Eating home delivery/ takeaway meals
Never/rarely
1-2 times/week
$\geq 3$ times/week

## Eating ready-made meals

Never/rarely
1-2 times/week
$\geq 3$ times/week
Eating home-cooked meals
$\leq 2$ times/week
3-5 times/week
>5 times/week

## Eating outside of the home

Less than once/week
Once/week
$\geq 2$ times/week
Eating meals while watching TV
Less than once/week
Once/week
2-4 times/week
$\geq 5$ times/week

## Eating snack foods while watching TV

Never/rarely
Occasionally
Usually/always


