item No.	Item description	Importance of questions		Comprehension and clarity of questions	
		IIS	Interpretation	FVI	Interpretation
Q1	Type of diet	2.02	Important	0.86	Clear
Q2	Food purchase responsibility	0.51	Not important	0.72	Not clear
Q3	Knowledge of sectoral contribution to climate change	2.29	Important	0.78	Not clear
Q4	Knowledge about sustainability concepts	1.85	Important	0.70	Not clear
Q5	Understanding of sustainable diets	1.08	Not important	0.72	Not clear
Q6	Knowledge about aspects of sustainable diets	2.44	Important	0.69	Not clear
Q7	Similarity between sustainable and healthy diets	0.95	Not important	0.65	Not clear
Q8	Impact of food groups on planet's sustainability	1.73	Important	0.62	Not clear
Q9	Use of water in food production	2.47	Important	0.84	Clear
Q10	Environment-friendly rating	3.57	Important	1.00	Clear
1.	Automobile use	3.35	Important	0.99	Clear
2.	Saving water	3.47	Important	1.00	Clear
3.	Crop residue management	3.44	Important	0.99	Clear
4.	Meat intake	3.17	Important	0.92	Clear
5.	Electricity	3.55	Important	0.99	Clear
6.	Rainwater harvesting	3.58	Important	0.99	Clear
7.	Solar panel	3.58	Important	0.97	Clear
8.	Public transport	3.69	Important	0.99	Clear
9.	Energy-efficient appliances	3.47	Important	0.97	Clear
10.	Planting trees	3.98	Important	0.97	Clear
11.	Plastic use	3.69	Important	0.96	Clear
12.	Recycle	3.78	Important	0.96	Clear
13.	Vegetarian diet	3.60	Important	0.93	Clear
14.	Reuse	3.64	Important	0.97	Clear
15.	Environment-friendly products	3.53	Important	0.96	Clear
16.	Organic, seasonal, local	3.79	Important	0.95	Clear
17.	Packaging	3.62	Important	0.96	Clear
18.	Sustainable farming	3.27	Important	0.95	Clear
19.	Food portions	3.00	Important	0.92	Clear
20.	Fuel-efficient vehicles	3.61	Important	0.96	Clear
21.	Food waste	3.36	Important	0.96	Clear
22.	Composting	3.54	Important	0.92	Clear
23.	Processed foods	3.29	Important	0.97	Clear
24.	Protest	2.95	Important	0.93	Clear
25.	Taxation	3.43	Important	0.93	Clear
26.	Price	3.59	Important	0.95	Clear
<b>Q11</b>	<b>Attitude (New Ecological Paradigm scale)</b>	3.54	Important	1.00	Clear
1.	Limits to growth	3.51	Important	0.97	Clear
2.	Anti-anthropocentrism	3.50	Important	0.97	Clear
3.	Balance of nature	3.70	Important	0.95	Clear
4.	Anti-exemptionalism	3.22	Important	0.91	Clear
5.	Eco-crisis	3.59	Important	0.99	Clear
6.	Limits to growth	3.61	Important	0.99	Clear
7.	Anti-anthropocentrism	3.74	Important	1.00	Clear
8.	Balance of nature	3.57	Important	0.97	Clear
9.	Anti-exemptionalism	3.81	Important	0.92	Clear
10.	Eco-crisis	3.45	Important	0.86	Clear
11.	Limits to growth	3.33	Important	0.96	Clear
12.	Anti-anthropocentrism	3.40	Important	0.96	Clear
13.	Balance of nature	3.42	Important	0.95	Clear
14.	Anti-exemptionalism	3.35	Important	0.95	Clear
15.	Eco-crisis	3.93	Important	1.00	Clear
<b>Q12</b>	<b>Concern</b>	3.44	Important	0.99	Clear
1.	Use of fertilizers	3.32	Important	0.97	Clear
2.	Food waste	3.39	Important	0.99	Clear
3.	Land-use and water-use	3.43	Important	0.97	Clear
4.	Food packaging	2.91	Important	0.97	Clear
5.	Resources usage	3.43	Important	0.97	Clear
6.	Non-biodegradable plastic packaging	3.43	Important	0.95	Clear

7.	Carbon emissions	3.46	Important	0.96	Clear
8.	Quality of food	3.14	Important	0.92	Clear
9.	Food hygiene	3.12	Important	0.89	Clear
10.	Logistics	3.25	Important	0.93	Clear
11.	Energy use in cooking	2.79	Important	0.93	Clear
Q13	Motives for food choice	3.69	Important	1.00	Clear
1.	Is easy to prepare	3.28	Important	0.99	Clear
2.	Can be cooked very simply	3.42	Important	1.00	Clear
3.	Takes no time to prepare	3.58	Important	1.00	Clear
4.	Can be bought in shops close to where I live or work	3.62	Important	1.00	Clear
5.	Is readily available in shops and supermarkets	3.77	Important	1.00	Clear
6.	Is low in calories	3.66	Important	0.97	Clear
7.	Helps me control my weight	3.62	Important	0.96	Clear
8.	Is low in fat	3.74	Important	0.99	Clear
9.	Contains a lot of vitamins and minerals	3.78	Important	0.99	Clear
10.	Keeps me healthy	3.74	Important	0.99	Clear
11.	Is nutritious	3.63	Important	0.97	Clear
12.	Is high in protein	3.78	Important	0.99	Clear
13.	Is good for my skin/teeth/hair/nails etc	3.50	Important	0.99	Clear
14.	Is high in fiber and roughage	3.57	Important	0.99	Clear
15.	Contains no additives	3.50	Important	0.99	Clear
16.	Contains natural ingredients	3.54	Important	1.00	Clear
17.	Contains no artificial ingredients	3.55	Important	0.97	Clear
18.	Helps me cope with stress	3.30	Important	0.99	Clear
19.	Helps me to cope with life	3.49	Important	0.99	Clear
20.	Helps me relax	3.42	Important	0.96	Clear
21.	Keeps me awake/alert	3.44	Important	0.99	Clear
22.	Cheers me up	3.36	Important	0.97	Clear
23.	Makes me feel good	3.22	Important	1.00	Clear
24.	Is not expensive	3.50	Important	1.00	Clear
25.	Is cheap	3.30	Important	0.99	Clear
26.	Is good value for money	3.48	Important	0.99	Clear
27.	Smells nice	3.46	Important	0.97	Clear
28.	Looks nice	3.35	Important	0.96	Clear
29.	Has a pleasant texture	3.62	Important	0.96	Clear
30.	Tastes good	3.39	Important	0.95	Clear
31.	Is what I usually eat	3.48	Important	0.96	Clear
32.	Is familiar	3.33	Important	0.95	Clear
33.	Is like the food I ate when I was a child	3.31	Important	0.96	Clear
34.	Has been produced in a way that animals have not experienced pain	3.41	Important	0.96	Clear
35.	Has been produced in a way that animals' rights have been respected	3.18	Important	0.97	Clear
36.	Has been prepared in an environmentally friendly way	3.40	Important	0.97	Clear
37.	Has been produced in a way that has not shaken the balance of nature	3.53	Important	0.96	Clear
38.	Is packaged in an environmentally friendly way	3.39	Important	0.96	Clear
39.	Is in harmony with my religious values	3.16	Important	0.96	Clear
40.	Is not forbidden in my religion	3.16	Important	0.96	Clear
Q14	Practices	3.30	Important	0.99	Clear
1.	Organic food purchase	2.99	Important	0.95	Clear
2.	Locally grown food	3.11	Important	0.97	Clear
3.	Seasonal food	3.19	Important	0.96	Clear
4.	Food miles	3.05	Important	0.92	Clear
5.	Composting	3.04	Important	0.95	Clear
6.	Meat or chicken consumption	2.98	Important	0.96	Clear
7.	Vegetarianism	3.30	Important	0.99	Clear
8.	Plant-based food	3.46	Important	0.99	Clear
9.	Processed food	3.43	Important	0.97	Clear
10.	Leftover food management	3.36	Important	0.97	Clear
11.	Bulk food purchase	3.43	Important	0.97	Clear
12.	Food donation	3.50	Important	0.97	Clear
13.	Food wastage	3.53	Important	0.97	Clear

14.	Mindful purchase	3.43	Important	0.96	Clear
15.	Drinking water	3.52	Important	0.99	Clear
16.	Shopping bags	3.74	Important	0.97	Clear
17.	Disposable cups and plates usage	3.54	Important	0.97	Clear
18.	Use of plastic bags	3.48	Important	0.97	Clear
19.	First in-first out	3.53	Important	0.97	Clear
20.	Less food packaging	3.49	Important	0.99	Clear
21.	Ready-made prepacked food	3.50	Important	0.97	Clear
22.	Vegetable oils over butter or ghee	3.30	Important	0.95	Clear
23.	Information seeking	3.61	Important	0.95	Clear
24.	Less salt and sugar	3.51	Important	0.96	Clear
25.	Breakfast skipping	3.52	Important	0.99	Clear
26.	Less plate waste	3.60	Important	0.99	Clear
Q17	Eating out practice	2.45	Important	0.91	Clear
Q18	Food involvement	3.20	Important	0.95	Clear
1.	Eating and procurement	2.87	Important	0.92	Clear
2.	Eating	2.74	Important	0.95	Clear
3.	Acquisition	3.04	Important	0.95	Clear
4.	Eating	2.75	Important	0.93	Clear
5.	Cooking	3.09	Important	0.95	Clear
6.	Eating	2.92	Important	0.91	Clear
7.	Acquisition	3.15	Important	0.93	Clear
8.	Good meal	3.11	Important	0.93	Clear
Q19	Opinion	3.83	Important	0.96	Clear
1.	Bad/Good	3.81	Important	0.93	Clear
2.	Unhealthy/Healthy	4.00	Important	0.93	Clear
3.	Expensive/Affordable	3.03	Important	0.99	Clear
4.	Harmful/ Beneficial	3.93	Important	0.99	Clear
5.	Distasteful/Tasty	3.15	Important	0.97	Clear
6.	Unrealistic/Realistic	3.10	Important	0.95	Clear
7.	Unacceptable/Acceptable	3.00	Important	0.99	Clear
8.	Difficult to prepare/Easy to prepare	3.46	Important	0.97	Clear
9.	Not nutritious/ Nutritious	3.42	Important	0.95	Clear
10.	Unfavorable/Favorable	2.96	Important	0.93	Clear
11.	Not filling/Filling	2.79	Important	0.92	Clear
12.	Animal based/Pant-based	3.21	Important	0.96	Clear
13.	Not natural/Natural	3.58	Important	0.97	Clear
14.	Not traditional/Traditional	2.83	Important	0.97	Clear
Q20	Judgment	1.24	Not important	0.55	Not clear
Q21	Willingness	1.20	Not important	0.68	Not clear
Q22	Barriers	3.23	Important	0.92	Clear
1.	Familiarity	3.20	Important	0.91	Clear
2.	Assurance	3.23	Important	0.93	Clear
3.	Availability	3.09	Important	0.89	Clear
4.	Labelling	3.16	Important	0.92	Clear
5.	Knowledge	3.32	Important	0.91	Clear
6.	Price	3.19	Important	0.91	Clear
7.	Importance	3.19	Important	0.89	Clear
8.	Cooking skills	3.19	Important	0.89	Clear
9.	Time	3.36	Important	0.89	Clear
10.	Taste	3.30	Important	0.93	Clear
11.	Confidence	3.17	Important	0.92	Clear
12.	Habits	3.12	Important	0.89	Clear
13.	Priority	3.07	Important	0.89	Clear
14.	Knowledge	3.11	Important	0.89	Clear
15.	Information	3.11	Important	0.89	Clear
16.	Convenience	2.97	Important	0.89	Clear
17.	Healthy	3.43	Important	0.89	Clear
Q23	Drivers	3.54	Important	0.99	Clear
1.	Price	3.53	Important	0.99	Clear
2.	Health	3.52	Important	0.99	Clear
3.	Knowledge	3.54	Important	0.99	Clear
4.	Belief	3.34	Important	0.97	Clear
5.	Education	3.36	Important	0.97	Clear

6.	Advertisement	3.41	Important	0.97	Clear
7.	Information	3.17	Important	0.95	Clear
Q24	Intention	1.81	Important	0.72	Not clear

Note: IIS (item impact score); FVI (face validity index)

**Table 2:** Content Validity of the Questionnaire (n = 7 experts)

Item No.	Item description	Relevance				Clarity			
		I-CVI	Interpretation	$p_c$	$k^*$	I-CVI	Interpretation	$p_c$	$k^*$
Q1	Type of diet	1.00	Relevant	0.01	1.00****	0.86	Clear	0.05	0.85****
Q2	Food purchase responsibility	0.86	Relevant	0.05	0.85****	1.00	Clear	0.01	1.00****
Q3	Knowledge of sectoral contribution to climate change	1.00	Relevant	0.01	1.00****	0.57	Not clear	9.84	1.05****
1.	Industry	1.00	Relevant	0.01	1.00****	0.71	Not clear	0.66	0.17*
2.	Transport	1.00	Relevant	0.01	1.00****	0.86	Clear	0.05	0.85****
3.	Energy	1.00	Relevant	0.01	1.00****	0.71	Not clear	0.66	0.17*
4.	Agriculture	1.00	Relevant	0.01	1.00****	0.86	Clear	0.05	0.85****
5.	Buildings	1.00	Relevant	0.01	1.00****	0.71	Not clear	0.66	0.17*
6.	Waste	1.00	Relevant	0.01	1.00****	0.71	Not clear	0.66	0.17*
7.	Livestock	1.00	Relevant	0.01	1.00****	0.71	Not clear	0.66	0.17*
Q4	Knowledge about sustainability concepts	1.00	Relevant	0.01	1.00****	0.86	Clear	0.05	0.85****
1.	Ecological footprint	0.86	Relevant	0.05	0.85****	0.71	Not clear	0.66	0.17*
2.	Carbon footprint	0.86	Relevant	0.05	0.85****	0.71	Not clear	0.66	0.17*
3.	Sustainable diets	1.00	Relevant	0.01	1.00****	0.71	Not clear	0.66	0.17*
4.	Environmental impact	1.00	Relevant	0.01	1.00****	0.86	Clear	0.05	0.85****
5.	Biodiversity	0.86	Relevant	0.05	0.85****	0.71	Not clear	0.66	0.17*
6.	Local food	1.00	Relevant	0.01	1.00****	0.71	Not clear	0.66	0.17*
7.	Greenhouse gas emissions	1.00	Relevant	0.01	1.00****	0.86	Clear	0.05	0.85****
8.	Green water–Bluewater	0.86	Relevant	0.05	0.85****	0.71	Not clear	0.66	0.17*
Q5	Understanding of sustainable diets	1.00	Relevant	0.01	1.00****	0.86	Clear	0.05	0.85****
1.	Energy obtained through diet equals the energy expended by the body.	1.00	Relevant	0.01	1.00****	0.86	Clear	0.05	0.85****
2.	A diet with an equal share of plant and animal foods.	1.00	Relevant	0.01	1.00****	0.86	Clear	0.05	0.85****
3.	Diet with minimum influence on environment	1.00	Relevant	0.01	1.00****	0.57	Not clear	9.84	1.05****
4.	Cost of diet	1.00	Relevant	0.01	1.00****	0.57	Not clear	9.84	1.05****
Q6	Knowledge about aspects of sustainable diets	0.86	Relevant	0.05	0.85****	0.71	Not clear	0.66	0.17*
1.	Environmental impact	0.86	Relevant	0.05	0.85****	0.71	Not clear	0.66	0.17*
2.	Biodiversity	0.86	Relevant	0.05	0.85****	0.57	Not clear	9.84	1.05****
3.	Organic	1.00	Relevant	0.01	1.00****	0.71	Not clear	0.66	0.17*
4.	Fresh	0.86	Relevant	0.05	0.85****	0.71	Not clear	0.66	0.17*
5.	Variety	0.86	Relevant	0.05	0.85****	0.57	Not clear	9.84	1.05****
6.	Food quality	0.86	Relevant	0.05	0.85****	0.71	Not clear	0.66	0.17*
7.	Rich in vegetables	1.00	Relevant	0.01	1.00****	0.86	Clear	0.05	0.85****
8.	Culture	0.86	Relevant	0.05	0.85****	0.86	Clear	0.05	0.85****
9.	Local production	0.86	Relevant	0.05	0.85****	0.86	Clear	0.05	0.85****
10.	Seasonal	0.71	Revised	0.66	0.17*	0.86	Clear	0.05	0.85****
11.	Available & affordable	0.86	Relevant	0.05	0.85****	1.00	Clear	0.01	1.00****
12.	Food waste	1.00	Relevant	0.01	1.00****	0.71	Not clear	0.66	0.17*
13.	Easy to follow	0.57	Not relevant	9.84	1.05****	0.43	Not clear	157.50	1.00****
14.	Safe	1.00	Relevant	0.01	1.00****	0.86	Clear	0.05	0.85****
15.	Nutritional value	0.86	Relevant	0.05	0.85****	0.86	Clear	0.05	0.85****
16.	Processing	0.86	Relevant	0.05	0.85****	0.71	Not clear	0.66	0.17*
17.	Synthetic fertilizers and pesticides	0.86	Relevant	0.05	0.85****	0.71	Not clear	0.66	0.17*
18.	Genetically modified organisms	0.86	Relevant	0.05	0.85****	1.00	Clear	0.01	1.00****
19.	Artificial additives	1.00	Relevant	0.01	1.00****	1.00	Clear	0.01	1.00****
20.	Healthy	0.86	Relevant	0.05	0.85****	0.86	Clear	0.05	0.85****
21.	Revenue for farmers	0.57	Not relevant	9.84	1.05****	0.57	Not clear	9.84	1.05****
22.	Animal welfare	0.86	Relevant	0.05	0.85****	0.71	Not clear	0.66	0.17*

23.	Child labor	0.71	Revised	0.66	0.17*	0.57	Not clear	9.84	1.05****
Q7	Similarity between sustainable and healthy diets	1.00	Relevant	0.01	1.00****	0.86	Clear	0.05	0.85****
Q8	Impact of food groups on planet's sustainability	1.00	Relevant	0.01	1.00****	0.86	Clear	0.05	0.85****
1.	Vegetable foods	1.00	Relevant	0.01	1.00****	0.86	Clear	0.05	0.85****
2.	Meat and derivatives	0.86	Relevant	0.05	0.85****	0.71	Not clear	0.66	0.17*
3.	Fish and Seafood	1.00	Relevant	0.01	1.00****	0.86	Clear	0.05	0.85****
4.	Milk and dairy	1.00	Relevant	0.01	1.00****	0.86	Clear	0.05	0.85****
5.	Eggs	0.86	Relevant	0.05	0.85****	0.71	Not clear	0.66	0.17*
6.	Processed foods	1.00	Relevant	0.01	1.00****	0.86	Clear	0.05	0.85****
7.	Sodas and processed drinks	0.86	Relevant	0.05	0.85****	0.71	Not clear	0.66	0.17*
Q9	Use of water in food production	0.86	Relevant	0.05	0.85****	0.86	Clear	0.05	0.85****
1.	Water availability	0.86	Relevant	0.05	0.85****	0.86	Clear	0.05	0.85****
2.	Animal foods	0.86	Relevant	0.05	0.85****	0.71	Not clear	0.66	0.17*
3.	Plant foods	0.86	Relevant	0.05	0.85****	0.71	Not clear	0.66	0.17*
Q10	Environment-friendly rating	1.00	Relevant	0.01	1.00****	0.86	Clear	0.05	0.85****
1.	Automobile use	0.57	Not relevant	9.84	1.05****	0.57	Not clear	9.84	1.05****
2.	Saving water	0.86	Relevant	0.05	0.85****	0.86	Clear	0.05	0.85****
3.	Crop residue management	1.00	Relevant	0.01	1.00****	0.86	Clear	0.05	0.85****
4.	Meat intake	0.86	Relevant	0.05	0.85****	0.71	Not clear	0.66	0.17*
5.	Electricity	0.86	Relevant	0.05	0.85****	0.71	Not clear	0.66	0.17*
6.	Rainwater harvesting	1.00	Relevant	0.01	1.00****	1.00	Clear	0.01	1.00****
7.	Solar panel	0.71	Revised	0.66	0.17*	0.86	Clear	0.05	0.85****
8.	Public transport	0.71	Revised	0.66	0.17*	0.71	Not clear	0.66	0.17*
9.	Energy-efficient appliances	0.86	Relevant	0.05	0.85****	0.71	Not clear	0.66	0.17*
10.	Planting trees	1.00	Relevant	0.01	1.00****	1.00	Clear	0.01	1.00****
11.	Plastic use	0.86	Relevant	0.05	0.85****	0.71	Not clear	0.66	0.17*
12.	Recycle	1.00	Relevant	0.01	1.00****	1.00	Clear	0.01	1.00****
13.	Vegetarian diet	0.86	Relevant	0.05	0.85****	0.86	Clear	0.05	0.85****
14.	Reuse	0.71	Revised	0.66	0.17*	0.71	Not clear	0.66	0.17*
15.	Environment-friendly products	0.86	Relevant	0.05	0.85****	0.86	Clear	0.05	0.85****
16.	Organic, seasonal, local	0.86	Relevant	0.05	0.85****	0.86	Clear	0.05	0.85****
17.	Packaging	1.00	Relevant	0.01	1.00****	0.86	Clear	0.05	0.85****
18.	Sustainable farming	0.86	Relevant	0.05	0.85****	0.71	Not clear	0.66	0.17*
19.	Food portions	0.71	Revised	0.66	0.17*	0.57	Not clear	9.84	1.05****
20.	Fuel-efficient vehicles	0.71	Revised	0.66	0.17*	0.71	Not clear	0.66	0.17*
21.	Food waste	0.86	Relevant	0.05	0.85****	0.86	Clear	0.05	0.85****
22.	Composting	0.71	Revised	0.66	0.17*	0.57	Not clear	9.84	1.05****
23.	Processed foods	0.71	Revised	0.66	0.17*	0.71	Not clear	0.66	0.17*
24.	Protest	0.14	Not relevant	28350.00	1.00****	0.43	Not clear	157.50	1.00****
25.	Taxation	0.71	Revised	0.66	0.17*	0.71	Not clear	0.66	0.17*
26.	Price	1.00	Relevant	0.01	1.00****	1.00	Clear	0.01	1.00****
Q11	Attitude (New Ecological Paradigm scale)	0.86	Relevant	0.05	0.85****	0.86	Clear	0.05	0.85****
1.	Limits to growth	0.71	Revised	0.66	0.17*	0.57	Not clear	9.84	1.05****
2.	Anti-anthropocentrism	0.71	Revised	0.66	0.17*	0.71	Not clear	0.66	0.17*
3.	Balance of nature	0.86	Relevant	0.05	0.85****	0.71	Not clear	0.66	0.17*
4.	Anti-exemptionalism	0.43	Not relevant	157.50	1.00****	0.14	Not clear	28350.00	1.00****
5.	Eco-crisis	1.00	Relevant	0.01	1.00****	0.86	Clear	0.05	0.85****
6.	Limits to growth	0.86	Relevant	0.05	0.85****	0.86	Clear	0.05	0.85****
7.	Anti-anthropocentrism	1.00	Relevant	0.01	1.00****	0.86	Clear	0.05	0.85****
8.	Balance of nature	0.71	Revised	0.66	0.17*	0.71	Not clear	0.66	0.17*
9.	Anti-exemptionalism	0.86	Relevant	0.05	0.85****	0.71	Not clear	0.66	0.17*
10.	Eco-crisis	0.71	Revised	0.66	0.17*	0.57	Not clear	9.84	1.05****
11.	Limits to growth	0.57	Not relevant	9.84	1.05****	0.71	Not clear	0.66	0.17*
12.	Anti-anthropocentrism	0.57	Not relevant	9.84	1.05****	0.43	Not clear	157.50	1.00****
13.	Balance of nature	0.71	Revised	0.66	0.17*	0.57	Not clear	9.84	1.05****
14.	Anti-exemptionalism	0.43	Not relevant	157.50	1.00****	0.57	Not clear	9.84	1.05****
15.	Eco-crisis	0.86	Relevant	0.05	0.85****	0.86	Clear	0.05	0.85****
Q12	Concern	1.00	Relevant	0.01	1.00****	0.71	Not clear	0.66	0.17*
1.	Use of fertilizers	1.00	Relevant	0.01	1.00****	0.71	Not clear	0.66	0.17*
2.	Food waste	1.00	Relevant	0.01	1.00****	0.71	Not clear	0.66	0.17*
3.	Land-use and water-use	0.86	Relevant	0.05	0.85****	0.71	Not clear	0.66	0.17*

4.	Food packaging	0.71	Revised	0.66	0.17*	0.71	Not clear	0.66	0.17*
5.	Resources usage	0.86	Relevant	0.05	0.85****	0.71	Not clear	0.66	0.17*
6.	Non-biodegradable plastic packaging	0.86	Relevant	0.05	0.85****	0.71	Not clear	0.66	0.17*
7.	Carbon emissions	0.86	Relevant	0.05	0.85****	0.57	Not clear	9.84	1.05****
8.	Quality of food	1.00	Relevant	0.01	1.00****	0.86	Clear	0.05	0.85****
9.	Food hygiene	0.86	Relevant	0.05	0.85****	0.71	Not clear	0.66	0.17*
10.	Logistics	0.71	Revised	0.66	0.17*	0.43	Not clear	157.50	1.00****
11.	Energy use in cooking	1.00	Relevant	0.01	1.00****	0.86	Clear	0.05	0.85****
Q13	Motives for food choice	1.00	Relevant	0.01	1.00****	1.00	Clear	0.01	1.00****
1.	Is easy to prepare	1.00	Relevant	0.01	1.00****	1.00	Clear	0.01	1.00****
2.	Can be cooked very simply	0.86	Relevant	0.05	0.85****	1.00	Clear	0.01	1.00****
3.	Takes no time to prepare	0.86	Relevant	0.05	0.85****	0.86	Clear	0.05	0.85****
4.	Can be bought in shops close to where I live or work	1.00	Relevant	0.01	1.00****	0.71	Not clear	0.66	0.17*
5.	Is readily available in shops and supermarkets	0.86	Relevant	0.05	0.85****	1.00	Clear	0.01	1.00****
6.	Is low in calories	0.86	Relevant	0.05	0.85****	0.86	Clear	0.05	0.85****
7.	Helps me control my weight	1.00	Relevant	0.01	1.00****	1.00	Clear	0.01	1.00****
8.	Is low in fat	1.00	Relevant	0.01	1.00****	0.86	Clear	0.05	0.85****
9.	Contains a lot of vitamins and minerals	0.86	Relevant	0.05	0.85****	0.86	Clear	0.05	0.85****
10.	Keeps me healthy	0.86	Relevant	0.05	0.85****	0.86	Clear	0.05	0.85****
11.	Is nutritious	0.86	Relevant	0.05	0.85****	0.71	Not clear	0.66	0.17*
12.	Is high in protein	1.00	Relevant	0.01	1.00****	0.86	Clear	0.05	0.85****
13.	Is good for my skin/teeth/hair/nails etc	0.86	Relevant	0.05	0.85****	0.86	Clear	0.05	0.85****
14.	Is high in fiber and roughage	0.86	Relevant	0.05	0.85****	0.86	Clear	0.05	0.85****
15.	Contains no additives	0.86	Relevant	0.05	0.85****	0.71	Not clear	0.66	0.17*
16.	Contains natural ingredients	0.71	Revised	0.66	0.17*	0.71	Not clear	0.66	0.17*
17.	Contains no artificial ingredients	0.86	Relevant	0.05	0.85****	0.71	Not clear	0.66	0.17*
18.	Helps me cope with stress	0.71	Revised	0.66	0.17*	0.43	Not clear	157.50	1.00****
19.	Helps me to cope with life	0.71	Revised	0.66	0.17*	0.43	Not clear	157.50	1.00****
20.	Helps me relax	0.86	Relevant	0.05	0.85****	0.43	Not clear	157.50	1.00****
21.	Keeps me awake/alert	1.00	Relevant	0.01	1.00****	0.71	Not clear	0.66	0.17*
22.	Cheers me up	1.00	Relevant	0.01	1.00****	0.86	Clear	0.05	0.85****
23.	Makes me feel good	0.86	Relevant	0.05	0.85****	0.71	Not clear	0.66	0.17*
24.	Is not expensive	0.86	Relevant	0.05	0.85****	1.00	Clear	0.01	1.00****
25.	Is cheap	0.86	Relevant	0.05	0.85****	0.43	Not clear	157.50	1.00****
26.	Is good value for money	0.71	Revised	0.66	0.17*	0.71	Not clear	0.66	0.17*
27.	Smells nice	0.86	Relevant	0.05	0.85****	1.00	Clear	0.01	1.00****
28.	Looks nice	1.00	Relevant	0.01	1.00****	0.86	Clear	0.05	0.85****
29.	Has a pleasant texture	0.86	Relevant	0.05	0.85****	0.71	Not clear	0.66	0.17*
30.	Tastes good	0.71	Revised	0.66	0.17*	0.57	Not clear	9.84	1.05****
31.	Is what I usually eat	0.71	Revised	0.66	0.17*	0.71	Not clear	0.66	0.17*
32.	Is familiar	0.29	Not relevant	2362.50	1.00****	0.14	Not clear	28350.00	1.00****
33.	Is like the food I ate when I was a child	0.43	Not relevant	157.50	1.00****	0.43	Not clear	157.50	1.00****
34.	Has been produced in a way that animals have not experienced pain	0.43	Not relevant	157.50	1.00****	0.43	Not clear	157.50	1.00****
35.	Has been produced in a way that animals' rights have been respected	0.71	Revised	0.66	0.17*	0.57	Not clear	9.84	1.05****
36.	Has been prepared in an environmentally friendly way	1.00	Relevant	0.01	1.00****	0.86	Clear	0.05	0.85****
37.	Has been produced in a way that has not shaken the balance of nature	0.86	Relevant	0.05	0.85****	0.71	Not clear	0.66	0.17*
38.	Is packaged in an environmentally friendly way	0.86	Relevant	0.05	0.85****	0.86	Clear	0.05	0.85****
39.	Is in harmony with my religious values	0.86	Relevant	0.05	0.85****	0.71	Not clear	0.66	0.17*
40.	Is not forbidden in my religion	0.71	Revised	0.66	0.17*	0.71	Not clear	0.66	0.17*
Q14	Practices	0.71	Revised	0.66	0.17*	0.57	Not clear	9.84	1.05****

1.	Organic food purchase	0.71	Revised	0.66	0.17*	0.71	Not clear	0.66	0.17*
2.	Locally grown food	0.71	Revised	0.66	0.17*	0.71	Not clear	0.66	0.17*
3.	Seasonal food	0.86	Relevant	0.05	0.85****	0.71	Not clear	0.66	0.17*
4.	Food miles	0.71	Revised	0.66	0.17*	0.43	Not clear	157.50	1.00****
5.	Composting	0.71	Revised	0.66	0.17*	0.43	Not clear	157.50	1.00****
6.	Meat or chicken consumption	0.86	Relevant	0.05	0.85****	0.57	Not clear	9.84	1.05****
7.	Vegetarianism	0.86	Relevant	0.05	0.85****	0.86	Clear	0.05	0.85****
8.	Plant-based food	0.86	Relevant	0.05	0.85****	0.86	Clear	0.05	0.85****
9.	Processed food	0.71	Revised	0.66	0.17*	0.71	Not clear	0.66	0.17*
10.	Leftover food management	1.00	Relevant	0.01	1.00****	0.86	Clear	0.05	0.85****
11.	Bulk food purchase	1.00	Relevant	0.01	1.00****	0.86	Clear	0.05	0.85****
12.	Food donation	0.86	Relevant	0.05	0.85****	0.86	Clear	0.05	0.85****
13.	Food wastage	0.71	Revised	0.66	0.17*	0.86	Clear	0.05	0.85****
14.	Mindful purchase	1.00	Relevant	0.01	1.00****	1.00	Clear	0.01	1.00****
15.	Drinking water	1.00	Relevant	0.01	1.00****	0.86	Clear	0.05	0.85****
16.	Shopping bags	0.71	Revised	0.66	0.17*	0.86	Clear	0.05	0.85****
17.	Disposable cups and plates usage	0.86	Relevant	0.05	0.85****	1.00	Clear	0.01	1.00****
18.	Use of plastic bags	0.71	Revised	0.66	0.17*	1.00	Clear	0.01	1.00****
19.	First in-first out	1.00	Relevant	0.01	1.00****	1.00	Clear	0.01	1.00****
20.	Less food packaging	0.86	Relevant	0.05	0.85****	0.86	Clear	0.05	0.85****
21.	Ready-made prepacked food	0.86	Relevant	0.05	0.85****	0.86	Clear	0.05	0.85****
22.	Vegetable oils over butter or ghee	1.00	Relevant	0.01	1.00****	1.00	Clear	0.01	1.00****
23.	Information seeking	1.00	Relevant	0.01	1.00****	0.86	Clear	0.05	0.85****
24.	Less salt and sugar	0.71	Revised	0.66	0.17*	0.71	Not clear	0.66	0.17*
25.	Breakfast skipping	0.86	Relevant	0.05	0.85****	1.00	Clear	0.01	1.00****
26.	Less plate waste	0.86	Relevant	0.05	0.85****	0.57	Not clear	9.84	1.05****
Q15	Meals at the workplace	0.71	Revised	0.66	0.17*	0.71	Not clear	0.66	0.17*
Q16	Meals eaten at workplace	0.86	Relevant	0.05	0.85****	0.86	Clear	0.05	0.85****
Q17	Eating out practice	1.00	Relevant	0.01	1.00****	1.00	Clear	0.01	1.00****
Q18	Food involvement	0.86	Relevant	0.05	0.85****	0.71	Not clear	0.66	0.17*
1.	Eating and procurement	0.86	Relevant	0.05	0.85****	0.71	Not clear	0.66	0.17*
2.	Eating	0.71	Revised	0.66	0.17*	0.71	Not clear	0.66	0.17*
3.	Acquisition	0.71	Revised	0.66	0.17*	0.71	Not clear	0.66	0.17*
4.	Eating	0.71	Revised	0.66	0.17*	0.71	Not clear	0.66	0.17*
5.	Cooking	0.86	Relevant	0.05	0.85****	0.71	Not clear	0.66	0.17*
6.	Eating	0.71	Revised	0.66	0.17*	0.71	Not clear	0.66	0.17*
7.	Acquisition	0.57	Not relevant	9.84	1.05****	0.43	Not clear	157.50	1.00****
8.	Good meal	0.86	Relevant	0.05	0.85****	0.71	Not clear	0.66	0.17*
Q19	Opinion	0.86	Relevant	0.05	0.85****	0.86	Clear	0.05	0.85****
1.	Bad/Good	0.86	Relevant	0.05	0.85****	0.86	Clear	0.05	0.85****
2.	Unhealthy/Healthy	0.86	Relevant	0.05	0.85****	0.86	Clear	0.05	0.85****
3.	Expensive/Affordable	1.00	Relevant	0.01	1.00****	1.00	Clear	0.01	1.00****
4.	Harmful/ Beneficial	0.86	Relevant	0.05	0.85****	0.71	Not clear	0.66	0.17*
5.	Distasteful/Tasty	0.86	Relevant	0.05	0.85****	0.71	Not clear	0.66	0.17*
6.	Unrealistic/Realistic	0.71	Revised	0.66	0.17*	0.57	Not clear	9.84	1.05****
7.	Unacceptable/Acceptable	0.86	Relevant	0.05	0.85****	0.57	Not clear	9.84	1.05****
8.	Difficult to prepare/Easy to prepare	1.00	Relevant	0.01	1.00****	0.71	Not clear	0.66	0.17*
9.	Not nutritious/ Nutritious	0.86	Relevant	0.05	0.85****	0.86	Clear	0.05	0.85****
10.	Unfavorable/Favorable	0.86	Relevant	0.05	0.85****	0.57	Not clear	9.84	1.05****
11.	Not filling/Filling	0.86	Relevant	0.05	0.85****	0.43	Not clear	157.50	1.00****
12.	Animal based/Pant-based	1.00	Relevant	0.01	1.00****	0.86	Clear	0.05	0.85****
13.	Not natural/Natural	0.86	Relevant	0.05	0.85****	0.71	Not clear	0.66	0.17*
14.	Not traditional/Traditional	0.86	Relevant	0.05	0.85****	0.71	Not clear	0.66	0.17*
Q20	Judgment	0.86	Relevant	0.05	0.85****	0.57	Not clear	9.84	1.05****
Q21	Willingness	0.86	Relevant	0.05	0.85****	1.00	Clear	0.01	1.00****
Q22	Barriers	1.00	Relevant	0.01	1.00****	1.00	Clear	0.01	1.00****
1.	Familiarity	1.00	Relevant	0.01	1.00****	1.00	Clear	0.01	1.00****
2.	Assurance	0.86	Relevant	0.05	0.85****	0.71	Not clear	0.66	0.17*
3.	Availability	1.00	Relevant	0.01	1.00****	1.00	Clear	0.01	1.00****
4.	Labelling	1.00	Relevant	0.01	1.00****	1.00	Clear	0.01	1.00****
5.	Knowledge	1.00	Relevant	0.01	1.00****	1.00	Clear	0.01	1.00****
6.	Price	0.86	Relevant	0.05	0.85****	0.86	Clear	0.05	0.85****
7.	Importance	1.00	Relevant	0.01	1.00****	0.86	Clear	0.05	0.85****

8.	Cooking skills	1.00	Relevant	0.01	1.00****	0.57	Not clear	9.84	1.05****
9.	Time	0.86	Relevant	0.05	0.85****	0.71	Not clear	0.66	0.17*
10.	Taste	1.00	Relevant	0.01	1.00****	0.86	Clear	0.05	0.85****
11.	Confidence	1.00	Relevant	0.01	1.00****	0.86	Clear	0.05	0.85****
12.	Habits	1.00	Relevant	0.01	1.00****	1.00	Clear	0.01	1.00****
13.	Priority	0.71	Revised	0.66	0.17*	0.57	Not clear	9.84	1.05****
14.	Knowledge	0.86	Relevant	0.05	0.85****	0.71	Not clear	0.66	0.17*
15.	Information	0.71	Revised	0.66	0.17*	0.57	Not clear	9.84	1.05****
16.	Convenience	0.71	Revised	0.66	0.17*	0.57	Not clear	9.84	1.05****
17.	Healthy	0.86	Relevant	0.05	0.85****	0.71	Not clear	0.66	0.17*
Q23	Drivers	1.00	Relevant	0.01	1.00****	1.00	Clear	0.01	1.00****
1.	Price	0.86	Relevant	0.05	0.85****	1.00	Clear	0.01	1.00****
2.	Health	0.86	Relevant	0.05	0.85****	0.71	Not clear	0.66	0.17*
3.	Knowledge	0.86	Relevant	0.05	0.85****	0.86	Clear	0.05	0.85****
4.	Belief	0.86	Relevant	0.05	0.85****	0.71	Not clear	0.66	0.17*
5.	Education	0.86	Relevant	0.05	0.85****	0.86	Clear	0.05	0.85****
6.	Advertisement	0.86	Relevant	0.05	0.85****	0.86	Clear	0.05	0.85****
7.	Information	0.86	Relevant	0.05	0.85****	1.00	Clear	0.01	1.00****
Q24	Intention	0.86	Relevant	0.05	0.85****	0.71	Not clear	0.66	0.17*

Note: I-CVI (item-content validity index);  $p_c$  (probability of chance occurrence);  $k^*$  (modified kappa); Level of agreement: \*\*\* excellent ( $k^* \geq 0.75$ ); \*\* good ( $k^* 0.60-0.74$ ); \* fair ( $k^* 0.40-0.59$ ); \* poor ( $k^* < 0.40$ )

**Table 3:** Factor Loadings of Items of Sustainable Diet Questionnaire Based on Exploratory Factor Analysis (n = 1844)

Factor (F)	Item	Factor loading
F1: Knowledge about aspects of sustainable diets	What, according to you, are the important features of a sustainable diet?	
	Biodiversity	0.356
	Organic	0.530
	Fresh	0.680
	Variety	0.549
	Food quality	0.715
	Rich in vegetables	0.583
	Typical from own culture	0.363
	Locally grown	0.480
	Seasonal	0.561
	Readily available at a reasonable price	0.586
	Less food waste	0.627
	Easy to follow	0.524
	Safe and hygienic	0.732
	High nutritional value	0.659
	Minimally processed	0.578
	Free from synthetic fertilizers and pesticides	0.637
	Free from any genetic modification	0.501
	No artificial additives	0.599
	Healthy	0.675
Fair price for farmers	0.681	
High animal welfare standards	0.549	
No child labor involved	0.573	
F2: Effectiveness rating	Do you agree that the following actions can save our environment?	
	Less use of a car and motor vehicles	0.436
	Saving water	0.560
	Restrict burning of crop residue in fields	0.435
	Saving electricity	0.545
	Rainwater harvesting	0.651
	Installing solar panels in homes	0.588
	Using public transport such as bus, auto, taxi	0.544
	Buying energy-efficient electrical appliances (LED bulb, Fridge, TV, AC)	0.499
	Planting trees	0.669
	Reduce polythene bag use	0.618
	Recycling/Reusing newspaper or polythene bags	0.675
	Re-using glass & plastic containers/bottles	0.506
	Purchasing products with Eco-mark (labeled as environment-friendly)	0.586
	Purchasing organic, seasonal, or locally-grown food	0.505

	Buying products with less plastic packaging	0.619
	Farmers caring more about the environment (e.g., using less water, fewer pesticides)	0.389
	Purchasing fuel-efficient vehicles	0.575
	Reducing food waste	0.609
	Using peels of fruits/vegetables as manure for the garden	0.599
	Take part in a protest for climate conservation	0.307
	Adding taxes to products that are not environment-friendly	0.341
	Lower prices for climate-friendly products	0.418
F3: Opinion	Please rate sustainable diets from 1 to 5 between the parameters given below. In my opinion, a sustainable diet is.....	
	Bad/Good	0.524
	Unhealthy/Healthy	0.652
	Expensive/Affordable	0.459
	Harmful/ Beneficial	0.697
	Distasteful/Tasty	0.630
	Unrealistic/Realistic	0.632
	Unacceptable/Acceptable	0.736
	Difficult to prepare/Easy to prepare	0.657
	Not nutritious/ Nutritious	0.718
	Unfavorable/Favorable	0.715
	Not filling/Filling	0.734
	Animal based/Pant-based	0.332
	Not natural/Natural	0.619
Not traditional/Traditional	0.465	
F4: Barriers	Please select the following reasons that prevent you from making climate-friendly food choices.	
	I have not heard of sustainable foods	0.345
	Not available where I shop	0.587
	Lack of clear labeling	0.585
	I do not know where to buy such products	0.682
	Too expensive	0.577
	Less important than other issues such as price, taste	0.604
	Lack of cooking skills	0.638
	Lack of time	0.626
	It does not taste good	0.586
	I do not have confidence in what is promised by these products	0.619
	For me, it is hard to change my consumption and shopping routines	0.594
	I forget when I am shopping	0.531
	I do not know what fruit and vegetables are in season	0.406
	Country of origin information is not mentioned in the food package	0.482
It is difficult to check the origin/seasonality of products	0.488	
They are not healthy	0.421	
F5: Motives for food choice- Health, Natural, & Mood	How important are the following features in your food choices? It is important to me that the food I eat on a typical day....	
	Keeps me healthy	0.398
	Is nutritious	0.369
	Contains no additives	0.487
	Contains natural ingredients	0.522
	Contains no artificial ingredients	0.541
	Helps me to relieve stress	0.845
	Helps me to cope with life	0.846
	Helps me relax	0.844
	Keeps me awake/alert	0.722
	Lifts my mood	0.655
Makes me feel good	0.675	
F6: Meals at the workplace	Do your workplace/ company/ college/ university provides you food?	0.854
	If yes, which of the following meals do you eat in your workplace/ company/ hostel mess? (Select all that apply)	
	Breakfast	0.893
	Lunch	0.845
	Dinner	0.910
	Evening tea	0.739
F7: Concerns	Are you worried about the following issues?	

	Excessive use of fertilizers in agriculture	0.310
	The amount of food that is wasted	0.307
	Damage to the environment caused by the use of land and water for food production	0.617
	Using too much of the world's natural resources for food production	0.711
	Plastic packaging (wrappers) used for food products that are not biodegradable	0.400
	Emission of carbon dioxide during food production	0.596
	Quality of food products available in market	0.383
	Maintenance of safe & hygienic conditions in food plants by manufacturers	0.480
	The amount of petrol/diesel used when transporting food products	0.662
	The amount of LPG/fuel used when cooking food products	0.644
F8: Drivers & Intention	Which of the following will encourage/help you change your current diet and make it more climate-friendly?	
	Lower food prices	0.355
	Need to improve health	0.531
	Knowledge about the environmental impact of food products	0.659
	A belief that I protect the environment in that way	0.641
	Educational campaigns	0.672
	Producers' advertisements	0.553
	Getting information on food products produced in a sustainable way	0.678
F9: Ecological & Religious Motives	Will you like to make climate-friendly food choices in the future?	0.345
	Do you agree that the following actions can save our environment? Adopting a vegetarian diet	0.375
<b>How important are the following features in your food choices? It is important to me that the food I eat on a typical day....</b>		
	Has been produced in a way that animals have not experienced pain	0.680
	Has been produced in a way that animals' rights have been respected	0.706
	Has been prepared in an environmentally friendly way	0.559
	Has been produced in a way that has not shaken the balance of nature	0.496
	Is packaged in an environmentally friendly way	0.436
	Is in harmony with my religious values	0.488
	Is not forbidden in my religion	0.432
F10: Practice	How often do you.....	
	Buy locally grown food	0.400
	Buy seasonal fruits and vegetables	0.409
	Avoid food products from distant countries	0.314
	Use peels of fruits/vegetables as manure for the garden	0.397
	Eat plant-based meat substitutes (such as paneer, soya, beans, mushrooms, nuts)	0.312
	Donate/ share extra food	0.333
	Have a look into the kitchen/ fridge before going grocery shopping	0.397
	Carry your shopping bag	0.454
	Consume food before it spoils	0.420
	Avoid food products with excessive packaging	0.364
	Look for nutritional information in a food packet	0.423
	Reduce salt and sugar intake	0.318
	Reduce food waste	0.449
	Do you think the following statements apply to you?	
	I enjoy cooking for others and myself	0.338
I do all or most of my food shopping on my own	0.328	
F11: Anti-ecological Attitude	Do you agree with the following statements?	
	Human mind will ensure that we do NOT make the earth unliveable	0.371
	The balance of nature is strong enough to cope with the impacts of modern industrial nations	0.503
	The so-called 'climate change' has been dramatically overstated	0.561
	Humans were meant to rule over the rest of nature	0.467
Humans will eventually learn how to control nature	0.503	
F12: Price, Familiarity, & Sensory Motives	How important are the following features in your food choices? It is important to me that the food I eat on a typical day....	
	Is good value for money	0.305
	Smells nice	0.679

	Looks nice	0.669
	Feels pleasant to eat	0.689
	Tastes good	0.690
	Is what I usually eat	0.380
	Is familiar	0.441
	Is like the food I ate when I was a child	0.328
F13: Perception of food sustainability	Due to climate change, monsoon and weather patterns are disturbed, Himalayan glaciers are melting, and sea levels are rising. What, according to you, do the following sectors contribute most towards climate change and related disturbance?	
	Livestock (raising cow, buffalo, goat, hen, pig)	0.400
	Do you agree with the following statements related to water and its use in agriculture and food production?	
	More water is used while producing animal foods (milk/egg/chicken/fish)	0.343
	Do you agree that the following actions can save our environment?	
	Eating chicken/meat less frequently	0.372
	Do you know that foods that we eat and drink also impact our climate? What do you think about the following foods having any impact on our climate?	
	Vegetable foods	0.375
	Chicken and meat	0.619
	Fish and Seafood	0.499
Milk and dairy	0.532	
Eggs	0.588	
F14: Convenience Motives	How important are the following features in your food choices? It is important to me that the food I eat on a typical day....	
	Is easy to prepare	0.681
	Can be cooked very simply	0.703
	Takes no time to prepare	0.677
	Can be bought in shops close to where I live or work	0.508
	Is readily available in shops and supermarkets	0.482
F15: Eating out practice	How many meals per week do you eat out (in restaurants, cafes, etc.) or order food online?	
	Breakfast	0.776
	Lunch	0.829
	Dinner	0.788
	Snacks	0.555
F16: Pro-ecological Attitude	Due to climate change, monsoon and weather patterns are disturbed, Himalayan glaciers are melting, and sea levels are rising. What, according to you, do the following sectors contribute most towards climate change and related disturbance?	
	Industry	0.440
	Transport (cars, trucks, motor vehicles)	0.450
	Energy (production of petrol, diesel, coal)	0.312
	Do you agree with the following statements?	
	When human interferes with nature, it often produces disastrous consequences	0.313
	Humans are severely hurting the environment	0.394
	Earth has plenty of natural resources if we just learn how to develop them	-0.374
Plants and animals have as much right as humans to live on this planet	0.319	
F17: Knowledge about sustainability concepts	Do you know the meaning of the following concepts?	
	Carbon footprint	0.315
	Sustainable diets	0.380
	Environmental impact	0.564
	Biodiversity	0.702
	Locally grown food	0.551
	Greenhouse gas emissions	0.554

**Table 4:** Test-Retest Reliability Result for Sustainable Diet Questionnaire (n = 74)

SN	Item description	Median		P-value <sup>a</sup>	Cronbach's $\alpha$		Agreement (%)	$\kappa$ (SE $\kappa$ )
		Test	Retest		Test	Retest		

1.	Diet type	7	7	0.073	0.83	0.81	83.8	0.77*** (0.06)
<b>F1</b>	<b>Knowledge about aspects of sustainable diets</b>							
1.	Biodiversity	4	4	0.364	0.88	0.94	40.5	0.24*** (0.09)
2.	Organic	4	4	0.356			48.6	0.25*** (0.09)
3.	Fresh	4	4	0.497			41.9	0.15 (0.08)
4.	Variety	4	4	0.956			41.9	0.13 (0.08)
5.	Food quality	4	4	0.001			45.9	0.20** (0.08)
6.	Rich in vegetables	4	4	0.811			43.2	0.18* (0.08)
7.	Culture	3	4	<0.001			44.6	0.29*** (0.07)
8.	Local production	4	4	0.124			36.5	0.18* (0.08)
9.	Seasonal	4	4	0.454			35.1	0.09 (0.07)
10.	Available & affordable	4	4	0.587			47.3	0.11 (0.08)
11.	Food waste	4	4	0.283			31.1	0.21** (0.08)
12.	Easy to follow	4	4	0.020			28.4	0.14* (0.07)
13.	Safe and hygienic	4	4	0.368			40.5	0.20** (0.08)
14.	Nutritional value	5	4	0.217			43.2	0.07 (0.08)
15.	Processing	4	4	0.207			29.7	0.05 (0.06)
16.	Synthetic fertilizers and pesticides	5	4	0.009			31.1	0.04 (0.06)
17.	Genetic modification	4	4	0.174			31.1	0.17* (0.08)
18.	Artificial additives	4	4	0.873			41.9	0.15* (0.09)
19.	Healthy	5	4	0.128			48.6	0.08 (0.07)
20.	Revenue for farmers	4	4	0.207			27.0	-0.01 (0.07)
21.	Animal welfare	4	4	0.758			28.4	0.09 (0.09)
22.	Child labor	4	4	0.140			27.0	0.08 (0.07)
<b>F2</b>	<b>Effectiveness rating</b>							
1.	Automobile use	4	4	0.156	0.91	0.99	43.2	0.15* (0.08)
2.	Saving water	5	5	0.023			52.7	0.09 (0.07)
3.	Crop residue management	4.5	4	0.204			48.6	0.19* (0.08)
4.	Electricity	5	4	0.001			52.7	0.15* (0.06)
5.	Rainwater harvesting	5	4	<0.001			58.1	0.15* (0.06)
6.	Solar panel	5	4	0.002			55.4	0.19** (0.08)
7.	Public transport	4	4	0.221			39.2	0.11 (0.08)
8.	Energy-efficient appliances	4	4	0.042			41.9	0.07 (0.07)
9.	Planting trees	5	5	<0.001			59.5	0.08 (0.05)
10.	Plastic use	5	5	0.001			55.4	0.09 (0.06)
11.	Recycle	5	5	0.006			51.4	0.10 (0.06)
12.	Reuse	4	4	0.120			48.6	0.16* (0.07)
13.	Environment-friendly products	4	4	0.057			43.2	0.02 (0.07)
14.	Organic, seasonal, local	4	4	0.131			41.9	0.10 (0.07)
15.	Packaging	4	4	0.935			36.5	0.12 (0.08)
16.	Sustainable farming	4	4	0.753			43.2	0.14 (0.09)
17.	Fuel-efficient vehicles	4	4	0.253			40.5	0.02 (0.06)
18.	Food waste	4	4	0.062			51.4	0.15* (0.07)
19.	Composting	4	4	0.568			43.2	0.06 (0.07)
20.	Protest	4	4	0.886			40.5	0.18* (0.09)
21.	Taxation	4	4	0.155			37.8	0.10 (0.08)
22.	Price	4	4	0.967			39.2	0.13 (0.08)
<b>F3</b>	<b>Opinion</b>							
1.	Bad/Good	4	5	<0.001	0.98	0.89	35.1	0.09 (0.06)
2.	Unhealthy/Healthy	4	5	<0.001			35.1	0.05 (0.06)
3.	Expensive/Affordable	4	4	0.026			33.8	0.11 (0.08)
4.	Harmful/ Beneficial	4	5	<0.001			35.1	0.08 (0.06)
5.	Distasteful/Tasty	4	4	0.634			35.1	0.10 (0.09)
6.	Unrealistic/Realistic	4	4	0.007			32.4	0.06 (0.07)
7.	Unacceptable/Acceptable	4	4	<0.001			37.8	0.11 (0.07)
8.	Difficult to prepare/Easy to prepare	4	4	0.180			32.4	0.09 (0.08)
9.	Not nutritious/ Nutritious	4	5	<0.001			39.2	0.13* (0.06)
10.	Unfavorable/Favorable	4	4	<0.001			40.5	0.11 (0.06)
11.	Not filling/Filling	4	4	0.064			36.5	0.12 (0.08)
12.	Animal based/Pant-based	4	4	0.022			41.9	0.18** (0.08)
13.	Not natural/Natural	4	4	0.016			32.4	0.06 (0.07)
14.	Not traditional/Traditional	4	4	0.136			31.1	0.07 (0.08)

<b>F4</b>	<b>Barriers</b>							
1.	Familiarity	3	2	0.041	0.88	0.94	39.2	0.25*** (0.09)
2.	Availability	3	3	0.104			37.8	0.07 (0.08)
3.	Labelling	3	3	0.566			41.9	0.22** (0.09)
4.	Knowledge	3	3	0.350			35.1	0.17* (0.08)
5.	Price	3	3	0.046			39.2	0.05 (0.08)
6.	Importance	3	3	0.574			43.2	0.16* (0.09)
7.	Cooking skills	3	3	0.014			37.8	0.08 (0.08)
8.	Time	3	3	0.016			29.7	0.03 (0.08)
9.	Taste	3	3	0.451			43.2	0.22** (0.08)
10.	Confidence	3	3	0.602			41.9	0.10 (0.08)
11.	Habits	3	3	0.057			27.0	0.13 (0.08)
12.	Priority	3	3	0.438			37.8	0.18* (0.09)
13.	Knowledge	3	3	0.806			37.8	0.20** (0.09)
14.	Information	3	3	0.668			23.0	-0.06 (0.07)
15.	Convenience	3	3	0.095			27.0	0.08 (0.08)
16.	Healthy	2	3	0.507			41.9	0.30*** (0.09)
<b>F5</b>	<b>Motives for food choice- Health, Natural, &amp; Mood</b>							
1.	Keeps me healthy	5	4	0.001	0.87	0.98	51.4	0.25** (0.08)
2.	Is nutritious	5	4	<0.001			48.6	0.23*** (0.07)
3.	Contains no additives	5	4	0.099			37.8	0.06 (0.08)
4.	Contains natural ingredients	5	4	<0.001			37.8	0.06 (0.06)
5.	Contains no artificial ingredients	5	4	0.041			39.2	0.08 (0.08)
6.	Helps me cope with stress	4	4	0.392			35.1	0.11 (0.08)
7.	Helps me to cope with life	4	4	0.603			36.5	0.08 (0.09)
8.	Helps me relax	4	4	0.118			36.5	0.13 (0.08)
9.	Keeps me awake/alert	4	4	0.496			36.5	0.17* (0.08)
10.	Cheers me up	4	4	0.211			36.5	0.15* (0.08)
11.	Makes me feel good	5	4	0.072			41.9	0.14 (0.08)
<b>F7</b>	<b>Concerns</b>							
1.	Use of fertilizers	5	4	<0.001	0.75	0.96	39.3	0.12 (0.07)
2.	Food waste	5	4	<0.001			52.7	0.14 (0.08)
3.	Land-use and water-use	5	4	<0.001			48.6	0.10 (0.07)
4.	Resources usage	4	4	0.221			39.2	0.21** (0.08)
5.	Non-biodegradable plastic packaging	4	4	0.012			40.5	0.13 (0.07)
6.	Carbon emissions	5	4	<0.001			36.5	0.11 (0.07)
7.	Quality of food	4	4	0.269			44.6	0.14 (0.09)
8.	Food hygiene	4	4	0.365			37.8	0.13 (0.08)
9.	Logistics	4	4	0.318			47.3	0.25** (0.09)
10.	Energy use in cooking	4	4	0.779			31.1	0.07 (0.08)
<b>F8</b>	<b>Drivers &amp; Intention</b>							
1.	Price	3	4	0.536	0.83	0.88	45.9	0.31*** (0.08)
2.	Health	4	4	0.017			43.2	0.10 (0.09)
3.	Knowledge	4	4	0.309			41.9	0.07 (0.09)
4.	Belief	4	4	0.257			40.5	0.08 (0.08)
5.	Education	4	4	0.043			43.2	0.20** (0.09)
6.	Advertisement	4	4	0.079			35.1	0.04 (0.08)
7.	Information	4	4	0.296			35.1	0.04 (0.08)
8.	Intention	4	4	0.052			56.8	0.23** (0.09)
<b>F9</b>	<b>Ecological &amp; Religious Motives</b>							
1.	Vegetarian diet	3	3.5	0.791	0.79	0.94	31.1	0.06 (0.08)
2.	Has been produced in a way that animals have not experienced pain	4	4	0.645			33.8	0.11 (0.08)
3.	Has been produced in a way that animals' rights have been respected	5	4	0.060			32.4	0.05 (0.08)
4.	Has been prepared in an environmentally friendly way	5	4	0.003			33.8	0.01 (0.07)
5.	Has been produced in a way that has not shaken the balance of nature	5	4	0.005			35.1	0.04 (0.08)

6.	Is packaged in an environmentally friendly way	5	4	<0.001			32.4	0.07 (0.07)
7.	Is in harmony with my religious values	4	4	0.366			35.1	0.06 (0.07)
8.	Is not forbidden in my religion	5	4	0.210			36.5	0.07 (0.08)
<b>F10</b>	<b>Practice</b>							
1.	Locally grown food	4	3	<0.001	0.78	0.92	35.1	0.18** (0.06)
2.	Seasonal food	4	4	<0.001			51.4	0.25*** (0.07)
3.	Food miles	3	3	0.665			28.4	-0.01 (0.08)
4.	Composting	3	3	0.466			31.1	0.08 (0.08)
5.	Plant-based food	4	4	0.008			48.6	0.31*** (0.08)
6.	Food donation	4	3	0.460			40.5	0.24*** (0.08)
7.	Mindful purchase	4	4	0.599			32.4	-0.01 (0.09)
8.	Shopping bags	4	4	0.274			35.1	0.13 (0.08)
9.	First in-first out	4	4	0.473			35.1	0.10 (0.08)
10.	Less food packaging	3	4	0.417			37.8	0.10 (0.08)
11.	Information seeking	3	4	0.060			31.1	0.10 (0.08)
12.	Less salt and sugar	3	3	0.381			28.4	-0.02 (0.09)
13.	Less plate waste	4	4	0.002			35.1	0.05 (0.08)
14.	Cooking	4	4	0.739			44.6	0.42*** (0.08)
15.	Acquisition	3	3	0.326			23.0	0.16* (0.08)
<b>F11</b>	<b>Anti-ecological Attitude</b>							
1.	Anti-exemptionalism	2	3	0.708	0.76	0.78	25.7	-0.06 (0.07)
2.	Balance of nature	3	3	0.708			29.7	0.15* (0.08)
3.	Eco-crisis	3	3	0.527			29.7	0.25*** (0.08)
4.	Anti-anthropocentrism	4	3	0.021			37.8	0.23** (0.08)
5.	Anti-exemptionalism	3	3	0.903			43.2	0.26*** (0.09)
<b>F12</b>	<b>Price, Familiarity, &amp; Sensory Motives</b>							
1.	Is good value for money	4	4	0.810	0.86	0.96	33.8	0.07 (0.08)
2.	Smells nice	4	4	0.624			40.5	0.09 (0.08)
3.	Looks nice	4	4	0.799			33.8	0.01 (0.08)
4.	Has a pleasant texture	4	4	0.415			29.7	-0.02 (0.07)
5.	Tastes good	4	4	0.033			40.5	0.02 (0.08)
6.	Is what I usually eat	4	4	0.091			29.7	0.09 (0.09)
7.	Is familiar	4	4	0.218			32.4	0.02 (0.09)
8.	Is like the food I ate when I was a child	3	3.5	0.971			35.1	0.15* (0.09)
<b>F13</b>	<b>Perception of food sustainability</b>							
1.	Livestock	2.5	3	0.002	0.68	0.69	28.4	0.19** (0.08)
2.	Animal foods	3	3	0.002			39.2	0.18** (0.07)
3.	Meat intake	3	3	0.083			43.2	0.20** (0.08)
4.	Vegetable foods	1	1	0.248			87.8	0.32*** (0.15)
5.	Meat and derivatives	1	1	0.371			45.9	0.19* (0.08)
6.	Fish and Seafood	1	1	0.339			44.6	0.18* (0.08)
7.	Milk and dairy	1	1	0.317			82.4	0.29*** (0.13)
8.	Eggs	1	1	0.625			55.4	0.22** (0.09)
<b>F14</b>	<b>Convenience Motives</b>							
1.	Is easy to prepare	4	3	0.493	0.86	0.92	29.7	0.12 (0.08)
2.	Can be cooked very simply	3.5	3.5	0.953			31.1	0.19* (0.08)
3.	Takes no time to prepare	3	4	0.052			25.7	0.11 (0.08)
4.	Can be bought in shops close to where I live or work	3	4	0.070			20.3	0.02 (0.07)
5.	Is readily available in shops and supermarkets	4	4	0.328			24.3	0.12 (0.07)
<b>F15</b>	<b>Eating out practice</b>							
1.	Breakfast	5	5	0.951	0.83	0.87	54.1	0.24** (0.10)
2.	Lunch	4	4	0.064			39.2	0.11 (0.10)
3.	Dinner	5	4	0.105			37.8	0.17* (0.09)
4.	Snacks	3.5	4	0.367			33.8	0.15* (0.09)
<b>F16</b>	<b>Pro-ecological Attitude</b>							
1.	Industry	5	5	0.863	0.73	0.82	55.4	0.19* (0.10)
2.	Transport	4.5	5	0.850			60.8	0.26*** (0.09)
3.	Energy	4	5	0.030			41.9	0.11 (0.08)
4.	Balance of nature	5	5	0.001			55.4	0.09 (0.08)

5.	Eco-crisis	5	4	0.016			41.9	0.04 (0.08)
6.	Limits to growth	1	2	<0.001			37.8	0.17* (0.08)
7.	Anti-anthropocentrism	5	4	<0.001			47.3	0.04 (0.06)
<b>F17</b>	<b>Knowledge about sustainability concepts</b>							
1.	Carbon footprint	2	3	0.002	0.74	0.82	48.6	0.23** (0.08)
2.	Sustainable diets	3	3	0.021			67.6	0.30** (0.11)
3.	Environmental impact	3	3	0.958			86.5	0.06 (0.11)
4.	Biodiversity	3	3	0.860			90.5	0.20* (0.16)
5.	Local food	3	3	0.891			85.1	0.25* (0.16)
6.	Greenhouse gas emissions	3	3	0.713			87.8	0.19* (0.15)

Note:  $\kappa$  (Cohen's kappa);  $SE_{\kappa}$  (standard error of kappa); \* $P < 0.05$ , \*\* $P < 0.01$ , \*\*\* $P < 0.001$ ; <sup>a</sup>Wilcoxon signed rank test