

Supplementary Table 3. Assessment of nutritional attitudes and core lifestyle medicine counseling competencies

Attitudes	Not at all confident or Somewhat confident	Neither not at all confident, or totally confident	Mostly confident to totally confident
Nutritional counseling should be included in any routine appointment, just like diagnosis and treatment.			
Specific advice about how to make dietary changes could help patients improve their eating habits.			
Physicians can have an effect on a patient's dietary behavior if they take the time to discuss the problem. (5)			
Lifestyle Medicine Counseling			
Mediterranean Diet and its health effects.			
DASH diet and its health effects.			
Vegetarian diet and its health effects			
Very low-fat diet and its health effects.			
High protein/high fat diet (e.g. Atkins) and its health effects.			
Examples of a serving size from the 2011 "My Plate" guidelines.			
Definition of moderate alcohol consumption and its health effects.			
Recognizing warning signs and symptoms of patients with eating disorders.			
Role of dietary cholesterol and saturated fat in blood lipids.			
Recommended dietary patterns for type 2 diabetes.			

Significance of modest weight loss for type 2 diabetes.	
Weight loss strategies in overweight or obese patients.	
Role of Omega-3 and -6 fatty acids in heart health and their food examples.	
Role of dietary fat types (e.g. saturated vs. other) and their food examples.	
Identifying antioxidant-rich grocery produce.	
Calories per gram of protein, carbohydrate and fat, and their basic metabolic roles.	
Role of hydration in health, and fluid needs based on activity and age.	
Celiac disease and management strategies for patient's diet and lifestyle.	
Food allergies and management strategies for patient's diet and lifestyle.	
The role of glycemic index and load in dietary management.	
Fiber in disease prevention, and example ingredients.	
Assessing the total calories, saturated fat, and sodium using the food label.	
Osteoporosis and prevention and treatment strategies for patient's diet and lifestyle.	
Calculation of body mass index (BMI) and waist-to-hip ratio based on gender.	
Overall benefits of aerobic exercise on health and well-being.	