

Supplemental file 1: Factors associated with (changes in) eating behavior during the transition from adolescence to young adulthood

Note: This appendix lists all the factors associated with (changes in) eating behavior as identified in our literature search. The factors are sorted using the DEDIPAC DONE framework (9) structure. In the DONE framework, four main socio-ecological levels of influence are distinguished (individual, interpersonal, environment, policy), each further subdivided into stem-categories. Within each stem-category, several **more** specific leaf-categories of determinants are distinguished. The DONE framework provides an indication of the modifiability of each of these categories (based on expert ratings, see (9) for more information), which is also provided here. This rating indicates to what extent experts in the field consider it theoretically possible to modify the average determinant in this stem-category (so note that the ratings are not based on the exact same factors identified in this scoping review, but on similar determinants belonging to the same specific leaf-category within the framework). Possible modifiability scores range from 1.00 (lowest modifiability) to 3.00 (highest modifiability).

#	Name of factor	Source article	DONE framework: Socio-ecological level of influence and stem-category	DONE framework: Specific leaf-category	DONE framework: Modifiability of specific category	
1	lactose intolerance	Larson, 2009	Individual; Biological	Food-Related Physiology	1.53	
2	metabolism	Deliens, 2014		Anthropometrics	1.80	
3	BMI	Lipsky, 2015		Sensory Perception	1.74	
4	weight gain	Wengreen, 2009		Physical Health	1.60	
5	taste preferences	Deliens, 2014; Larson, 2008a; Larson, 2009		Individual; Demographic	Cultural Characteristics	1.46
6	physical and mental health status	Kwok, 2016			Situational Demographics	1.67
7	vitality	Deliens, 2014			Personal Socio-Economic Status	1.73
8	ethnicity	Lipsky, 2015			Mood And Emotions	1.70
9	gender	Brunstrom, 2008; Lipsky, 2015	Individual; Psychological		Self-Regulation	1.80
10	living off campus; cooking and shopping for self	LaCaille, 2011		Health Cognitions	2.09	
11	residency (living arrangement)	Deliens, 2014		Food Knowledge, Skills And Abilities	2.27	
12	income	Kwok, 2016				
13	boredom	Nelson, 2009		Food Beliefs	2.16	
14	mood	Deliens, 2014				
15	self-control	LaCaille, 2011; Tomasone, 2015				
16	self-discipline	Deliens, 2014				
17	time management skills	Cluskey, 2009; Nelson, 2009				
18	healthy eating intentions	Tomasone, 2015				
19	intrinsic motivation	Cluskey, 2009				
20	motivation	LaCaille, 2011				
21	autonomy in food choices	Kwok, 2016		Food Habits	1.91	
22	dietary knowledge	Deliens, 2014				
23	food preparation involvement	Cluskey, 2009; Larson, 2008a				
24	self-efficacy for healthy eating	Larson, 2008a; Larson, 2008b; Larson, 2009; Strong, 2008				
25	beliefs, norms and values regarding food	Deliens, 2014				
26	perceived barriers to healthy eating	Larson, 2008a; Larson, 2009				
27	perceived benefits of healthy eating	Larson, 2008a; Strong, 2008				
28	perceived financial barriers to healthy eating	Strong, 2008				
29	perceived taste barriers to healthy eating	Larson, 2008b				
30	perceived time barriers to healthy eating	Larson, 2008b; Strong, 2008				
31	breakfast frequency	Larson, 2008a; Larson, 2009; Lipsky, 2015		Weight-Control Cognitions And Behaviors	1.94	
32	dinner frequency	Larson, 2008a				
33	eating in front of the television	Lipsky, 2015				
34	eating out for variety	Nelson, 2009				
35	eating routines	Cluskey, 2009				
36	energy drink frequency	Poulos, 2015				
37	fast food frequency	Larson, 2008a; Larson, 2009				
38	frequency of eating at university canteens	Guagliardo, 2011				
39	lunch frequency	Larson, 2008b				
40	past eating habits	Deliens, 2014				
41	snack frequency	Larson, 2008a; Larson, 2008b; Larson, 2009				
42	soft-drink frequency	Larson, 2009				
43	willingness-to-pay	Nelson, 2009				
44	body image	Deliens, 2014				
45	desire to gain weight	LaCaille, 2011				
46	dietary restraint	Brunstrom, 2008				
47	diETING	Brunstrom, 2008				
48	health concerns	Kwok, 2016; Larson, 2008a; Larson, 2008b				
49	healthy weight control behaviors	Larson, 2008a; Larson, 2009; Strong, 2008				

50	self-concept	Deliens, 2014				
51	weight concerns	Larson, 2008a; Larson, 2009				
52	hunger	Brunstrom, 2008; Nelson, 2009	Individual; Situational	Hunger	1.83	
53	alcohol consumption	LaCaille, 2011; Lloyd-Richardson, 2008; Nelson, 2009		Related Health Behaviors		2.18
54	anticipating alcohol consumption	Nelson, 2009				
55	physical activity	Deliens, 2014; Lipsky, 2015				
56	television viewing	Barr-Anderson, 2009; Larson, 2008a; Larson, 2008b; Larson, 2009				
57	accessibility to a full kitchen	Nelson, 2009				
58	availability and accessibility of cooking supplies	Deliens, 2014; LaCaille, 2011				
59	convenience of meal preparation	Deliens, 2014				
60	daily rhythm/structure	Deliens, 2014				
61	distance between home and school	Kwok, 2016				
62	exam time	Deliens, 2014				
63	relative priority of meal preparation	Deliens, 2014				
64	stress	Deliens, 2014; Kwok, 2016; Nelson, 2009				
65	studying	Nelson, 2009				
66	time constraints	Deliens, 2014; LaCaille, 2011; Kwok, 2016; Nelson, 2009		Interpersonal; Social	Situational And Time Constraints	2.02
67	university lifestyle	Deliens, 2014				
68	food habits of the family	Kwok, 2016				
69	family food education	Kwok, 2016				
70	family meal frequency	Larson, 2007; Larson, 2008a; Larson, 2009; Lipsky, 2015				
71	family affluence	Lipsky, 2015; Kwok, 2016				
72	food insecurity	Larson, 2009				
73	being member of a student society	Deliens, 2014				
74	influence of friends	Kwok, 2016; Strong, 2008				
75	peer pressure	Cluskey, 2009; Deliens, 2014				
76	socializing	Nelson, 2009				
77	social norms	Kwok, 2016				
78	parental support for healthy eating	Larson, 2008a				
79	peer support for healthy eating	Larson, 2008a; Larson, 2008b; Larson, 2009				
80	receiving food from family	Nelson, 2009				
81	social support	Cluskey, 2009; Deliens, 2014; LaCaille, 2011; Strong, 2008				
82	parental control	Deliens, 2014				
83	parenting style	Deliens, 2014				
84	culture	Kwok, 2016	Interpersonal; Cultural	Cultural Cognitions	1.80	
85	socio-cultural norms and values	Deliens, 2014				
86	product taste	Kwok, 2016	Environment; Product	Intrinsic Product Attributes	2.12	
87	appeal of food products	Deliens, 2014				
88	price of food	Cluskey, 2009; Deliens, 2014; Kwok, 2016				
89	price of healthy foods	LaCaille, 2011				
90	product convenience	Kwok, 2016	Environment; Micro	Home Food Availability And Accessibility	2.20	
91	home unhealthy food availability	Larson, 2008a; Larson, 2008b				
92	campus food environment	Cluskey, 2009; LaCaille, 2011				
93	characteristics of the meal plans	LaCaille, 2011				
94	eating in all-you-can-eat cafeteria	LaCaille, 2011				
95	accessibility of food	Strong, 2008				
96	availability and accessibility of foods	Deliens, 2014				
97	availability of food on campus	Nelson, 2009				
98	lack of food outlet variety	Nelson, 2009				
99	lack of healthy options on campus	LaCaille, 2011				
100	mealtime milk availability	Larson, 2009				
101	marketing strategies (cheap deals)	Nelson, 2009	Environment; Meso & Macro	Exposure To Food Promotion	2.21	
102	media and advertising	Deliens, 2014; Kwok, 2016				
103	state of the local economy	Kwok, 2016	Policy; Government	Market prices	1.89	
104	food-related government policy	Kwok, 2016				
105	market regulations	Deliens, 2014				