

Nutrition Literacy in High School Biology - Tammen Supplemental Material

Supplementary Table 1: Reported Demographic Statistics of Student Participants. *Of the 111 students who participated in the module and assented to take part in the study, 85 (77%) provided demographic data.*

	Female	Male	Unknown
White	32	18	
Black	8	1	1
Hispanic	7	3	
Asian	7	3	
Native Hawaiian		1	
More than one race	2	2	
Total	56	28	1
Not reporting	26		

Supplementary Table 2: Repeated practice in Evaluating and Reporting on Nutrition Claims to foster INL and CNL. *List of the topics students could select to research nutrition claims and evidence and then present to their classmates in Unit 5.*

Topic	Claim
Paleo Diet	Eating like our ancestors leads to weight loss.
South Beach Diet	Preventing spikes and drops in insulin prevents weight gain.
Blood Type Diet	People with different blood types need to follow different diets to lose weight.
Vegetarian Diet	Eliminating meat from the diet increases overall longevity
Low Fat Diet	Reducing fat intake lowers your risk of cardiovascular diseases, and promotes weight loss
Gluten Free Diet for non-coeliacs	Gluten sensitivity causes fatigue, headaches, abdominal discomfort and other symptoms.
Eating fish during pregnancy	Fetuses exposed to methylmercury in the womb can suffer from brain damage
Nitrates during pregnancy	Eating nitrates leads to cancer in offspring
Probiotics in infant formula	Probiotics prevent infection and inflammation in infants
Vitamin D supplements for infants	Breastmilk does not contain enough vitamin D for infants, so supplementation is necessary
Caffeine and aging	Long term caffeine consumption reduces the cognitive declines associated with aging
Protein powder and muscle building	Consuming extra protein will increase muscle growth
Creatine and muscle building	Taking creatine supplements helps muscle gain
Weight loss supplements	Taking weight loss supplements will expedite weight loss
Vitamin B12 in energy drinks	Consuming extra vitamin B12 increases energy
Non-skeletal benefits of Vitamin D	Vitamin D supplements promotes overall health and reduces infections
Omega 3 fatty acids supplements and heart disease	Taking fish oil supplements lowers your risk for heart disease
Vitamin C and prevention of colds	Taking vitamin c supplements reduces the risk of getting a cold
Caffeine and athletic endurance	Consuming caffeine increases athletic endurance
Multivitamins and overall health	Taking a daily multivitamin prevents illness and increases overall longevity
Food coloring	Consuming artificial food coloring is linked to hyperactivity in children
Caramel coloring	Consuming caramel coloring increases risk of cancer
Artificial sweeteners	Consuming some artificial sweeteners increases risk of cancer
MSG	MSG is linked to migraines, nausea and weakness.
BPA	BPA causes developmental and behavioral disorders
Organic food	Organic food is healthier
Dairy	Dairy is inflammatory
Fasting	Fasting increases longevity
Red wine	Red wine reduces cardiovascular disease risk
Functional foods and weight loss	Certain foods can speed up your metabolism
Electronic muscle stimulators	Pulsing electrical current through your muscles makes them grow
Honey	Eating local honey improves seasonal allergy symptoms
Grass fed beef	Beef from cows that are grass fed is healthier
Chocolate	Eating chocolate reduces risk of cardiovascular disease
Lipocryolysis	You can get rid of unwanted fat in a specific area by freezing it
GMOs	Genetically modified organisms (GMOs) make foods unsafe to eat.