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| **Table S1. Participant Characteristics by Food Security Status and BMI Category for Qualitative In-Depth Interviews** |
|  | **Food Secure with****Normal Weight (n=3)** | **Food Insecure with Normal Weight (n=3)** | **Food Secure with Overweight/Obesity (n=3)** | **Food Insecure with Overweight/Obesity (n=3)** |
| Food security score (0-6) | 0.3 (0.6) | 3.7 (2.1) | 0.3 (5.7) | 5.7 (0.6) |
| BMI (kg/m2) | 22.4 (1.8) | 22.5 (2.5) | 32.2 (5.6) | 35.6 (2.4) |
| African American | 1 (33.3) | 2 (66.7) | 1 (33.3) | 2 (66.7) |
| Female  | 2 (66.7) | 1 (33.3) | 2 (66.7) | 3 (100.0) |
| Age | 29.7 (8.6) | 32.3 (12.9) | 29.0 (9.5) | 43.7 (2.1) |
| Education |  |  |  |  |
|  Some high school | 0 (0) | 0 (0) | 0 (0) | 0 (0) |
|  High school diploma/GED | 0 (0) | 0 (0) | 0 (0) | 2 (66.7) |
|  Some college | 1 (33.3) | 1 (33.3) | 1 (33.3) | 1 (33.3) |
|  Bachelor’s degree | 0 (0) | 2 (66.7) | 1 (33.3) | 0 (0) |
|  Graduate/professional degree | 2 (66.7) | 0 (0) | 1 (33.3) | 0 (0) |
| Income (annual household) |  |  |  |  |
|  < $10,000 | 0 (0) | 0 (0) | 0 (0) | 2 (66.7) |
|  $10,000-$29,999 | 1 (33.3) | 3 (100.0) | 0 (0) | 1 (33.3) |
|  ≥$30,000 | 1 (33.3) | 0 (0) | 3 (100.0) | 0 (0) |
| Health literacy score (0-7) | 7.0 (0) | 6.7 (0.6) | 7 (0) | 6.3 (0.6) |
|  ≤6 (≤8th grade) | 0 (0) | 1 (33.3) | 0 (0) | 2 (66.7) |
|  7 (≥9th grade) | 3 (100.0) | 2 (66.7) | 3 (100.0) | 1 (33.3) |
| Psychological Questionnaire |  |  |  |  |
|  Delay discounting (ln[k]) | -7.2 (1.4) | -4.6 (2.1) | -6.6 (3.7) | -4.4 (1.7) |
|  Grit | 3.8 (0.7) | 3.9 (0.5) | 3.5 (0.8) | 4.0 (0.9) |
|  CFCS-14 | 5.4 (0.3) | 5.9 (0.4) | 5.4 (0.6) | 4.7 (1.3) |
|  ZTPI - future scale | 3.7 (0.2) | 4.0 (0.1) | 3.6 (0.3) | 3.5 (0.5) |
|  Financial planning (years) | 3.0 (4.0) | 0.5 (0.4) | 3.5 (5.6) | 0.02 (0.0) |
|  Longevity | 91.7 (14.47) | 91.7 (14.4) | 100.0 (0) | 91.7 (14.4) |
|  SSS | 5.3 (1.5) | 6.0 (1.0) | 5.3 (1.5) | 3.7 (2.5) |
| Note: Categorical variables are reported as n (%). Continuous variables are reported as mean (SD). ZTPI, Zimbardo Time Perspective Inventory; CFCS-14, Consideration of Future Consequences Scale; SSS, subjective social status. |