**Supplemental File 1: Store Type Definitions**

Supermarket. A large, corporate-owned chain store that retails a general line of food, such as canned and frozen foods; fresh fruits and vegetables; and fresh and prepared meats, fish, and poultry.  Examples would be Meijer and Kroger.

Grocery store. A smaller non-corporate-owned store that retails a general line of food, such as canned and frozen foods; fresh fruits and vegetables; and fresh and prepared meats, fish, and poultry.  An example would be a mom-and-pop type store that sells the foods listed above like Midway Market and D & R Market.

Convenience store. Retails a limited line of goods that often include milk, bread, soda, and snacks.  Also known as food marts and corner stores.  Examples would be The Prince Party Store and 7-11 stores that do not have gas pumps.

Gas station. Retails automotive fuels in combination with a convenience store.  Examples would be S & E Gas Station or Flushing Quick Stop with gas pumps

Ethnic Store. A store that serves a certain ethnic population, like as Asian Market or a Hispanic Market.

Drug Store. Stores that primarily sell prescription and non-prescription items in addition to toiletries and perhaps tobacco. An example would be Rite Aid.

Health Food Store. A store that is like a natural food market. You’ll find fruits and vegetables but also more items that are organic as well bulk foods and supplements (note: GNC is not a health food store).

Dollar Store. A store like the Family Dollar or Dollar Tree.

Liquor Store. A store that primarily sells liquor.

Other types. Make sure to write down exact nature of the store that does not fit into any of the above categories.

**Supplemental File 2: Serving Size Recommendations**

These serving size recommendations are based on the guidelines described by the American Heart Association (<http://www.heart.org/HEARTORG/HealthyLiving/HealthyEating/HealthyDietGoals/Suggested-Servings-from-Each-Food-Group_UCM_318186_Article.jsp#.V7svu4SCwUU>). These suggestions are similar to recommendations given by the USDA according to ChooseMyPlate.gov.

|  |  |  |  |
| --- | --- | --- | --- |
| **Food Type** | **1,600 Calories** | **2,000 Calories** | **Examples of One Serving** |
| **Grains** At least half of your servings should be whole-grain. | 6 servings per day  | 6-8 servings per day | * 1 slice bread
* 1 oz dry cereal (check nutrition label for cup measurements of different products)
* 1/2 cup cooked rice, pasta, or cereal (about the size of a baseball)
 |
| **Vegetables** Eat a variety of colors and types | 3-4 servings per day  | 4-5 servings per day | * 1 cup raw leafy vegetables (about the size of a small fist)
* 1/2 cup cut-up raw or cooked vegetables
* 1/2 cup vegetable juice
 |
| **Fruits** Eat a variety of colors and types | 4 servings per day  | 4-5 servings per day | * 1 medium fruit (about the size of a baseball)
* 1/4 cup dried fruit
* 1/2 cup fresh, frozen, or canned fruit
* 1/2 cup fruit juice
 |
| **Fat-free or low-fat dairy Products** | 2-3 servings per day  | 2-3 servings per day  | * 1 cup fat-free or low-fat milk
* 1 cup fat-free or low-fat yogurt
* 1 and 1/2 oz fat-free or low-fat cheese (about the size of 6 stacked dice)
 |
| **Lean meats, poultry, and seafood** | 3-6 oz (cooked) per day | Less than 6 oz per day  | * 3 oz cooked meat (about the size of a computer mouse)
* 3 oz grilled fish (about the size of a checkbook)
 |
| **Fats and oils** Use liquid vegetable oils and soft margarine most often | 2 servings per day  | 2-3 servings per day | * 1 tsp soft margarine
* 1 Tbsp mayonnaise
* 1 tsp vegetable oil
* 1 Tbsp regular or 2 Tbsp low-fat salad dressing (fat-free dressing does not count as a serving)
 |
| **Nuts, seeds, and legumes** | 3-4 servings per week  | 4-5 servings per week | * 1/3 cup or 1 and 1/2 oz nuts
* 2 Tbsp peanut butter
* 2 Tbsp or 1/2 oz seeds
* 1/2 cup dry beans or peas
 |
| **Sweets and added sugars** | 0 servings per week  | 5 or fewer servings per week | * 1 Tbsp sugar
* 1 Tbsp jelly or jam
* 1/2 cup sorbet and ices
* 1 cup lemonade
 |

The Flint Food Survey categorized all answers to the survey by creating 4 categories: dairy, fruits & vegetables, grains, and lean meats. The servings were selected based on the mean of the recommended servings per day, rounded up to the nearest whole number. The proportion of the diet delegated to each category is described in the table below:

|  |  |  |
| --- | --- | --- |
|   | Servings | Proportion of survey scoring |
| Dairy | 3 | 3/21 (.143) |
| Fruits & Veg | 9\* | 9/21 (.429)\*\* |
| Grains | 7  | 7/21 (.333) |
| Lean Meats | 2\*\*\* | 2/21 (.095) |
| **Total** | **21 servings** | **21/21 (1.000)** |

\*Mean of the fruit and vegetable recommendation is 4.5 servings. Added together, the total is 9 servings

\*\*The fruits and vegetables points were reduced to 40 points instead of the original 43 to allot 3 points for having foods with lead-mitigating properties

\*\*\*Because serving sizes for meats were about 3 ounces, and 6 ounces was suggested, the recommendation is about 2 servings. Note that for this survey’s purpose, this category also includes nuts, seeds, legumes, and fish because these items only have a weekly recommendation rather than a daily recommendation.