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Table 1: Food Frequency Questionnaire Means (SDs) and Factor Loadings (N=168).

	Factors						
	Mean (sd)	1 Junk Food	2 Healthy	3 Yoghurt	4 Fast Food	5 High Fat	6 Milk
Fruits	3.55 (1.74)	.183	.656	.181	-.181	-.135	-.063
Vegetables	3.65 (1.69)	.037	.748	-.206	-.011	-.137	.074
Sweets (candy or chocolate)	4.81 (1.55)	.796	.038	-.083	-.101	.150	.031
Sugar sweetened soft drinks	4.89 (2.07)	.683	-.078	.019	.326	-.189	-.012
Diet cola or diet soft drinks	2.96 (1.96)	.270	.207	-.095	.199	.020	-.238
Alcohol	3.24 (1.23)	-.065	.068	-.085	.336	.006	.059
Stimulant/energy drinks	3.34 (2.03)	-.065	.015	.105	.452	.013	-.105
Low Fat Milk	3.6 (2.52)	-.019	.047	.174	-.258	.193	-.388
Whole milk	3.16 (2.39)	.084	.103	.068	.014	.069	.724
Cheese	3 (1.62)	-.072	.271	.177	.142	-.002	.178
Other milk (yoghurt)	2.79 (1.73)	.043	.018	.912	-.073	-.142	.028
Crisps	4.26 (1.79)	.588	-.018	.049	.028	.028	.069
Chips/fried potatoes	3.82 (1.54)	.478	-.069	.029	.035	.099	-.123
White bread	4.19 (1.78)	.412	-.073	.118	-.132	.096	.184
Whole meal bread	2.72 (1.95)	-.265	.494	.053	.153	.170	-.061
Cake	2.26 (1.37)	.184	-.056	-.151	-.018	.575	-.011
Biscuits	3.51 (1.77)	.526	0.62	-.027	-.110	.381	.065
Burgers/sausages	3.36 (1.38)	.083	-.039	.039	.413	.469	.051
Fish	2.12 (1.27)	-.152	.420	.018	.327	.108	.065

Factor loadings > .4 shown in bold

Table 2: Food Frequency Questionnaire Factor Model.

FACTOR	Explained Variance %	Cumulative Explained Variance %	Eigenvalues
F1 Junk	18.050	18.050	3.106
F2 Healthy	6.751	24.801	2.064
F3 Yogurt	5.759	30.560	1.137
F4 Fast Food	4.269	34.829	1.591
F5 High Fat	3.587	38.417	1.100
F6 Milk	3.139	41.556	1.041

Table 3: Food Involvement Scale Means (SDs) and Factor Loadings ($N=168$).

Food Involvement Scale Items	Mean (sd)	Factor 1: Kitchen	Factor 2: Uninvolved	Factor 3: Enjoyment
I don't think much about food each day	3.24 (1.23)	-.052	.673	.112
Cooking or barbequing is not much fun	3.52 (1.19)	.027	.303	.188
Talking about what I ate or going to is something I like to do	3.08 (1.11)	-.140	.185	.547
Compared with other daily decisions, my food choices are not very important	2.98 (1.12)	.038	.512	.084
When I travel, one of the things I anticipate most is eating the food there	3.07 (1.12)	-.077	.114	.421
I do most or all of the clean up after eating	3.31 (1.29)	.524	-.262	.315
I enjoy cooking for others and myself	3.30 (1.36)	.148	.067	.533
When I eat out, I don't think or talk much about how the food tastes	3.27 (1.08)	.014	.447	.059
I do not like to mix or chop food	3.43 (1.16)	.258	.329	.032
I do most or all of my own food shopping	2.76 (1.46)	.312	-.108	.393
I do not wash dishes or clean the table	3.60 (1.31)	.995	.189	-.205
I care whether or not a table is nicely set	3.26 (1.29)	.061	.124	.385

Factor loadings > .4 shown in bold

Table 4: Food Self-Efficacy Scale Means (SDs) and Factor Loadings.

Self-Efficacy Scale Items	Mean (sd)	Factor loadings
Cut down on junk food when hanging out with friends	2.44 (1)	.698
Cut down on junk food when you're at training/work	2.63 (1)	.655
Cut down on junk food when you're at home	2.31 (1.09)	.679
Eat more fruit when you're hanging out with friends	2.11 (1.09)	.689
Eat more fruit when you're at training/work	2.46 (1.1)	.799
Eat more fruit when you're at home	2.60 (1.12)	.762

Table 5: Effective exogenous measures (age; gender; left school pre/post age 16 yrs; food poverty - going hungry) on the latent factor of Food Self-Efficacy (FS-E) ($N=166$).

Exogenous Factors (unstandardized)				
	Est	SE	Est./SE	P
Age to FS-E	0.033	0.014	2.325	0.120
Gender to FS-E	-0.026	0.033	-0.768	0.443
Left school to +/-16 yrs	0.089	0.057	1.557	0.120
Hungry to FS-E	0.047	0.036	1.308	1.191
Food Self-Efficacy (standardised)				
	Est	SE	Est./SE	P
F S-E 2	0.586	0.065	8.955	0.000*
F S-E 3	0.493	0.080	6.173	0.000*
F S-E 4	0.743	0.062	11.947	0.000*
F S-E 5	0.709	0.060	11.856	0.000*
F S-E 6	0.837	0.048	17.459	0.000*

* Significant at <0.05% level

Table 6: The direct effect of food involvement (FI) (kitchen; uninvolved; enjoyment), physical activity and food self-efficacy (FS-E) (the intervening measures) on the food choice patterns (junk; fast food; healthy; high fat) (outcome measures) (unstandardized) ($N=166$).

Intervening variable	Est	SE	Est./SE	P
Junk Food				
Kitchen (FI)	-8.209	2.712	-3.027	0.002*
Uninvolved (FI)	1.094	1.081	1.012	0.311
Enjoyment (FI)	3.659	1.948	1.878	0.060
Physical activity	0.238	0.243	0.978	0.328
FS-E	-2.838	1.191	-2.383	0.017*
Healthy				
Kitchen (FI)	-1034	1.080	-0.957	0.338
Uninvolved (FI)	1.478	1.239	1.193	0.233
Enjoyment (FI)	-0.968	1.685	-0.574	0.566
Physical activity	-257	0.627	-0.410	0.682
FS-E	23.151	11.243	2.059	0.039*
Fast Food				
Kitchen (FI)	2.642	1.189	2.222	0.026*
Uninvolved (FI)	2.016	0.962	2.096	0.036*
Enjoyment (FI)	-4.804	1.769	-2.717	0.007*
Physical activity	-0.0217	0.156	-1.389	0.165
FS-E	-0.586	0.715	-0.819	0.413
High Fat				
Kitchen (FI)	0.310	0.343	0.904	0.366
Uninvolved (FI)	0.713	0.344	2.073	0.038*
Enjoyment (FI)	-0.087	0.284	-0.307	0.758
Physical activity	-0.125	0.094	-1.331	0.183
FS-E	-1.155	0.377	-3.061	0.002*

* Significant at <0.05% level