

Supplementary Data

Table S1: Percentage of Adoption of Healthy Habits in Adulthood

Healthy food habits	Healthy food	Physical Activity	Balance diet	All 3 options
Which do you think is more important for your health and well-being?	8.7%	6.8%	9.3%	74.9%
	More than 3 times per week	2 or 3 times per week	Less than once a week	Regularly
How often do you eat cereals/pasta/bread/rice?	16.1%	29.6%	41.8%	12.2%
How often do you eat fruits?	17.7%	22.5%	19.6%	39.9%
How often do you eat vegetables?	20.6%	34.7%	17.7%	26.7%
How often do you eat salad?	11.9%	19.6%	39.2%	28.9%
	Chicken	Mutton	Beef	Fish
Which type of meat do you eat mostly?	67.2%	10.3%	3.5%	3.5%
	More than 3 times per week	2 or 3 times per week	Less than once a week	Regularly
How often do you eat eggs per week?	16.4%	30.2%	29.6%	23.5%
How often do you eat legumes/pulses?	6.1%	35.0%	51.4%	7.1%
How often do you take dairy products (milk, cheese and yogurt)?	14.1%	23.5%	20.3%	41.8%
How frequently do you eat dry fruits?	10.3%	19.9%	55.9%	13.2%

Table S2: Descriptive statistics of healthy food habits

Healthy food habits	Mean	Median	Mode	Std. Deviation	Range
Which do you think is more important for your health and well-being?	3.5097	4.0	4.0	0.95442	3.0
How often do you eat cereals/pasta /bread/rice?	2.503	3.0	3.0	0.9057	3.0
How often do you eat fruits?	2.819	3.0	4.0	1.1432	3.0
How often do you eat vegetables?	2.506	2.0	2.0	1.096	3.0
How often do you eat salad?	2.584	3.0	3.0	0.872	3.0
Which type of meat do you eat often?	1.887	1.0	1.0	1.486	4.0
How often do you eat meat?	2.322	2.0	2.0	0.758	3.0
How often do you eat eggs per week?	2.603	3.0	2.0	1.021	3.0
How often do you eat legumes/pulses?	2.598	3.0	3.0	0.711	3.0
How often do you take dairy products (milk, cheese and yogurt)?	2.90	3.0	4.0	1.102	3.0
How frequently do you eat dry fruits?	2.732	3.0	3.0	0.829	4.0

Table S3: Unhealthy food habits of young adulthood of young adulthood

Unhealthy food habits	More than 3 times per week	2 or 3 times per week	Less than once a week	Regularly	
How often do you eat fast food per week?	28.6%	55.0%	5.5%	10.9%	
How often do you eat soft drinks per week?	9.0%	24.1%	53.7%	12.9%	
How often do you eat bakery products per week?	7.7%	27.3%	55.9%	8.7%	
How often do you eat dessert per week?	6.4%	18.3%	69.1%	5.8%	
How often do you eat sweets per week?	16.4%	24.1%	31.5%	27.7%	
	Always	Very often	Sometime	Rarely	Never
Do you add additional sugar in Coffee/ tea or milk?	32.8%	10.0%	21.2%	10.6%	25.1%
Do you eat dessert/ sweet dishes after meal?	25.1%	9.3%	44.1%	12.9%	8.4%

Table S4: Descriptive statistics of Unhealthy food habits of young adulthood

Unhealthy food habits	Mean ± S.D	Median	Mode	Range
Do you add additional sugar in Coffee/ tea or milk?	2.85±1.59	3.0	1.0	4.0
Do you eat dessert/ sweet dishes after meal?	2.70±1.22	3.0	3.0	4.0
How often do you consume fast food?	2.55±0.76	3.0	3.0	3.0
How often do you eat soft drinks?	2.71±0.81	3.0	3.0	3.0
How often do you eat bakery products?	2.66± 0.75	3.0	3.0	3.0
How many times do you have you have dessert?	2.75±0.66	3.0	3.0	3.0
How many times do you eat sweet?	2.71±1.05	3.0	3.0	3.0

Table S5: Eating routines of young adulthood

Eating routine	Always	Very often	Sometime	Rarely	Never	P value
When you are in a bad mood, do you choose to overeat?	15.1%	6.8%	31.8%	9.6%	36.3%	>0.05
When you are happy or excited, do you choose to overeat?	28.0%	9.6%	30.5%	11.9%	19.6%	>0.05
How often do you eat three major meals (breakfast, lunch, dinner) in a day?	44.7%	13.8%	30.2%	10.9%	0%	>0.05
Do you choose food based on its nutrient in your meal?	16.4%	10.6%	35.0%	18.6%	19.0%	<0.05
Apart from 3 major meals, how many snacks do you eat in a day?	4 times	3 time	2 time	1 time	0 time	>0.05
	4.2%	13.2%	36.0%	37.3%	9.0%	>0.05
Which meal do you skip the most?	Breakfast	Lunch	Dinner	Snacks		
	46.6%	23.2%	10.9%	19.0%		>0.05
Eating routine	Just before sleeping	1-2 hours before sleeping	2-3 hours Before sleeping	3-4hours before Sleeping		>0.05
When do you have last meal of the day?	23.5%	31.2%	22.2%	22.8%		>0.05

Table S6: Descriptive statistics of eating routine of young adulthood

Eating routine	Mean	Median	Mode	Std. Deviation	Range
When you are in a bad mood, do you choose to over eat?	3.454	3.0	5.0	1.424	4.0
When you are happy or excited, do you choose to over eat?	2.854	3.0	3.0	1.45	4.0
How often do you eat three major meal (breakfast, lunch, dinner) in a day?	2.074	2.0	1.0	1.09	3.0
Apart from 3 major meal, how many snacks do you eat in a day?	3.338	3.0	4.0	0.961	4.0
Which meal do you skip the most?	2.022	2.0	1.0	1.15	3.0
Do you choose food based on their nutrient in your meal?	3.132	3.0	3.0	1.304	4.0
When do you have last meal of the day?	2.445	2.0	2.0	1.086	3.0

Table S7: Body mass index of youth

Body mass index	Prevalence %
Less than 18.5 underweight	34.4%
Between 18.5 to 24.9 normal weight	48.2%
Between 25 to 29.9 overweight	14.1%
More than 30 obese	2.9%