**Additional File 1.** The Nutrition and Physical Activity Education Questionnaire (“NPAEQ”).

Please indicate how much you agree or disagree with the following statements:

**ATTITUDES**

**1. *“Nutritional counselling can make a positive difference to patient health outcomes.”***

□ strongly disagree □ disagree □ neither agree or disagree □ agree □ strongly agree **2.**

**2.*“Physicians play a key role in improving patients’ nutritional habits.”***

□ strongly disagree □ disagree □ neither agree or disagree □ agree □ strongly agree

**3.** ***“Nutritional assessment should be part of routine care by all physicians, regardless of specialty.”***

□ strongly disagree □ disagree □ neither agree or disagree □ agree □ strongly agree

**4. *“Nutritional counselling should be part of routine care by all physicians, regardless of specialty.”***

□ strongly disagree □ disagree □ neither agree or disagree □ agree □ strongly agree

Comments:

**KNOWLEDGE**

**5. *“I know basic nutrition concepts.”***

***(i.e. types of macro and micronutrients)***

□ strongly disagree □ disagree □ neither agree or disagree □ agree □ strongly agree

**6. *“I understand the role of nutrition in the pathophysiology of specific diseases.”***

***(i.e. cancer, cardiovascular, respiratory diseases)***

□ strongly disagree □ disagree □ neither agree or disagree □ agree □ strongly agree

**7. *“I understand the role of nutrition in the treatment of disease.”***

***(i.e. nutrition recommendations to lower cholesterol levels)***

□ strongly disagree □ disagree □ neither agree or disagree □ agree □ strongly agree

**8. *“I know how and where to access credible nutrition information and/or resources.”***

***(i.e. Canada’s Food Guide, Harvard Nutrition Source, a registered dietitian)***

□ strongly disagree □ disagree □ neither agree or disagree □ agree □ strongly agree

Comments:

**SATISFACTION**

**9. *“The amount of time dedicated to nutrition education in my medical school seems appropriate.”***

□ strongly disagree □ disagree □ neither agree or disagree □ agree □ strongly agree

**10.*“Nutrition education is well integrated into various aspects of my curriculum.”***

□ strongly disagree □ disagree □ neither agree or disagree □ agree □ strongly agree

**11.*“My medical education in terms of nutrition has prepared me for my career as a***

***physician.”***

□ strongly disagree □ disagree □ neither agree or disagree □ agree □ strongly agree 18

Comments:

**DEMOGRAPHICS**

1. What is your age?

a. 18-23

b. 24-29

c. 30-35

d. >35

2. What is your gender?

a. Male

b. Female

c. Prefer to self-describe: \_\_\_\_\_\_\_\_

3. What is your year of study?

a. 1st year

b. 2nd year

4. Do you have any previous nutrition education *(check all that apply)*?

a. Degree in nutrition

b. Nutrition research

c. Nutrition course(s) or workshops post-high school

d. Clinical experience

e. Other (please describe):\_\_\_\_\_\_\_

f. No previous nutrition education